

*The Voice of Your Community*

## Millis' CommCan generates nearly \$1 million in revenue

*Other communities look to Millis as a model*

BY AIDAN POOLE

Since CommCan, Inc. opened its doors at 1525 Main Street in



CommCan, Inc. opened at 1525 Main Street in Millis in November 2019. Since then, it has generated nearly \$1 million in revenue for the town. Credit: Aidan Poole.

November 2019, the recreational and medical marijuana dispensary has produced approximately \$925,000 for the town each year, according to Town Administrator Michael Guzinski.

Guzinski said this sum consists of a “medical side” which generates \$175,000 a year, and a “retail side” which generates \$750,000 a year.

The retail revenue includes an additional six percent in receipts made up from a three percent local sales tax, plus another three percent on gross sales as part of a five-year “host community agreement” negotiated with Ellen Rosenfeld, president of CommCan, in return for hosting the store within Millis borders.

At the May 2021 annual town meeting, Guzinski said that \$98,000 in host community agreement funds were assigned “in a way that benefited

the community.” Money was approved to extend Saturday hours at the Millis Public Library, fund summer programs for people with developmental and physical disabilities, partially fund Millis’ school resource officer’s salary, and pay for a “teen program coordinator” aimed at keeping teenagers active in constructive ways.

Millis Select Board Chairperson Peter Jurmain explained that “this year, we’re still dealing with funds made available last fall.” This is due to an annual certification process that takes until October to make a year’s worth of CommCan money available to the town. This means that Millis can utilize this year’s money at their town meeting in November.

The Select Board has already outlined a more ambitious plan for the fall revenue that totals nearly \$250,000. Items for con-

**CANNABIS**

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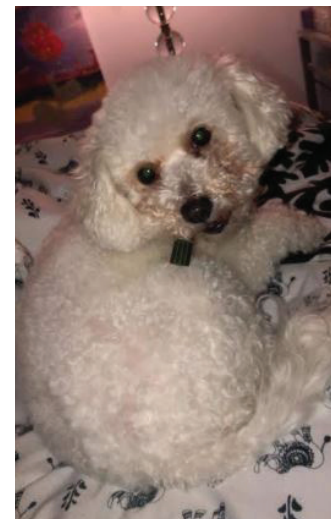
## Pandemic Pets: Local surrender rates high but don’t follow national trend

*Local shelters say dog surrender rates doubled in last 12 months*

BY AIDAN POOLE

National news sources have been reporting that “people are abandoning their pandemic pets nationwide as returns to work [and school] loom” (www.fortune.com) and, while local animal shelters say they too have seen an uptick in surrenders due to the COVID-19 pandemic, it is not the newly-adopted pets who need to be re-homed.

Kathy Lundgren, the volunteer outreach coordinator of the Baypath Humane So-



Lulu (fka “Dolly”) was adopted from Baypath Humane Society before the pandemic. Credit: Kati Enos

**SHELTERS**

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**CANNABIS**

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sideration include hiring a town-wide social worker, providing marijuana training to the Millis Police Department, and funding after-school activities as part of the “extended day program.” Jurmain said Millis has established a “symbiotic relationship” with CommCan and is “trying to use the funds in the best interest of the community.”

Guzinski recalled the initial pushback against Millis’ CommCan when it opened. “Some people had reservations about its broader social impact.” Now that its benefits have become evident for Millis, Guzinski said that communities from around the state have reached out to Millis in the past couple months for advice on how to integrate a successful cannabis business into their towns. Guzinski said that overall, “it’s been a positive working relationship with CommCan.”

# Dignity Matters NOW Auction will help provide free menstrual care to 10,000 women and girls in Greater Boston

Framingham, MA (August 1, 2021) – Dignity Matters, a Framingham-based nonprofit that provides free menstrual care, underwear and bras to 10,000 women in Greater Boston every month, announced that their second annual Dignity Matters NOW Auction will be open for bids from September 16th to September 23rd.

Dignity Matters is the largest organization in Massachusetts dedicated to fighting “Period Poverty,” or the inability to afford menstrual care products. Thousands of local women and girls struggle to get these items because you can’t buy them with SNAP/Food Stamps and WIC, they are rarely donated, and many shelters, food pantries and schools can’t afford them.

Dignity Matters partners with 154 local non-profits (including shelters, food pantries, and schools) to make sure women and girls get the products they



need. Medway resident Donna Fernandes is a member of the Board of Directors of Dignity Matters, and The Medway Village Church Food Pantry receives care from Dignity Matters, as do other organizations that serve Medway residents including Project Just Because, Hockomock Area YMCA, and Southwest Community Food Center.

“Period poverty is a “deal breaker” for women in need,” said Kate Sanetra-Butler, Executive Director of Dignity Matters. “You can’t work or attend school, take care of your family, or live a full and healthy life without men-

strual care. The Dignity Matters NOW Auction helps us raise the funds required to give women and girls these products, every time they need them.”

Items available at the Dignity Matters NOW Auction include an Ultimate Red Sox Tour and Tickets, a Hamilton Broadway Insider Ticket Package, golf at Willowbend and the Hopkinton Country Club, sought-after jewelry and accessories, adventures like rock-climbing and zip-lining, and gift cards to some of Greater Boston’s best restaurants, stores, museums, spas and salons.

It’s free to participate in the Dignity Matters NOW Auction,

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About Dignity Matters  
Dignity Matters is a 501(c)(3) non-profit established in 2016. Their mission is to help women in Massachusetts who are homeless or living in poverty manage their periods with dignity so they can live healthy, confident lives. For more information, visit [www.dignity-matters.org](http://www.dignity-matters.org)

Media Contact:  
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[meryl@dignity-matters.org](mailto:meryl@dignity-matters.org)  
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Your Money, Your Independence

# September is the Best Tax Planning Month. Yes, really.

September, not December or April, is the opportune time as it provides roughly 3 months to execute tax planning strategies for the current year while positioning for the year ahead.

Some usual activities:

**Increase 401(k)** - If your social security tax stopped after earning \$142,800 this year, consider allocating that amount (or more) to 401(k) contributions. This will help lower your Adjusted Gross Income (AGI) or if a Roth 401(k), increase your tax-free savings for retirement.

**Tax Loss Harvesting** - No need to wait for the last days of December. In fact, many managers do selling in the fall to comply with wash sale rules and be fully-vested for the new year.

**Work Benefits** - Often, fall is open enrollment, the once-a-year

chance to enroll in tax-savings programs like Health Savings Account (HSA) and Flex Spending Accounts (FSAs).

HSAs enjoy triple-tax benefits, as contributions lower your AGI (reducing taxes owed), funds grow tax-free and are not taxed when used for medical expenses, premiums for long-term care and Medicare.

FSA contributions lower your AGI and the 3 programs available are Medical, Dependent Care and Transit (commuter or parking).

Unique for 2021 due to government legislation:

**Child Tax Credit 2021** - Started getting money from the government in July? Those are "advance payments" up to \$3,000 per qualifying dependent child or \$3,600 if under age 6 on

Dec. 31, 2021. This tax credit reduces your tax bill on a dollar-for-dollar basis, so if you typically owe taxes, might be best to visit IRS.com to opt-out and receive a potential rebate later.

**Dependent Care FSA (DC-FSA) 2021** - As referenced in June, new DC-FSA annual limits for pretax contributions increase for most from \$5,000 to \$10,500. Funding DC-FSA not only reduces taxable income but also avoids Social Security and Medicare tax. Thus, MA family in 24% federal tax bracket may have tax savings up to \$3,848 (32% tax bracket is \$4,688). But... your employer may opt-in to new limits within their plan, and have to elect funds to increase.

**Roth Conversion** - The spring "Biden Tax Plan" is still a pro-



Glenn Brown

posal in late August. Congress would be challenged (to say the least) if new tax laws passed this late in the year were retroactive for 2021. So for some, this may be a 2nd last chance to convert some assets to Roth IRA at current federal tax rates. Roth Con-

version analysis takes time given the variables unique to each individual. Most importantly, conversions should be done near year-end with visibility of projected AGI as these are irreversible.

By focusing on tax planning now, you can relax over the holidays with more savings and less taxes. That calls for another slice of the pie.

*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](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

## SHELTERS

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ciety in Hopkinton, said "our dog surrender rates have doubled" between July 2020 to July 2021, "but the surrenders haven't necessarily been the pups adopted through the pandemic."

Instead, Lundgren said, "the surrenders that we have been seeing have been from people who have had their dogs for years" and are giving them up due to pet behavior problems, personal health issues, or life changes, such as losing a home or job. "It's a delicate situation so we don't pry as to the reason for the surrender unless it is a behavioral surrender," she said.

Barbara Farrington, the di-

rector of the Milford Humane Society, connected the dots between certain surrenders and pandemic-related hardships. "Some of the surrenders have been directly related to COVID and job loss leading to home loss," she said, recalling one family who had to surrender their cat because the main breadwinner was an event planner, one of the "types of jobs [that] could not survive the pandemic."

Although COVID-19 has contributed to the Milford Humane Society's workload, Farrington said that many of their surrenders are for other reasons such as pet owners changing their residence or elderly people becoming unable to care for their animals.

Lundgren says, at Baypath

Humane Society, adoptions are also up by about eight percent overall which helps offset the above-average surrender rates, and is "most likely due to the pandemic and families looking for companion animals."

"It is an unfortunate number of surrenders and most of the time we understand that it is a tough decision for people to surrender their pets for various reasons," said Lundgren, adding that Baypath Humane Society is "thankful that people do surrender them appropriately to a shelter" rather than "just [letting] them out some place to fend for themselves."

Did you adopt a pet during the pandemic? Share their photo on our Facebook page @MedwayMillisTownNews



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# The 7th Annual Angel Fund Golf Tournament

To Benefit ALS Research, September 20th at Hopkinton Country Club

(Wakefield, MA) - The 7th Annual Angel Fund Golf Tournament to benefit ALS research will be held on Monday, September 20, 2021 at the Hopkinton Country Club, 204 Saddle Hill Road in Hopkinton. Proceeds from the event will go to The Angel Fund, an independent nonprofit organization benefiting ALS research at UMass Medical School in Worcester, MA under the direction of world-renowned ALS researcher, Dr. Robert H. Brown, Jr.

ALS is a progressive neurodegenerative disease more commonly referred to as Lou Gehrig's Disease. ALS patients suffer progressive muscle weak-

ness, paralysis and eventually respiratory failure. There is no cure, but there is hope as researchers continue the battle for a cure.

The 18-hole shotgun tournament begins with registration from 9:30 a.m. to 10:30 a.m. with a shotgun start at 10:30 a.m. The \$200 per person entry fee includes greens fees, carts, dinner, gifts and prizes. Prizes will be awarded to the top three foursomes, longest drive and closest to the pin (men and women). A cocktail reception will begin at 4 p.m., followed by dinner at 5 p.m. Proper golf attire is required.

"We look forward to the 7th annual Golf Tournament" said Golf Tournament Directors Mike and Karen Keane. "The gene silencing research performed by Dr. Brown and his team of researchers is very im-



portant to our family. The funds raised from the tournament will move the research closer to a treatment and cure for ALS."

A limited number of foursomes are still available. For information and registration, please visit The Angel Fund website www.theangelfund.org.

Non-golfers can attend the dinner at a cost of \$40 per person.

Sponsorships are also available, including hole sponsors \$200; golf cart sponsor \$100; cocktail sponsor \$500; dinner sponsor \$500. Prize donations and monetary donations are also welcome.

For registration or additional information about the Angel Fund, visit the website site at www.theangelfund.org call (781) 245-7070.

# Millis United Church of Christ September Events

The Millis United Church of Christ, 142 Exchange Street, will hold the following events in September. All events open to the public.

**Sept. 12 at 10 a.m.** - Common Cathedral. Morning worship service will mirror the service conducted on Boston Common every Sunday of the year, rain or shine. Common Cathedral is a vital ministry with and for Boston's unhoused population. Come learn how you can serve.

**Sept. 15 at 7 p.m.** - Personal finance workshop lecture and discussion led by Millis resident, Jon Loer of Renaissance Wealth Advisors.

**Sept. 19 at 10 a.m.** - Blessing of the Animals. Bring your pet or working animal to the outdoor worship service to receive a blessing.

Millis UCC continues to offer hands-on volunteer opportunities with South Shore Habitat for Humanity at their current build site in Westwood, and New Life Furniture Bank in Walpole which provides furnishings to those who are moving from shelter to an apartment/home.

For more information on any event, contact the church office at 508-376-5034 millisucc@msn.com



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

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

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

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

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

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

let the pros do the heavy lifting.

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

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

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

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

**Business  
spotlight**



space and more peace of mind.

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

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

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

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

tial emergencies with same-day service.

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

a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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# Millis Boosters to host annual Run Back to School event on Sept. 26

## Register before Sept. 3 for a t-shirt



MILLIS - The Millis Boosters Run Back to School event will be held on Sunday, Sept. 26 at Millis High School. This is the fourth year for this chip-timed 5k with prizes and medals awarded for overall winners as well as age-group winners. There is also a one-mile fun run.

Music and entertainment will be provided by DJ Mike Rutkowski who is well-known in this area. This will be a great event for kids, older students, families, and community members.

The fee is between \$15 and \$25, depending on the category. Online registration goes until Friday, Sept. 24 but you must register by Sept. 3 to get a t-shirt. Registration is available on the morning of the event beginning at 7:30 a.m. and prices increase by \$5 on race day.

The Boosters would like to thank Gold Sponsors Middlesex Bank, Nirvana Tea House and Cafe, Ambassador LLC, Roche Bros., and Millis Dental Care; as well as Silver Sponsors Taylor Family Chiropractic, R&R Auto, and Tangerini's Spring Street

Farm for their ongoing and generous support.

The Boosters is a group of Millis parents who fundraise throughout the year to provide for and support the Millis Middle and High School athletes and athletic programs. They award Varsity jackets, present senior banners and scholarships, contribute to team banquets, support individual team requests, and give funds towards larger projects which have included the updated weight room, new baseball dugout, and new football/soccer scoreboard in the past couple of years.

Website to register is [www.racemenu.com/millisboosters2021](http://www.racemenu.com/millisboosters2021) and any questions can be sent to [millismohawkboosters@gmail.com](mailto:millismohawkboosters@gmail.com).

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# Medway Bridges Festival - Sept. 25-26

The Medway Cultural Council and Medway Trail Club are pleased to sponsor the inaugural Medway Bridges Festival to be held on September 25-26 from 2:00 to 5:00 pm. This event will celebrate the formal opening of Medway Trails Link from Choate Park to Lovering Street with a weekend of art and music for the whole family. Each of the bridges is named

and has an associated theme together with permanent information and/or historical plaque that will be revealed on-site during the festival. Participants will be provided with a trail map to navigate the event together with a "passport" which can be stamped at each station.

The installations will make our trails safer by identifying one's location in cases of emergency as well as encouraging a greater understanding of Medway's history for residents and visitors alike. The design of the trail and bridges offers an awareness of the historical connections we have to Medway and provides a permanent outdoor venue to celebrate art, science and engineering through demonstrations

and performances that have contributed to our town's development. These include fiber art, musical harmony, poetry, storytelling, and visual art.

The bridges and trails also honor those who helped establish our conservation lands and who built the trails and bridges we use to access them. Activities and exhibitions will occur at most

bridge locations with food trucks and drinks available midway on the trails and will include live music, a poetry slam, an art exhibition, an historic actor teaching the history and making of straw bonnets, souvenir crafts, nature activities, a farm exhibit and more.

The design of the trail and bridges provides a permanent outdoor venue for celebrations for years to come and we hope residents and neighboring communities will consider joining us for this inaugural event to celebrate Medway's past, present and future.

Parking will be available at points along the trail. In case of rain, the festival will occur October 2, 2:00 pm to 5:00 pm.



**St. Cecilia Parish Family Center**, 54 Esty Street in Ashland will hold its Annual Flea Market on Sept. 18 from 9 a.m. to 4 p.m. and Sept. 19 from 9 a.m. to 1 p.m. They are now accepting donations for the sale.

Donated items may be dropped off Monday, Tuesday or Wednesday 9 a.m. to noon (or by appointment) in the

Family Center through Sept. 8. You may call the Religious Education office at 508-881-1531 or Corinne Hickey at 339-221-1476 if you have any questions or would like to make an appointment.

We will accept household items, small appliances, toys, books, jewelry, small furniture (clean & animal free home), tools, sporting equipment and Christmas items.

Please make sure everything is clean and in working condition.

**PLEASE DO NOT DROP OFF THE FOLLOWING.** We will not accept: baby furniture (rockers, cribs & seats), clothing, shoes, electronics (including televisions & stereos), bed linens, large furniture (including dining tables & hutches) and stuffed animals/plush toys.

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# Millis Lions Club to gift town a new digital message board

## Holding \$10,000 raffle and golf tournament fundraisers

Since 1985, members of the Millis Lions Club have been braving the elements to update residents and surrounding communities about the happenings in the town of Millis. Through the wind and rain, blazing sun and winter's snow, the Lions have painstakingly placed each letter of each message on the board to inform residents of Kindergarten registration, baseball and softball sign-ups, garden club and library guest speakers, town meetings and voting dates, Lions events, and much more.

In 1985, to celebrate the centennial anniversary (100 years) of the Town of Millis, the Millis Lions Club purchased and donated the message board as a legacy gift to the citizens of Millis.

Millis Lions Club icon, past present, and former Millis business (Braman Screw) owner, Bob Braman says, "We raised the funds to buy the town that sign by creating and having made "MILLIS-OPOLY," a Monopoly-like game with businesses, organizations and historical buildings in

town making up the spots on the board. Business owners had the charge to purchase spots that had their name and logo. We sold out so quickly, we needed to have more made...It was such a unique piece of history to own; I'm sure some of the people in town still have a game in their basement or attic."

"In February 2020, the Millis Lions celebrated 75 years of service to the community, and it was the plan of the Club to replace the aging town sign with a new, LED digital message board - but then the COVID-19 pandemic hit.

"Everything shut down and it was very difficult to work with vendors to have a new sign made and installed, and we weren't able to host any of our regular fundraising events; we were so disappointed," says Millis Lion Debbie Hayes. "Now that things have begun to loosen up a bit, we are hoping to hold a few fun fundraisers and get back on track to have the new sign up and running soon."

In January 2020, Hayes went before the Millis Planning Board and Select Board with plans for the new sign. The new and improved double-sided message board will allow for multiple scrolling messages and will give both the Millis Police and Fire Departments the functionality to override the board in the event of an emergency to warn citizens.

Millis Fire Chief Rick Barrett says a new sign would be helpful. "It will be a great upgrade to the current sign board, giving us the ability to promote important events in town and emergency notifications quickly. We look forward to working with the Lions Club to bring this addition to the town center."

Says Hayes, "We are very excited to have this opportunity to bring this new form of communication in our town. I'm sure our citizens will appreciate it and enjoy it."

The cost of the new digital sign will be around \$30,000.

## \$10,000 Raffle



The current sign was gifted from the Lions Club to the town in 1985. Courtesy photo.

The Club will begin fundraising in September with a \$10,000 raffle. Tickets will be available after September 15th and the drawing will take place on Thanksgiving Day. Tickets will be \$100 and only 200 tickets will be sold. First prize will be \$5,000, second prize will be \$3,000, and third prize will be \$2,000. All state and federal taxes will be the responsibility of the winner. Tickets and other donations are tax-deductible.

## Golf Tournament

In October, the Club will partner with the Alyssa Gagne Scholarship Foundation to host a

shot-gun style Golf Tournament to support the Foundation and the Club's sign efforts. Information on the tournament will be available at [www.millislionsclub.org](http://www.millislionsclub.org) in early September.

The Alyssa Gagne Scholarship is for graduating Millis High School seniors who are pursuing a healthcare career. Alyssa Gagne was a graduate of Millis High School and a promising operating room nurse at Faulkner Hospital when she died in 2005 of a cardiac arrhythmia at the age of 24. For more information on this scholarship, please contact the Millis High School guidance office.

## "MILLIS-OPOLY"

The Club also hopes to coordinate a 2021 version of "MILLIS-OPOLY" just in time for the holiday season.

For more information on the Millis Lions Club, the sign, fundraising events and/or how to make a tax-deductible donation, visit the Millis Lions Club website at [www.millislionsclub.org](http://www.millislionsclub.org)

The Millis Lions Club Foundation is a 501c3 charitable organization, EIN #22-2938023.

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# The b.LUXE *beauty beat*

With the unofficial end of summer just a few days away, and our uncomplicated schedules coming to a close, we'll soon say goodbye to our warm weather wardrobes, beach hair and sandals.

This final week of summer has most likely been a bit crazy for you. There's the endless shopping list of back to school supplies, new clothes, sports equipment and of course, hair-cuts.

But we're pretty sure more than a few parents are doing their happy dance with the return of some "kid free" time.

Sure, you'll feel that tug at your heart as your little climbs the steps of the big yellow bus. You might even shed a tear or two, but hear that? Exactly. Seven hours of peace and quiet.

Let's face it, it's been two and half months of picking up wet bathing suits, sweating on the ballfield, driving your kids EVERYWHERE, and packing for all those "relaxing" vacations. Summer has its amazing moments, but for families with kids at home, the return to school is a much-needed time for parents to regroup and exhale.

So, with seven hours, sans children, what should you do? Hmmm?

We think it's time to book yourself some "me" time.

First, let's start with a round of applause for all you parents out there!! You survived another chaotic summer and got those kids back on their academic schedules. Now...what do YOU need?

It's easy to fall into the trap of feeling guilty for taking quality time for yourself, but there's a reason there's an article touting the benefits of "self-care" in every blog, magazine and post. Because it's true! We're our best selves when we feel good. We need time to revive and rejuvenate and that comes with what again? That's right, self care!

Is your hair crispy from too much sun and fun? Did you skip your salon products for the summer or maybe your hair's looking a little green from all that pool hopping? Perhaps, all of the above? b.LUXE beauty's got your back!

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# Living Healthy

## Computer Vision Syndrome

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

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

### 1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look

from the document to the screen.

### 2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

### 3. Rest your eyes

When using a computer for an extended period of time,



rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

### 4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more

often, and refresh your eyes periodically with lubricating eye drops.

### 5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may

EYE

continued on page 11



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# Living Healthy

## EYES

*continued from page 10*

not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from con-

torting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may

worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen

work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. We are available and have Saturday and after-hours ap-

pointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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# The Top 10 Reasons “Why Giving Back Feels So Good.”

AUTHOR: HEATHER J. CULKEEN

## Charitable Foundation: Project Perseverance

What does it mean to give back to society? Giving back or donating to causes close to your heart benefits both the charity and you. Contributing to your worthy causes has far more benefits than you may realize.

Many give their time, talents, and/or money to the support community causes, which they hold dear to their heart. Giving back has also been shown to improve quality of life. So, to answer the question, why is giving to charity so satisfying? Here are the top 10 reasons “why giving back feels so good.”

### 1. Bring meaning to your

**Life:** By donating or giving back, you are creating opportunities to meet people who believe in the same causes as you do. The interaction with like-minded people can inspire you to create a real impact on these causes. It can also in-

fuse your life with a purpose or meaning in case you are stuck in a rut wondering why life is so stagnant. Giving back can reinvigorate your life.

**2. Help others in need:** There will never be a perfect time to give back as we are not living in a perfect world. But there are always others who need help in tough situations. A simple compliment to anyone, even a stranger, can brighten their day at no cost. It may even change their life.

**3. The Time is Now:** Regardless of the state of the economy or the pending rise in taxes and interest rates, it is not only kind to donate to those in need. Our financial difficulties hopefully last only a short time, but for those in need may could last a lifetime unless they get on the right path. For others more fortunate, just by providing a hand, donation, smile will go a long

way to help those in need survive and thrive.

**4. Strengthens personal values:** When asked why they want to give back, 96% of people who participated in the research said that they are feel obliged to help others. They said that it's a moral duty which is rooted in their principles and personal values. Acting on these feelings is the responsibility of a human.

**5. Teach generosity to children:** When children see you giving back, they will adopt the same attitude when they grow up. Many people stated that they learned how to give back from their parents and through personal experiences. You are benefiting humanity by teaching children to give, share, and donate.

**6. Inspire friends and family:** If you educate your family and friends about your charitable donations after you've given back, they could be inspired to do the same. They may take your lead and donate whatever they can, especially to communal issues like pro-

moting health, providing opportunities to rise above obstacles, and allowing others to achieve their goals. Giving back ignites a fire within you.

**7. Realize that small donations help:** You don't always have to donate large amounts to make a difference. Even small amounts could result in week's, months, and possible years of meals for starving children or the much-needed medical help for elders.

**8. Improve Money Management:** You can also drive yourself to be a better personal family financial manager by allocating a specific amount to each donation each month. You can make donations, fund your family's education, retirement, and other financial goals this way.

**9. Give, when you can't volunteer:** In cases where you think that you should volunteer but are too busy to spend time for a worthy cause, you can donate money. Money is just a workaround for a time as it helps the organizations to acquire more resources

that can improve the cause.

**10. Spreading the love:** You can demonstrate that love exists by giving back to society. While spreading love, charity gives people hope for humanity. If you can't afford to donate, consider how a tiny gesture could help you achieve your desired feelings while also making others feel good about themselves.

Project Perseverance is dedicated to organizing and funding rescue efforts as well as delivering contributions to local and early stage non-profit organizations. We support children, families, elders, and others experiencing challenges that make us stronger.

To donate to Project Perseverance to help support our mission to give back, please email us at [ProjectPerseverance888@gmail.com](mailto:ProjectPerseverance888@gmail.com) with subject line: PP888. The QR Code and link will be emailed for you to donate. Please feel free to suggest a cause via email that you feel would benefit from our support as well. Thank You.

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As always, find us online at [millismedwaynews.com](http://millismedwaynews.com)

## Medway holds town-wide yard sale on Sept. 25

The Town-wide Yard Sale is back this year. Please join in on this unique fundraiser to support the annual Christmas parade and fireworks display. Stop by the Medway Plaza on the morning of Saturday, Sept. 25, to pick up your map of all the yard sales in Medway that day (\$1.00 donation). If you would like to have a yard sale at your house, please fill out an application at <https://bit.ly/2Q3jhQr> and submit it with a \$10 donation, or pick one up at the Town Clerk's office at 155 Village Street. For more information, contact the committee at [christmasparade@townofmedway.org](mailto:christmasparade@townofmedway.org)



## Ready. Set. Bid.

### St. John's Church To Host Virtual Silent Auction

St. John's Episcopal Church in Franklin is getting creative by initiating their first Virtual Silent Auction for the public from Aug. 27 at 12:15 a.m. through Sept. 10 at noon. People will have a chance to bid on merchandise from local and regional businesses to include a variety of goods and services such as food, retail merchandise, electronics, kid and adult activities, sports, museums and outings.

You can access the auction: the auction link at

<https://www.32auctions.com/StJohnsFranklin>, the church website [www.stjohnsfranklinma.org](http://www.stjohnsfranklinma.org), or Facebook at St. John's Episcopal Church.

Just register your name and contact details and the list of items will be displayed. It's easy to scroll through and make your bid. Check back often to update your bid! The highest bidder on each item will be contacted.

Proceeds to help continue outreach to the area. For more information, contact Blanca DiGiacomo at 617-429-4676 or [blancadigiacomo@verizon.net](mailto:blancadigiacomo@verizon.net)



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# Whatever happened to the 'three-legged stool' of retirement?

Have you ever heard of the "three-legged stool" of retirement? If you have, it probably was a while ago. Once considered the ideal retirement model, the three-legged stool has fallen out of favor because one of the legs—defined benefit pensions—is not as stable as it once was, and the future of Social Security is often wound up in political maneuvering in Washington. Consider the following:

—According to the Bureau of Labor Statistics, just 51% of private sector employers offer defined contribution or defined

benefit pension plans, and only 8% offer traditional defined benefit plans,<sup>1</sup> thereby eliminating a guaranteed source of lifetime income.

—Social Security benefits replace about 40% of the average worker's salary.<sup>2</sup> What's more, the Social Security trust fund is expected to deplete its reserves by 2034 and will be able to fund approximately 77% of benefits after that.<sup>3</sup>

Fortunately, there are ways to reinforce the third leg of the stool—retirement savings and other personal assets—so that

you can still enjoy a long and fulfilling retirement. While each person's financial circumstances are different, here are two proven funding sources you may want to consider if you need to compensate for any shortcomings:

—With people living longer than ever, it's important to make sure the money you have set

aside will last the rest of your life. While Social Security provides a lifetime supply of income, it may not be enough to support your desired lifestyle. If you think you'll need additional

income and do not have a pension, a lifetime income annuity can be an excellent way to make up the difference.

—Although the primary purpose of life insurance is to deliver death benefit protection,

many permanent life policies accumulate cash value. If your need for protection decreases over time, you can borrow against this cash value—tax-free in most cases—and use the money to supplement your retirement lifestyle. (Loans against your policy accrue interest and decrease the death benefit and cash value by the amount of the outstanding loan and interest.)

While the three-legged stool of retirement may be a bit wobbly, the good news is that a secure future is still within reach. The main difference these days is that you will most likely have to build it yourself.

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

<sup>1</sup> "Employee Benefits Survey: Retirement Benefits," Bureau of Labor Statistics, March 2019. <https://www.bls.gov/ncs/ebs/benefits/2019/ownership/private/table01a.pdf>

<sup>2</sup> "Retirement Planner: Learn About Social Security Programs," Social Security.

<sup>3</sup> "Status of the Social Security and Medicare Programs: A Summary of the 2019 Annual Reports." U.S. Department of the Treasury. <https://www.ssa.gov/OACT/TRSUM/tr19summary.pdf>

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# Sports

## Versatile McPhee Major Key For Millis Grid Team

BY KEN HAMWEY  
STAFF SPORTS WRITER

Braeden McPhee is versatile and he's a natural athlete, but most of all he's a team player willing to sacrifice to make Millis High's football team successful.

the ball much and that limited Braeden's numbers. "But, our opponents still focused on him because he runs good routes, has strong hands and knows how to shield himself to avoid defensive backs."

McPhee never balked at the

got a chance to celebrate."

McPhee's goals for the season ahead are admirable and they reflect how important he regards team chemistry.

"My top goal is to win more games and grow as a team" he emphasized. "We've got talent and if it comes together, we can definitely be in the mix to contend for the TVL Small Division title. My individual goals are to keep improving at receiver and safety and do what's needed to help the team. Statistics really don't matter much but if they're going to impact our squad, then I'd like to lead us in receptions and interceptions. And, I wouldn't mind being named a TVL all-star again."

As a kick-off returner, McPhee averaged 22 yards. His longest runs (50 yards) came against Dover-Sherborn and St. Mary's of Lynn. "I like special teams because you can set the tone right away," he offered. "It's a chance to use my skills to help get the team rolling."

What McPhee has that helps to get Millis rolling are valuable football attributes. He's a quick-decision maker, has speed and quickness, his grid IQ is high, he's mentally and physically tough and he's extremely coachable. "Braeden also is very instinctive as a kick-off and punt returner," Martellio said.

The 17-year-old McPhee displayed lots of those traits when Millis gave the eventual TVL Small champion Bellingham a huge scare, losing 30-14, in a game that the Blackhawks finally clinched in the final quarter. "I had six receptions for 100 yards," he recalled. "We came out, played hard but lost near the end because of some turnovers. That game showed how competitive we can be."

McPhee has high praise for his coach, calling Martellio "an all-around guy who stresses basics and knows how to motivate players." McPhee also admires two teammates who've been long-time friends.

"Nick Quinzani and Jack Halloran are versatile seniors," he emphasized. "Nick plays receiver, linebacker and defensive end, and Jack is a receiver, run-

ning back or linebacker. Nick is a vocal leader who makes a difference on and off the field. Jack is strong on both sides of the ball and he's a solid teammate."

A three-year varsity player, McPhee is eager to get back to an 11-game schedule (Millis opens at home against Tri County on Sept. 10). And, he's glad the restrictions imposed because of COVID-19 have been relaxed. "It'll be nice to use locker-rooms again and to play without masks," he said. "It'll be good to get back into a rhythm and have a better chance to prove ourselves."

One area where McPhee battles hard to prove his mettle is coping with Addison's Disease, a condition that limits his energy. "I was diagnosed with it as a sophomore," he recalled. "It's a mental and physical challenge because it takes a toll on your body. It limits stamina and energy and you feel worn out, but I take medication to deal with it."

In spite of his ailments, McPhee spent his summer doing what any dedicated football prospect would do — he stayed in tip-top shape. "I lifted weights and did off-season routines and training," he said. "The off-season is all about preparation and getting stronger."

A good student, McPhee hopes to play football in college. So far, he's unsure of where he'll

compete or what he'll major in. Martellio believes McPhee can play Division 2 football, either at receiver or safety.

"I like being a receiver because you can make a decisive play," McPhee offered. "It's an exciting position. At safety, there's lots of responsibilities. There's decisions that involve going for a pass-breakup, an interception or a tackle. I favor receiver more but like both because you're part of the whole game."

McPhee's athletic philosophy is a combination of having fun and reaching one's potential. "If you enjoy your sport and strive to give 100 percent," then winning will follow," he said. "I also like how football prepares you for life and how it teaches valuable lessons. I've learned how to be a leader, how to be a good teammate and how to overcome adversity."

McPhee personifies team play. And, that shows when he discusses his top disappointment from last season. "We were playing Dedham on Senior Night in our last home game," he said. "We lost. We were confident we could win but when the game ended, I really felt badly for our seniors."

Braeden McPhee is a rare-breed football player who's very special.



**Braeden McPhee gets lots of support from his mom (Jennifer).**  
Courtesy photo.

The 6-foot-3, 185-pound senior will be counted on heavily this season at wide receiver and safety. And, he'll also be visible on special teams — running back kickoffs and punts. Although his statistics last year might seem paltry on offense (9 receptions for 143 yards and 2 touchdowns), he still was selected as a Tri Valley League all-star. His numbers on defense, however, didn't hurt his cause — 3 interceptions and 40 tackles.

Statistics, nevertheless, aren't what make McPhee tick. It's his genuine approach to putting his team first and elevating the Blackhawks whenever possible.

"When starting quarterback Bryan Kane was injured in our opening game last season and missed our last five games, we installed a double wing offense that focused heavily on running the ball," said Millis coach Bob Martellio. "We didn't throw

change and instead strived to improve his blocking as a tight end.

"Losing Bryan really hurt," McPhee said. "He was a two-time captain. To help the team, I tried to block better. And, our sophomore QB, Nick Almeida, gained more confidence as the season moved along."

Unfortunately for Millis, its season produced only one triumph (1-5). But, thanks to McPhee, his heroics in the final game against Norton were the keys to avoiding a winless campaign. All the Millis native did was grab a pair of two-point conversions — the first to tie the game and force overtime, and the second to win the contest.

"That was an awesome feeling," McPhee said. "The first was three yards into the end zone and the second involved outjumping the defense on the right side. It was our only win and it meant a lot for our seniors because they

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## Millis Senior Center 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, Thursday 8:30-4 Wednesday 8:30-2 Fridays 8:30-12:30. For more information call (508) 376-7051

### Regular Events:

**Technological Training for Multi-Devices** Having trouble with your laptop, smart phone or tablet? Available by appointment any Monday from 10-12.

**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11:00-11:30.

**SCRABBLE** The group meets every Monday at 9:30.

**Cribbage** Meets every Monday or Friday from 9:30-12.

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

**Stretch & Flow Yoga** Every Friday at 10:00 in room 130. Cost is \$3.00 per class. Class will

meet in room 18 on July 16th and 23rd due to room conflicts.

**Line Dancing** with Jean Every Tuesday and Thursday at 10. \$4.00 per class.

**FREE BREAD AND PASTRY** is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaws, Country Kitchen and Blue Moon Bakery.

### September Events:

**YMCA ENHANCE FITNESS** is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis. The group will meet every Mon-

day, Wednesday and Friday in the gym starting Monday September 20th from 9-10. The 16 week course is \$125. payable to the Friends of Millis COA. We will be doing a **FREE** trail week starting on Monday, September 13.

**Tai Chi** with Tony Berg Taijiquan is a martial art, performing art, healing art and moving meditation. This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tai Chi practice is most beneficial if you find it enjoyable and fun. We will be offering 2

**FREE** classes to determine interest on Tuesday, September 14th & 21st at 9:00. Come try it to see if you like it.

**Travel The World Without Leaving Millis** The World's Greatest Geological Wonders Are you ready to visit some of the world's greatest geological wonders? Come to a Great Course where we will explore the majesty, the beauty and sometimes the strangest of these amazing places. While COVID may have interrupted our travels, I know it hasn't dampened your enthusiasm to continue our adventures. Come with us to the Cave of Swords where crystals are meters long, walk through the hoodoos of Bryce Canyon, visit the inselberg of Uluru, learn about the world's largest desert in Antarctica and more!

We will be meeting on the following Wednesdays from 10:30-11:30 September 8, 15 & 22. October 6, 20 & 27. November 3, 10 & 17. December 1, 8 & 15. Looking forward to seeing everyone— Susan Steele, Presenter.

\*Reservations greatly appreciated.

**Cruise to the Land of the Vikings - Norway** We will be joining Bob & Janice McCoy on Tuesday, September 21st at 1:00 as they share slides of their 9 day cruise in which they visited 6 ports which included Hauge-sund, Geiranger, Hellesylt, Flam, Alesund and Bergen, Norway. Slides include the famous ruins of Skara Brae, the Norwegian coastline, amazing hair-pin turn roads through the mountains, blue fjords with waterfalls cascading into them along their banks and much more. Danish and coffee will be served. Reservations are appreciated.

**Stretch & Flow Yoga** In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing

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# Millis Gymnastics Academy Turns Out Top-level Talent

By KEN HAMWEY  
STAFF SPORTS WRITER

The results that Frederick Richard and Ian Lasic-Ellis turned in at the Junior Pan-Am Championships in Guadalajara, Mexico, in June 2021 are no doubt linked to their talent and relentless work ethic. But, don't discount the instruction they've received at the Massachusetts Elite Gymnastics Academy (MEGA) in Millis.

The academy, which is located on Route 109 in a renovated portion of the former Clicquot Bottling Company, is only five years old, but the coaching staff there deals with a wide variety of students from high-level gymnasts to novice competitors and children eager to participate in recreational gymnastics.

As far as competing at national and international events, the academy, and two of its members in particular, are getting high marks.

Richard, a 5-foot-4, 140-pound gymnast from Stoughton, has been a MEGA member for three years and his efforts in Mexico were dominant. He won four gold medals, a silver and a bronze. Gold came in all-around, high bar, vault and team finish; his silver was in floor exercise; and the bronze medal was for rings. And Lasic-Ellis, a 5-foot-8, 158-pound product of Dover who is now attending Stanford University, captured a gold medal for parallel bars and team finish, and his all-around work produced a silver medal.

Richard, a senior at Stoughton High, was delighted with his medal count and is eagerly anticipating the Junior Pan-Am Games that are scheduled for November in Colombia.

"The results in Mexico made me feel complete," Richard said. "I train every day and the effort I devote is on display at only four competitions a year. I was on cloud nine after my success and glad I could represent the USA at the international level."

The 17-year-old Richard is optimistic that he'll excel at the Junior Pan-Am Games because of his confidence, work ethic and training. "There'll be eight gold medals up for grabs and I'll strive to win as many as possible," he said. "My expectations are high."

Richard, who spends 25 hours a week at the Millis facility, cred-



Frederick Richard excelling on the pommel horse at the Junior Pan-Am Championships. Courtesy photo.

its his teammates and his coach, Levon Karakhanyan, who is not only MEGA's owner but also a six-time national gymnastics champion (four for Armenia and two for the Soviet Union).

"I get terrific support from my MEGA teammates," Richard said. "And, Coach Karakhanyan is so knowledgeable and so experienced in the sport. MEGA is greatly responsible for my success."

Lasic-Ellis, who earned a gymnastics scholarship to Stanford, concurs that what is taught and learned at the academy plays a major role going forward. "I've known Coach Karakhanyan for 14 years and his instruction is

paramount to my success," he emphasized. "He drills fundamentals early, and later on that initial instruction comes to the forefront. His style is incredible, it's effective and it gets results."

Lasic-Ellis called his success at the Junior Pan-Am Championships "fun" but he was more focused on enjoying the total experience. "We had great team spirit and lots of camaraderie," he offered. "I didn't base my expectations on the medal count. I enjoyed the travel, the different culture and everything that's available."

As a freshman at Stanford, Lasic-Ellis will focus on all six gymnastic events and strive to

leave a mark on what is a traditionally strong collegiate program.

The training and coaching at MEGA are providing its members, who come from all over the region, with a plethora of skills needed for the six events that include high bar, rings, parallel bars, floor exercise, pommel horse and vault.

The 48-year-old Karakhanyan, who began as a gymnast at age six, employs a staff of 10 instructors. He not only was the boys' coach at the Junior Pan-Am Championships, but he's also the head coach of the Junior Pan-Am Games squad that will battle for gold in November. He's been a coach and a judge at the international level since 1995.

Karakhanyan believes the success the USA experienced in Mexico will be repeated in Colombia. "I'm optimistic we'll do well and have another dominant performance," he noted. "We'll be facing the same teams we competed against in Mexico."

Comfortable with the size of his gym in Millis, Karakhanyan says: "I'm confident it's one of the best facilities in the country. We're teaching life lessons through gymnastics and the gym is a place where youths can get prepared for major challenges in their lives. All our programs stress respect

and positive growth. We teach our students to set goals then achieve those goals through a series of safe progressions."

Richard and Lasic-Ellis faced their share of challenges, easily passed the tests, and achieved their goals. Karakhanyan emphasized that much of their success stems from strong attributes.

"Frederick's assets are his athleticism, work ethic, strength, talent and high gymnastics IQ," Karakhanyan said. "A talented gymnast, he competes like a daredevil. Ian has natural ability and he's also strong, athletic and possesses a high gymnastic IQ. He's very meticulous in his approach."

Richard's view of the USA's future in men's gymnastics includes an uptick from what occurred at the Olympics in Tokyo.

"We finished fifth," he recalled. "Our country can do better in the next three years. We should be able to leap to a first or second-place finish and go for the gold."

The MEGA facility in Millis is providing the necessary ingredients for passionate gymnasts to succeed in the sport. Frederick Richard and Ian Lasic-Ellis are prime examples at the local level of how the USA can improve its international standing.

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# Holliston civic action group key in stopping “goliath” construction project on town line

*“Stop 555 Hopping Brook” members dedicated thousands of hours to the effort*

BY THERESA KNAPP

Medway and Holliston residents played an integral part in the ultimate denial of a special permit for a large-scale facility that was proposed for the Hopping Brook Road Industrial Park.

On July 29, after more than a year of hearings, the Holliston Planning Board voted unanimously to deny the Special Permit application for CRG Integrated Real Estate Solutions which planned to build an 800,400 square foot facility on approximately 72 acres within the Hopping Brook Road Industrial Park on the Holliston/Medway town line.

Before the board issued its decision, Planning Board Chairperson Karen Apuzzo Langton said, during the process, the board heard from 68 individuals and received more than 167 written responses to the board from the community.

Among the most vocal opponents were members of the civic action group “Stop 555 Hopping Brook” which included residents of both Holliston and Medway.

“The project proposed for 555 Hopping Brook had been under the radar for many months and not many folks in Holliston knew about it,” says Terri Stiffler, one of the 19



**Members of the Stop 555 team on steps of Holliston Town Hall. Front row: Janet Sheehan, Cashelle Larsen, Suzanne Adelman, Ann McElhinney. Center row: Teri Stiffler, Ginny Roach. Back row: Gene Muller, Gary Donlin, Dave Bastille. Missing from photo: Susan Woodrow, Karl Adelman, Rami Mitri, Joanna Westland Gannon, Anne Lindsay, Tom Fitzgerald, Tim Sheehan, Jan Klein, Gail Noun Marra. Courtesy photo.**

core members of the group. Cashelle Larsen, also a core member, mentioned a February hearing to Stiffler and the ball started rolling.

During the Feb. 4th Planning Board meeting, Stiffler asked a question about the environmental impacts and whether MEPA filings had been completed.

“There were several discrepancies in their answers during that meeting that raised red flags and several people from Holliston and Medway were asking some really good questions that uncovered several issues,” said Stiffler.

That was a Thursday. By Saturday, a small group was organized, gathering information, and quickly gaining speed. Stop555 members reached out to several people who had been

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on the Planning Board call plus “several other groups who had started to work on various aspects of this issue” including Suzanne Adelman of “West of Hopping Brook” which was looking at inevitable project impact on South Street and other stress in the area.

By the following Tuesday, five days later, a core group of 12 members were on a call to discuss ideas and strategies, and the now-iconic “Stop 555 Hopping

“We had assumed it would not pass but then we saw in the Holliston Local Town Pages the EDC [Holliston Economic Development Committee] had given the project a thumbs up... and many other people gave us the impression that it was too big of a fight and that it was a done deal,” said Stop555 member Eileen Muller, adding members had a lot of sleepless nights. “I learned that perseverance is key,”

In fact, the group persevered

outlets who were not covering the issue.

Group members credit town officials and employees who spent many hours on this issue, often beyond their regular work hours.

“They did an excellent job of reviewing all of the tons of paperwork for the project and giving the developer the opportunity to state their case. However, we knew they were all volunteers and one of our goals became to support them with the facts as we dug in deeply to each of the issues,” said Stiffler.

“That showed an incredible level of commitment to fighting this proposal,” said Stop555 member Anne Lindsay of the time the town dedicated to this project.

“I already knew that a small group could make a huge difference. I wasn’t sure if that would be the case with this kind of fight against this huge, well-heeled company,” said Lindsay. “I learned a lot about town gov-

ernment, about Holliston, and I met some incredible people who will remain friends. I also learned more than I care to know about the trucking, distribution, warehouse, and fulfillment world.”

Members say they have been contacted by other civic action groups in other towns who are seeking guidance in similar efforts. “We are willing to share our experiences to help other towns that feel as though they don’t have a chance to stop

the Goliaths of the world who seem to want to bowl over small towns,” said Stiffler.

As of press time, the time for the developer to file an appeal had not lapsed.

To read the Planning Board’s full decision, visit

[https://www.townofholliston.us/sites/g/files/vyhlif706/f/uploads/555\\_hopping\\_brook\\_decision.pdf?fbclid=IwAR1fPvUQZS8onLVoNwA\\_Oe\\_S\\_4UWmlhSN3HAAGffMqcaP8Bt4N0vqFEIVOW](https://www.townofholliston.us/sites/g/files/vyhlif706/f/uploads/555_hopping_brook_decision.pdf?fbclid=IwAR1fPvUQZS8onLVoNwA_Oe_S_4UWmlhSN3HAAGffMqcaP8Bt4N0vqFEIVOW)

The core members of the Stop 555 Hopping Brook civic action group, who worked non-stop for six months on the campaign, include:	
<ul style="list-style-type: none"> <li>• Karl Adelman</li> <li>• Suzanne Adelman</li> <li>• David Bastille</li> <li>• Gary Donlin</li> <li>• Tina Dufour</li> <li>• Tom Fitzgerald</li> <li>• Joanna Westland Gannon</li> <li>• Jan Klein</li> <li>• Cashelle Larsen</li> <li>• Anne Lindsay</li> </ul>	<ul style="list-style-type: none"> <li>• Gail Noun Marra</li> <li>• Ann McElhinney</li> <li>• Eileen Muller</li> <li>• Gene Muller</li> <li>• Virginia (Ginny) Roach</li> <li>• Janet Sheehan</li> <li>• Tim Sheehan</li> <li>• Terri Stiffler</li> <li>• Susan Woodrow</li> </ul>
Members say dozens of other people, including committed picketers, helped accomplish the work.	



The Stop 555 Hopping Brook civic action group spent many hours, in print and in person, to inform the public about the project. Courtesy photo.

Brook” sign was being designed and produced by group member Dave Bastille.

“Over the course of the winter and spring, we delivered over 125 signs to the lawns of Holliston residents concerned with the impact that facility would have on our quality of life,” said Adelman.

During that first month, the core members, and others who joined later, “met four nights a week for approximately 2.5 to 3 hours each night, and several weekends to continue to strategize,” said Stiffler.

Shortly thereafter, the group created a website ([https://.stop555hoppingbrook.com](https://stop555hoppingbrook.com)), a postcard to share with the community to raise awareness, added the Stop555 info to the West of Hopping Brook materials, and created a GoFundMe page to raise funds to hire a law firm (McGregor and Legere, PC) to help guide and inform the group.

Members received mixed messages -- “it’s a done deal,” “why bother?,” “you should start thinking about mitigation instead of stopping it” “-- but Stiffler said the group never gave up “and believed our town, and the environment on that plot of land, was worth fighting for.”

for the next six months. Members:

Attended all Planning Board meetings and spoke and presented in some of the meetings;

Wrote letters to the Planning Board and Select Board;

Organized “an amazing group of committed picketers” who stood in front of the Planning Board meetings every Thursday night (rain or shine);

Dug deeply into technical details of data provided from the developers and identified technical issues that were then brought to the attention of town boards and the MEPA group;

Obtained and reviewed thousands of pages of public records with information on the communications between the developer and the DOT and MEPA group;

Regularly updated their website and social media sites - including West of Hopping Brook and Holliston Happy - to keep and regularly updated the WOHB/Holliston Happy and other social media to keep the community informed

Canvassed the town to raise awareness;

Met with some State Representatives; and

Reached out to local news

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## Seeking local charities accepting donations

Do you know of a local charity that accepts donation during the holidays?

In preparation for this year's Holiday Guide, Local Town Pages is compiling a list of local

charities and groups that will be accepting donations of any type this holiday season.

Please include COVID restrictions, backup plans if available, and a website or contact

information readers can consult closer to the date.

Please forward all information to editor@millismedwaynews.com by Sept. 30.

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## “Outrun the Bear” candlepin bowling strikes back after shutdown

**Format changed due to pandemic, nearly \$5,000 in cash prizes awarded**

By THERESA KNAPP

MILLIS – On July 10, 2021, Ryan’s Family Amusement in Millis handed out almost \$5,000 in cash prizes to 10 players in the “Outrun the Bear” tournament which is quickly becoming a fan favorite in the candlepin bowling community.

The day-long event included 74 bowlers from across New England who made the trip to Millis to partake in 10 rounds of grueling competition for the chance to win the tournament’s highest cash money payouts in its history.

This was the region’s largest candlepin bowling tournament since the statewide lockdown in March 2020 due to the COVID-19 pandemic.

The tournament is run by husband and wife, Daniel and Caitlyn Finn of Franklin, who

say the tournament is seeing its largest turnouts, especially after the year-long shutdown.

“When we first started putting this together, we had less than 20 people sign up and the winner walked away with about \$180. Now we have bowlers from Canada asking about entry spots. Unfortunately, with the borders currently closed [due to the worldwide pandemic], we haven’t been able to host those international players just yet, but we will,” said Caitlyn Finn.

Organizers say they typically host several tournament styles -- mixed doubles, singles scratch, handicap, and scratch -- with about 80 people for each tournament. But the indoor restrictions imposed because of the pandemic forced them to reduce the tournament size. They lowered the number of signups and called the mini-tournaments

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

“Outrun the Cub.”

The unique elimination style tournament is the only one of its kind in the area and is now in its seventh year; it is widely known for its challenging format and high level of difficulty. The concept is simple: you don't have to be the best, but you can't be the worst. Bowlers with the lowest score at the end of each round are eliminated until the last two players standing battle each other for the ultimate title.

“It's a challenging tournament to win and we've even had a few Hall of Fame bowlers test their skills,” said Caitlyn Finn. “To be an Outrun The Bear Champion is a very prestigious title in the candlepin community and our winners love having their names up on the Ryan's Billboard on Route 109 for all to see. With so many bowling alleys closing over the years, it's inspiring to see a new surge of candlepin fans coming out to enjoy this nostalgic sport. It's our New England history and we love seeing it thrive again.”

The next Outrun the Bear



First place winner, Michael Legendre, standing by the sign at Ryan's Family Amusement in Millis. Courtesy photo.

tournament is scheduled for Sept. 25, 2021 at Ryan's Family Amusement. It will be a Singles Scratch. Registration is \$60 before Sept. 15 and \$65 after. For more information about the tournament rules and eligibility, call Ryan's at 508-376-1101.

For more information on Individual and corporate sponsorships, contact Daniel Finn at candlepinoutrunthebear@gmail.com

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**Outrun the Bear results of the singles 80 percent handicap tournament:**

- 1st Place: Michael Legendre, North Attleboro (\$2,000)
- 2nd Place: Steve Spingola, Fitchburg (\$1,000)
- 3rd Place: Justin Lyonnais, Amesbury (\$600)
- 4th Place: Matt Rich, Franklin (\$350)
- 5th Place: Bob Lee, Sharon (\$225)
- 6th Place: Rob Linehan, Mansfield (\$175)
- 7th Place: Steve Renaud, Jr., Southbridge (\$150)
- 8th Place: Matt Soucy, Nashua NH, (\$125)
- Tournament High Single (174) – Jim Ayotte, Lempster NH (\$255)
- Women's High Single (133) – Laura Doefler, Auburn NH (\$50)

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# Is your organization having a holiday event this year?

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We would like to promote your holiday event.

If you are having any type of holiday event such as a concert or performance, craft

fair, etc. this year, please send us all the details and we will include it in November's Holiday Guide.

Please include COVID

restrictions, backup plans if available, and a website or contact information readers can consult closer to the date.

Please forward all information to editor@millismedwaynews.com by Sept. 30.



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The Millis Cultural Council announces



**Annual Visual and Performing Arts Exhibit**  
*Celebrating Community and Creativity*

**Sunday, September 19, 2021**  
*(rain date: Sunday, September 26, 2021)*  
1:00 – 4:00 p.m.


**LOCATION: Millis Public Library, Millis, MA**

**Calling All Local Visual and Performing Artists**

To share your visual and performing art, Please fill out this form: <https://forms.gle/ZPpKSoTWjk47Y3Y57>

*all ages and talent levels welcome*

Forms are due by **Thursday, September 9, 2021.**



## Third annual Medway Police Chase 5K

**Night-time glow run to be held on Sept. 25**

The 3rd Annual Medway Police Chase 5K will be held on Saturday, Sept. 25, at Medway High School, 88 Summer Street. The night-time glow run or walk event and will be held from 5 p.m. to 10 p.m. The first 100 registrants will receive a free t-shirt. Fun for the entire family including a one-mile FUN run perfect for children. For more information and/or to register, visit <http://www.medwaypolicechase.com/>

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\*Buyer

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# Real Estate Corner

## Recent Home Sales

Date	Medway	Amount
8/18/2021	355 Village Street	\$528,000
8/13/2021	207 Village Street	\$675,000
8/13/2021	1 Bedelia Lane	\$600,000
8/12/2021	33 Coffee Street	\$770,000
8/11/2021	1 Kings Lane	\$870,520
8/11/2021	14 Sanford Street, #6	\$255,000
8/9/2021	118 Village Street, #A	\$257,000
8/9/2021	23 Oak Street	\$655,000
8/6/2021	30 Wellington Street	\$415,000
8/6/2021	73 Village Street	\$400,000
8/4/2021	5 Pine Ridge Drive, #3	\$589,900
8/4/2021	334 Village Street	\$435,000
7/30/2021	9 Malloy Street	\$450,000
7/30/2021	2 Tulip Way	\$775,000
7/29/2021	4 Pine Ridge Drive	\$553,000
7/23/2021	14 Sanford Street, #24	\$320,000
7/23/2021	15 Laurelwood Lane	\$660,000
7/22/2021	3 Holliston Street	\$701,000

Date	Medway	Amount
8/17/2021	5 Concord Circle	\$610,000
8/17/2021	106 Forest Road	\$1.2 mil
8/16/2021	215 Exchange Street	\$620,000
8/13/2021	34 Acorn Place	\$541,900
8/11/2021	10 Southwoods Circle	\$740,000
8/11/2021	448 Main Street, Millis	\$482,500
8/10/2021	8 Maple Avenue	\$567,500
8/6/2021	1 Road Road	\$795,000
8/4/2021	204 Ridge Street	\$1.6 mil
8/2/2021	13 Forest Road	\$450,000
8/2/2021	141 Farm Street	\$870,000
7/30/2021	714 Main Street	\$701,000
7/30/2021	73 PLeasant Street	\$343,000
7/30/2021	20 Bayberry Circle	\$312,500
7/29/2021	35 Hilltop Drive	\$510,000
7/29/2021	260 Village Street	\$750,000
7/28/2021	47 Hilltop Drive	\$435,000
7/26/2021	342 Village Street	\$570,000
7/26/2021	5 Crestview Drive	\$642,000
7/22/2021	1178 Main Street	\$300,000

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

### “DO NOT MISS THIS ONE” “TOWNHOUSE-INVESTMENT”

#### Mortgagee's Sale of Real Estate FRANKLIN, MA

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# Real Estate Corner



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## Register O'Donnell Testifies in Support of Mortgage Transparency

Norfolk County Register of Deeds William P. O'Donnell testified in support of legislation that would promote mortgage transparency for consumers before the Joint Committee on the Judiciary in a hearing held at the Massachusetts State House.

Register O'Donnell testified before the State Legislature's Joint Committee on the Judiciary in support of Senate Bill #1060 and House Bill #1576. This legislation is designed to increase mortgage transparency by requiring lending institutions to record mortgage assignments at the relevant Registry of Deeds office within 30 days of its execution.

"Passing this legislation into law," noted the Register

O'Donnell, "guarantees that a homeowner would know when a third party has been assigned that homeowner's residential mortgage, since the mortgage assignment must be forwarded to the appropriate Registry of Deeds office for recording. Additionally, consumers facing foreclosure or looking to record a mortgage discharge would benefit as the legislation provides a permanent source of reference to the homeowner as to who is holding that homeowner's mortgage."

Register O'Donnell pointed out to the state legislators the following, "Senate Bill 1060 and House Bill #1576 are designed to accomplish a goal of providing greater consumer transparency to homeowners when it comes to tracking their mortgage assignments. Another goal of this legislation is to allow Registries of Deeds across Massachusetts to unify their recording practices when it comes to mortgage assignments."

Register O'Donnell concluded, "I am hopeful the Joint Committee on the Judiciary will report the legislation favorably out of committee. This legislation benefits homeowners across Massachusetts as it will eliminate uncertainty as to which lending institution is the mortgage

holder of record. If this legislation becomes law it would give the homeowner a transparent and easy way to track what entity holds their residential mortgage."

Please contact your local State Representative and State Senator urging them to support House Bill #1060 and Senate Bill #1576. It would also be helpful if the members of the Joint Committee on the Judiciary are also contacted and told to report these bills out of committee favorably.

To learn more about these and other Registry of Deeds events and initiatives, like us at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email us at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

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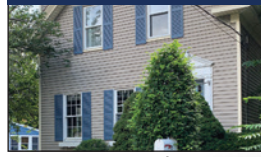
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NEW LISTING



**31 Elm St. Upton**  
**\$439,000**

KENSINGTON PLACE MILLIS

**New Construction - Ava Marie Model \$519,000**



PENDING



**68 Glenview Street Upton - \$870,000**

SOLD



**342 Village St. Millis**  
**\$489,000**

PENDING



**51 Lincoln Street Natick - \$1,250,000**

PENDING



**78 Fisher St. Medway**  
**\$699,000**

TOWN HOUSE



**177 Plain Street Millis Townhouse - \$559,000**

PENDING



**164 Village Street Millis - \$599,000**

PENDING



**64 Village Street Millis - \$675,000**



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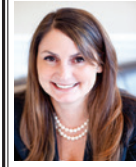
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SALE PENDING

\$559,900  
7 Hilltop Drive, Millis  
Jennifer McMahon



SOLD

\$620,000  
215 Exchange Street, Millis  
Laina Kaplan



SALE PENDING

\$389,900  
135 West Street, Milford  
Janine Azzouz



SOLD

\$600,000  
15 Olde Carriage Lane, Douglas  
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

\$528,000  
355 Village Street, Medway  
Laina Kaplan



SALE PENDING

\$849,900  
52 Beethoven Avenue, Walpole  
Jennifer McMahon



SOLD

\$435,000  
334 Village Street, Medway  
Laina Kaplan



SOLD

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



SOLD

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



SALE PENDING

\$610,000  
714 Eagles Nest Way, Franklin  
Laina Kaplan



NEW TO MARKET

\$309,900  
103 Maple Brook Rd, Bellingham  
Laina Kaplan



SALE PENDING

\$710,000  
60 Willow Gate Rise, Holliston  
Jennifer McMahon



SOLD

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