

Six Medway Community Members Honored with Light the Spark Award

MEDWAY — Superintendent Armand Pires and Director of Student Services Kathleen Bernklow are pleased to announce that six members of the Medway community were recently honored with the Light the Spark Award.

The award acknowledges those community members who are not professional edu-

cators or school staff who see and celebrate the spark in children and families and help it to shine more brightly, benefiting the child, their family, their peers and the Medway community. The nominators are families with students with exceptional needs, on an IEP or 504, to recognize those individuals (non-educators) who have made a difference.

The award is in honor of Kathleen B. Thomsen, the late grandmother of three Medway students who never failed to recognize and celebrate the spark in those around her and who -- with what seemed the smallest of gestures -- helped it shine more brightly for all to see.

It was first given out in 2019 and is sponsored by the



From left: Matt Thomsen, Tiffany Duguay, Liz Antonuccio, Donna Danielewski, Sara Underhill, Meagan Wilde and Jessica Earle.
(Photo courtesy Medway Public Schools)

AWARDS

continued on page 2

Millis Historical Society receives Santa collection carved out of historic wood scraps

Items handcrafted from salvaged wood in the '80s and '90s

BY THERESA KNAPP

The Millis Historical Commission was recently gifted a collection of Santa Claus decorations handcrafted from salvaged wood by former Millis wiring inspector Tauno "Duke" Aalto (1917-2000).

The donation was made by the Kravitz family who were neighbors with the Aalto family in the Rockville section of Millis. The seven hand-carved Santas came with a note from Amy [nee Kravitz] Avery that read, in part:

"You may remember Duke Aalto. Many years ago he served as the wiring inspector for Millis. His [department] report in the annual town report was always written in poem form...During Duke's inspections to some of Millis's

landmarks, he (probably surreptitiously) took pieces of discarded wood to later carve and turn into the enclosed Santas. I'm not sure but he may have had a little help from his wife [Quine, 1921-2011] in writing the poems as she was a published and prolific poet."

Avery closed by saying, "My dad [Ernest] and I hope you enjoy these little pieces of Millis history. They were an extra special part of Christmastime for my mom [Corinne] for many years."

Jacqueline Graci of the Millis Historical Commission said the organization was pleased to receive the donation. "I think they're neat little treasures. They're made of

SANTAS

continued on page 2

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AWARDS

continued from page 1

Danielewski-Thomsen family whose children have been well supported at the Medway Public Schools. In particular, one of their sons had several challenges and staff, working with the family, made the student's middle school years manageable.

Jessica Earle, Tiffany Duguay, Meagan Wilde, Liz Antonuccio, Sara Underhill and

Anne Marie Holohan were presented with the Light the Spark Award at the Thursday, Nov. 4 Medway School Committee meeting.

"The Light the Spark Award recognizes community members who help to celebrate our students of all ages," Superintendent Pires said. "Helping to make our kids feel safe and valued and putting a smile on their faces was especially significant during the last year, when so much about their everyday lives was different. We are grateful to

these community members for their kindness and selflessness, and we are pleased to recognize them with this award."

About the Recipients:

Earle, Duguay, Wilde, Antonuccio and Underhill are five Medway moms who organized the Medway Birthday Parade Group. They created Birthday Parade routes to celebrate Medway's quarantined children during the first months of the pandemic. Through their efforts, they created a Facebook group with 750 members as well

as coordinated three months of weekly parade routes featuring fire trucks, police cars, ambulances and decorated cars.

According to their nominators, they dedicated a lot of time to making kids feel special and celebrated during quarantine birthdays, and that "beeping and slow traffic around 4 p.m. became acceptable because it was a sign that a special birthday child was smiling."

Holohan is an elementary school bus driver who was nominated by a Medway par-

ent. She is described as a calm, positive and kind presence every morning. Holohan greets the parent's student, welcomes him when she picks him up for the bus, and makes sure that he's safe and settled in his seat before driving away. The nominator also recognized Holohan for getting to know students' parents. The nominator said, "I feel like my son is in safe and comfortable hands each morning, which has been wonderful during such a difficult year."

SANTAS

continued from page 1

parts of all the different historical places in town." Graci says the Commission will likely place the Santas on the mantle at the Niagara building this holiday season.

The Santas have the following inscriptions (from green Santa, clockwise): (1) Oak Grove 1992 renovation; (2) Rocklawn (a.k.a. Holiday Shop); (3) old Clyde F. Brown Elementary School, circa 1954; (4) Old New England Cemetery fence post circa 1933;



(5) Memorial School, (6) old Ellice School, circa 1849; (7) "From renovation...Project '96".

For more photos and full inscriptions, visit our Facebook page at MedwayMillisTownNews.

Left, the Kravitz family recently donated to the Millis Historical Commission a collection of Santas that were handcrafted by former Millis wiring inspector Duke Aalto. Above, each Santa crafted by former wiring inspector Duke Aalto (1917-2000) has a handwritten poetic inscription. This one reads: "From renovation...Project '96 * Out of the woodwork come 3 St. Nicks * With Holiday Greetings, here's what they say, * 'The First, goes to Corinne and Ernie K.' * 'The next to Mark,' says Number 2. * 'The 3rd. To Mark A. and Amy Thu.'" Photos: Theresa Knapp



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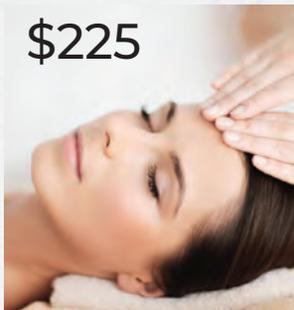


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Hamwey among seven to be inducted into Millis Hall of Fame

Seasoned sports writer has covered local sports for decades

Local Town Pages sports writer Ken Hamwey will be inducted into Millis High School's Athletic Hall of Fame on March 19, 2022, at the Veterans of Foreign Wars venue in Medway.

The 78-year-old Hamwey, a Bellingham resident who has worked for Local Town Pages for 10 years, was a unanimous choice of the selection committee. The veteran sports journalist continues to cover feature stories in semi-retirement for Local Town Pages focusing on seven communities — Medway, Millis, Franklin, Holliston, Natick, Norfolk and Wrentham.

Hamwey, who previously lived in Millis after earning a bachelor's degree from Babson College, started his newspaper career in 1967 with the Framingham News, now known as the Metrowest Daily News. His first story, which was published 54 years ago, focused on Millis' varsity football team. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Millis' Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Millis recognize me for my reporting. Some of my fondest memories during a 54-year career involve Millis. Gordon Browne, a three-sport athlete at Millis High, will

be presenting me at the ceremony in March and for those unaware of his stature, he was the first Tri Valley League football player to be drafted (second round by the Jets) into the National Football League. He was an offensive tackle who blocked for quarterback Joe Namath for two years before suffering a career-ending injury."

Hamwey will be inducted as a contributor and he'll be honored along with star athletes Molly Breen, Dennis Breen (posthumously) and Rich Monaghan; coach and athletic director Peter Vigue; the 2008-09 girls state championship basketball team and the 1980 boys track team.

After six years at the Framingham News, Hamwey was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last

day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to RI athletics. Two years later, in 2010, he was honored by the Massachusetts Interscholastic Athletic Association (MIAA) which presented him with its Distinguished Friend Award.

At the Metrowest News, which included the Milford News and Country Gazette, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — which focused on athletes' and coaches' past achievements.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 11 years, Hamwey extensively covered Bellingham sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction at Millis will be his first Hall



Ken Hamwey. Courtesy photo.

of Fame honor. He has been nominated for induction into Bellingham's Hall of Fame but that committee has yet to select him.

Hamwey moved to Bellingham in 1972. He is married to Pauline Allard, a school teacher who taught in Bellingham at the Macy Elementary School. His son, Travis, graduated from Bellingham High in 1989.

HAMWEY

continued on page 6

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Social Security recipients cheered 5.9% cost of living adjustment for 2022. As consumers, our experiences with inflation say to put the pom-poms down.

I'm not here to guess how high, how long, or place blame.

I can share some actions based on "Inflation rewards debtors and hurts creditors", a timeless premise reiterated recently by famed Yale economist Robert Shiller.

Consider the following:

Cash is Trash. Those shaking their fists at me, yes cash is needed for upcoming purchases, but not at 10% or more of total savings. Last 12 months, cash earned 0.1% while inflation rose 6.1%, meaning your purchasing power decreased by 6%. That's not coming back.

If cash is needed, close the gap and hedge against Fed rate increases by laddering CDs

across 6, 12, 18, and 24-month terms. As CDs mature, reinvest what isn't needed 24 months out.

Diversify Fixed Income and Increase Assets. With inflation outpacing Treasuries, that part of your portfolio loses buying power. Don't abandon all your treasuries, but mix in assets that tend to keep up with inflation.

Consider adding REITs (real estate investment trusts), TIPs (treasury inflation-protected securities), commodities, and equities growing their dividends consistently above inflation.

Words of caution, high-yielding stocks tend to move downward like fixed-rate bonds during inflationary times and evolve beyond "oil and gold" for commodities to include metals in renewable energy and necessities within technology.

Buy Instead of Rent or Lease. Bad news renters, your landlord will be hiking rates to

keep pace with inflation, thus you're unprotected. Homeowners, your mortgage is fixed and the inflation-adjusted value of your payments declines at the same rate as inflation rises. Also, the replacement value of your home tends to rise with costs of land, materials, and labor.

Buy higher quality durable goods that last longer (i.e. clothes, appliances, machinery) delaying replacement at higher costs. Autos should be bought, financed (see mortgage example), and owned for extended periods. Changing cars every 3-4 years means you're buying the same utility (transportation) at a higher price versus utility at a fixed cost of 8-10 years.

Negotiate and Lock-In Expenses. Subscription services, cable, internet, phone plans, insurance premiums, gym memberships, credit card APRs are recurring costs that are often

negotiable. Also, discounts if prepay, pay annually, or commit to extended periods. Most not advertised, so ask.

Bigger items, you can find auto loans ~2%, HELOCs at Prime minus 0.5%, and 15-year mortgages ~2.5%.

Determine if you can manage 15-year mortgage payments, even if currently 3.2% on a 30-year refinance. Consider \$500K at 3.2% 30-year is \$2,162 month with ~\$278K total interest versus 2.5% 15-year is \$3,333 month with ~\$100K total interest.

You can't control how inflation rises and falls, but you can control financial decisions today that will help manage inflation tomorrow. To learn more, talk with your Certified Financial Planner.

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



Glenn Brown

recommendations for any individual. Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

Medway winter parking ban now in effect until further notice

According to the Medway Police Department, this year's winter parking ban is now in effect.

The following announcement was recently posted on www.townofmedway.org:

Medway Police Chief Allen M.

Tingley is advising all Medway residents that the overnight winter parking ban [went] into effect on November 28, 2021, at 1:00 a.m. and remain in effect until further notice.

During the winter parking ban,

on-street parking will not be permitted during the hours of 1:00 a.m. through 5:00 a.m.

Residents are reminded that vehicles parked on the street during those hours will be ticketed, and if such parking interferes with snow

removal, the vehicle will be subject to towing at the owner's expense.

In the case of an extenuating circumstance where temporary overnight parking on the street is necessary, please contact the Medway Police Department at 508-533-

3212 to request permission. The Medway Police Department should be contacted for each occasion.

Chief Tingley also reminds residents that parking on the sidewalks is not an alternative to on-street parking.

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HAMWEY

continued from page 4

Tickets for the ceremony cost \$50 and can be ordered until March 12. They can be obtained by writing a check to the Millis Athletics Hall of Fame and mailed to 155 Plain Street, Millis, MA 02054. Tickets can also be obtained via Venmo (money amount to @Millis-AthleticsHOF). A cocktail hour will begin at 6 p.m. and dinner will be at 7 p.m. followed by the ceremony.

Here's a thumbnail look at the other six inductees:

Dennis Breen (Class of 1968): A versatile three sport star in football, basketball, and baseball, he displayed plenty

of leadership as a captain in all three sports. He was a varsity player for four years in all three sports. A Metrowest Daily News all-star, he scored 100 points in football from his halfback slot during his senior year. A forward in basketball, he averaged 15 points, and in baseball he pitched and played the outfield. Awarded a full scholarship to play football at the University of Rhode Island, he signed a contract with the New York Stars of the World Football League after graduation. He later coached Milford High's football team and led the Scarlet Hawks to a pair of Super Bowl triumphs. He was an assistant principal at Milford and later became principal at Hopedale High before being named that school system's superintendent.

Richard Monaghan (Class of 1972): A top caliber athlete, he earned 11 varsity letters, playing football, basketball, baseball and also running track. He became Millis High's first 1,000-point scorer in basketball, getting 1,272 career points. In football, he was a three-year starter at quarterback, captain his senior year, a TVL all-star as a senior, and he was selected to the Boston Globe's Division 4 all-star squad. Averaging 20 points as a senior, his basketball career also included starting at guard for four years, named captain as a senior, and a TVL all-star who won the sportsmanship award. He started at shortstop in baseball as a freshman and was the Mohawks' catcher as a senior. He ran sprints and the 400 in track and was captain as a junior.

Molly Breen (Class of 2010): Millis High's all-time leading basketball scorer (boys and girls) with 1360 points. She also competed in soccer and track. In basketball, she also is the school's all-time leading rebounder with 870. Her career steals were 322. During the 2010 season, she averaged 17.7 points, 10 rebounds,

3 steals and 1.5 blocks. She was selected to four all-star teams as a senior -- Tri Valley League MVP, All-Scholastic Boston Globe, All-Scholastic Boston Herald and the Metrowest Daily News Super Team. In 2008 and 2009, she was a TVL All-Star, All-Scholastic Boston Globe, All-Scholastic Boston Herald and chosen for the Fox Dream Team.

1980 Boys Outdoor Track Team: Class C State Champions that only lost 3 meets in 3 years (1979-1981). Jim Caddell, Mike Collins, Rob Baldini, Wayne Devens, and Jon Sycamore were Tri Valley League All Stars. Three members were TVL honorable mention (Keith Jordan, Greg Andonian, and Billy Congdon). The team still holds seven school records -- 300 meter hurdles (39.9 seconds, Keith Jordan), 100 meter dash (10.0 seconds, Jim Caddell), 200 meter dash (22.4 seconds, Jim Caddell), 400 meter dash (51.0 seconds, Wayne Devens), one-mile run (4:33.5, Jon Sycamore), two-mile run (9:19.6, Jon Sycamore), and 4x400 meter relay (3:42.0, Wayne Devens, Michael Collins, Rob Baldini, and Keith Jordan).

2008-09 Girls Basketball Team: Dave Fallon was in his second year as the varsity coach and he was assisted by Paul Geary, Howie Ingraham, Dale Maki, and Anthony Fallon. This squad was the first basketball team in school history (boys and girls) to be State Champions. Seeded No. 11, they won the Division 4 South Sectional, defeating defending 2008 D-4 State Champion Cohasset, 51-49. Cohasset was seeded No. 1. The Mohawks downed Georgetown, the D-4 North champions, 60-43, finishing the season with a 19-6 record. The girls had two 1,000-point scorers (Molly Breen, 1360, and Amy Ingraham, 1320).

D. Peter Vigue (Coach 1974-2007): A coach of three sports, he was Millis' boys and girls head track coach from 1972-1994. A cross-country coach, he started the middle school cross country program and also was instrumental in getting boys varsity soccer underway. He was Millis' Athletic Director from 1999 to 2003 and served as president of the TVL track coaches from 1976-1982. Vigue coached boys junior varsity and varsity soccer, varsity wrestling, and middle school basketball.

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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.

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dled 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.

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Business spotlight



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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's

not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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Medway Public Schools Recognizes 2021 Memorial School Plaque Honorees

The Medway School Committee is pleased to announce the 2021 Memorial Plaque Honorees.

The honorees were recognized during a ceremony on Thursday, Oct. 21.

The Memorial Plaque was placed in Burke-Memorial when it was built in 1997 to honor individuals who have given unselfishly and made a significant or memorable contribution to the town and/or school community. Through service, volunteerism or dedication, the honorees make Medway Schools or Town of Medway life better for those who follow. Nominations are submitted each spring and are voted on by the Medway School Committee each summer.

“Our honorees this year have shown significant dedication to Medway’s families and children through many collective years of service to the community,” Burke-Memorial Principal John Kelley said. “We are grateful for

their generous and selfless work and are pleased to honor them with this recognition.”

Paul Galante

Galante has served as director of the Medway Food Pantry at Mahan Circle for over three years, expanding coverage of the pantry to serve over 200 local families. During the pandemic, up to 900 people were able to get food and household essentials through outside pickup and delivery. He has worked with several local businesses and organizations to supply the pantry, and was able to increase supply to meet the needs of the community during the pandemic. He has also recruited close to 20 people to assist in his effort to help those in need.

He is also a member of the Medway Lions Club, assisting with the Christmas tree drive and the monthly bottle drive, both of which generate funds to be used around the community. He was also able to recruit drivers to pick up food during the Medway Bags

Hunger drive. The bag drive expanded from 4,300 pounds of food two years ago to nearly 7,000 pounds of food this year.

Galante is a U.S. Navy veteran, serving from 1964-1968 during the Vietnam War on the USS Sandoval.

Penny Kelley

Kelley is recognized for her contribution to Medway Youth Soccer. She has served the organization for 25 years, currently as the league registrar and volunteer board member.

Kelley has had a positive impact on Medway’s Youth Community by being a central point of contact for uniforms, registration, fields, guidance and sponsorships. She has also coordinated Medway soccer tournaments including the Medway Cup and Medway 3v3 Jamboree.

Karen Regan

Regan has been a senior volunteer in the Memorial Elementary Art Studio for 10 years. In this role she dedicates time each



Memorial Plaque Honoree Penny Kelley (left of plaque) stands with Medway Youth Soccer board members following the ceremony on Thursday, Oct. 21. (Photo courtesy Medway Public Schools)

week assisting students with art projects, preparing materials, organizing supplies and assisting the art teacher as necessary to prepare for classes.

Regan has dedicated many hours outside of her schedule each year to assist with the fourth grade legacy tile project, preparing the tiles for firing and hanging and repairing glaze issues for students. During the pandemic, Regan assisted the art teacher

at her home during the summer repairing the tiles outside with proper distancing and masks. She has also assisted during school vacations helping to organize and prepare materials for students, as well as helping choose, prepare and hang artwork for the arts festival. Her dedication is described as extraordinary and is very much appreciated by teachers and students.



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The b.LUXE *beauty beat*

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By GINA WOELFEL

b.LUXE Hair and Makeup would like to take this opportunity to say thank you to you, our clients - AKA our favorite people in the world!

These past few years have been especially challenging, yet, with your love and support, we had one of our best years ever, even being named one of the top salons in the US. That achievement came directly from you! Thank you for being our biggest cheerleaders and trusting us for all of your beauty needs. There's so many of you who've been with us since we opened in 2011 and even more who found us this past year. We have so much gratitude in our hearts for this outpouring of support!

We're often asked about our name and how we came to be known as b.LUXE.

From a young age, owner Heather Cohen always knew she wanted a career in beauty and dreamed of owning her own salon. As she says "I've had the b.LUXE name in my head since before I went to cosmetology school! I guess I've always believed that everyone deserves a little luxury in their lives. So BE LUXE!"

So what is luxury to you? We often think of opulent homes or expensive cars, but with the pandemic and two years of stripped down, simplified living, has your idea of luxury changed? I know mine has. Now I try to tease out a little luxury each day. My favorite "indulgence" is my morning cup of coffee. I love this pre-sunrise block of time I

set aside for myself. Waking before the house fills with commotion, I give myself 30 minutes of unadulterated alone-time. Just me and my Folgers... That's my luxury.

Now I know what you're thinking. "A cup of coffee isn't luxurious, right?" Well, for me, setting aside a time solely for myself and starting each day on the right, caffeinated foot is very luxurious.

Do you treat yourself to something special every day? A long walk? A nightly soak in the tub? A great book? That's your luxury, and you deserve it! If it's something that brings you joy and sends you back out into the world a better person, indulge away!

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Living Healthy

Laser Cataract Surgery Closer to Home: The Best Technology for 2022

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

What is a cataract and what is cataract surgery?

A cataract is a common condition in which the normally clear lens of the eye becomes progressively cloudy. When light passes through a clear lens, the light can focus to a point, creating a clear view. When light passes through a cataract, the light gets distorted, creating a blurred view. Treatment for cataracts involves surgery to remove the cataract and replace it with an intraocular lens implant. It is the most common surgical procedure in the US and around the world and is considered to be an extremely successful and safe procedure. It's an exciting time to be offering cataract surgery!

Laser technology and advanced lens implants allow not only for clear vision but also for reduction in need for glasses.

What is laser cataract surgery?

Many of the steps of cataract surgery are traditionally performed using handheld tools. Now, they can be completed with the precision of a laser. Using the Catalys Precision Laser System, your surgeon can offer you unprecedented accuracy and customization in your cataract surgery procedure. Your surgeon can use the laser to create a circular opening for accessing and removing the cataract. Clinical studies have shown that this opening is more accurate when performed with the laser than what is achievable by hand. The laser then softens and breaks up

the hard cataract into tiny pieces, allowing for gentler, easier cataract removal. Depending on your pre-operative vision and desired visual result, your surgeon may recommend a tailored treatment plan that could include creating ultra-precise laser incisions in the cornea and a specific lens implant type. This tailored treatment may reduce your need for glasses or contact lenses after surgery.

What are my choices for lens implants during surgery?

Once a cataract is removed this cloudy lens will be replaced with an implant called an intraocular lens or an IOL. IOLs can have a wide range of capabilities. Given as they are a lens, they can have different focusing properties. IOLs can be correcting for

a single focus point, correct for astigmatism, or correct for all distances.

What is a standard, Single focus implant?

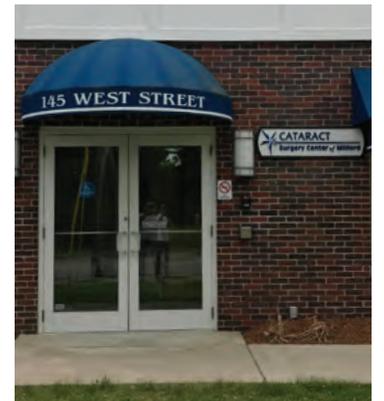
A standard single focus implant or monofocal implant corrects for a single distance only. It is unable to focus at all distances. Glasses will be needed after surgery to focus at other distances. This implant is covered by all insurances at the time of the cataract surgery.

What is a Toric IOL?

A toric IOL is also a single focus implant, but it is also able to correct corneal astigmatism. Many patients have always had astigmatism and the standard implant will improve their vision. The Toric IOL will allow for these patients to be able to see clearly at a set distance without the aid of glasses (most patients choose distance).

What is a multifocal implant?

A Multifocal implant corrects for vision at all distances - near, intermediate, and far. This IOL allows for many patients to be free of glasses. Its advantage is the true capacity to provide a much more functional ability; ability to drive, read a cell phone, read the dash, read a note. For more strenuous activities such as doing taxes, reading the small print on a medication bottle or



prolonged detailed close work, at times, a minor pair of over-the-counter reading glasses may also make such tasks more comfortable.

There are several types of these implants that are FDA approved: The Panoptix implant is a true trifocal implant allowing for comfortable all-distance vision. The Vivity implant is similar to Panoptix with night vision risks however may require more help for close reading tasks.

What are the risks of a multifocal implant?

In the early days after the implantation with the multifocal implant many patients notice some glare and halos. These are a direct result of the concentric rings of the implants that also produce the near and the distance image. After a period of adjustment, most patients glare and halos subside significantly, although they will always be there if one looks for them. The new Vivity implant causes much less risk of halos.

EYES

continued on page 11



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Living Healthy

Winter Pet Safety Tips

How to keep your pet safe in New England

By THERESA KNAPP

With just a few more weeks of winter left and a chill still in the air, we share some Winter Pet Safety Tips from www.mass.gov.

- Keep pets indoors when possible

- Provide outdoor shelter for your pets
- Care for your pet's feet
- Provide extra food and water, if outside for extended periods of time
- Use a leash when walking near water

- Don't lock pets in cars
- Keep antifreeze out of reach of pets

Mass.gov also recommends checking your vehicle before starting the engine since parked cars attract cats and small wildlife that like to crawl under the hood seeking warmth. Simply bang

on your vehicle's hood to scare away animals before you start your engine. For more information, visit mass.gov/service-details/winter-pet-safety-tips

Image credit: Theresa Knapp



EYES

continued from page 10

Who is not a good candidate for multifocal implants?

It is very important to note that a multifocal implant may not be the best choice for all patients. Some patients with some eye conditions, such as macular degeneration, diabetic retinopathy, retinal disease or glaucoma, may be better candidates for monofocal implants or for the Vivity implant.

Why choose our practice and surgery center?

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sisted cataract surgery and was the first surgeon in the greater Boston area to implant the Pan-Optix lens implant and the new Vivity implant. No more need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering laser-assisted cataract surgery. If your provider is still recommending you go somewhere else and drive hours for surgery ask this provider about his/ her financial bias and call us for a second opinion. We offer world-class eyecare and surgery much closer to home and we can prove it! A new office in Franklin and a second location in Milford. 7 providers with your best interest in mind offering the best of the best eye care. As we cross to 2022 we wish you the best from Milford-Franklin Eye Center, a trusted name in the community for 4 decades.

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Town of Millis awarded \$170K in state grant funds to improve climate resilience

Baker-Polito administration's Municipal Vulnerability Preparedness program to help identify climate hazards, improve resilience, and implement actions for climate change adaptation

The Town of Millis has been awarded a \$170,000 municipal climate preparedness grant to design a community-centric flood resiliency plan and develop a public engagement program to communicate climate vulnerability and mitigation strategies.

Awarded by the Baker-Polito administration's Municipal Vulnerability Preparedness (MVP) program, the MVP program pairs local leadership and knowledge with a significant investment of resources and funding from the Commonwealth to address climate change impacts.

The program has awarded over \$65 million in funding and technical support since its 2017 inception to communities challenged with sea-level rise, inland flooding, storms, and extreme temperatures.

"We are grateful to the Baker-Polito administration for funding this important resiliency project that will benefit current and future generations," said Town of Millis Select Board Chair Pete Jurmain. "The grant will provide much-needed support to meet the project's stormwater management goals while engag-

ing our community through this planning effort."

With numerous rivers, streams, and wetlands that influence drainage patterns and are susceptible to climate change impacts, the Town of Millis has widespread flooding challenges associated with severe weather events. The MVP grant will enable the Town to holistically assess risks and develop an all-inclusive, proactive, and cost-effective flood resiliency plan to minimize town-wide flooding under present-day and future climate conditions. It will build upon the MVP-funded Building Resiliency Across the Charles River Watershed Study, which identified flooding issues in the Charles River Watershed.

The plan will seek solutions to restore the area's natural ability to capture and infiltrate stormwater, support the function and health of the Town's natural wetlands system, and incorporate resilient approaches to reduce the impacts of flood-

ing. Where possible, the plan will identify nature-based methods to integrate co-benefits, including stormwater treatment, habitat restoration, and creating new educational and recreational opportunities.

Leading environmental engineering and construction firm Brown and Caldwell assisted the Town with its grant application and will act as a consultant during the plan's development. The firm will be responsible for developing a town-wide hydraulic and hydrologic model and developing cost-effective flood mitigation strategies that achieve multiple co-benefits.

There will be many opportunities for community members to engage in the project. A public outreach program to gather knowledge of flooding issues, inform the community on flood risks linked to climate change, and share project results is also included. The plan is scheduled for a summer 2022 completion.

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The basics of long-term care

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Aging is a fact of life and it comes with certain realities. While most of us probably don't want to picture ourselves eventually needing help with daily activities, more than half of Americans turning 65 today will need some type of long-term care during their remaining years.¹ As this type of care is not generally covered by private health insurance or Medicare, it's important to create a plan to help protect yourself and your family from the financial and emotional

impact of a possible long-term care event.

What is long-term care?

Long-term care encompasses a variety of services that assist those who can no longer perform everyday activities on their own. These activities, known as activities of daily living (ADLs), include dressing, eating, and bathing. A chronic illness or a physical impairment can lead to a need for long-term care, but it's most commonly needed as the result of a cognitive issue, such

as Alzheimer's disease. Care services can be provided in the home, a community setting, or a facility such as a nursing home.

How much does long-term care cost?

On average, women need about 2.5 years of long-term care and men an average of 1.5 years.² The national average for a home health aide is \$23.27 per hour (so for example, 20 hours of care per week would cost more than \$24,000 per year), while a private room in a nursing home averages \$103,660 per year.³

Long-term care costs can quickly add up and can have a significant impact on your retirement and the assets you've

worked so hard to accumulate. Understanding the various long-term care planning options available is critical to helping you put a plan in place to ensure you have access to the type of care you prefer while protecting your finances.

How to plan for long-term care

Depending on your age, health, means and needs, there are several ways to address long-term care.

Long-term care planning options:

- Standalone or traditional long-term care insurance plans generally provide the most robust long-term care coverage based on the premiums paid, can be customized to suit your needs, and offer the option to receive care at home, in an assisted living facility, or a nursing home.

- Linked-benefit or hybrid plans combine long-term care insurance with life insurance, providing broader coverage and greater flexibility usually at a slightly higher price point since

1. *Melissa Favreault and Judith Dey, "Long-term services and supports for older Americans: Risks and financing research brief," Office of the Assistant Secretary for Planning and Evaluation: U.S. Department of Health and Human Services, February 2016*
2. *Ibid.*
3. *"Long-term care costs by state and region," New York Life Insurance Company, 2018.*

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Sports

Medway Ice Hockey Team Aiming For More Success

By KEN HAMWEY
STAFF SPORTS WRITER

Medway High hockey coach Derek Harrington isn't afraid to set lofty goals for his boys ice hockey team.

He has specific priorities for the 2021-22 season and one objective is for the Mustangs to win a state championship. The other goals are to compete for the Tri Valley Small Division title, win their Christmas Tournament in Maine and to improve daily on each shift.

Harrington is no stranger to division crowns or tourney berths. In his three years at Medway's helm, his teams have won three straight TVL Small Division titles and they've qualified for the playoffs twice (there was no tourney last year because of Covid-19).

"Our goals are high but high goals produce high achievement," said Harrington, who has also worked for the Medway Police Department for 23 years. "Our objectives this year are lofty but I can guarantee that we'll improve daily on each shift. And, the TVL Small Division crown is within our grasp. We also want to win the Christmas Tournament in Maine at St. Dominic's Academy in Auburn. As for winning a state title, we can be as successful as we want to be if we do the right things and focus on one shift at a time."

The Mustangs lost four players who would have been starters to a prep school and to hockey academies but the 50-year-old Harrington still has skaters with definite strengths.

"Our hockey IQ is high, we're technically skilled, our goalie is one of the best in the state and our skating ability is strong," he emphasized. "But, even though we've got talented players, we do have some inexperience. The talent is there but some of it is untested. Losing four starters does hurt our depth."



Above left: Medway High's captains are, from left, Jack Carr, Evan Monaghan and Alex Infanger. Above, right: Derek Harrington is starting his fourth year as Medway's hockey coach.

One place where Medway isn't hurting is in the leadership department. Its trio of senior captains — goalie Evan Monaghan and forwards Alex Infanger and Jack Carr — all lead by example, all have a variety of top-notch assets and all three are four-year veterans.

"Evan started five games as a freshman," Harrington said. "A two-time TVL all-star, he focuses on all the small details. He's a student of the game and relies on technical ability and instincts. Alex is tenacious. He's been our top scorer two straight years. He's got a nose for the net, is passionate about hockey, has speed, skates well and has a quick shot. Jack is versatile, makes his teammates better, holds players accountable, has a good hockey IQ and is very fast."

Senior forward Sean Murphy and junior forward Pari Lykourinos are three-year veterans who'll be counted on to play key roles.

"Sean has great hands, is strong in the corners and is a

good finisher," Harrington said. "He's got scoring ability. He's also an aggressive skater who's powerful and has a high hockey IQ. Pari is a dynamic skater who has a quick release on his shot. He's a natural talent who can pass and move the puck well. He should have a breakout year."

Three seniors that Harrington expects to be major contributors are forwards Nathan Van Saun and Ryan Gagnon, and defenseman Anthony Rossi.

"We're relying on this group to contribute on the score sheet and in a leadership role," he noted. "All three should be key factors in our success."

Four junior forwards and three defensemen round out the Mustangs' nucleus. The forwards are Luke Frauton, Jackson Bridges, Blake Manning and Jack Reynolds. The defensemen include senior Luke Johnson, junior Tom Creonte and sophomore Henry Eaton.

"This contingent hasn't seen a lot of playing time," Harrington



A 1989 graduate of Medway High, he played three sports (football, baseball and hockey) and was captain in football and hockey his senior year. Before taking the varsity reins at Medway, he was a Mustang assistant for 16 years. His career record at the varsity level is 31-17-9.

Harrington's staff this season will include two varsity assistants — Kyle Dwyer and J.P. Gasparini. His four volunteer coaches are Lou Jacques, Ryan Wright, Sean Schindler and Brian Bullen. "All of my assistants, except Lou, played for me during my 19 years of coaching hockey," said Harrington, who also was an assistant in football at Medway for 15 seasons.

Relying on an athletic philosophy that combines winning, reaching one's potential and having fun, Harrington fosters a healthy environment that "leads to a path of success."

And, Harrington hopes his players learn valuable life lessons from hockey. "Overcoming adversity is a great lesson to be learned," he noted. "Sports also help kids develop a strong work ethic and reach their goals. Players can also learn how to be good teammates, how to be leaders and how to become quality citizens."

Unlike last year, there will be a post-season tourney this season as long as Covid-19 is under control. "It'll be great to return to some form of normalcy," Harrington said.

And, if all goes smoothly on the health front, expect Medway's hockey team to exemplify lots of desire, dedication and devotion to the task at hand.

That's been the Mustangs' trademark for the last three years and there's no doubt those attributes will prevail again.

said. "But their contributions will be extremely helpful in fulfilling all of our goals this season."

The style of play Harrington favors is physicality. Expect the Mustangs to forecheck and take care of business in their end. "On offense, we'll aim to put opposing defenses in a bad position," Harrington emphasized. "We'll try to take advantage of our opponents' lapses."

If Medway is to collect its fourth TVL Small Division championship, it'll have to be highly motivated to deal with three teams — Dedham, Norton and Dover-Sherborn. "Dedham is strong, Norton has lots of numbers, and D-S has some up-and-coming skaters," Harrington offered.

A native of Brockton, Harrington lived in Medway for 17 years before moving to Franklin.

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Medway High School Celebrates Successful First Season of Unified Basketball Program

Principal John Murray and Assistant Principal David List are pleased to share the conclusion of the successful first season of the Medway High Unified basketball team.

The team played a total of six games in its first season, concluding the season on Monday, Nov. 1 with a final game against Norwood.

The Unified Sports program in Massachusetts, run by Special Olympics Massachusetts in partnership with the Massachusetts Interscholastic Athletic Association, allows students with disabilities the opportunity to play

high school sports alongside their peers in a fun and supportive environment.

As part of the program, student athletes with disabilities are paired with students without disabilities. For basketball, there are three athletes and two partners on the court at all times, sharing responsibilities and playing as a cohesive team.

The Medway Unified basketball team was started by Best Buddies club leaders Shaina Liberman, Hayley Ravella, Paige Dwyer and Paige Diminico who wanted to find a way to engage in the peer-buddy relationship



A total of nine peers and six buddies participated in the Medway High School Unified basketball program this season. (Photo courtesy Medway Public Schools)

beyond the scheduled meetings.

There are a total of nine peers and six buddies from all grades on the team who have been working together this season. The team is coached by Meg Keohane who also coaches the junior varsity girls basketball and girls lacrosse teams, and is the assistant coach

for the varsity girls basketball and girls lacrosse teams.

“I’d like to commend Shaina, Hayley, Paige and Paige for spearheading the Unified basketball program at MHS,” Assistant Principal List said. “I’d also like to thank Coach Keohane for her work with the team, as well

as our MHS students, families and community members who came out to support our team. Congratulations to the players on a wonderful first season, and we are looking forward to future seasons.”

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Medway Community Education

Medway High School Honored for Multiyear Achievement

Superintendent Armand Pires and Principal John Murray are pleased to announce that Medway High School has been awarded a 2021 College Success Award and College Success Award–Gold by GreatSchools, recognizing the school’s continued work ensuring students are prepared for the college admissions process and for success in college.

In addition to the 2021 College Success Award, Medway High School was recognized with the College Success Award–Gold, a new elevated level of distinction celebrating schools with a multiyear track record of postsecondary success. MHS was also recognized with College Success Awards in 2019 and 2020.

According to GreatSchools, a national nonprofit organization, 90% of Medway High School graduates enrolled in an institution of higher learning, and 95% completed their first year of college and returned for a second year. Both percentages are higher than the state average. The school’s profile with additional data can be found here.

The College Success Award was created in 2018 to highlight public secondary schools that not only send students to college, but prepare them for the challenges that higher education can present.

Medway High School was selected as one of 91 Massachusetts schools and 1,838 schools nationwide to receive the 2021 award. It was one of 87 Massachusetts schools and 1,770 schools nationwide to be recognized with the College Success Award–Gold.

“We are excited to have received this award once again and to be additionally recognized for a multiyear track record of success in college readiness,” Principal Murray said. “We aim to provide a multitude of educational opportunities and resources for our students to help them be successful after they leave our district, and this award reflects that work. Even more so, this award is a credit to the dedication of our staff members and the work ethic of our students.”

About GreatSchools:

GreatSchools is the leading national nonprofit empowering parents with essential information to improve educational opportunities for their child. It is the only national organization that collects and analyzes data from all 51 state departments of education and the federal government to provide analysis, insights, and school quality ratings for parents, partners, researchers, and policymakers.

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Millis COA Events

Please note that Regular events have been modified. Thank you!

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 Wednesdays 8:30-4 Thursdays 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.

Cribbage Meets every Monday and 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 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.

Nanak's Kitchen The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Monday from 9-11 All are welcome.

December Events:

New England Investment & Retirement Group is hosting an event to highlight risks

posed to retirees pertaining to key areas of financial planning: retirement & income planning, investing, taxation, and estate planning. Please join us on Tuesday, December 14th at 2 PM at the Millis Senior Center. We will identify key risks and answer your specific financial planning questions such as outliving retirement assets, tax migration and avoiding probate. Refreshments will be provided. Reservations are strongly suggested.

Podiatry Main Street Podiatry will be here Wednesday, December 1st from 9-11 to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre- registration 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.

Geological Wonders Presenter, Susan Steele will be taking you on an amazing journey to the following locations to discover the world's greatest geological wonders. Wednesdays from 11:00-12:00 This month is as follows: December 1st-Namib/Kalahari Deserts- Sand Mountains- Siwa Oasis December 8th—Auroras—Arizona Meteor Crater—Visitors from Outer Space December 15th— A Montage of Geological Mini-Wonders— Planetary Wonders— Out of this World

Cookie Decorating The holidays are here. Whether you celebrate Christmas, Chanukah, Kwanza, or New Year,

EVENTS

continued on page 20

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Blessed and Waiting for Christmas Joy

Millis United Church of Christ, 142 Exchange Street, invites the community to participate in a variety of holiday activities during the month of December. Opportunities to deepen your spiritual life and opportunities to just have fun!



Saturday, December 4th is the Jolly Holly Fair, a community favorite. Get your Christmas shopping done in a fun-filled environment. The Silent Auction is always a crowd pleaser and there will be vendors galore. Buy a raffle ticket to win the hand painted lawn Nativity Scene. Breakfast and lunch will be served.

Child-friendly worship services are offered every Sunday at 10 am. Each week will include the lighting of the Advent wreath and the addition of new hand-made ornaments to the tree.

Throughout the season folks are invited to participate in the Reverse Advent Calendar which can be found on the Church's website www.millisucc.org or by contacting the Church office. Each day the Calendar invites you to set aside a specific item that will be donated to the Millis Food Pantry. Participants

can bring items to worship each week or take advantage of the drive-by drop-off on December 23rd.

A Blue Christmas Healing Prayer service will be offered in the sanctuary on December 20th. Anyone can attend this service which is designed to give folks, who are in need of healing and/or who are not feeling too jolly, an opportunity to worship in a more personal and subdued way. A variety of experience options and opportunities will be available but there is no obligation to participate. It is just fine to sit in the quiet of the space.

The Candlelight Christmas Eve Service which will be held in-person and on Zoom at 7 PM

on December 24th. All ages are welcome. If you would like to donate a poinsettia to decorate the sanctuary, please contact the church office.

The Church is planning a family friendly New Year's Eve party for December 31st but all the details are not worked out yet. Keep checking the website for updates.

The Millis UCC sponsored Community Education Series will return in January.

For information about any of these and other events, please visit the website: www.millisucc.org or contact the church office at millisucc@msn.com or 508-376-5034. Please leave a message.

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28th Annual Medway Christmas Parade



(Medway) Charles River Bank's Executive Vice President and Chief Operating Officer Derek Plourde (center left) presents a donation check of \$1,000 to the Medway Christmas Parade Committee, represented by (L-R) Julie Harrington, Director of Medway Parks and Recreation; Richard Parrella, Vice President of EPCO Inc.; and Joanne Russo, Town of Medway Treasurer/Collector. The 28th Annual Christmas Parade was held on Saturday, Nov. 27. Source: Courtesy photo.

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

EVENTS

continued from page 18

it is a great time to decorate cookies. Outreach Coordinator Debbie Sand will provide supplies and tips for decorating cookies on Monday, December 13th at 1PM. Please RSVP for limited seating.

Pizza & Prevention Millis Firefighters will be here discussing their Senior Safe Program on Tuesday, December 21st at 11 am. Please call ahead so we can ensure we have enough pizza for everyone.

Boxwood Table Top Tree Eileen Muller will be here Tuesday, December 7th at 2:00 to walk you through making these beautiful Boxwood Table Trees. Boxwood trees last for months it's not like a flower arrangement that will wilt. Reservations with \$10 payment must be made before December 1st. Non Residents \$15

TAI CHI with Tony Berg 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. Tony will be here every Tuesday at 9. Classes are \$3.00 per class.

Grab And Go Lunch From HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad. Please call the Center at 376-7051 by noon the Friday before to order.

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 yourself to a place where you feel uncomfortable.

The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your

day with grace and an optimistic mindset The class meets every Friday at 9:30. The cost is \$3.00.

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Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 PM with enlivened holiday spirits after a day visiting Newport and LaSalette.

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Medway High School Senior Rebecca Chleboski Recognized by M.A.S.S.



Medway High School senior Rebecca Chleboski (center) with her family. Chleboski was recognized with the Massachusetts Association of School Superintendents Award of Academic Excellence on Thursday, Nov. 4. (Photo courtesy Medway Public Schools)

Superintendent Armand Pires and Principal John Murray are pleased to announce that Medway High School senior Rebecca Chleboski has been presented with the Massachusetts Association of School Superintendents (M.A.S.S.) Award of Academic Excellence.

Chleboski was nominated by the faculty and staff at Medway High School and was presented with the award on Thursday, Nov. 4.

The M.A.S.S. Award of Academic Excellence is presented by the superintendent to a deserving student in each school district throughout Massachusetts. To be considered for the award, the student must be a member of the senior class with a cumulative GPA that places them in the top fifth percentile of their class. The nominee must also consistently demonstrate traits of leadership, social responsibility, respect for their fellow students and involvement in various aspects of the school community.

Chleboski is the recipient of numerous scholastic awards, holds multiple leadership positions within school organizations and is a service-minded individual, assisting and volunteering in the community on a variety of projects.

She is a three-year member and current president of the Science Olympiad, a four-year member and current treasurer of Women In STEM, and a four-year member and current vice president of the Math Team. She serves as a peer counselor, is a four-year member of TADA (Tolerance, Acceptance, Diversity Alliance) and has participated in both the fall play and spring musical. She is also a member of the National Honor Society and Tri-M Music Honor Society.

Chleboski is a recipient of the University of Rochester Bausch and Lomb Honorary Science Award, as well as Excellence Awards in chemistry, chorus and Mandarin. She also received

the Congress of Future Medical Leaders Award of Excellence and was a finalist in the National Security Language Initiative for Youth program. She plans to study medicine or engineering after graduating high school.

Chleboski is described by her Medway High School teachers as an energetic, highly-motivated and enthusiastic member of her

classes and clubs who asks great questions and values other students' opinions. She is described as passionate about the causes she supports and the interests she explores, and has a steadfast determination to persevere, regardless of any and all obstacles.

"Rebecca is passionate, skilled, and shows an immense amount of dedication to ev-

erything she is involved in. Her teachers speak very highly of her, and she is an outstanding member and leader of our high school community," Superintendent Pires said. "Rebecca not only meets, but exceeds the criteria for the Superintendent's Award for Academic Excellence, and I am pleased to recognize her as the recipient."



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Dancing Arts Center presents The Nutcracker at the Norwood Theater

The Nutcracker returns to the Norwood Theater December 17-19, 2021

This will be Dancing Arts Center's seventh production of the Nutcracker presented in Norwood and will feature fresh costumes, choreography, fun surprises, and guest artists. Telling the story of Clara's Christmas Eve dream battling the Mouse Queen alongside her Nutcracker, dancing through the Land of Snow, sampling the Kingdom of Sweets, and meeting the Sugarplum Fairy and Cavalier, the Nutcracker



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Christmas Mass Schedule
Dec. 24 ~ 2 pm, 4 pm, 6 pm, 8 pm; Dec. 25 ~ 8 am, 10 am

Parish Events
Dec. 8 ~ 6 pm: Music, Mass & Prayer
Saint Joseph Parish Center, 145 Holliston Street

Dec. 15 ~ 7 pm: Healing Mass
Saint Joseph Church, 151 Village Street

Saint Joseph Catholic Church, Medway
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has been captivating audiences and inspiring young dancers for generations. The beautiful and historic Norwood Theater located in downtown Norwood, Massachusetts makes an ideal setting for this family-friendly and professional production of the traditional holiday ballet.

Throughout the rapidly changing health environments of 2020 and 2021, Dancing Arts Center remained steadfast in providing their students with the development opportunities so important to their growth as young people and positioning them to be prepared for this season's Nutcracker. "We're thrilled to be returning to the stage after being absent in 2020," said DAC co-director Gregg Saulnier. "We have a renewed energy. Last year made us realize just what a special place the arts have, how much we need them, and what a gift it is to have the opportunity to work with our own students on such a top-notch production. We also want to thank all the parents of our students for being so supportive and flexible and helping us continue bringing the arts to their children. This long-awaited Nutcracker season is exciting for the kids, and for us."

Tickets are on sale now for four general public matinees and evening performances from December 17-19. Purchase options and health and safety pro-

ocols are available at <https://norwoodstage.com/the-nutcracker-2021>. Playbill advertising packages with opportunity to reach over 2800 patrons are also available; please contact

Dancing Arts Center at DancingArtsCenter@gmail.com or (508) 429-7577 for information (deadline of December 3, 2021). **Courtesy photo: Dancing Arts Center**

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AAA Finds Better Behavior Behind the Wheel,

But There's Room for Improvement

New data shows drivers still speeding and using the phone

A new AAA report finds unsafe driving behaviors, including red-light running, drowsy driving, and driving impaired on cannabis or alcohol, have declined in the past three years. Some dangerous driving behaviors have fallen more than others, with drivers still admitting to speeding and using a handheld cell phone, posing a danger on the roadways, according to new survey data from the AAA Foundation for Traffic Safety.

“Based on self-reported driving behaviors from our annual survey of traffic safety culture, it is encouraging to see more drivers recognize the danger of certain activities behind the wheel,” said Mary Maguire, Director of Public and Government Affairs at AAA Northeast. “However, the ultimate goal is to see the majority of drivers form safe driving habits and practice them.” As more Americans return to the daily commute, AAA reminds all motorists to practice safe driving behaviors by focusing on the task of driving, keeping their eyes on the road and hands on the wheel.

The new data are from the AAA Foundation’s annual Traffic Safety Culture Index (TSCI), highlighting the gap between drivers’ attitudes and reported behaviors. The following shows some of the improvements in unsafe driving behaviors from 2018 to 2020.

The proportion of people who reported having engaged in the following unsafe driving behaviors at least once in the past 30 days

While fewer Americans took to the roads in 2020 due to the pan-

demagogue, those that did appeared to take greater risks. The National Highway Traffic Safety Administration (NHTSA) found that an estimated 38,680 people died in motor vehicle traffic crashes—an increase of 7.2% and the largest number of fatalities since 2007. And, the numbers for 2021 look even worse, as NHTSA estimates 8,730 people died in motor vehicle traffic crashes in the first three months of the year.

Unsafe Driving Behavior	2018 (%)	2019 (%)	2020 (%)	Change from 2018 to 2020 (%)
Driven 15 mph over the speed limit on a freeway	48.9	48.2	45.1	-7.8
Driven while holding and talking on a cell phone	52.1	43.2	37.2	-28.6*
Driven while reading a text or email on a cell phone	41.3	38.6	33.9	-17.9*
Driven through a light that had just turned red	31.4	31.1	25.6	-18.5*
Driven aggressively by switching lanes quickly or very close behind another car	24.8	26.5	21.3	-14.1
Driven when so tired it was hard to keep eyes open	27.0	23.6	17.3	-35.9*
Driven when you had enough alcohol that you thought you were over the legal limit	10.9	9.8	5.9	-45.9*
Driven within an hour of consuming cannabis	6.6	6.5	4.4	-33.3*

* indicates a change is statistically significant at the 95% confidence level

While the reasons for this increase are being studied, the AAA Foundation’s TSCI reveals some areas of admitted driving behavior that remain stubbornly high, despite declining since 2018: speeding and using a cell phone. Unfortunately, drivers who participated in the TSCI survey admit to risky driving behaviors despite knowing that loved ones, family or friends would strongly disapprove. Cell phone use is one such area where perception and behavior do not match.

“AAA has some positive news to share about trends in safer driving behaviors, but it’s not quite time to declare victory,” said Ms.

Maguire. “Downward trends in self-reported impaired driving, AAA Foundation research shows that small speed increases were

enough to raise a driver’s risk of severe injury or death.

Out of sight, out of mind. Stow your smartphone away, turn it to airplane mode, or activate call/text blocking features like Apple’s Do Not Disturb.

Only drive sober. If you consume marijuana, alcohol, or use potentially impairing prescription medications, then don’t drive. And if you’re going to drive, then don’t consume these substances.

Stay alert. Stop driving if you

become sleepy because you could fall asleep at any time. Fatigue impacts reaction time, judgment, and vision, causing people who are very tired to behave in similar ways to those who are drunk.

The annual TSCI identifies attitudes and behaviors related to traffic safety. The survey data are from a sample of more than 2,800 licensed drivers ages 16 or older who reported driving in the 30 days before the survey, which was administered between October 23 and November 23, 2020. The AAA Foundation issued its first TSCI in 2008, and the latest report is online: AAAFoundation.org

AAA Northeast is a not-for-profit auto club with 71 offices in Rhode Island, Massachusetts, Connecticut, New Jersey, New Hampshire and New York, providing more than 6 million local AAA members with travel, insurance, finance, and auto-related services.

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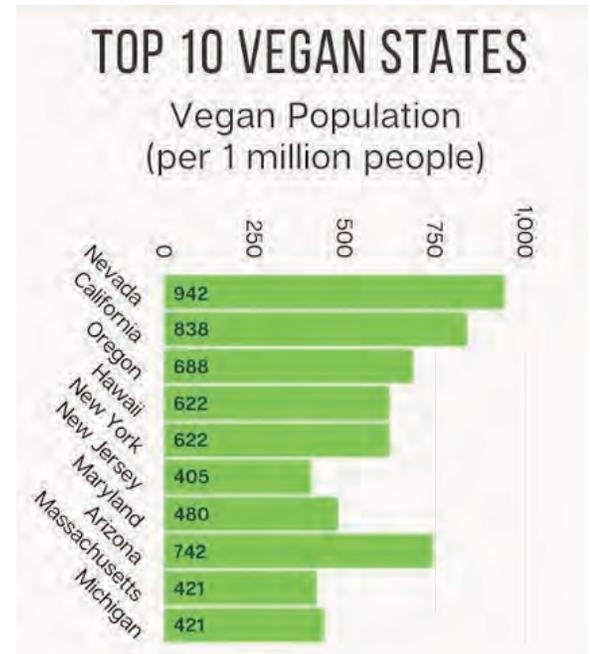
The Bay State has 421 vegans for every 1 million people

Massachusetts is among the best in the nation for its selection of dedicated vegan restaurants, ranking 9 out of 50. That said, it only ranks in 17th place for

Google searches related to vegan keywords.

The top 10 most “Vegan” states according to Total Shape (via Google Trends) include (in

chronological order): Nevada, California, Oregon, Hawaii, New York, New Jersey, Maryland, Arizona, Massachusetts, and Michigan.



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Massachusetts quick facts according to Total Shape via Google Trends:

- Vegan Population: 421 per 1 million people
- Vegan Restaurants: 10 per 1 million people

- Vegan Meetup Groups: 14 per 1 million people
- Animal Welfare Groups: 12 per 1 million people

Source: Total Shape via Google Trends

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Register O'Donnell Announces 2021 Holiday Food Drive

November 22nd through December 29th

Noting that some Norfolk County families are more worried about putting food on the table this holiday season, Register

of Deeds William O'Donnell is asking people to contribute to the Annual Registry of Deeds Food Drive, starting Monday

November 22nd and running through Wednesday December 29th.

"There is no doubt that Norfolk County is a destination place to live and to work. However, there are people throughout the county that are truly hurting. Just looking at our monthly foreclosure numbers, we at the Registry of Deeds can see firsthand how people are being adversely impacted. Misfortune can strike anyone in a number of ways, from a job loss to a medical catastrophe to an elderly person on a fixed income."



to 4:30PM. Suggested donations include canned goods, breakfast cereals, pasta, sauces, toiletries and paper products.

If you can't get to the Registry to drop off food, you can check their website at www.norfolkdeeds.org for a pantry location in your community.

"Working together, we can truly make a huge difference this holiday season," concluded Register O'Donnell.

To learn more about these and other Registry of Deeds events and initiatives, "like" us on facebook.com/norfolkdeeds, follow us on twitter and instagram @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. 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. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101, or email us at registerodonnell@norfolkdeeds.org

Today, according to the latest Project Bread statistics, 1 out of every 10 households in Massachusetts is considered food insecure. Furthermore 1 out of every 7 children in the state is also considered food insecure. In fiscal year 2017 Project Bread received more than 28,000 calls for food assistance.

Register O'Donnell noted. "As we near the holiday season, there is definitely a need for more food assistance. Household expenses are higher due to the cost of home heating fuel and also food bills are higher with kids home during school vacation. Let us be mindful during this Thanksgiving season that others may be in need of our help."

Non-perishable food items can be brought directly to the Registry of Deeds which is located at 649 High Street in Dedham. A donation bin will be set-up in the Registry's lobby and food can be dropped off Monday through Friday between 8:00AM

Order Holiday Pies, Cakes and Treats Early!

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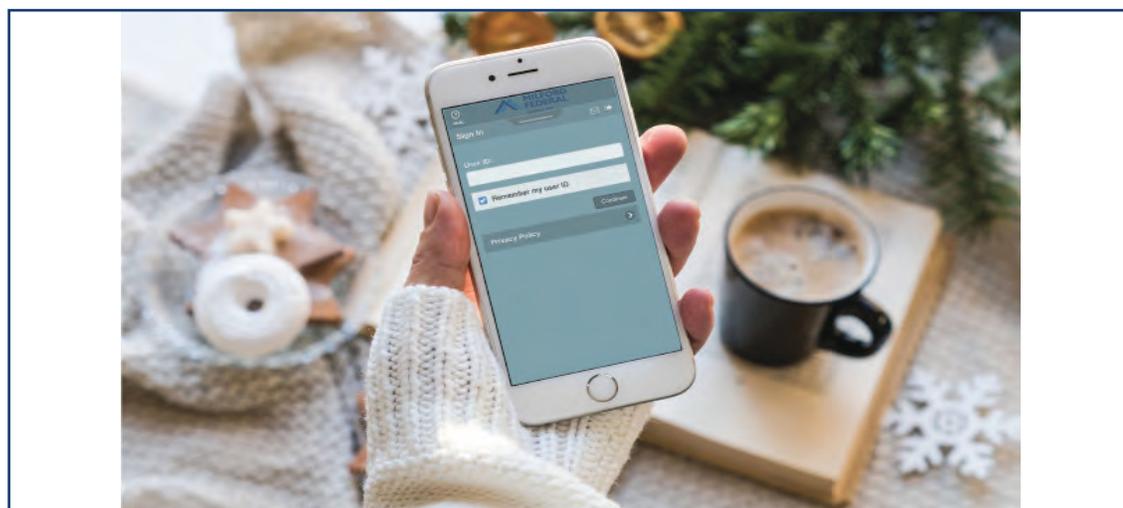
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11 Bayberry Lane, Medway
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3 Carriage House, Medway
Sold!



1 Newton Lane, Medway
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31 Broad Acres Farm, Medway
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13 Stable Way, Medway
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4 Meryl Street, Medway
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Real Estate Corner



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Recent Home Sales

Date	Medway	Amount
11/16/2021	8 Curtis Lane	\$745,000
11/12/2021	6 Kelley Street	\$625,000
11/12/2021	105 Oakland Street	\$440,000
11/10/2021	10 Fawn Road	\$859,500
11/10/2021	5 Fales Street	\$755,000
10/29/2021	166 Village Street, #301	\$242,000
10/28/2021	6 Cherry Circle, #L5	\$731,455
10/28/2021	405 Village Street	\$575,000
10/27/2021	291 Village Street	\$485,000
10/27/2021	15 Autumn Road	\$502,000
10/25/2021	115 Village Street, Apt. 1	\$415,000
10/25/2021	94 West Street	\$530,000
10/20/2021	3 Algonquin Avenue	\$550,000
10/18/2021	1 Rolling Lane	\$665,000
10/18/2021	7 Cherry Circle, #L6	\$819,730

Date	Millis	Amount
11/05/2021	5 Beech Street	\$1.25 mil
11/05/2021	10 J William Heights	\$710,000
11/02/2021	36 Acorn Place	\$572,975
11/01/2021	69 Key Street	\$350,000
10/29/2021	2 Kensington Place	\$524,299
10/29/2021	236 Union Street	\$625,000
10/29/2021	8 Walnut Street	\$1.40 mil
10/29/2021	26 Pearl Street	\$800,000
10/28/2021	19 Jameson Dr, #231	\$925,000
10/28/2021	125 Glen Ellen Blvd, #145	\$820,488
10/28/2021	124 Glen Ellen Blvd, #144	\$646,422
10/26/2021	10 Meadowbrook Rd, #10	\$331,000
10/25/2021	35 Acorn Place	\$557,400
10/22/2021	16 Glen Ellen Blvd	\$1.23 mil
10/21/2021	37 Rockville Meadows	\$500,000
10/20/2021	Lot 20A Beech Street	\$300,000
10/20/2021	343 Village Street	\$375,000
10/18/2021	18 Glen Ellen Blvd, #9	\$1.22 mil
10/15/2021	16 Charles Way, #135	\$711,995

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The property at 343 Village Street, Millis, recently sold for \$375,000. Image credit: www.zillow.com

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

Real Estate Corner



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Happy Holidays!



Thank You For Your Support!

Greetings,

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I hope your celebration of the season is filled with peace and laughter with the ones you love.

May the New Year bring you health, happiness and good times.

Warmest wishes,
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Senate Passes Redistricting Legislation

(BOSTON – 10/27/2021) Today, the Massachusetts State Senate passed S.2560, An Act establishing senatorial districts. This bill, and the redistricting map it describes, doubles the number of majority-minority Senate districts, from three to six.

This bill divides the Commonwealth into 40 senatorial districts that will be in effect until the next redistricting cycle following the decennial census in 2030. These districts are drawn based on data from the 2020 census.

The efforts to increase majority-minority representation include the strengthening of a Black ‘ability-to-elect’ district in Boston and the creation of a Hispanic ‘ability-to-elect’ district in the Merrimack Valley, along with the creation, strengthening or preservation of four ‘opportunity-to-elect’ districts in the Chelsea area, the Brockton area, Springfield, and Boston.

The Special Joint Committee on Redistricting sought broad public input, holding 19 public hearings, including hear-

ings in nine different languages. The Committee also held a large number of meetings with advocates and legislators and maintained a website with case law, statistics, and ultimately, draft and final maps.

“This redistricting process will ensure that everyone’s voice is heard in the Massachusetts State Senate,” said Massachusetts Senate President Karen E. Spilka (D-Ashland). “By listening to residents throughout this process, we have passed a map that fairly and accurately represents the people of Massachusetts. Additionally, these districts will better reflect the diversity of people who call Massachusetts home. I’d like to thank the Joint Committee on Redistricting, the members of the Senate Committee, their staffs, my Senate colleagues, and Senate Chair William Brownsberger for his thoughtful and thorough approach to ensuring equitable representation.”

“I am deeply grateful to the New Democracy Coalition, the Drawing Democracy Coalition

and the hundreds of individuals who came forward to help shape the Commonwealth’s legislative districts for the coming 10 years,” stated Senator William N. Brownsberger (D-Belmont), the Senate Chair of the Joint Redistricting Committee. “I believe that with their help we have ended up with a high-quality plan.”

The Special Joint Committee on Redistricting carefully identified and sought to meet its legal obligations under the Equal Protection Clause, the Voting Rights Act, and other relevant law. It also followed traditional redistricting principals, especially emphasizing keeping municipalities whole. In a move hailed by Massachusetts municipalities, the new Senate map reduces the number of towns and cities split between two or more Senate districts from 21 to 11.

The Senate bill will now go to the House of Representatives for their approval. Complete details of the Senate map can be found at malegislature.gov/redistricting.



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Real Estate Corner

Do you have money waiting in the Unclaimed Property Division?

Search state's database for money in your name

By THERESA KNAPP

Have you heard the commercials for FindMassMoney.com? Have you searched the state's da-

tabase for your personal or business name and address (old and new)?

The Massachusetts State Treasurer's Unclaimed Property Division has over \$3 billion -

with a "B" - in unclaimed funds for residents and business of the Commonwealth.

According to www.mass.gov/orgs/unclaimed-property-division, the Unclaimed Property Division receives abandoned property from banks and other

holding companies after they have been unable to reach the owners for three years.

The service "connects citizens with their abandoned property such as bank accounts, uncashed checks, stocks or dividends, insurance policies, or the contents

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To see if there is abandoned property in your, or your family's name, visit www.findmassmoney.com

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PENDING  78 Fisher Street Medway - \$699,000	NEW LISTING  100-102 Congress Street Milford - \$499,900	PENDING  7 Meadow Parkway Franklin - \$449,900
		SOLD  64 Village Street Millis - \$675,000



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18 Bretts Farm Norfolk
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We would like to thank our clients, friends and family for another successful year. We wish you and your family a wonderful holiday season and a very Happy New Year!