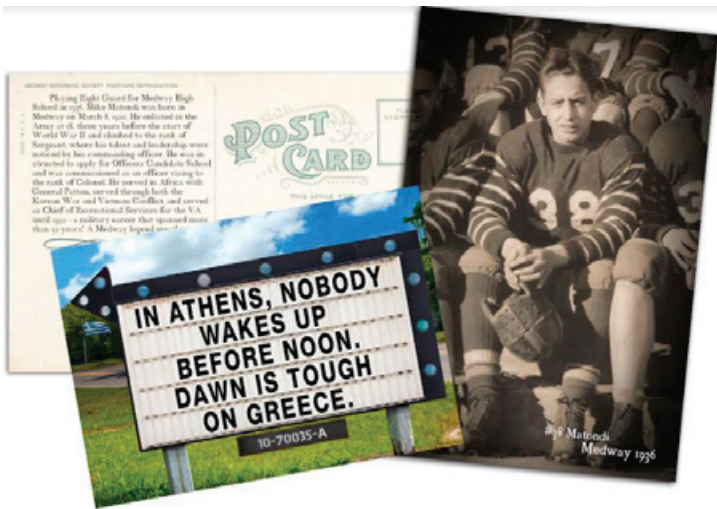


Medway resident starts postcard business focusing on humor and history

Collaborates with Medway Historical Commission to feature high school sports from early 1900s

By THERESA KNAPP



Gregory Almont Green has created unique joke postcards, and is collaborating with Medway Historical Society to feature its historical images on postcards. Pictured here is prominent Medway figure Colonel Mantondi when he played football for Medway High School in 1936. Courtesy photo.

Have you considered starting the year with sending a postcard to an old friend? Perhaps you've been meaning to drop a quick note to someone who might be feeling lonely, or maybe a note to a childhood friend (with a photo of them from high school)?

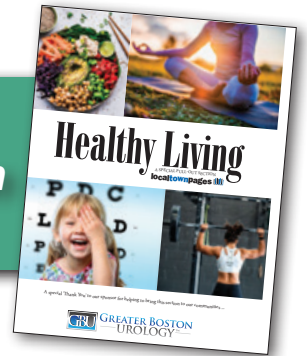
If so, Medway resident Gregory Almont Green has the answer: www.aFunnyPostcard.com - a service aimed at helping people restart the practice of sending and receiving postcards through the mail, especially to seniors living alone or in assisted living facilities.

Green's project was inspired by Dr. Hunter "Patch" Adams, the American physician, comedian, social activist, clown, author, founder of "Gesundheit! Institute," and inspiration for the 1998 movie "Patch Adams" featuring Robin Williams (www.patchadams.org).

POSTCARDS

continued on page 2

See our
Healthy Living Section
Inside...



Millis Public Schools' Spanish Immersion Program celebrates 26 years

Program started in 1996 continues to benefit entire district

By THERESA KNAPP

Nearly 20 percent of the students at Millis High School are part of the Millis Public School district's Spanish Immersion Program, and they began their journey in first grade at the Clyde Brown Elementary School, says MHS principal Mark Awdycki.

Adria Osborne is a first grade teacher at Clyde Brown; she initiated the immersion program in 1996 under then-Superintendent Caroline White, who had experience in a previous district with a French immersion program and wanted to bring a similar program to Millis.

Osborne said a committee visited local immersion programs

at the time.

SPANISH

continued on page 2

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POSTCARDS

continued from page 1

Green says, "It is incredibly therapeutic to receive a funny postcard and laugh. It is therapeutic to share a joke with someone. It is therapeutic to write a short message and mail a funny postcard to someone. The whole process delivers therapeutic doses of laughter that are desperately needed. I've seen it work first hand and I'm doing this simply because it is something that can make a difference."

Green's service includes a set of 12 funny postcards that arrive pre-stamped and ready to be addressed and sent to a friend within minutes. He has compiled over 400 short jokes that appear on cards designed to look like roadside signs with removable letters.

Green says some of the jokes can "elicit a groan but it is still all in good fun" and notes each postcard is unique and "can be used to assess cognitive capability in a friendly and thoughtful manner."

Collaboration with Medway Historical Society

Green is also working with the Medway Historical Society to cre-

ate postcards that feature historic images in their collection. His first batch features individual players from Medway High School sports in the early 1900s.

Green uses modern technology to zoom in on an individual so their face can be recognized on the front of the postcard, and information about the subject is listed on the back of the card.

Proceeds from the sale of the historical postcards go to the Medway Historical Society and towards research on cognitive impairment.

He is also working with Franklin and Plainville on similar projects.

Seeking local display space

Green says he is hoping to partner with local retail establishments who are willing to feature a rack of the postcards for purchase.

For more information, contact Green at info@aFunnyPostcard.com, or visit www.aFunnyPostcard.com and <http://almontgreen.com/mhs2.mp4>.

Individual postcards are \$2 and \$3 each, and each set of 12 funny postcards is \$14.99 with free shipping and satisfaction guaranteed.

SPANISH

continued from page 1

before deciding to initiate the Spanish program in Millis. She had been interested in starting such a program for many years.

"My mother was from another country and I grew up surrounded by various languages and cultures, inventing my own 'language' as a child," Osborne explained. "When I heard about the first Spanish immersion program in the United States in California many years ago, I made the determination that I would someday start a program that mirrored the features of that program."

Osborne also became interested in English as a Second Language after her grandmother was ridiculed in a supermarket when she stumbled over the English word for 'plastic bag.' After that incident, Osborne decided to become an ESL/ELL teacher with a focus on immersion education. During her career, she has taught and directed ESL/ELL programs, and worked in bilingual education and heritage language programs.

Osborne says her experience with the immersion program in Millis over the past 26 years has been one of supportive families and staff. She says the working relationship the district has with

Tanna Jango has been the principal at Clyde Brown Elementary School for two years. She says she applied for the position, in part, because of the immersion program.



Millis Public Schools' Spanish Conversation Assistants on a trip to Boston, Fall 2021. Left to right: Paloma Chinchilla Martín (Clyde Brown Elementary SCA), Paloma García González (Millis Middle School Principal), María Martínez Sagredo (Millis High School SCA), and Isabel Sánchez Liendo (Clyde Brown SCA). Courtesy photo.

the government of Spain and the many visiting teachers and cultural assistants from Spain, who have worked and stayed in Millis over the years, has been an important part of the experience.

"I was immediately drawn to [the job posting] because of the experience I had with my own children going through a Spanish

SPANISH

continued on page 3



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Your Money, Your Independence

Resolutions Gone Bad: Rein In Your New Year

Making New Year's resolutions to improve your financial wellness in 2022?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: *Need to start buying some "X" to make more money.*

Please, tell me more. If due to FOMO (Fear Of Missing Out) or based on this year's performance, give pause.

Yes, momentum, innovation, social & macro themes, niche' and/or value could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning perfor-

mance, can you articulate why you own X and when wouldn't own X?

Better Resolution: *Need to save ____% and take ____ risk with investments to reach ____ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards your established goal, not an investment benchmark or The Joneses.

Bad Resolution: *Pay down debt.* Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and depreciation ensure all debt is not equal.

Better Resolution: *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% of lower mortgage, 2% auto loans, and a MassSave at

0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing inflation.

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unex-

pected and desired lifestyle with expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

How to ensure resolutions are not misguided, outdated, or simply unrealistic?

Use common sense, socialize with your spouse, and/or leverage an accountability partner (i.e. Certified Financial Planner) to make your 2022 resolutions happen.

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



Glenn Brown

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

SPANISH

continued from page 2

Immersion Program [in the Medon-Upton school district]. I had the advantage of understanding SI from the parent perspective as well as the educational benefits it affords to students."

Jango says the program enriches the lives of the students involved in the program as well as the culture of the school. "In our morning message video each day, one of our immersion students introduces our school to a word in Spanish and states the corresponding English word." She says the elementary school is also creating a "multicultural display with artifacts from some of

the Spanish-speaking countries our families or staff come from."

Millis Public Schools Superintendent Robert Mullaney says the district's three schools - Clyde Brown Elementary School, Millis Middle School, and Millis High School - are all recognized as International Spanish Academies, a network of schools that partner with the Ministry of Education, Social Policy, and Sport of Spain that ensures an "exemplary standard of quality and sharing of best practices and resources."

Mullaney says the district has a firm belief in the benefits of students being bilingual as it "strengthens listening skills, correlates to high academic performance in both high school and college, enhances cultural aware-

ness and respect for diversity, and provides more options for employment. Our immersion seniors are able to document a unique educational experience that sets them apart when competing for scholarships or college admission."

Mullaney says, "The immersion program has also strengthened our traditional Spanish learning program as both Immersion and non-Immersion students are eligible to take Advanced Placement Spanish Language in their senior year. Over the past five years, one out of every three seniors took AP Spanish (last year 36% of our seniors took AP Spanish with a 94% passing rate)."

MHS Principal Awdycki says the "assistants' first-hand knowledge of the culture and history of Spain, coupled with their native speaking abilities, provide our students and teachers with authentic learning experiences and interactions. In turn, we are able to give the assistants the teaching and cultural experiences they are

looking for in an American public school. We are as excited to learn from them as they are from us. It's become a crucial part of our program at all levels, and our entire school community benefits from this incredible program."

For more information on the program, contact Mullaney at rmullaney@millisschools.org.



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Medway fifth grader launches next weather balloon

In 2021, we profiled Max Kendall, now a fifth grader, who started a club at the Medway Public Library to share his passion for weather balloons. To date, he has created and launched three weather balloons, the most recent in October; he is now creating a fourth with the Medway Balloon Society.

For details about the flight, visit <https://bit.ly/30MKYHt> where you can hear Max's full report on this experiment.

"Overall, WB3 was a huge success," Max tells his viewers on YouTube.

According to his mother Jennifer, key features of WB3 included:

- 103,000 ft. apogee / burst al-



Max Kendall (orange shirt) is a fifth grader with a passion for weather balloons. He is now working on a fourth version with the Medway Balloon Society. Courtesy photo.

titude

- New DragonTouch action cam for primary camera.
- "Love Letter to Earth" theme.
- 3D printed, hand-painted Earth model.
- Sensor Readings: Humidity, Temperature, Pressure, Altitude, CO2
- Heating chamber for CO2 experiment
- LoRa electronic cut-down system to separate payload from cord when stuck in a tree.
- LoRa activated buzzer for helping to locate during recovery.
- 1000g balloon
- PiCamera facing upwards to capture footage of the balloon

and parachute

- Yeast science experiment (successfully activated yeast after exposure to high altitude environment)
- Chia seeds experiment (ongoing)
- Scented putty experiment (lost some scent after high altitude exposure)
- Bubble wrap experiment (large bubbles popped, small bubbles stayed intact)
- Rubber band experiment (seemed undamaged/unaffected by cold/low-pressure)
- Improved flight prediction, fill procedure, and balloon led to accurate landing 5 min from home.

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In November, the Medway/Millis 12U (5th & 6th grade) and 14U (7th & 8th grade) cheer teams attended the American Youth Cheer New England competition and placed 3rd (12U) and 1st (14U) in their divisions. Both teams were headed to the National competition in Florida in December, again, to defend their 2019 national titles! We are very proud of our 30 Medway / Millis cheerleaders! Courtesy photo.



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Eight Medway High School Students Accepted to Central District Senior Concert Festival

Principal John Murray is pleased to announce that eight Medway High School chorus and band students have been accepted to attend the Massachusetts Music Educators Association (MMEA) Central District Senior Concert Festival.

Student musicians from across Central Massachusetts were invited to audition for the festival by submitting a video performance.

Medway High School students Matt Bullard, Rebecca Chleboski, Liv Dwyer, Lucas Farlow, Sienna Flotta and Grace Gerard were invited to the Se-

nior Concert Festival for chorus. Abigail Brown, who plays trumpet, and William George, who plays clarinet, were invited to the Festival for band.

Gerard, Dwyer, Farlow, Bullard and George also received scores that qualify them to audition for the MMEA All-State Festival ensembles later this winter.

“Congratulations to this group of student musicians on their successful auditions,” Principal Murray said. “It is a valuable experience for our students to participate in the festival and work with instructors and stu-

dents from around the region, and we look forward to seeing our students perform as part of the Senior Concert Festival each year.”

The Central District Senior Concert Festival will be virtual once again in 2022. Though additional details are still being confirmed, students will receive music to participate in a virtual rehearsal. They will then submit a recording of their part following the virtual rehearsal and the recordings will later be combined into a full virtual performance.

Millis Library “A Novel Occasion” fundraiser to be held on Jan. 29

Tickets for the 2nd annual “A Novel Occasion” are on sale now. This fundraising event hosted by The Friends of the Millis Public Library is on Saturday, Jan. 29 from noon to 2:30 p.m. ET. The virtual “live” experience will be a fun and interactive Zoom event where guests will hear bestselling authors, receive a book from the event-featured author of their choice, and participate in two intimate author roundtables. This

year’s authors include: Alka Joshi, Gregg Hurwitz, Jamie Brenner, Katherine Center, Kerri Maher, Linda Castillo, Steven Rowley, Vanessa Riley, and Viola Shipman (Wade Rouse). Tickets to this amazing one-of-a-kind event are \$50 per person and are available at <https://www.anoveloccasion.com/>

The event is hosted by The Friends of the Millis Public Library, a nonprofit 501 (3) (c) or-

ganization (tax ID#04-3268133); donations are tax-deductible to the full extent allowed by law.

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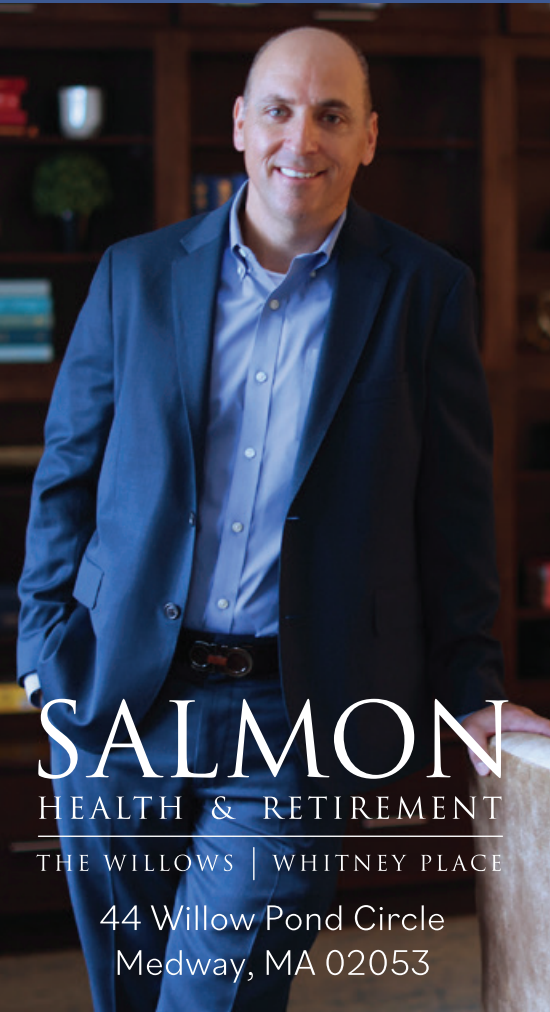
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Medway Middle School Students Receive Design Thinking Award in Mass STEM Hub Online Industry Challenge



From left: Cerissa Gatewood, eighth grade students Colleen Layton, Eva Miranda and Claire Mullen, Claire Sullivan of Mass STEM Hub and Erin Albertian. (Photo courtesy Medway Public Schools)

Principal Amanda Luizzi is pleased to announce that three Medway Middle School students were chosen by industry professionals to be recognized in the Mass STEM Hub Online Industry Challenge.

Eighth grade students Claire Mullen, Eva Miranda and Colleen Layton worked together to design products that help people who are paralyzed get both large and small items from their refrigerators with greater ease. Their project submission was selected to receive the Design Thinking Award.

The students were presented with a certificate from Mass STEM Hub by Medway Middle School teachers Cerissa Gatewood and Erin Albertian on Thursday, Dec. 2.

As the challenge winners, Mullen, Layton and Miranda will also each receive a Rocketbook Smart Notebook.

As part of their project, the students identified the challenges they were attempting to address, designed product prototypes, tested their effectiveness and made adjustments as necessary.

This work was submitted to the Mass STEM Hub Student Industry Connects for Massachusetts STEM Week. The project impressed the industry professionals who reviewed student work from across the Commonwealth with one professional noting that the team did a great job working to improve their design through trial and error testing.

This is Mullen's and Layton's second time entering a project for Mass STEM week, and Miranda's first.

"We are proud to have such creative, hardworking and talented young designers at our school and this is a terrific achievement for Claire, Eva and Colleen," Principal Luizzi said. "The Mass STEM Hub Student Industry Connects is an excellent opportunity for our students to practice their problem-solving skills and build on what they've learned in the classroom, as well as receive valuable feedback from industry professionals."

In all, nine Medway Middle School students submitted projects to the Mass STEM Hub Student Industry Connects. Each student who submitted a project worked every day after school for an hour and a half during Massachusetts STEM Week to finalize their project.

Medway student named to St. Sebastian's honor roll



St. Sebastian's School proudly announces that Eamon J. McCarthy, grade 8 of Medway, received High Honors for the first quarter of the 2021-2022 school year.

Recipients of these academic awards fall into three categories: High Honors, main-

tains an A- or above in all subjects; Honors with Distinction, maintains a B or above in all subjects; Honors, maintains a B- or above in all subjects; Effort, for marks of 1 or 2 in all subjects; and Superior Effort, for marks of 1 in all subjects.

Link to the full list can be found at www.stsebs.org.

OBITUARY

Dawn Adrienne (Casey) Adams



formerly of Sherborn and Millis was born October 3, 1951 and went home to the Lord on December 11, 2021. She was predeceased by her parents Francis and Avis Casey of Brighton and mother-in-law Virginia Adams of Wellesley Dawn leaves behind her loving, devoted husband of 30 years John, their sons Richard & his wife Kimberly Walsh, Derek Walsh and daughter Nicole Adams; her grandchildren Christopher, Jaden, Falyn, Virginia and Rosalie; her brother Dale and niece Kameo Casey of California. Her father-in-law Thomas Adams and wife Nancy, sister-in-law Cheryl Adams and nephew Paul. Dawn was a very special person who cared for everyone close to her to include her parents throughout their elder years, and served as the matriarch of her family from a very early age. The joy in her life was being a child of God, wife, mother, MiMi to her grandchildren, aunt, friend, and caring for her many, many animals over the years. To know Dawn was to love her. She had a great sense of humor, was generous and caring for so many over her lifetime. She will truly be missed by everyone who knew her. For directions and guest book please visit www.everettfuneral.com

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Tri-County Regional Vocational Technical High School Welcomes Guest Panel to Speak to Freshman

Tri-County Freshman Participated in a Discussion with Inspiring Local Speakers with Non-Traditional Careers



Source: Tri-County Regional Vocational Technical High School.

Tri-County Regional Vocational Technical High School welcomed a panel of eight speakers, four of whom are alum who are in non-traditional careers, on Dec. 1, 2021. A non-traditional career is defined by the U.S. Department of Labor as an occupation in which individuals from one gender comprise less than 25 percent of the individuals em-

ployed in such occupation.

The panel included an early educator, firefighter/paramedic, plumber, police officer, cosmetologist, engineer, salon owner, and dental assistant.

Each panelist had the opportunity to speak about what and who inspired them to pursue their careers, what a typical day at work looks like, the positive and negative aspects of having

a non-traditional career, and offered advice to students who are interested in pursuing a career in a non-traditional role.

Salon owner Ken Tracy was encouraged by his high school guidance counselor to attend Malden School for Girls in the 1960s and during the visit his passion was ignited. He noted that in his early days as a hair stylist his friends would ask him why. After he became a salon owner and found success in the profession he loved, his friends apologized for the negative comments they had made.

Many of the panelists noted the positives of being in a non-traditional career. For the early childhood educator, he has found that male students flock to him as one of the only male teachers and seem to find it easier to make a connection with him. The mechanical engineer noted that she was frequently the only female on a team and was called upon to work on machines because her smaller hands were able to fit into

spaces her male counterparts could not. The female police sergeant noted that her communication skills and compassion has allowed her to defuse tension during calls.

After the discussion, students were able to ask questions of the panel and the freshman had thoughtful queries to help them understand if they would like to pursue a non-traditional career.

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Medway High School Arts Department Holds Winter Concert and Art Exhibit

Principal John Murray is pleased to share that the Medway High School Fine and Performing Arts Department held its Winter Concert and Art Exhibit this week.

On Wednesday, Dec. 8, the Concert Band and Choral Ensembles performed several pieces for community members. There were 47 student performers in the Concert Band, 26 in the Overtones ensemble and nine in the Undertones ensemble. Student performers from all grades were represented in the ensembles.

Under the direction of Amanda Webster, the Concert Band performed "Among the Clouds," a wind piece that is inspired by lucid dreams. These dreams are said to occur more often in people who are especially creative and imaginative. Some dreamers are even said to be aware that they are dreaming, and are then able to control their actions in the dream.

The band also performed "A Showstoppin' Christmas," a medley of Christmas classics.

Among the pieces performed by the Undertones, under the direction of Ashley Nelson-Oneschuk and with the assis-

tance of pianist Julia Carey, was "Stars I Shall Find." The piece is based off of poetry by Sara Teasdale and was said to be an example of Teasdale's wistful yet sorrowful perspective on life.

The Overtones performed "Al Shlosha D'Varim." The Hebrew lyrics are taken from the text Pirkei Avot (Jewish Moral Code). The words translated mean, "The world is sustained by three things: truth, justice, and peace."

The Overtones also performed a traditional Cherokee piece, called "Morning Song," which is a prayer to the rising of the sun and also includes a melody from the song "Amazing Grace." The song incorporated a hand drum, flute and shaker.

In preparation to perform "Morning Song," Heather Moretz, a Mi'kmaq descendant and member of the United Native American Cultural Center (UNACC), did a virtual workshop with the Overtones on Nov. 30. Moretz leads the UNACC women's hand drum group, The Morningstar Singers, and is a veteran choral educator with the Natick

Public Schools. Moretz spoke with the students about Native American heritage, traditions and music, including the importance of connection to the land and all living creatures; the power of song and how it is a prayer with no composer as the song is "given" to tribe members from a higher power; and the differences in traditions and songs between tribal nations.

The choral ensembles Wednesday evening also performed selections from the standard choral repertoire, including traditional concert pieces, rounds and a sea chanty. The combined choirs sang the traditional carol "Do You Hear What I Hear?" In addition to the vocalists, the piece featured student musicians from the band on the saxophone, drum set and various percussion instruments.

An art walk was also held featuring student pieces that were completed throughout the semester. The exhibit included dozens of pieces by students from all grades.

Pieces that were on display were completed in the Ceramics 1, Foundations of Art, Drawing and Painting, Fine Arts, Ad-



An arrangement of student pieces made from different mediums was on display during the Winter Concert and Art Exhibit at Medway High School on Wednesday, Dec. 8. (Photo courtesy Medway Public Schools)

vanced Fine Art, Portfolio and Digital Design courses. The work was completed with mediums including pencil, acrylic paint, oil paint, scratchboard, Photoshop, oil pastels, pastels, colored pencils, and pen and ink.

The art walk was arranged in the main lobby of the high school on tables, display boards and bulletin boards for community members to peruse during

the event.

"The Winter Concert and Art Exhibit is a wonderful event that showcases all of our students' talents and hard work in the fine and performing arts for their families and peers," Principal Murray said. "Congratulations to our students and teachers Amanda Webster, Ashley Nelson-Oneschuk, Noelle Jackson and Maureen Brodeur on a successful event."

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The b.LUXE *beauty beat*

New Year • New You 2022 Giveaway!

By GINA WOELFEL

Different cultures from around the world welcome the change of the calendar with unique traditions all their own.

In Spain, it's customary to eat 12 grapes at midnight, one for each stroke of the clock. Each grape represents a wish of good luck for the coming months of the year.

In Denmark, plates and glasses are thrown at the front doors of close family and friends to banish bad spirits away.

In Scotland, the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

And in Ireland, there's a beautiful tradition of opening the back door to the house just before midnight to "let the Old Year out" and opening the front door to "let the New Year in".

As many of you know, b.LUXE owner Heather Cohen is a true New Year's baby and was the first child born in Boston on January 1st, 1976!

"I love to travel somewhere warm and tranquil for my birthday. I don't go out or do much while I'm there, it's really my time to reflect, reset and look ahead. I love to read on the beach and watch the crystal blue waves crash over the sand. If I'm carrying any tension or stress from the previous year, I let it all go. I give everything I have to my business and love working with my team, but every once in a while, I need to take some personal time to regroup and set new goals. This time away let's me reboot and return filled with inspiration and a renewed sense of excitement for the coming year." - Heather Cohen

2021 was a remarkable year for b.LUXE. We achieved so many of our personal goals and worked collaboratively to push the studio to the top of the beauty industry! It's time to celebrate and start our own New Year's tradition with you!

In lieu of throwing plates at your front door, we've come up with a wonderful way to ring in the New Year and usher in a fantastic 2022!

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Let's celebrate Heather's birthday together!

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Here's to the year ahead - our brightest one yet and may we always be grateful for the past, find joy in the present, and remain excited for the future.

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- 1 additional entry for every additional January appointment
- All entrants must be 18 years of age or older
- Winning prize has no cash value and can't be gifted or sold
- Each gift card category must be booked on the same day
- Gift cards must be used by the last day of 2022

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NEW OR EXISTING CLIENT?

Living Healthy

Glaucoma Treatment: DURYSTA

Commonly Asked Questions

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

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

What is Durysta?

Durysta is a breakthrough in the treatment of open-angle

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

How does Durysta work?

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

The implant comes pre-loaded with 10 mcg of Bimato-

prost in a single-use applicator that your ophthalmologist uses to inject the implant directly into the front side of your eye. This means that the drug delivery system is a one-time use sterile applicator used on you and you alone.

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

How long does Durysta last?

The great news for patients with open-angle glaucoma and ocular hypertension is that the Durysta implant is designed to last up to 6 months. However, most patients continue to have controlled intraocular pressure levels after Durysta has broken

down. This means you'll continue to benefit from Durysta for months and sometimes a year or 2 later. Meanwhile, you'll be free from having to deal with inserting eye drops and worrying about whether the correct amount of medication actually got into your eye.

Who is a candidate for Durysta?

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

If you have an infection within or surrounding your eye

If you have undergone a corneal transplant

If you are diagnosed with corneal endothelial cell dystrophy

If your posterior lens capsule is ruptured or absent

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

What are the side effects of Durysta?

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



It's highly unusual for a new medication to exhibit fewer side effects than the standard medicine it's being compared to, but that's exactly what happened with Durysta. The Durysta patients had fewer complaints and tolerated the medication better than the patients using traditional glaucoma eye drops. Fewer side effects and better eye pressure control make for a compelling argument to consider switching to Durysta.

Some adverse events for Durysta patients can include:

- Eye redness
- Eye irritation
- Eye pain
- A foreign body sensation within the eye
- Light sensitivity (photophobia)
- Blurred vision
- Headache
- Conjunctival hemorrhage
- Iritis
- Increased intraocular pressure

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

EYES

continued on page 11



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



John F. Hatch, M.D.



Kameran A. Lashkari, M.D.



Shazia S. Ahmed, M.D.



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PHOTO CREDIT: ANTONIKA CHANEL ON UNSPLASH

Living Healthy

Gary Mirliss Memorial Blood Drive in early January



The 18th Annual Gary Mirliss Memorial Blood Drive will take place at Lake Pearl, 299 Creek Street in Wrentham on Jan. 7 from 11 a.m. to 5:30 p.m. and on Jan. 8 from 8 a.m. to 3 p.m.

The Mirliss family, in partnership with Brigham and Women's Hospital, Dana-Farber Cancer Institute, and Children's Hospital Boston are hosting a Blood Drive, in memory of the late Gary Mirliss.

While blood is always needed and there is generally a lull in donations around the holiday season, this year is especially dire. The American Red Cross recently issued a public call to action due to a plummeting national inventory of blood donations forcing the cancellation of surgeries and other medical procedures.

Spots are filling up fast! Walk-ins will be accommodated on a first come first serve basis so we recommend that you make an appointment. For Jan. 7, visit <https://bit.ly/3FnNZgw>. For Jan. 8, visit <https://bit.ly/3GS8ZMC>. For more information, contact GM.Memorial.Drive@gmail.com

EYES

continued from page 10


Is Durysta for me?

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

At Milford Franklin Eye Center, Dr. Kaldawy was among the first surgeons in the area to offer

Durysta. We perform the procedure in a state-of-the-art surgery center in Milford and closer to home. With this center available to you here in your backyard there is no reason to travel hours to have eye surgery and laser glaucoma surgery. If your eye provider is still recommending you travel far away to have eye surgery, we are available for a second opinion. We are proud to offer excellence in glaucoma management and surgery with world class outcomes and here is the great news: In Milford, and closer to home than ever before!

For more details, see our ad on page 10



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Millis Senior Center

**Please note that some Regular Events have changed and needs to be updated*

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 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 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.

January Events:

The Elder Dental Program is a free non-profit, community based program. The Elder Dental Program's mission is to connect low-income seniors (age 60+) with local dentists who volunteer to participate by providing discounted dental care in their offices to elders. They refer those seniors who have been pre-screened meeting financial eligibility requirements. Dentist agree to abide by the Program's reduced fee schedule which is a fraction of their usual fees, so patients pay an amount that is more affordable to them. The participating dentists are essentially donating their time and services in order to benefit seniors who are at the lowest income levels (under 250% of Federal Poverty Guidelines) and

truly in need. The Dental hygienist from HopeHealth Community VNA will be providing an oral health presentation and information on the program on Monday, January 10th at 2pm. Please call the Center to reserve your spot.

How Proactive Planning Is Essential to Successfully Aging In Place We are in an aging society and most of us will need help with at least one activity of daily living at some point our lives. The best way to successfully age-in-place is to understand what options you have to help you stay safe, independent and comfortable as your needs change. You stay in control by having a plan for what you want. Join us as we explore how to plan to age-in-place! Michelle Woodbrey from 2Sisters Senior Living Advisors will be at the Center on Tuesday, January 25th at 2pm. Reservations appreciated.

Enhance@Fitness an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance and flexibility exercises. We will be starting our 16 week program on Monday January 31st with a free trial week starting January 24th. The fee for this program is \$125.00 which most insurance companies will reimburse. No class week of 2/21 spring vacation.

Pizza & Prevention Millis Firefighters will be here discussing Winter Emergencies on Tuesday, January 18th at 11am

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 learn-

ing 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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MassNAELA Honors State Representative Brian Murray and Other Civic Leaders at Annual Meeting

Awards Legislative and Chapter Leaders For Their Advocacy For Seniors; Presents Representative Murray with the Legislator of the Year Award

At its annual meeting held virtually on December 9, 2021, the Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA) honored several individuals for their advocacy of elder services and their commitment to raising awareness of legal issues affecting seniors. Massachusetts State Representative Brian Murray was named the Legislator of the Year for his support and efforts toward passage of legislation that protects seniors, specifically the Life Estate Value legislation.

Evelyn Patsos, Deputy Legal Counsel at the Administrative Office of the Probate and Family Court Department received the

Arthur Stavisky Award, an honor MassNAELA bestows each year to a person who has dedicated themselves to promoting elder causes in the community. Patsos was instrumental in helping the state obtain a federal Elder Justice Innovation grant for \$1M.

“Attorney Evelyn Patsos is a valued member of our administrative office legal staff and is passionate about protecting our most vulnerable individuals including the elderly and incapacitated,” said John D. Casey, Chief Justice of the Probate and Family Court. “In addition to maintaining her regular workload, Evelyn spent hundreds of hours before and after work and on weekends to ensure that the application was completed and submitted on time. Evelyn’s dedication and commitment to the creation of an office of oversight will benefit our elder population and their

families for decades to come.”

MassNAELA member, Alexis Levitt, Norwell, MA, was presented the Deborah H. Thomson Advocacy Award, which recognizes a MassNAELA member’s efforts in advocating for elder issues in state government. Ms. Levitt worked tirelessly on both the state and federal level to advance the Community Care bill, which would allow seniors who are over the income limit for PACE and FEW elder programs to qualify by paying a premium with their excess income.

The John J. Ford Litigation Advocacy Award, which honors a member’s efforts to educate the chapter membership relative to litigation strategies, was bestowed to Patrick Curley, Wakefield, MA, for his dedicated efforts with MassNAELA’s amicus workgroup.

Each year, MassNAELA recognizes chapter members for their

commitment of time and energy to the chapter. The award for Outstanding Chapter Member of the Year was presented to Abigail Poole, Dedham, MA, for her commitment of time and energy to chapter events and committees.

The President’s Award was bestowed to Karen Johnson, Westford, MA, for her service to and support of the chapter and its president. Pamela Greenfield, Needham, MA, received an award for her service and dedication as the 2021 chapter president. The following were honored as retiring members of the chapter board of directors: Brian Barreira, Plymouth, MA; Patricia Keane Martin, Wellesley, MA; Lisa Neeley, Worcester, MA; Laura Traiger, Worcester, MA; and Denise Yurkofsky, Wayland, MA.

The MassNAELA annual

meeting also included the election of chapter officers and directors for the New Year. The 2022 officers include president, Cathleen Summers, Acton, MA; president-elect, Abigail Poole; vice president, Michael Couture, Somerville, MA; treasurer, Steven Mann, Waltham, MA; clerk, Alexis Levitt; and immediate past president, Pamela Greenfield. Newly elected directors include Ashley Aubuchon, Newton, MA; Patrick Curley; Whitney Gagnon, Newington, NH; E. Spencer Ghazey-Bates, Northampton, MA; and Erin McBee, Harvard, MA.

The meeting also included a keynote address by NAELA president-elect, Roberta “Bobbi” Flowers, from Florida, who provided an overview of the current landscape and 2022 agenda of the national organization, including its upcoming efforts.

DA Morrissey warns not to use gift cards to pay debts

But if you did before reading this, here is how to freeze them

New guidance pushed out by the Federal Trade Commission last week says that telephone scammers are trying to dupe their targets into submitting payments using gift cards more than ever, and that overall losses continue to rise.

“We have seen these reports coming in to local police departments, substantiating what is being seen federally,” District Attorney Michael W. Morrissey said. The FTC reported tracking \$148 million in fraud in the first 9 months of 2021 – more than the total for all of 2020.

“The scams involve callers targeting unwitting people by pre-

tending to be from the IRS, the Social Security Administration, a judicial official or common bank or business,” District Attorney Morrissey said. “They claim that there is some immediate consequence, like an arrest warrant or fine, if payment is not made instantly – then they tell their target that the fastest way to pay is to buy gift cards and read those numbers over the phone.”

The catch, according to Morrissey and law enforcement nationwide, is that legitimate companies never, ever do that. “In the moment, if the caller’s threats make their adrenaline kick in and that

warps their decision process, many have been tricked into complying,” he said.

Scammers are leaning hard on common brands like Target, Apple, Walmart, Google Play, and eBay gift cards.

While some companies, like eBay and Google Play need to be contacted through their online cus-

tommer support mechanisms, some of the most commonly misused brands have toll free numbers for immediate help, including: iTunes at 888-275-2273 (say “gift card” to connect to a live person); Target at 1-800-544-2943; and Amazon at 1-888-280-4331.

Even if a consumer only realizes that they have been duped

after they have read the gift card number to the person on the other end of the phone, if that consumer reaches the company before the card has been redeemed, the funds can often be frozen and eventually refunded to them. Having the card and the original receipt is important in that process.

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Sports

Support your favorite charity with life insurance

As Americans, we can take pride in the fact that we are a nation of givers. And as the economy improves, charitable giving is on the rise. In fact, according to the National Philanthropic Trust in 2016 total charitable giving from U.S. individuals, corporations, foundations, and bequests exceeded \$390 billion with 72% coming from individuals.¹

While money may be tight for many Americans, it's nice to know that there is a way to support a favorite charity without having to worry about the impact it could have on your

budget. How? By giving the gift of life insurance. Here are just a few ways you can use this proven method to contribute money to your favorite causes:

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policy and can leave money to as many beneficiaries as you like: children, grandchildren — even multiple charities. Or, you can name a single charity the sole beneficiary, and it will receive the entire amount.

- **Purchase a separate policy** — There are times when it makes sense to have separate policies: one for loved ones and one for charitable gifts. This technique can prove especially helpful if you would like to retain ownership of one policy, but not the other.

- **Create a Charitable Remainder Trust** — While this planned-giving tool is designed to shelter appreciated assets such as stocks and real estate, you can also incorporate life insurance if it's set up properly. Be sure to consult a trusts and estates advisor before pursuing this approach.

Giving life insurance can be a lasting legacy to support causes dear to you. Depending on the method you choose, it may also offer a variety of tax benefits.


This educational, third-party article is provided as a courtesy 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.

¹*“Charitable Giving Statistics,” National Philanthropic Trust, 2018. <https://www.nptrust.org/philanthropic-resources/charitable-giving-statistics>*

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Sports

Millis Girls Quintet Aiming for More Success

By KEN HAMWEY
STAFF SPORTS WRITER

Expectations are always high for the Millis High girls' basketball team, no matter what the talent level is.

Success creates high hopes and the Mohawks' program is no stranger to winning records or tourney prosperity. Millis has won three state championships, finished as state runners-up once, and has qualified for 12 playoff berths during coach Dave Fallon's 14 years on the job.

And, in spite of an abbreviated season last year because of COVID-19, the Mohawks battled all the obstacles, adhered to all the protocols, and posted a 10-2 record. Five seniors graduated from that contingent, and two of them (Abby Miller and Eryn Rice) likely would have been 1,000-point scorers if the schedule included 20 games and the tournament has been played. Rice, a wing/forward, finished with 892 points and Miller, a point guard, had 877.

"We'll certainly miss their presence on the court, but more importantly we lost two amazing scholar-athletes and leaders for our school and community," Fallon said. "Abby is playing at Babson College and Eryn is competing at Bridgewater State. On the flipside, I know that many kids learned a lot from them and I look forward to seeing the next generation of leaders emerge."

The 2021-22 edition of the Mohawks is young but they possess enough strengths to achieve the goals Fallon wants to reach. His objectives include improving every day, contending for the Tri Valley League

Small Division title, qualifying for the playoffs and advancing as deep as possible.

"We're athletic, we've got speed and quickness, and our basketball IQ is high," Fallon noted. "I also like our resiliency and mental toughness. Our defensive ability is solid but we lack height and our scoring needs to improve. Our depth is okay and we have some experience, but not as much as I'd prefer."

Two experienced players Fallon can count on are his senior co-captains -- off-guards Julia Grattan and Caroline Mundy.

"Julia is a fine shooter, she's athletic, and plays strong defense," he said. "And, her instincts and court sense are good. Caroline is our fastest player and our best competitor on defense. Her hoop IQ is high and she reads the plays well. Both girls lead by example, are vocal, and very encouraging towards their teammates."

A pair of 5-foot-9 forwards who'll be prime rebounders include junior Mia Molinari and sophomore Hailey Bassett. "Mia averaged 7 points and 7 rebounds last year," Fallon recalled. "She's got a good jump shot and is our best rebounder. She's quick to the hoop and is a strong finisher. Hailey is physical, has good hands and is a great passer. She's a solid rebounder, too."

Fallon labels senior guard Riley Conroy as "an intelligent player and a good shooter," and admires 5-foot-9 senior Sophia Sisto for her skills at power forward and center. "Sophia is physical and very strong on the boards," he said.



Coach Dave Fallon with co-captains Caroline Mundy, left, and Julia Grattan.

"She'll help us in the paint."

Kyra Rice, Eryn's sister, is a promising sophomore guard with lots of potential. "Kyra is very athletic, has quick hands, gets to the rim and is an effective three-point shooter," Fallon said. "Able to drive or shoot, we're looking for her to provide offense."

Millis' success in girls' basketball no doubt is linked to Fallon and his philosophy. His primary emphasis focuses on his players reaching their potential. "If the girls reach their potential, then we're getting maximum effort," he said.

"That's why we push them. Winning occurs when potential is reached and when players enjoy their sport and have fun."

Fallon's players have learned valuable life lessons during his 14 years at the helm and it's those lessons that have led the Mohawks to incredible heights. "Athletics help the girls learn to be accountable, good leaders and teammates, and resilient," he emphasized. "Our players all know they have the potential to sharpen their skills."

And, although the Mohawks so often assume the role of

David taking on Goliath, they usually go from underdogs to winners and champions.

"It's about focus, preparation and work ethic," Fallon offered. "We can control how hard we work and it's that attribute that fuels our players and fan base to have high expectations."

The 2021-22 campaign for the Millis girls will present some challenges and probably some hurdles. At Local Town Pages deadline, they were 2-1 after defeating Somerville and Dover-Sherborn and losing to Norton.

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Medway High School Celebrates Successful Fall Athletics Season

Athletic Director Jeff Parcels and Principal John Murray wish to congratulate Medway High School's student athletes on a successful fall sports season.

MHS offers seven different sports for students during the fall season. Teams compete in the Tri-Valley League (TVL) as part of the Massachusetts Interscholastic Athletic Association (MIAA).

"We had another great season for fall athletics at Medway High School, and I'd like to congratulate all of our teams, players and coaches," Director Parcels said. "I'd also like to recognize our students and community members who came to watch our teams play and supported them throughout the season."

The following is a run-down of fall sports at MHS this year:

Boys Cross Country

The team went 3-2 overall and was a MIAA State Divisional Race Qualifier. Mark Murphy was named a TVL All-Star, and Ryan Laidlaw and Dan Smith were named TVL Honorable Mention All-Stars. The team was also awarded the TVL Sportsmanship Award.

Laidlaw and Jared Selby served as the 2021 team captains.



Medway girls volleyball went 19-4 overall, won the TVL Small Championship and received a 3-seed ranking as part of the MIAA Division 4 State Tournament, ultimately making it to the State Finals. (Photo courtesy Medway Public Schools)

Girls Cross Country

The team went 2-3 overall and was a MIAA State Divisional Race Qualifier. Erin Shipos was named a TVL All-Star and was an All-State Meet Participant. Lily Erving and Liana Harkins were named TVL Honorable Mention All-Stars.

Sarah McCarthy and Shipos served as the 2021 team captains.

Maggie Monaghan was named a TVL All-Star and Sarah Peterson and Rayah Vasko were named TVL Honorable Mention All-Stars.

Sophie Brady, Peterson and Vasko served as the 2021 team captains.

Football

The team went 7-4 overall and received a 6-seed ranking



From left: Football team Captains Alex Infanger, Connor Kewley and Sean Converse with Coach Anthony Mazzola. The football team went 7-4 overall and received a 6-seed ranking as part of the MIAA Division 6 State Tournament. (Photo courtesy Medway Public Schools)

Field Hockey

The team went 4-10-3 overall and received a 23-seed ranking as part of the MIAA Division 3 State Tournament. The team made it to the round of 32 in the Tournament.

as part of the MIAA Division 6 State Tournament. The team made it to the round of 8 in the Tournament.

Ryan Abrams, Matt Childs, Sean Converse, Alex Infanger, Connor Kewley, Michael Mc-

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New Year's Day • Saturday, January 1st • Closed

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Neil and Matthew Palos were named TVL All-Stars. Jack Applebaum was also named a TVL All-Star as Defensive Lineman of the Year. Andrew Rozak, Kenyon Smith and Brendan Woodring were

Nate Van Saun and Colin Roberts were named TVL Honorable Mention All-Stars.

Roberts, Anthony Rossi and Van Saun served as the 2021 team captains.

ment.

Gabe Miranda and Kyle Myers were named TVL All-Stars, and Marco Perugini was named a TVL All-Star as the TVL Small Most Valuable Player (MVP). Liam Harrigan and Ben Martin were named TVL Honorable Mention All-Stars. Perugini was also named to the Eastern Massachusetts Coaches All-Star Team.

Harrigan, Myers and Perugini served as the 2021 team captains.

Girls Soccer

The team went 8-10-2 overall and received a 14-seed ranking as part of the MIAA Division 3 State Tournament. The team made it to the round of 16 in the Tournament.

Shannon Mejia and Mikayla Perez were named TVL All-Stars and Reagan Chiplock was named a TVL Honorable Mention All-Star. Mejia was additionally named to the Eastern Massachusetts Coaches All-Star Second Team.

Ella Cence, Callahan Cotton, Olivia Killman and Perez served as the 2021 team captains.



The Medway High School student section at a neon-themed football game this fall. (Photo courtesy Medway Public Schools)



Medway boys soccer went 13-8-1 overall, finished the season as TVL Small Co-Champions and received a 10-seed ranking as part of the MIAA Division 3 State Tournament, ultimately making it to the tournament's Final Four. (Photo courtesy Medway Public Schools)

named TVL Honorable Mention All-Stars.

Converse, Infanger and Kewley served as the 2021 team captains.

Coed Golf

The team went 5-11 overall.

Boys Soccer

The team went 13-8-1 overall, finished the season as TVL Small Co-Champions and received a 10-seed ranking as part of the MIAA Division 3 State Tournament. The team made it to the Final Four of the Tour-

Coach Gary Patch was named TVL Coach of the Year. Regan and Anna Tonelli served as the 2021 team captains.

Cheer

Though the Cheer team is not in its competitive season in the fall, they are recognized for their contributions to the fall athletics season. Ally Eddy, Kyla Richards and Erin Weafer serve as team captains.

Volleyball

The team went 19-4 overall and won the TVL Small Championship. They received a 3-seed ranking as part of the MIAA Division 4 State Tournament. The team made it to the State Finals.

Amy Johnston and Mary Keating were named TVL All-Stars and Maggie Regan was named a TVL All-Star as the TVL Small MVP.



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Winter Bluesfest comes to HCA

The HCA, your regional arts center located at 98 Hayden Rowe Street in Hopkinton, is delighted to announce that they will be hosting four amazing musicians for a Winter Bluesfest on January 22nd. This is just one of the many exciting events coming to the HCA this year.

“We’re so pleased to head into 2022 with a full year’s line-up of music, dance, theater, gallery and other special events” says Kelly Grill, Executive Director for the HCA. “Some events will have a ticketed price, while others will be free or ask you to pay what you can. We are working towards the goal of having live entertainment happening every weekend. Keep checking our calendar on the website to see what’s coming up”

The January 22nd festival-style event will feature Chris Fitz, Racky Thomas, Ken Clark and Sonya Rae. Chris Fitz’ music resonates with Woodstock era Baby Boomers all the way to young adults who have never listened to a blues record in their life. His energy and enthusiasm for his profession shines through every performance. The Racky Thomas Band has been a torchbearer for the blues since its formation in 1995, when Racky Thomas collaborated with bassist Todd Carson, guitarist Nick Adams, and drummer Ted Larkin to make a demo

cd, and do some gigs around the Boston area. Ken Clark is internationally known as one of the world’s greatest jazz organists. Ken’s technical ability joined with his natural feel for funk and soul makes for a great experience. Sonya Rae is part of the new breed of blues and soul musicians, always searching for new ways to revitalize the form. A triple threat, her striking musical ability is immediately evident through her soaring vocals, scorching guitar work and savvy song-craft. Often joined by guitar phenom (husband) Ryan Taylor, she and her band are quickly becoming one of the most sought after acts on the scene today.

Tickets for this event can be purchased online at hopartscenter.org

About the HCA

The HCA offers arts to all people. Classes, theater productions, and gallery exhibitions serve an inclusive community of students, performers, and exhibiting artists diverse in age, ability, experience, ethnicity, and geography. Created in 2011, HCA, a 501(c)(3) nonprofit community arts center, fosters and celebrates the creative spirit in everyone.



The Chris Fitz Band



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Medway High School's National Honor Society Welcomes a Record 72 Inductees

Principal John Murray is pleased to announce that 72 Medway High School students were inducted into the National Honor Society (NHS) at a ceremony on Monday, Nov. 22.

At the ceremony, Superintendent Armand Pires, Principal Murray, NHS Faculty Adviser Andrew Nassiff and NHS President Carter Pomponio delivered speeches. The theme of this year's ceremony, which was chosen by NHS officers, was resurgence and revival.

A video created by the current members was shown, titled "The Resurgence of Opportunity." The new inductees then participated in the candle-lighting ceremony.

NHS recognizes students who show outstanding qualities in scholarship, character, leadership and community service. Medway High School juniors and seniors with a 5.6, out of 7.0, weighted GPA are eligible for induction.

Candidates write two essays, one detailing their leadership experience and one detailing their dedication to community service, and must acquire three character references from teachers or community leaders. Candidates submit their portfolio to a Faculty Council, which then selects students who meet the standards of character, leadership and service established by the NHS.

Once Medway students are inducted into the society, they are required to perform 18 hours of community service each semester.

Last year, though community service opportunities were limited due to the COVID-19 pandemic, members responded to the challenge by finding new ways to help others. The high school and middle school tutoring programs were expanded to include the use of remote video conferencing technology. The Coats for Kids drive brought in the most coats per capita of any school in Massachusetts for the second year in a row, surpassing

the total from the previous year. Once it was deemed safe by the state to hold live events, a concert was held that acted not only as a fundraiser for NHS but as a way to provide some semblance of normalcy to the school year for all students.

Medway's NHS chapter also put on its own Clean Sweep event to clean up the roads and trails near the high school, as well as raised money for charities Hope and Comfort, Cradles to Crayons and Pennies for Patients.

"Those inducted into the National Honor Society are recognized for their commitment to academics and community service," Principal Murray said. "I would like to congratulate our latest round of inductees, a record-breaking number for our chapter, and I look forward to watching them grow as leaders and develop new skills as members of the organization."

With the addition of the 2021 inductees, Medway NHS now has a total of 118 members, another record for the chapter.

The 2021 Medway National Honor Society inductees are as follows:

Class of 2022

Katie Bomfim
Matthew Bullard
Emily Higgins
Amy Johnston
Thomas Jordan
Ian Khoo
Hallie Nisbet
Matthew Palos
Amy-Grace Read
Andrew Rozak
Lauren Shea
Griffin Sigris
Pedro Tose
Christian White

Class of 2023

Brady Abbott
Luke Arnpriester
Katherine Ball
Liam Barbosa
Sophia Barresi
Isabelle Basso
Gabrielle Beyzerov
Hannah Blenkhorn



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Jaeda Gorman
Connor Gray
Olivia Hansbury
Alise Higgins
Mia Hsieh
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Olivia Keniry
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Haley MacLeod
Maeve McKean
Charles McKeown
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Kelly Nicklas
Meredith O'Mara
Scott O'Shea

Destiny Ojukwu
Marco Perugini
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Medway/Millis Youth Cheer Teams Win Nationals – AGAIN!

lis Youth cheerleading teams beat out teams from all over the country to earn the top spot as American Youth Cheer National Champions of their divisions, once in 2019 and again on Dec. 12, 2021.

The two youth teams, 12U (5th and 6th graders) and 14U (7th and 8th graders) are students from the towns of Medway and Millis.

Each year, over 200 Cheer, Dance and Step squads, across all American Youth Cheer divisions, compete for a National

Aileen Green, Medway/Millis Youth Football & Cheer President shares, “When we kicked off the season this August and

t-shirts the athletes wore at Nationals.”

The heart of these two teams is passionate Program Cheer

Many cheerleaders dream of competing at a national competition and winning the top spot, but can't fathom doing it twice. That is exactly what 30 youth cheerleaders did last month. Not one, but two Medway/Mil-



Championship Title in Kissimmee, Florida, home to Universal Studios and Disney World.

American Youth Cheer has eight regions, including Desert Pacific, Mountain Northwest, Midwest, Southwest, Big East, Atlantic, New England, and Southeast. Each regional competition is the qualifier for the National Championships. The top three teams in each division advance to compete for a national championship. That is exactly what these two teams did in 2019 and again this year, the Saturday before Thanksgiving. While unable to compete in 2020 during the pandemic lockdown, these athletes continued working on their stunting and tumbling skills.

I saw many of our cheerleaders back with smiles and faces full of determination, I knew the road to Nationals in Florida to defend the 2019 National titles was a very strong possibility, and as the season went on and they honed their skills as a team, it was a no brainer to me. The cheer excitement in our towns hasn't stopped since they came back from the regional competition. The cheerleaders and their parents fundraised to send all 30 of them, and their coaches, to Florida. We are so thankful to all the businesses and individuals that supported them and in turn, we were able to support them as well by signage on two Medway Christmas parade floats and sponsor

Coordinator and Coach, Kayla Ober, longtime Medway resident and former Captain of the Medway High School Cheer team. She and our coaches have given these athletes cheerleading skills as well as life skills and confidence that when you believe in yourself and do the hard work that needs to be done, anything is possible.

The Medway/Millis Youth Flag, Tackle Football & Cheer non-profit program serves Medway and Millis youths, which cheer for grades K-8 and the tackle football for grades 2-8. For more information, visit www.medwaycolts.com.

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Steve Bullock

Church of Christ Thanks Community

Millis United Church of Christ, 142 Exchange Street, is full of gratitude for our neighbors near and far who made November and December stellar months. Thank you to everyone in the community who participated in our winter clothing drive for Our Daily Bread located in Taunton. Hundreds of quality items were donated bringing overwhelming delight to the shelter staff and truly making a difference in the lives of their constituents.

Thank you to everyone who participated in our Reverse Advent Calendar providing hundreds of pounds of food for the Ecumenical Food pantry.

Thank you to everyone who attended the Jolly Holly Fair. It was a privilege to bring this fun activity back to the community.

A project to brighten the Food Pantry is underway with the painting of the walls and floors, as well as a mural being painted by Benny Kessler. The Millis Recreation Dept. Teen program and students from the

High School are volunteering. Adult community volunteers are welcome as well. A sign-up link can be found on the website.

Worship services that include all ages are offered every Sunday at 10 am. January 2 will be the Epiphany celebration with festive fellowship following the service.

The Millis UCC sponsored Community Education Series starts back up on Wednesday, January 19th with a free movie and discussion. Check website for movie title.

A Healing Prayer service will be offered in the sanctuary on Monday, January 24th at 7:30pm. Anyone can attend this event. 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.

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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He is currently welcoming both new and returning patients to his practice.

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2022

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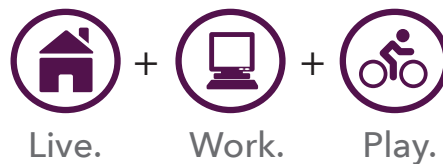


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6 Charles View, Medway

PENDING



15 Summer Street, U205, Franklin

PENDING



108 Milford Street, U2, Medway

SOLD



96 Middlesex Street, Millis

SOLD



257 Village Street, Medway

SOLD



16 Granite Street, Medway

SOLD



649 Walpole Street, Norwood

SOLD



38 Hill Street, Medway

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

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



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Real Estate Corner



Looking to advertise in our Real Estate Corner? Contact Jen Scholfield today at 508-570-6544 or by email at jenscholfield@localtownpages.com

Faina Shapiro Named Berkshire Hathaway HomeServices Luxury Collection Specialist

Designation reflects Shapiro's knowledge and expertise in the high-end real estate market.

Medway, MA December 15, 2021 – Berkshire Hathaway HomeServices Page Realty today announced that Faina Shapiro recently earned the Berkshire Hathaway HomeServices Luxury Collection® Specialist accreditation.

To achieve this title, Faina exemplifies what it means to provide outstanding service to buyers and sellers in the luxury market, completed specialized training and achieved other personal electives that advanced her career as a luxury agent.

The select network of Luxury Collection Specialists are dedicated to the marketing of luxury properties. These Specialists have consistently earned their clients' respect through their comprehensive understanding of how to effectively market to affluent buyers.

“Earning the Luxury Col-

lection Specialist recognition is a true honor,” said Faina. “I’m delighted to assist clients in the luxury marketplace buy and sell homes.”

Added Ellen Rao, Broker/Owner of Berkshire Hathaway HomeServices Page Realty, “We are thrilled Faina received this designation. She is an experienced, skilled agent and fine ambassador of our brand locally and throughout the luxury market in Metro West Boston.”

Faina also recently completed the Certified Buyer Representative certification, Relocation certification and is VA loan certified. Tune in to Let’s Talk Real Estate with Faina Shapiro on Sundays from 9 a.m.-10 p.m beginning Sunday, January 16th, 2022 on FM 101.3.

To learn more visit: <https://www.bhhs.com/luxury-collection> About Berkshire Hathaway

HomeServices Page Realty

Berkshire Hathaway HomeServices Page Realty is a full-service real estate company specializing in residential sales since 1963. The company has two offices in Medway and Medfield, and dominant market share in the Metro West area. For more information, please visit www.bhhspagerealty.com

About Berkshire Hathaway HomeServices

Berkshire Hathaway HomeServices is one of the world’s fastest-growing residential real estate brokerage franchise networks, with more than 50,000 real estate professionals, nearly 1,500 offices throughout the U.S., Canada, Mexico, Europe and the Middle East, and more than \$138 billion in real estate sales volume. The network, among the few organizations entrusted to use the world-renowned Berkshire Hathaway name, brings to the real estate market a definitive mark of trust, integrity, stability and longevity. Visit www.berkshirehathaway.com.



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- No age restriction
- Flexible floorplans
- 2 Car Garage
- \$200 condo fee
- Great location



JODI KAIRIT
REALTOR / LISTING AGENT
DIRECT: 508-523-5890
JODI@BHHS-PAGEREALTY.COM



Fair Housing Opportunity. ©2020 A member of the franchise system of BHH Affiliates, LLC. Each Berkshire Hathaway HomeServices office is independently owned and operated. BHHS Page Realty is located at 82 Holliston Street, Medway, MA and 489 Main Street, Medfield, MA.

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Luke

Discover the Dumouchel Difference

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"Highly recommend Linda Dumouchel if you are considering selling your home. We met with Linda in December to talk about the real estate market in Medway. Linda came fully prepared with market background, listing history, and recommendations about timing. We followed Linda's recommendations and got ready to list for the spring. Linda and her team set our home up to show beautifully. In addition, they developed professional marketing materials to mail, email, and handout and took beautiful pictures for the website. We ended up having several offers on our home and sold it within four days! She knows the real estate market in Metrowest. It truly is the Dumouchel Difference!" - Medway Homeseller

Here are some of the homes I sold in Medway in 2021 - Yours could be here in 2022!

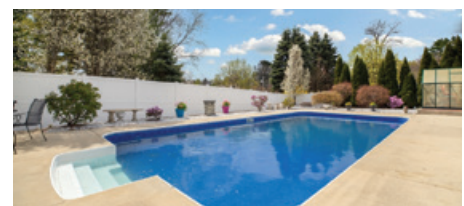
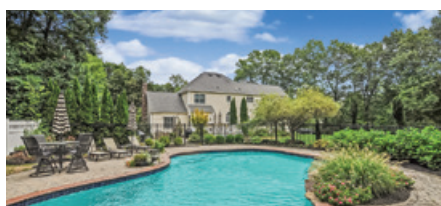


11 Williamsburg Way, Medway
Sold!

115 Village Street #1, Medway
Sold!

11 Bayberry Lane, Medway
Sold!

3 Carriage House, Medway
Sold!



1 Newton Lane, Medway
Sold!

31 Broad Acres Farm, Medway
Sold!

13 Stable Way, Medway
Sold!

4 Meryl Street, Medway
Sold!

Thinking of Selling? I provide a comprehensive integrated marketing strategy to sell your home. My approach includes a variety of digital and traditional marketing strategies to ensure your home gets seen in it's best light to the most potential buyers. Visit MedwayMillisValues.com



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Linda Dumouchel, REALTOR®

Luxury Marketing Specialist | Certified Negotiation Specialist

Linda: 508.254.7406 visit Linda-Dumouchel.com

*#1 in sales individual agent in Sales Volume in Medway for 2016, 2017, 2018 2019, 2020 & 2021 YTD per MLSpin



Real Estate Corner

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Let Cindy help you buy or sell your home. Schedule your appointment to get a complimentary market evaluation.

CENTURY 21
The Real Estate Group



The property at 14 Sanford Street, Unit 62, Medway recently sold for \$323,900. Image credit: www.zillow.com

Happy New Year!

FOR SALE:

280 Quinobequin Road, Newton
\$1.295m.

SOLD: 84 Grove Street, Norfolk- \$540,000.00

SOLD: 240 Valentine Road, Newton- \$2.63m.

SOLD: 1 Kings Lane, Medway- \$762,500.00

SOLD: 8 Walnut Street, Millis- \$1.4m.

SOLD: 8 Maple Avenue, Millis- \$600,000.00

SOLD: 68 Andrew Lane, Holliston- \$600,000.00



Joleen Rose, Realtor®
LMC, CBR, MAR, GBAR, NAR, SRES

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E-Mail: joleenrose@gmail.com
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The Boston Globe Names RE/MAX Executive Realty #1 Midsize Company in Massachusetts!!

RE/MAX Executive Realty is thrilled to be named #1 Midsize Company in Massachusetts!

Our work has a purpose and is meaningful, Helping and caring for others is what we are all about.

While our "work" may be the foundation of RE/MAX Ex-



ecutive Realty, our heart of our organization is our people. We truly believe our agents and our employees are the heart and soul of our company. We are blessed with an amazing group of people who create a culture and an environment of honesty, professionalism, collaboration, generosity, and fun! We are so grateful to have and support each other.

After researching and surveying over 80,000 employees in Massachusetts this past year, the Boston Globe along with Energage (an employee research and consulting company) compiled data and information to create a list of the Top Places to Work.

RE/MAX Executive Realty was recognized as the BEST place to work in MA for mid-sized companies. WOW...this is a truly an amazing recognition for everyone at RE/MAX Executive Realty.

Thank you to our team at RE/MAX Executive Realty, you make extraordinary things happen every day!

RE/MAX Executive Realty is one of the largest real estate companies in Metrowest. Our award winning professional associates average over 10 years of real estate experience - more than twice the industry average. With extensive knowledge of the home buying and selling process our associates can help you navigate the real estate market in these challenging times. We have 7 offices in the Metrowest area to serve our clients: Framingham, Franklin, Grafton, Holliston, Hopkinton, Marlborough, and Westborough. Our experience is never far away. To find one of our award winning associates go to our website www.remax-executive-realty-ma.com/

Agents of the Month in our Medway office!



Top Listing Agent
November 2021



Kim Bloom

Realtor®

508-361-6888

KimBloomRE@gmail.com

KimBloom.bhhspagerealty.com



Top Sales Agent
November 2021



Janet Childs

Realtor®

508-922-9456

JanetChilds@bhhspagerealty.com

JanetChildsHomes.com

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FOR SALE



16 Spring Street Millis
\$500,000

SOLD



13186 Borrego Street
Venice, Florida - \$550,000



*Wishing you a Happy 2022!
Cheers to a New Beginning!*

SOLD



76 Farm Street Millis
\$310,000

SOLD



155 Forest Street Franklin
\$750,000





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Associate Broker of Keller Williams Boston Metrowest






Recent Home Sales

| Date | Medway | Amount |
|------------|----------------------------|------------|
| 12/17/2021 | 14 Sanford Street #43 | \$235,000 |
| 12/16/2021 | 16 Granite Street | \$775,000 |
| 12/15/2021 | 66 Milford Street | \$535,000 |
| 12/14/2021 | 19A High Street | \$650,000 |
| 12/14/2021 | 14 Karen Avenue | \$460,000 |
| 12/09/2021 | Lot 1, Sterling Circle #2 | \$652,310 |
| 12/09/2021 | 1 Millbrook Road | \$651,900 |
| 12/02/2021 | 3 Indian Creek Road | \$710,000 |
| 11/30/2021 | 11 Williamsburg Way | \$540,000 |
| 11/30/2021 | 3 Redgate Drive | \$675,000 |
| 11/30/2021 | 280 Village Street #E1 | \$240,000 |
| 11/30/2021 | 38 Hill Street | \$822,500 |
| 11/30/2021 | 14 Sanford Street #62 | \$322,000 |
| 11/29/2021 | 24 Village Street | \$560,000 |
| 11/22/2021 | Charles View Lane | \$740,000 |
| 11/19/2021 | 14 Sanford Street #7 | \$321,500 |
| 11/19/2021 | 80 Winthrop Street | \$390,000 |
| 11/17/2021 | Lot 9, Sterling Circle #18 | \$602,541 |
| | Millis | |
| 12/17/2021 | 96 Middlesex Street | \$680,000 |
| 12/13/2021 | 23 Hattie Lane #177 | \$803,650 |
| 12/13/2021 | 40 Acorn Place | \$576,796 |
| 12/10/2021 | 4 Windcrest Lane | \$510,000 |
| 12/10/2021 | 293 Village Street | \$580,000 |
| 12/09/2021 | 26 Cedar Street | \$812,000 |
| 12/09/2021 | 7 Pine View | \$315,000 |
| 12/08/2021 | 37 Myrtle Street | \$585,000 |
| 12/06/2021 | 277 Ridge Street | \$655,000 |
| 12/06/2021 | 12 George Avenue | \$582,500 |
| 12/03/2021 | 21 Walnut Hill Road | \$620,000 |
| 12/02/2021 | 39 Acorn Place | \$565,900 |
| 12/01/2021 | 114 Norfolk Road | \$795,000 |
| 11/30/2021 | 82 Glen Ellen Blvd #44 | \$754,000 |
| 11/30/2021 | 23 Helen Lane #152 | \$841,011 |
| 11/29/2021 | 76 Farm Street | \$310,000 |
| 11/19/2021 | 335 Village Street #341 | \$2.25 mil |
| 11/19/2021 | 42 Village Street | \$600,000 |
| 11/18/2021 | 245 Ridge Street | \$1.4 mil |
| 11/05/2021 | 10 J William Heights | \$710,000 |

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



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would like to wish you and your family

Happy New Year!

*Patty Betro, Deb Costa,
Donna Durrance, Olga Guerrero,
Beth Rossi, Cheryl Smith & Kathy Querusio*



Carolyn Chodat
Owner/Broker

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| | | |
|--|--|--|
| <p>NEW LISTING</p>  <p>177 Plain Street (2-Family) Millis - \$549,900</p> | <p>NEW CONSTRUCTION</p>  <p>Kensington Place, (Ava Marie Model) Millis - \$519,000</p> | <p>SOLD</p>  <p>68 Glenview Street Upton - \$915,000</p> |
| <p>SOLD</p>  <p>342 Village Street Millis - \$489,000</p> | <p>PENDING</p>  <p>100-102 Congress Street Milford - \$499,900</p> | <p>SOLD</p>  <p>51 Lincoln Street Natick - \$1,250,000</p> |
| <p>PENDING</p>  <p>78 Fisher Street Medway - \$699,000</p> | <p>SOLD</p>  <p>7 Meadow Parkway Franklin - \$449,900</p> | <p>SOLD</p>  <p>64 Village Street Millis - \$675,000</p> |



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Laina Regan Kaplan
 Realtor®, CBR, Top Producer
 Life long Resident of Medway
 MedwayRealtor.com
 Laina@TeamRegan.com
DIRECT: 508-577-3538



Janine Azzouz
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Jennifer Colella McMahon
 Realtor®, Founder, Broker, ABR, CBR,
 LMC, CHS, CRB, BPOR, RENE
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SOLD

\$437,000
 135 West Street, Milford
 Janine Azzouz



SALE PENDING

\$534,900
 31 Walnut Street, Millis
 Jennifer McMahon & Janine Azzouz



SOLD

\$850,000
 7 Chickering Lane, Walpole
 Jennifer McMahon



SOLD

\$912,000
 1 Shamrock Lane, Medway
 Laina Kaplan



SOLD

\$582,000
 7 Hilltop Drive, Millis
 Jennifer McMahon



SOLD

\$330,000
 103 Maple Brook Rd, Bellingham
 Laina Kaplan



SOLD

\$775,000
 60 Willow Gate Rise, Holliston
 Jennifer McMahon



SOLD

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



SOLD

\$778,500
 8 Westfield Drive, Norfolk
 Laina Kaplan



SOLD

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



SOLD

\$497,000
 75 Jones Road, Hopedale
 Jennifer McMahon & Janine Azzouz

ADDITIONAL SELLER SALES

- 22 Village Green
- 6 Lexington Ln., Millis
- 34 Village St., Millis
- 18 Bretts Farm, Norfolk
- 2 Sledding Hill, Medway

RECENT BUYER SALES

- 8 Westfield Dr., Norfolk
- 47 Hilltop Dr., Millis
- 18 Pennacook, Norfolk
- 1 Stage Coach, Medfield
- 50 Taunton St., Plainville

Wishing you a Happy and Healthy New Year!

Client Testimonial to Laina Kaplan:

"Mike and I want to thank you for ALL your hard work and help selling our home. Words cannot convey how much we appreciate your expertise and professionalism. You made the whole experience quick and easy. Amazing!! Even to the gift you sent after the sale was so thoughtful and will be treasured. Please know we are forever grateful for all your help."

- Mike and Claire Casey, Medway

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