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February 2022

Medway Community Farm welcomes new farm manager

Medway Community Farm is pleased to announce the appointment of Todd Sandstrum as its new Farm Manager. According to Carol Collord, the president of the farm, "Todd brings a wealth of knowledge about farming, leadership, volunteerism and food security to Medway. We're delighted to have him join us as he builds a new farming team."

Sandstrum says the fit is perfect. "The mission and work of the Medway Community Farm in food access, education, and community involvement are all principles that I hold close to my heart."

Sandstrum's path to agriculture and farming started with his own landscaping business. As he grew more and more drawn to organic practices, food became a natural extension. As he says, farming is in his blood. He hails as a third-generation local farmer from Easton. While a senior grower at Victory Programs' Revision Urban Farm, he worked with the Northeast Organic Farming Association and the Natural Resources Conservation Services to improve and protect soil health. With his extensive knowledge of the Food and Drug



Administration's Food Safety Modernization Act guidelines, he has provided consultation to other farms to improve food safety standards at the local level.

In addition to progressive farm management positions, Sandstrum has demonstrated his own commitment to community and volunteerism. He served as a member of the board of directors as well as president of SEMAP (Southeastern MA Agricultural Partnership), chaired Easton's Agricultural Commission, participated in the master plan advocating for agriculture and open space, and currently serves as an

Engineering Lieutenant in Mansfield's Emergency Management Agency.

MCF will be rolling out its new vegetable share program soon, envisioned by Sandstrum.

"Food is a common denominator for all of us and we can teach everyone how to grow something. At the same time, everyone should have access to healthy food within a community."

To keep informed about share availability, sign up for the Farm's newsletter at <https://www.medwaycommunityfarm.org/>

Niagara Coffee Haus series to begin on March 4

MILLIS – In March, the Millis Cultural Council is starting the Niagara Coffee Haus in the historic Niagara Firehouse building at 8 Exchange Street.

The all-volunteer project is in association with the Millis Historical Commission and will take place on the first Friday of each month starting on March 4th from 7 p.m. to 10 p.m. with a show featuring local favorites, singer/songwriters Jennifer Tefft and Mike Tarara.

A \$5 donation will be suggested at the door. Doors will open at 7:30 p.m., with show time at 8 p.m. It is BYOB, and coffee and baked items will also be available.

The project aims to provide a vintage coffee house ambience through the tradition of folk and acoustic music creating community and contributing to the cultural vitality of Millis.

The series will feature musicians that play original material in the folk/country/rock/jazz/blues tradition and all music that promotes equity and diversity. Acts will be

primarily acoustic or an electric/acoustic hybrid. Future performers will include Charlie Farren, Dwayne Haggins, Pamela Means, Rachel Sumner, Willie Laws, Gian



Niagara Engine Company No. 1 will be the home of the new Niagara Coffee Haus starting on March 4. Source: www.millishistory.org

Carlo Buscaglia, Sarah Borges, Mark Femino, and Antje Duvekot.

At press time, capacity will be limited to 40 audience members per show, not including staff and

COFFEE HAUS

continued on page 2



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COFFEE HAUS*continued from page 1*

musicians. All audience members, including staff and performers must show proof of vaccination. Masking will be mandated pending further notice. Limited space is available, so please email millisculturalcouncil@gmail.com for reservation info.

Americans with disabilities, please contact the council for seating information. Visit the

Niagara Coffee Haus and/or the Millis Cultural Council Facebook pages for regular updates.

This series is brought to you in part by a grant from the Millis Cultural Council which is a subsidiary of the Mass Cultural Council.

Learn more about the history of the Niagara building and past remodeling project, visit www.millishistory.org/niagara-engine-house.html



Jennifer Tefft (left). Mike Tarara (right). Source: Millis Historical Society

Ecumenical Food Pantry Getting a Facelift



The Mission Team at Millis United Church of Christ, 142 Exchange Street, is spearheading a facelift for the Ecumenical Food Pantry which is housed in the church basement. A beautiful mural featuring flowers and vegetables was painted by Benny Kessler the last week of December. New lighting was installed by Andrew Bolton. Volunteer crews will be in to paint the remaining walls and floor. This work was planned for January but with the Covid surge it has been pushed off to February. Volunteers to move food and

shelving as well as to do painting are needed. Check the church's website for the sign-up link. The Millis Recreation Dept. Teen program and students from the High School are volunteering. Adult community volunteers are welcome as well.

Worship services at Millis UCC that include all ages are offered every Sunday at 10 am with fellowship following.

Two Healing Prayer services will be offered on Monday, February 21 at 10:00am and 7:30pm. The services will begin with a presentation on a certain type

or form of healing prayer. The gathered body will then experience healing prayer in that form. These services are open to all. Some might have an acute or chronic need for healing of body, mind or spirit. All of us have been dinged and dented by life and can use healing. Anyone can attend these services. 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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Your Money, Your Independence

Yes, Backdoor Roth and Roth conversions are still open to all

Recall the news about Congress limiting retirement savings strategies including eligibility for Roth IRA conversions and eliminating Backdoor Roth?

Never mind.

Those were “proposals” in failed Build Back Better (BBB) legislation by the House of Representatives.

Does a revised BBB include the same proposals? Could the Senate remove during negotiations? Possible.

If passed, would it be retroactive for 2022? Very unlikely as a logistical nightmare for HR depts, administrators, IRS, and accountants.

In short, proceed as you were.

Why Roth IRAs?

Roth accounts are comprised of after-tax money and contributions offer no tax deductions.

A Roth offers tax-free growth potential, tax-free income distributions, and has no Required Minimum Distributions (RMDs).

Recall the government requires Traditional IRAs to have a percentage withdrawn each year after age 72 and made taxable, regardless of need for funds.

A Roth should be the last account withdrawn in retirement. Therefore it has the longest investment time horizon and should hold more growth-oriented investments than Traditional IRAs or taxable accounts.

What is a Backdoor Roth IRA?

A legal way around the income limits (\$144K Single or Head of Household, \$214K Married, Filing Jointly for 2022) preventing contributions to Roth accounts. One contributes to a Traditional IRA, then converts to a Roth with tax implications.

What is a Roth conversion?

In moving savings from a traditional IRA into a Roth IRA, the conversion amount is taxed as ordinary income in the year of conversion.

Initially, only incomes (AGI) under \$100K were allowed to do Roth conversions, but in 2010 Congress removed income limits, allowing anyone to do Roth conversions. Ironically, Build Back Better proposed income levels to be put back in place.

Should you do a Roth conversion?

It depends. Beyond your current tax situation, age, goals, and cash to pay taxes, there are several future considerations for analysis:

- Will there be future years of lower taxable earnings to more favorably convert?
- Have you projected your RMDs at age 72 and the resulting new tax bracket?
- Will your state of residence change, if so what changes in taxation?
- Your philosophy of future taxation by governments?

- What are your estate planning wishes?

Other considerations:

The pro-rata rule and taxes.

When converting, IRS combines all traditional IRA balances and asks which was nondeductible contributions, to determine what portion will not be taxable. The IRS doesn't allow for choosing to convert only after-tax money.

Best to convert at year-end.

Reduces range of Modified Adjusted Gross Income (MAGI) variables and improves converting to the top of the current tax bracket.

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

Before moving forward, work with your Certified Financial Planner to build your analysis. Once a Roth Conversion is done, it's done, as IRS no longer lets



Glenn Brown

you unwind (recharacterize).

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a 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 Democrats To Elect Convention Delegates

The Medway Democratic Town Committee (MDTC) is pleased to announce that registered Democrats from Medway will hold a caucus on Saturday, February 12 starting at 10:00 am to elect Delegates and Alternates to the 2021 Massachusetts Democratic State Convention. The caucus will take place in-person at the Cole Room at the Medway Public Library, as well as virtually, via Zoom. Democrats wishing to participate may sign up through the Caucus link posted on the MDTC website

www.medwaydemocrats.org.

The caucus is open to all registered and pre-registered Democrats in Medway. Pre-registered Democrats who will be 16 by June 15, 2021 will be allowed to participate and run as a Delegate or Alternate. Medway can elect 6 Delegates and 4 Alternates to the Convention.

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

This year's state convention will be held on Friday June 3 and Saturday June 4, at the DCU Center in Worcester, and will also have a virtual attendance option via Zoom. Democrats from across the state will come together to endorse Democratic candidates for statewide office, unite to elect Democrats down-ballot, discuss other Party business and celebrate our successes as we prepare for upcoming elections. The event will take place in accordance with all federal, state and local health guidelines.

Those interested in getting involved with the Medway Democratic Town Committee should contact the MDTC at email@

medwaydemocrats.org or check out their website at www.medwaydemocrats.org or their Facebook page @MedwayDems.

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Two Medway High School Students Recognized with Award for Academic Growth and Student Leadership in Learning

Superintendent Armand Pires and Principal John Murray are pleased to announce that two Medway High School students were awarded the New England School Development Council (NESDEC) Award for Academic Growth and Student Leadership in Learning.

The award was given to seniors Connor Gilmore and Carter Pomponio in recognition of their academic achievements and accomplishments in their high school years. Both students met the award criteria of pursuing a high level of academic achievement, serving as a positive role model for the student body and exemplifying admirable character and accomplish-

ment.

Gilmore and Pomponio were recognized at the Medway School Committee meeting on Thursday, Nov. 18.

“Connor and Carter have worked hard to learn and grow academically while at Medway High School and contribute positively to our community as student leaders in and out of the classroom,” Principal Murray said. “They exemplify the core values of our district and we are proud to recognize them for their achievements.”

Connor Gilmore

Gilmore has taken a variety of AP courses and has held an internship with a local senator, along with working a part-time job. He has also achieved the rank of Eagle Scout.

He is a dedicated student-athlete, participating in soccer, indoor track and outdoor track and field. He is a team captain of the indoor and outdoor



From left: Principal John Murray, Carter Pomponio, Connor Gilmore and Superintendent Armand Pires following the Medway School Committee meeting on Thursday, Nov. 18. (Photo courtesy Medway Public Schools)

track teams. In August, Gilmore was selected to serve on the Massachusetts Interscholastic Athletic Association (MIAA)

2021-22 Student Advisory Committee (SAC) alongside 25 other student-athletes throughout the state.

Gilmore is described as humble, passionate and engaged, and someone who is the epitome of leadership in the classroom, demonstrates mutual respect and problem solving, maintains a level head and takes effective action.

Carter Pomponio

Pomponio is recognized for his dynamic, mature and driven approach to life, school and be-

yond. He has taken many Advanced Placement and Honors classes and is a part of Project Lead the Way (PLTW). He received a second place project award from Mass STEM Hub in June.

He is a member of the National Honor Society and was elected by his peers to be president of the chapter. He is also a member of the Architecture, Construction and Engineering (ACE) Mentorship Program; Engineering Club; Science Olympiad; and Project Green. He is additionally a Peer Counselor and began developing leadership skills at an early age as a Boy Scout and Counselor in Training at a local Boy Scout Camp.

Pomponio has been an asset to the theater and music programs through his participation in school plays, musicals, acapella and his work in the high school's sound booth. He is also a member of the JV Soccer team and captain of the Varsity Swim and Dive team.

Pomponio is described by his teachers as kind, well-mannered, polite and humble, and someone who has a strong willingness to help others, keen intellect and an innate drive to learn and improve.

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Advertising Director
Kathy Benoit
508-868-9293
kathybenoit@localtownpages.com

Advertising Sales Manager
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Business Development Specialist
Susanne Odell Farber
508-954-8148
sue@sodellconsult.com

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Kim Vasseur

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Medway Tri-M Music Honor Society Welcomes Five Student Inductees



Five students were inducted into the Medway High School Tri-M Music Honor Society on Wednesday, Nov. 17. The new inductees are, front row from left, Emma Reardon, Annabella Diamandis, Laci Santos, Meray Khela and Alexandra Montana. They are pictured with current Tri-M members. (Photo courtesy Medway Public Schools)

Principal John Murray is pleased to announce that five students have been inducted into the Medway High School Tri-M Music Honor Society.

The eighth annual induction ceremony took place on Wednesday, Nov. 17 at Medway High School.

The new inductees are sophomores Annabella Diamandis, Meray Khela, Alexandra Montana and Emma Reardon, and senior Laci Santos.

During the ceremony, Tri-M Co-Advisers Ashley Nelson-Oneschuk and Amanda Webster spoke about the meaning of Tri-M. The inductees then took the Tri-M pledge and received a Tri-M membership certificate. The evening concluded with a recital featuring the new inductees performing on their primary instrument.

The Tri-M Music Honor Society focuses on creating future leaders in music education and music advocacy, and is part of the National Association for Music Education (NAfME), which is the only music honor society for high school students in the country. Tri-M recognizes

students who have dedicated much of their time to academics and music, and the organization gives students leadership opportunities and service projects centered around the love and promotion of music in their community.

To be accepted into Tri-M, students must be entering their third consecutive year of a performance ensemble which includes band or chorus, have maintained an A grade average in all music classes and a B grade average in all non-music classes, and have demonstrated leadership in the department and a willingness to be of service to the community.

“Congratulations to the five newest members of the Tri-M Music Honor Society,” Principal Murray said. “Medway’s Tri-M chapter has a great history of promoting success in music and academics, as well as serving our community. I am confident the newest members of the organization will uphold these values well.”

About the Tri-M Music Honor Society:

Tri-M welcomes student musicians in grades 6 through 12. Currently, there are over 2,100 chapters in all 50 states, involving more than 84,000 students. Besides shining a bright light on their school’s music programs, these future leaders contribute more than 750,000 service hours in their local communities. Learn more here.

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Medway Middle School Performing Arts Department Holds Winter Band and Chorus Concerts

Principal Amanda Luizzi is pleased to share that the Medway Middle School Performing Arts Department presented its winter band and chorus concerts last week.

On Tuesday, Dec. 14, Band Director Erin Cronan led the middle school band students in their performance. The 54 members of the fifth grade band and the 80 members of the sixth

grade band, who had just begun playing their instruments in September, each played three pieces. The sixth grade band's performance included a piece called "Gingerbread Men on Parade" composed by Len Orcino.

The 39 members of the seventh grade band played three pieces, including "Chorale Elegiant" composed by Elena Roussanova Lucas and "Dark

Adventure" composed by Ralph Ford. The 49 members of the eighth grade band also played three pieces, including "Sleigh Ride" composed by Leroy Anderson and arranged by Michael Story, "Adagio for Winds" composed by Larry Daehn and "Dark Ride" composed by Randall D. Standridge.

On Thursday, Dec. 16, the Medway Middle School cho-



The Medway Middle School fifth grade chorus (top) and the Medway Middle School sixth grade chorus (middle), both under the direction of Nori von Jena, during their winter concert on Thursday, Dec. 16; The 49 members of the Medway Middle School eighth grade band (bottom), under the direction of Erin Cronan, during their winter concert on Tuesday, Dec. 14. Photos courtesy of Medway Public Schools.

rus students took the stage, led by Chorus and Performing Arts Teacher/Drama Director Nori von Jena. Fifth and sixth grade performers sang songs including "No School Tomorrow (If It Snows)," "Winter Magic" and a mashup of "Sleigh Ride," "Winter Wonderland" and "Let It Snow."

The seventh grade chorus performances included "Once Upon a December" from the film and musical "Anastasia," and selections from Tchaikovsky's "The Nutcracker." The eighth grade chorus sang in three-part harmony, including a lullaby in Portuguese called "Olaré."

Each grade was accompanied on the piano by Medway resident Kirsten Oberoi.

"The winter concerts are always exciting events for our families and community mem-

bers, as well as the students and staff members who work so hard to prepare their performances each year," Principal Luizzi said. "This was an especially exciting event as it was the first time middle school students had performed on stage since the winter of 2019, before the pandemic. Congratulations to our student musicians and performers on a wonderful show."

Community members are encouraged to stay tuned for more information on events sponsored by the Medway Middle School Performing Arts Department including the annual Trivia Night, Freaky Friday and spring concerts. More information can be found at www.MMSPerformingArts.com or by following the department on Instagram at @MMSPerformingArts.

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Millis senior project approved for AED at new court next to the middle/high school

Colin Christie received approval to purchase and install the device

By Theresa Knapp

Millis High School senior Colin Christie has received approval from the Select Board to purchase and install a new automated external defibrillator (AED) for the town to be located at the new basketball/tennis court next to the Millis Middle/High School.

At the Millis Select Board meeting on Jan. 10, 2022, Christie said he chose the court location because it is a location used by all town residents of any age.

“Placing an AED where there are sporting events is important because the chances of injuries or medical emergencies are heightened. Both the forces experienced by the athletes and the excitement of the fans are potentially dangerous. In these



Colin Christie received approval of his senior project at the Jan. 10, 2022, Millis Select Board meeting. Christie will buy and install an AED at the new basketball/tennis court next to the Millis Middle/High School. Source: Millis Community Media.

situations, it is even more important to have on hand both life-saving equipment like and AED and personnel knowledgeable in AEDs and CPR,” Christie said in his request to the board.

He said the device might never be needed “but it may just save a life.” The Select Board unanimously approved the request.

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Plourde Elected President & CEO of Charles River Bank as Hamilton retires after 20 years

The Charles River Bank (CRB) Board of Directors, at the December 21, 2021 meeting, appointed Derek Plourde to the office of President & Chief Executive Officer effective January 1, 2022. Mr. Plourde succeeds John (Jack) Hamilton who will retire as of December 31, 2021, after a 20-year tenure with the Bank.

Prior to this promotion, Plourde served as CRB's Executive Vice President & Chief Operating Officer. Plourde joined CRB in 2018 as Senior Vice President/Senior Commercial Lending Officer.

Plourde has more than 25 years of experience in the financial services industry, with extensive knowledge of commercial lending, financial analysis, specialty lending, special assets, and relationship management. He graduated Summa Cum Laude from Bowdoin College in 1994 with degrees in Economics and Government Legal Studies and was inducted into Phi Beta Kappa. Plourde will graduate in 2022 with a degree from the intensive 3-year program at the University of Wisconsin-Madison Graduate School of Bank-

ing, along with a Certificate of Executive Leadership from the Wisconsin School of Business.

Steven M. Richardson, Chairman of the Board of Directors of Charles River Bank stated, "With his professional experience, industry knowledge, familiarity with our customers and community, and rapport with the entire team, Derek is the best person to lead Charles River Bank. We are confident that Derek can successfully navigate challenges presented by the ever-changing regulatory environment of banking, continual advancements in

technology, and the impact of the ongoing global pandemic so that Charles River Bank remains the preeminent community bank in our market area."

"I am honored and humbled to be selected as Charles River Bank's President & CEO. I look forward to leading a phenomenal group of talented, seasoned, and dedicated community bankers. Our team will continue to provide exceptional product offerings, creative financial solutions, and personalized service to the individuals, families, and local businesses that are the foundation of our thriving community," stated Plourde.

Plourde lives in Uxbridge with his wife, Laural, and two sons, Riley and Hayden. He is an active member of the Milford Rotary Club and served on the Board of Directors for the Milford Area Chamber of Commerce. In his free time, Plourde enjoys golfing and martial arts.



Charles River Bank President & CEO Derek Plourde

Charles River Bank — with assets of \$320 million — was founded in 1915, and offers a wide range of individual and business banking services. The Bank's Main Office is located at 70 Main Street in Medway, with branches located on the Bellingham/Franklin town line on Route 140, and in Mendon at 1 Hastings Street, at the intersection of Rte. 16 and North Avenue. Charles River Bank also operates a full-service branch in Medway High School that serves as an educational facility for student tellers and a financial literacy center for the school.

For more information call 508-533-8661 or visit www.charlesriverbank.com

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The b.LUXE *beauty beat*

Happy Valentines Day to Me!

By GINA WOELFEL

It's Valentine's month... Cue the roses, the heart shaped candies and those creepy, last minute, gas station teddy bears.

Whether you're single, taken, married or dating, we all have a Valentine's Day tale to tell. Some are romantic and some are too catastrophic to talk about. I remember one particularly cute Valentine's Day early in my marriage. Our young son was just starting to walk and my husband was working two jobs to get his degree at night. We celebrated late in the evening when he got home with a decadent meal of mac and cheese and a bottle of white zin. This will be our 30th Valentine's Day together. Some have been amazing and a few have fallen flat.

I think it's difficult for two people, on one specific day of the year, to feel so romantically in sync they create a rom-com worthy event. Am I right? Life and circumstance often stand in the way, and quite frankly, the pressure for this day to be perfect is a bummer. A great example is the Valentine's Day dinner. You've made reservations, but you still wait for your table. It's clown-car packed, your dinner arrives cold and dessert is a "molten lava" hockey puck. Your romantic evening's been lost to

the utopian idea of how the evening was supposed to unfold.

Let's also not forget that many people love their uncoupled existence and aren't racing to change their Facebook status to "in a relationship". Shouldn't we have the option to choose "In a relationship with myself"? Shouldn't that be the most important relationship in our lives?

I think the Valentine's Day message for 2022 should be "Love Yourself". I know, totally corny (but soo true)!

Here's something to ponder... If you don't love and respect yourself first, how can you give love to others? How can you receive affection and take in all the wonderful things it has to offer if you don't believe you deserve it in the first place?

Let's flip the narrative on this Hallmark Holiday and fall head over heels in love with ourselves! Make a list of your favorite things and GO! Mani/pedi - Check. Movie and takeaway - Check. Luxurious spa facial and lash extensions - Check, check! Go on, kick up your heels with your besties and laugh till it hurts! Soak up the love from all who make you feel warm and fuzzy inside! Valentine's Day shouldn't only exalt romantic love. All love is powerful and poignant and deserves a creepy gas station teddy

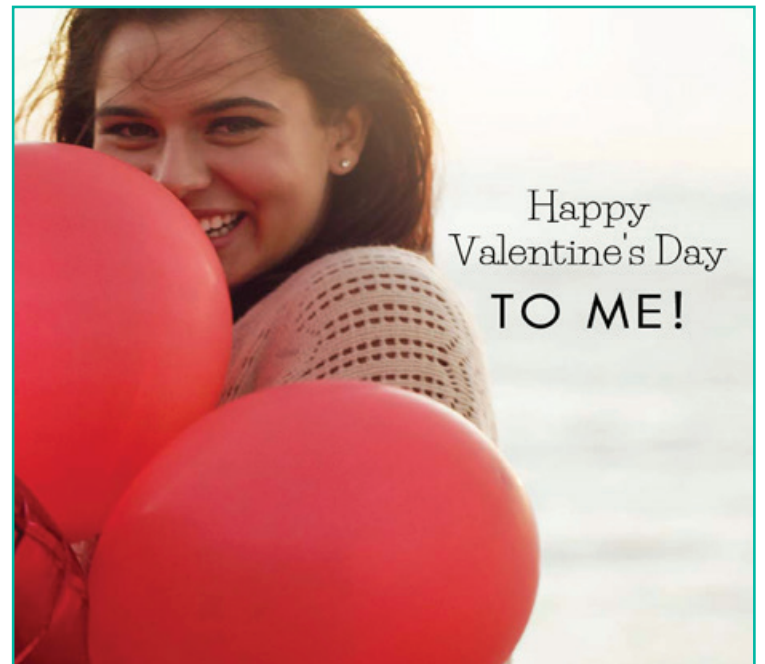


bear, too. Remind yourself how fab you really are and that your special someone is facing you in the mirror!

Treat yourself this month! You're worth it!

*We've decided to extend the Golden Ticket Giveaway through February! January was a challenging month and many of you had to reschedule. You can fill out a ticket at the salon and enter for your chance to win! Winner announced on March 1st. Good luck!

Happy Valentine's Day, everyone!



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Living Healthy

Glaucoma Treatment: GONIOTOMY

Commonly Asked Questions

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

When eye drops or laser treatment are unable to adequately lower eye pressure, goniotomy can be considered. Goniotomy may allow for eye pressure control with or without the use of glaucoma medications. For patients who qualify for the procedure, goniotomy provides an alternative to bleb-forming glaucoma surgeries or tube shunts.

How does goniotomy work?

Goniotomy cuts the first layer of the natural drain system (trabecular meshwork). This allows the fluid to leave the eye more easily, and lowers the eye pressure.

What are the steps of surgery?

The surgery is performed in the operating room under anesthesia. The eye is cleaned and

numbing medication is applied. An instrument then opens the eyelids. Tiny incisions are made in the front of the eye, and a special lens is placed on the eye to visualize the eye's natural drain. A portion of the wall blocking the drain is removed. An open channel is created, allowing fluid to leave the eye. The goniotomy procedure takes about 20 minutes, but will take longer if performed along with cataract surgery.

What will I feel during and after the surgery?

You may see bright lights during the surgery, but should not feel any pain. You will be discharged with a clear plastic shield over the operated eye. An adult will need to drive you home since you received sedative medications.

What happens to the eye after surgery?

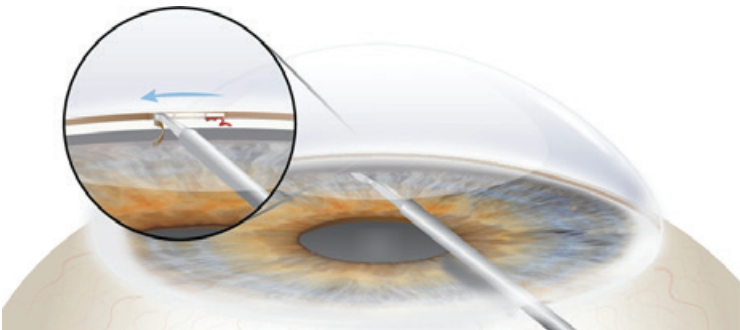
Fluid leaves the eye through the open channel that is created in the eye's natural drain. This lowers the eye pressure, and one or more glaucoma medications may be stopped after surgery.

How often will I be seen after surgery?

You will see your doctor the first day after surgery, about a week later, and a few weeks after that. Depending on how your eye heals, additional or fewer visits may be needed.

What eye drops will I use after surgery?

Most patients will be asked to use a steroid and antibiotic eye drops. The frequency of the taking the steroid eye drops depend on the amount of the eye inflammation.



Can I stop my glaucoma drops after surgery?

Your doctor will tell you which drops to continue using and how often at each visit depending on how your eye is doing. Sometimes patients are able to reduce the number of eye drops they are taking. Even if you are taking the same glaucoma medications after the procedure, the surgery is a success if your pressure is lower. The need for eye drops long-term after this treatment varies greatly and depends on your type of glaucoma and the rate at which it is progressing.

Will goniotomy cure my glaucoma?

The simple answer is no. Glaucoma is a chronic disease that requires constant monitoring and treatment. The goniotomy procedure will help to lower your eye pressure. However, it will not reverse any loss of vision that has already occurred.

What happens if goniotomy does not work?

Whether or not medications or an additional procedure will be needed after GATT depends on what is considered a “safe” pressure for your eye, how much your eye scars, the type of glaucoma you have, and more. After surgery, we will continue to monitor you closely so we can adjust therapy if needed.

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For more details, see our ad on page 10.



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- Questions about the vaccine? VA staff will be there to answer.
- Clinics will be first come, first served.
- Masks and physical distancing are required.

Winter Weather: Check CO Alarms and Keep Vents Clear of Snow

Blocked Vents Can Cause Fatal Buildup of Colorless, Odorless, Deadly Gas

With the season’s first significant snow on the way in parts of Massachusetts, State Fire Marshal Peter J. Ostroskey reminded residents to test their carbon monoxide (CO) alarms and keep dryer, furnace, and other exhaust vents clear of snow.

“Carbon monoxide is the leading cause of fatal poisoning, and home heating equipment is the primary source of carbon monoxide in the home,” State Fire Marshal Ostroskey said. “As part of your storm planning, check your CO alarms to be sure they’re working properly, and if an alarm is more than five to seven years old, replace it.”

Residents should also be sure to keep outside vents clear of falling, drifting, or shoveled snow. In January 2005, 7-year-old Nicole Garofalo died when a heating vent was blocked by snow drifts outside, allowing carbon monoxide to accumulate inside her Plymouth home. This tragedy led to Nicole’s Law, which requires CO alarms on every habitable level of a Massachusetts residence.

“Fuel-fired heating appliances like dryers, furnaces, boilers, and fireplaces are all sources of carbon monoxide,” State Fire Marshal Ostroskey said. “If the vent or flue is blocked, this poisonous gas can reach deadly levels inside the home. Know where the vents on your home are, be sure to clear them when shoveling, and be careful not to blow snow onto them if using a snowblower.”

Massachusetts fire departments reported nearly 18,000 CO incidents in 2020, officials said, and 92% were in residential settings. The poison gas can cause headache, fatigue, dizziness, and/or nausea at lower concentrations and death at higher concentrations. Exposure while asleep is particularly dangerous.

“We can’t see, smell, or taste carbon monoxide, but we can detect it with working CO alarms,” State Fire Marshal Ostroskey said. “If your alarm sounds, get outside and call 9-1-1.”

For more information on carbon monoxide and CO alarms, visit the DFS website.

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Local road deaths dipped even as state saw spike

The 19% increase in traffic deaths statewide last year, revealed in recently updated state data, caught Norfolk District Attorney Michael W. Morrissey by surprise.

His office has seen a decrease of more than 22% during the same time frame.

“The Department of Transportation made public that there were 409 road fatalities state-wide last year, up from 343 in 2020. That is also 14% above their 5-year average of 358 deaths a year,” District Attorney Morrissey said. “On Norfolk County roads, we saw 36 fatalities, down from 44 in 2020.”

The county has averaged 36 fatalities a year since 2017, he said.

District Attorney Morrissey has a team of 11 attorneys with advanced training in motor vehicle homicide and crash investigation. They respond to the scenes of major collisions to assist police in those investigations. “Having the attorney who will prosecute a case involved from the very beginning has proven very productive,” Morrissey said.

Traffic safety and the prevention of impaired and distracted driving have been central efforts of Morrissey’s terms as District Attorney. His office has sponsored TIPS training for alcohol servers around the region and underwritten ACTAR crash reconstruction training for municipal police.

He has provided prevention programming to 31 Norfolk County high schools, including grants for substance-free post-prom and post-graduation celebrations, partnering with AAA to bring in their Shifting Gears education program for new drivers on marijuana impairment, and bringing the Arbella Insurance Distractology safe-driving program to Norfolk County High Schools through his peer leadership program, among other initiatives.

“It is hard to attribute the disparity to any single factor,” District Attorney Morrissey said. “We are going to continue to work with our partners in the schools and local police departments to prevent every death we can.”

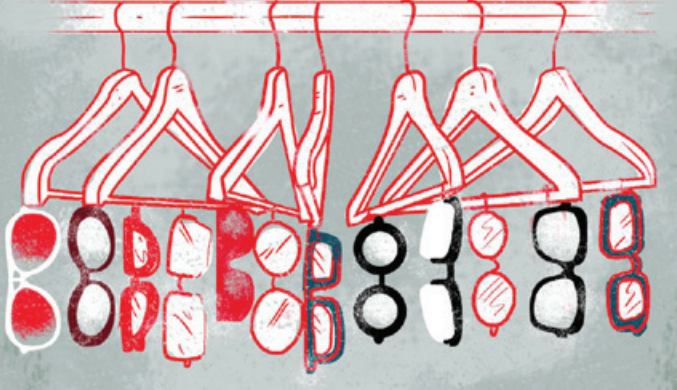
SPARK Kindness program on Feb. 3

SPARK Kindness, in collaboration with OUT MetroWest, will present “LGBTQ+ Basics and Beyond” on Feb. 3 at 7 p.m. This free presentation will equip participants with up-to-date vocabulary, answers to frequently asked questions, basic tools for effective allyship, and more. For more information and to register, visit www.sparkkindness.org

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Sports

Long-term care insurance offers more than just nursing home coverage

The first image that often comes to mind when people think about long-term care is an elderly person sitting alone in a depressing nursing home. The misconceptions about what long-term care involves and peoples' images of the most common care settings are understandable, since long-term care insurance originally started as nursing home insurance four decades ago. However, it has evolved into a much more flexible solution that

allows you to receive care in a variety of settings. Most of us want the ability to age at home, in a familiar setting surrounded by family and our favorite things. The fact is, 90 percent of adults who need long-term care services receive assistance at home or in another community setting.¹ If the level of care you need evolves over time, most long-term care insurance policies not only allow you to transition to

a nursing home, but some may also provide you with support during the transition. Since you can't predict the care you might eventually need, it's important to have the flexibility to choose the setting that best fits your needs at any given time. Many long-term care policies available today can provide you with a choice of where you want to receive care, including:

- At home, with the help of a home health aide or in some cases a family member or friend to assist with daily activities
- In a community setting, such as adult day care services
- At an assisted living facility, where you can receive help with transportation and meals
- In a nursing home, if you need around-the-clock care

1 Edem Hado and Harriet Komisar, "Long-Term Services and Supports." AARP Public Policy Institute. August 2019
2 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
ICC19-1832759 and 1832759

Each of these options provides a different level of care depending on how much assistance you need. Receiving care at home is the most popular and preferred option, and some policies even provide benefits that allow you to make home modifications that can help you stay at home longer. Policies that provide home care allow you to receive care from a professional, or possibly a friend or family member if informal care is covered. While most people hope they won't ever need to worry about long-term care, the reality is more than half of Americans will need long-term care assistance after age 65.² Women are even more at risk, primarily because they tend to live longer. The thought of not being able to care for yourself can be difficult and creating a plan for care can be daunting. However, it's best to not let long-term care planning get pushed aside, because your age and health both factor into whether you'll qualify for insurance and how much you'll pay for coverage.

By including long-term care in your retirement planning, you'll have the peace of mind that you've taken the steps to help protect your family from the financial and emotional impact of a long-term care event. Take the time to research available options, decide how much coverage you need based on estimated costs, and create a plan that will give you the flexibility to choose where and how you receive care. If you need additional information, contact a New York Life agent to find out more about our solutions. This educational, third-party article is provided as a courtesy by Michael Damon, Agent, (New York Life Insurance Company. To learn more about the information or topics discussed, please contact Mike Damon at 508-321-2101. Underwriting approval is required to purchase coverage and a medical exam may be required. The company reserves the right to increase premiums in the future. For cost and complete details of the coverage, contact your agent or the company.

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Sports

Medway Boys Quintet Focuses On Reaching Its Potential

BY KEN HAMWEY
STAFF SPORTS WRITER

The goals Eric Copeland stressed at the start of the season for his Medway basketball team made no mention of a Tri Valley League championship or a berth in the State tournament. Instead of mentioning the TVL or the tourney, the Mustang coach focused on practical matters.

"We want to improve daily and we want to reach or exceed our potential," said Copeland who is in his fourth year at the helm. "If we achieve those two objectives, then we should be a contender for the league's Small Division title and likely qualify for the playoffs. Winning will be the by-product if we meet our goals but what's important is consistency of effort in practice."

Although the Mustangs are off to a lukewarm start, they have followed Copeland's blueprint, compiling a 4-4 record at Local Town Pages deadline.

"We've got a good mix of talented and experienced veterans to go with energetic and competitive underclassmen," he emphasized. "Our prime strength is an experienced backcourt. Other assets are athleticism, speed and quickness, mental and physical toughness, and a coachable nature."

Medway's three senior captains are all top-notch guards — Christian White (6-feet), Oliver Magliaro (5-9), and Liam Harrigan (5-8). Through seven games, Magliaro had averaged 15 points, 4 rebounds and 2 assists while Harrigan averaged eight points.

"Christian is a smart, vocal leader whose best attribute is his ability to defend," Copeland said. "He's instinctive and moves well without the ball. Oliver, who missed several games because of a sprained ankle, is our most complete offensive player. He can attack the hoop with either hand, shoots the three very well, is able to hit mid-range shots and he passes effectively. Liam plays the point and he's a great floor leader. A good offensive player, he's also a strong defender, always matching up with our opponents' top scoring threats. He also makes other players better."

Two senior forwards — Sean Converse (6-1) and Shea O'Neil (6-2) — round out the Mustangs' starting lineup. Converse was averaging 7 points and 8 rebounds at Local Town Pages' deadline.

"Sean is an excellent defender," Copeland said. "A high energy competitor, he's assigned to cover our opponents' top forwards. A solid rebounder, he's excellent in transition and his consistency is a big plus. Shea is a good dribble-drive player, always attacking his opponent off the dribble. He's athletic and he can rebound."

Junior Matt Childs is a guard-forward who relies on toughness and a competitive spirit, and he brings those assets to practice and the games. "Matt's a valuable defender and he's improved his offensive game," Copeland said. "Driving to the basket is his main strength."

Junior Connor Gray (5-10) is providing depth in the backcourt. "He's giving us a great lift with his shooting from the three-point line," Copeland said. "His proficiency from behind the arc is 40 percent."

Rounding out the squad are senior Will Dowling (6-foot forward), juniors James O'Connor (6-2 forward) and Sean Anderson (6-3 forward), and sophomores Jack Gould (6-4 forward), Caden Reisman (6-foot guard), Reuben Simon (6-foot forward) and Brendan McNamara (6-foot forward).

"This group works hard every day in practice and is beginning to earn more playing time," Copeland said. "When we call on them, they'll be ready."

A tourney berth will likely be in Medway's future if it can limit its turnovers and improve its transition offense. Early on, the Mustangs had committed 20 or more turnovers in three games. "We need to limit turnovers and get better on transition offense by dribbling less and passing more effectively," Copeland noted.

An assistant at Medway and Franklin for 20 years, Copeland is no stranger to success. His first two years on the job as the Mustangs' head coach resulted in a pair of Tri Valley League Small Division championships and two playoff berths. Medway's deepest run in the tourney occurred during the 2018-19 season, advancing to the Sectional final where the Mustangs bowed to Westboro.

Relying on a trademark that is a tough, half-court man-to-man defense, the 47-year-old Copeland prefers an offensive style that features an up-tempo, fast-break attack.

Getting prospective players ready for that style is one of the responsibilities for his assistants and they include varsity aide Shane Jackson, jayvee coach Chris Vanesian, and freshman coach Andrew Tiernan.



Medway coach Eric Copeland is no stranger to success. Courtesy photo.

The personable Copeland, who missed three games because of COVID-19, has a competitive philosophy that mirrors the goals he set for his squad at the start of the season. "I want the kids to reach their potential and have fun," he offered. "If that happens, then winning will follow. And, I hope our players learn valuable life lessons from

athletics. Like how to overcome adversity, to develop mental toughness, and to be good teammates and top-notch leaders."

The Mustangs, who defeated powerful Dover-Sherborn in their opener, are a quality contingent and if they can finish their campaign peaking at the right time, they should be getting an invitation to the playoffs.

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Baker-Polito Administration Announces \$5 Million in Grant Awards for Fire Departments

Millis is one of 306 departments awarded funds for safety gear

The Baker-Polito Administration today announced \$5 million in grant funding awarded to 306 Massachusetts fire departments from the FY22 Firefighter Safety Equipment Grant Program. This program enables fire departments to purchase a variety of equipment that will make firefighters' jobs safer. This is the second year that funding has been awarded for this purpose as part of a \$25 million bond bill filed by the Baker-Polito Administration to support firefighter safety and health in the coming years.

Millis received a grant in the

amount of \$15,467.00.

Our communities and families depend on firefighters in difficult and dangerous moments," said Governor Charlie Baker. "This program is an opportunity to show our deep appreciation for their work by ensuring they have the tools they need to stay safe and healthy."

"While the last two years have been so difficult for all of us, firefighters and first responders throughout the Commonwealth have courageously continued to serve the public," said Lt. Governor Karyn

Polito. "We are grateful for their efforts and proud to be able to provide them with critical equipment and support."

Fire departments in Massachusetts were able to apply to this program for 118 different types of eligible equipment, including personal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment, communications resources, hazardous gas meters, fitness equipment, and more. In many cases, the purchase of this equipment will help departments attain compliance with Occupational Safety and Health Administration or National Fire Protection Association safety standards.

"The toll that occupational cancer has taken on the fire service is unfortunately immense," said Secretary of Public Safety and Security Terrence Reidy. "We often see and hear about heroic rescues in the face of obvious and overwhelming

danger, but the risks firefighters face go well beyond those events. I am thrilled that we can provide so many fire departments with this funding for equipment that will reduce firefighters' long-term exposure to the cancer-causing materials they encounter every day at work."

"While many of our firefighters dedicate their entire careers to the fire service, countless others who have full-time jobs in different fields spend their spare time responding to emergencies for on-call and volunteer fire departments across the state," said Undersecretary of Homeland Security Jeanne Benincasa Thorpe. "They all deserve the best equipment we can get them, and we are so grateful for everything that they do."

"Best practices for firefighter safety are constantly evolving as technology advances and our understanding of the short- and long-term health impacts of

the work improves," said State Fire Marshal Peter Ostroskey. "This program is so important to help fire departments modernize their equipment and get firefighters the protection they need. The long-term health outcomes realized from these grant awards will have a truly immeasurable benefit."

"The job of the modern firefighter takes countless forms. At any given moment, they could be asked to respond to a fire, a hazardous materials leak, a car accident, or a medical call. Equipping them for safety in each of these situations is a significant financial burden for every department," said Centerville-Osterville-Marston Mills Fire Chief Michael Winn, President of the Fire Chiefs' Association of Massachusetts. "We are so thankful that funding was made available to help with this challenge, especially at a time when so many departments are facing budget issues due to COVID-19."

A complete list of the awards by department can be found at <https://www.mass.gov/doc/fy22-firefighter-safety-equipment-grant-award-list/download>

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"Let's Talk Real Estate," Hosted by Faina Shapiro, Brings Value to Listeners

Weekly Talk Show Airs on MyFM 101.3
Sundays at 9 a.m.

Do you own your home or are you a landlord? Do you rent your home? Are you looking to buy a home? Do you need to fix, upgrade, or insure a home?

If you answered yes to any of these questions, you'll want to tune in to "Let's Talk Real Estate," a new radio show airing live Sunday mornings at 9 a.m. on MyFM 101.3. Host and realty professional Faina Shapiro will feature a wide variety of experts in all fields connected to real estate.

"Anyone interested in renovating, selling, refinancing, lender information, if you own a property, are a renter, or are considering become a landlord or buying an investment property, I think you will find some value in this content," says Shapiro. "It will save you money and help you be your own advocate when it comes to real estate decisions."

Educating her clients and her students is what Shapiro does best. Nationally recognized for record-breaking transactions in buying and selling, the winner of the 2021 Chairman Circle Award (2% of all Berkshire Hathaway Home Services Network), 2020 Leading Edge Society Award, and Best of Zillow Agent, Shapiro is also a real estate investor, home stager, landlord and property manager who serves on the Board of Assessors and Master Plan Committee in her town. A VA-certified, Luxury-



Certified, and Certified Buyer Representative, Shapiro has also created a training series on Home Inspections for other Realtors in the industry with a world-renowned real estate trainer. She teaches classes all over Massachusetts in home selling, buying, real estate investing, and property maintenance, with a focus on helping homeowners save money while making the most out of their number one investment.

With her new show, she'll bring that aim and expertise to a broader audience.

Shapiro sees it as her mission to educate with a passion to help people in an industry that is money focused sometimes instead of doing the best for their clients. Featured guests will include lenders, attorneys, contractors, financial advisors, realtors and other professionals, such as home inspectors.

"I teach real estate workshops throughout Massachusetts, and that's how the radio show came to be," says Shapiro. She'll incorporate substantive guidance from classes she has taught, fueled by her own desire to continuously learn as much as she can about the industry. "We'll produce fun content on buying, selling, in-



vesting in real estate, how to be a landlord, tenant laws, just really good information for whatever you want to accomplish in real estate," she says.

Listeners are also invited to submit questions and seek answers to problems they encounter regarding home ownership or the real estate market. Shapiro hopes "to help everyone understand how to be proactive rather than reactive" in the industry.

Shapiro loves a challenge, and this radio show reflects that spark.

"I'm always happy to work with any budget and take that unusual house and figure out how I can go above and beyond for my clients. It's very strategic. I work as a team with

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my buyers and make whatever we are trying to accomplish for them effortless and enjoyable for them.

Every single transaction is different, and I take every single one as a privilege and learning experience. They are all of great value to me," says Shapiro. "I think that there's a need for what I'm going to be doing, and I'm really excited and honored to be on MyFM 101.3."

"Let's Talk Real Estate" will be available on SoundCloud and on demand in addition to live at 9 a.m. Sunday mornings. Visit <https://myfm1013.com> for more information. If you are thinking of selling, buying, or have a show inquiry, topic suggestions, or are a local expert in the Real Estate industry and would like to be featured on the show, please email Faina Shapiro at Faina@BhhsPagerealty.com.

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Medway High School Students Participate in Massachusetts Lions Youth Speech Competition

Principal John Murray is pleased to announce that Medway High School students recently participated in the Massachusetts Lions Youth Speech Competition.

The Youth Speech Competition is an annual contest sponsored by the Massachusetts Lions Club that provides high school students the opportunity to deliver a 5-8 minute speech on a designated topic of interest. The 2021-2022 speech topic is «Why is accountability important?» The scoring for each speech is based on delivery, effectiveness and text.

Students work with Joan Hallett, Medway High School teacher and the adviser of the Medway Leo Club, to prepare for the competitions. The Leo Club is a service-oriented club and the youth program of the Lions Club.

On Dec. 15, 2021, juniors Noah Der Garabedian and Charles McKeown, sophomores Natalie Goodale and Elizabeth Kenney, and freshman Palak Yadav competed in the local Medway Lions Club competition. The judges named Yadav as the winner and Goodale as the first runner-up.

On Saturday, Jan. 8, Yadav competed at the combined Lions Zone/District contest at the Holliston Senior Center. This contest also featured student competitors sponsored by Lions Clubs from Medfield, Millis, Holliston, Blackstone, Franklin, Norfolk, Plainville and Wrentham. Yadav placed second. As the runner-up, she will compete at the next level of competition if the first place winner (Anya Marino, sponsored by the Medfield Lions Club) is unable.

“The Lions Youth Speech Competition is a valuable opportunity for our students to practice their public speaking skills for an audience, and develop confidence in these skills,” Principal Murray said. “We are proud of all of our students who competed in this year’s local Lions Club competition, and a special congratulations to Palak for her achievements at the local and zone/district levels.”

Following the Zone/District contest, the winner competes in the Massachusetts Lions District 33K Competition to be held in February. There are 46 Lions Clubs in District 33K. The winner of the District 33K Competition will compete in the state competition against the winners of all the other Lions Districts.



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Trace the square: breathe in, hold, breathe out, hold



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MFBF Member Brian Wick Appointed to National Farm Bureau Issues Advisory Committee

Marlborough, Massachusetts – Dec. 23, 2021 – The Massachusetts Farm Bureau Federation (MFBF) is pleased to announce that Brian Wick from Plymouth has been appointed by American Farm Bureau Federation (AFBF) President Zippy Duvall to AFBF's environmental regulations advisory committee.

"I am honored to be chosen for this position, representing Massachusetts agriculture at a national level," Wick said. "It's a great opportunity to interface with producers from across the country and advocate for the many regulatory challenges facing not only cranberry farming but all of the other agricultural commodities across the commonwealth."

AFBF's advisory committees play an important role in the organization's policy implementation and development. Committee members make contributions to AFBF's mission, from participating in advocacy fly-ins and doing media interviews to helping the organization development comments on proposed regulations and providing input into the resolutions

process.

"We are pleased Brian was appointed to this issue advisory committee for American Farm Bureau Federation," said MFBF President Warren Shaw. "His background in the cranberry industry give him a strong understanding of how environmental regulations can impact farmers. He will serve as an important bridge between Massachusetts farmers and AFBF."

Wick has served as Cape Cod Cranberry Growers Association's (CCGA's) executive director for six years. He previously worked at CCGA's regulator director for 10 years. In total he has worked in the cranberry industry for more than 28 years.

He has been involved with Farm Bureau for 16 years in his various roles within the cranberry industry. This includes working with MFBF on state legislative matters and attending Plymouth County Farm Bureau legislative and annual meetings.

Wick holds a Bachelor of Science in animal science from the University of Massachusetts and a Master of Science in management from Lesley College.

He will be formally appointed in January 2022 and will serve a two-year term.

Congratulations, Brian!

About Massachusetts Farm Bureau Federation

The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission statement is to "strengthen a diverse agricultural community by supporting and advocating for Massachusetts farm families." Its vision is to "envision a world with plentiful

high-quality agricultural products, productive open land, and a robust and prosperous farming community. We are committed to working with like-minded groups to achieve these goals." For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.



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Homeless ID and Relative Adoption Bills passed would provide free state IDs to individuals experiencing homelessness, allow adoption by close relatives of an adoptee

(BOSTON—1/13/2022) Today, the Massachusetts State Senate unanimously passed legislation to make state identification more accessible to people experiencing homelessness, as well as legislation to allow adoption by close relatives, which is currently prohibited under state law. "These two bills will support some of the most vulnerable individuals in our Commonwealth," said Senate President Karen E. Spilka (D-Ashland). "The benefits are clear: providing access to identification for people who would otherwise struggle to receive it lifts up the lives of those in need. Separately, it is also time we recognized that in some cases, close relatives, even siblings, are the best choice for an adoptive guardian. Both bills will serve to strengthen people's lives in a tangible way. I am proud to join my colleagues in the Senate on moving forward on these issues again this session." "As the state begins to recover from the COVID-19 pandemic and economic downturn, the Legislature must ensure that individuals experiencing homelessness have the same fundamental opportunities to live happily. One fundamental key to accessing basic services are state-issued IDs. Currently, people experiencing homelessness face significant financial and bureaucratic barriers when they attempt

to obtain an ID. Now is the time to break down bureaucratic barriers that fuel the cycle of poverty, and to ensure equality for all the Commonwealth's residents as we look towards a post-pandemic world," said Senator Harriette L. Chandler (D-Worcester), sponsor of An Act to provide identification to youth and adults experiencing homelessness. "An identification card is something that many of us take for granted, but not having one can be a serious impediment to accessing essential services that so many people rely on," said State

Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "This legislation takes a necessary step and ensures youth and adults experiencing homelessness can obtain a state identification card required to access opportunities that will help to move their lives forward. Thank you to Senate President Spilka, Senator Chandler, and the advocates for their support and hard work on this legislation, and my colleagues in the Senate for their commitment to supporting the most vulnerable among us." Currently, a person experiencing homelessness who wishes to obtain a Massachusetts identification (ID) card are faced with prohibitive fees and documentation requirements, including

providing proof of a residence that they may not have. An Act to provide identification to youth and adults experiencing homelessness seeks to remedy these burdens by waiving fees for individuals experiencing homelessness. Furthermore, the bill would allow such an ID applicant to meet the proof of residency requirement by presenting documentation that is from an entity providing services in the Commonwealth, such as a homeless shelter, or that shows that the applicant is receiving services provided by the Commonwealth. Identification cards are necessary for applying to jobs, enrolling in school, interacting with law enforcement, accessing government buildings, opening financial accounts, and many more basic services that many take for granted. The inability to receive an ID prevents many individuals experiencing homelessness from

accessing basic services and has been linked to a cycle of poverty. The Massachusetts State Senate on Thursday also addressed the issue of legal adoption of a young person by close relatives of an adoptee. An Act relative to expanding access to adoption would allow an individual adopt a younger individual if they are that individual's brother, sister, uncle or aunt. Currently, Massachusetts is one of only two states that prohibits adoption by close relatives. This legislation would allow for families to stay together ensuring a stable home environment which is a necessary component for development as well as physical and emotional health. "In recent years, the Commonwealth has made great strides to expand the legal definition of 'family,'" said Senator Joan B. Lovely (D-Salem), sponsor of An Act relative to expanding access to adoption. "I am pleased

to have sponsored S.2616 to better reflect and support residents across our Commonwealth who love and care for another. The COVID-19 pandemic has left many of our vulnerable youth without parents, making familial relationships and bonds more important than ever. S.2616 would allow adult siblings to adopt their younger siblings, aunts and uncles with the permission of county probate courts, sparing our youth the additional trauma of family separation. Our children deserve to be cared for by the people who know and love them, and this bill helps make that a reality. Thank you Senate President Spilka and Chair Gomez for your leadership, and to the Children's League of Massachusetts for your tireless advocacy." Both bills now move on to the Massachusetts House of Representatives for consideration.



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Bill To Stabilize Supply of Egg and Pork Products Signed into Law

(BOSTON – 12/22/2021) Following action by House and Senate lawmakers earlier this week, a bill to ensure a more secure egg and pork supply chain in the state, was signed into law Wednesday. The legislation updates Massachusetts' farm animal welfare standards passed by voters in 2016 to align with other states.

"When Massachusetts voters overwhelmingly passed a ballot question guaranteeing animal welfare in 2016, our state had the strongest protections for farm animals in U.S. history," said Senate President Karen E. Spilka (D-Ashland). "Since then, national and industry standards have shifted towards even stronger animal welfare and consumer safety protections. With this law, Massachusetts is taking action to prevent cruelty to farm animals and ensure that our state has continued access to eggs that meet the expectations of the Commonwealth's residents. I want to thank House Speaker Mariano, for his collaboration, Senator Lewis for his steadfast focus on this issue, his fellow conferees and their staffs, and the residents of Massachusetts,

including animal welfare advocates and egg-producers, for their support for this legislation."

"This law ensures that Massachusetts consumers and small businesses will have continued access to affordable egg and pork products, while also honoring the intent of the animal welfare ballot question," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank Senate President Spilka, Chair Dykema and the other members of the conference committee, as well as my colleagues in the House and Senate, for the hard work that ultimately led to this agreement."

"In 2016, the advocacy of animal welfare groups across the Commonwealth and overwhelming support from voters passed Ballot Question 3 to ensure that the factory farming industry provides more humane standards for pigs, calves and egg-laying hens, representing a historic victory for animal welfare," said Senator Jason Lewis (D-Winchester), the lead sponsor of the Senate bill. "Since then, the standard around the country for egg-laying hens has

evolved, and Massachusetts is now an outlier, which could threaten our supply of eggs. Fortunately, the egg producers and animal welfare groups have come together to agree on this legislation, ensuring safe and humane conditions for egg-laying hens and affordable eggs for Massachusetts consumers. I appreciate the leadership of the Senate President and the support and guidance of my fellow conferees, Senator Rausch and Senator Tarr, in getting this bill passed."

"Together with my fellow conferees, I am pleased that we reached a comprehensive agreement that makes necessary updates to the voter-approved ballot initiative while reducing the risk of price shocks and disruptions to our food supply as pandemic impacts continue," said Representative Carolyn Dykema (D-Holliston), House Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture. "I want to thank the Speaker and my colleagues for their steadfast commitment to fighting food insecurity, supporting small businesses, and continuing our leadership on animal welfare at every step of the legislative process."

An Act to upgrade hen welfare and establish uniform cage-free standards updates a 2016 law passed by the voters of Massachusetts. It would align Massachusetts' standards to that of other states by:

- Providing detailed cage-free standards that consist of one square foot of usable floor

space per hen in multi-tiered aviaries, partially-slatted cage-free housing systems or any other cage-free housing system that provides hens with unfettered access to vertical space so that hens can engage in vital natural behaviors such as perching, scratching, dust bathing and laying eggs in a nest.

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

The bill would also enhance market and regulatory certainty by:

- Delaying the effective date of the new standards for pork products to August 15, 2022, to allow the Massachusetts Department of Agricultural Resources (MDAR) ample time to promulgate, and the industry to comply with, robust regulations. The ballot initiative passed in 2016 required regulations to be promulgated 2 years in advance of the effective date of the act in order to provide adequate time for affected industries to comply. This legislation gives producers not only more time to comply with the new standards but also an additional opportunity to participate in the updated regulatory process.

- Updating authority for promulgating rules and regulations to include both the Attorney General's Office (AGO) and MDAR. As passed in 2016, the law assigns to the Attorney

General exclusive authority to promulgate rules and regulations as well as to enforce the law. This legislation would update the regulatory authority so that it's shared between the AGO and MDAR. Enforcement authority would remain exclusively with the AGO. Many states with similar laws include their state department of agriculture in the regulatory process.

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

Text of An Act to upgrade hen welfare and establish uniform cage-free standards can be found at malegislature.gov.


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<div>PENDING</div>  <div>6 Charles View, Medway</div>	<div>SOLD</div>  <div>15 Summer Street, U205, Franklin</div>	<div>SOLD</div>  <div>108 Milford Street, U2, Medway</div>	<div>SOLD</div>  <div>96 Middlesex Street, Millis</div>
<div>SOLD</div>  <div>257 Village Street, Medway</div>	<div>SOLD</div>  <div>16 Granite Street, Medway</div>	<div>SOLD</div>  <div>649 Walpole Street, Norwood</div>	<div>SOLD</div>  <div>38 Hill Street, Medway</div>

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

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



Real Estate Corner

Norfolk County Registry Of Deeds

January 18, 2022

Dear Friends of the Norfolk Registry of Deeds and Registry Users,

Many of you have asked for an update on the efforts to keep the on-site Registry Chief Information Officer (CIO) that has been funded and in existence at the Norfolk Registry of Deeds for over 20 years. The Norfolk Registry of Deeds also needs to keep the on-site direct-report IT technology staff that makes up the

Registry IT Technology Department which has been in place for well over 35 years.

The three Norfolk County Commissioners held a hearing on December 8, 2021 on recommendations if implemented that will negatively impact the functioning of an independent and modern Registry of Deeds as a result of not keeping as is an on-site Registry CIO and on-site Registry IT Technology Department. Attached is a document that was submitted to the Norfolk

County Commissioners that you can review if you so choose click document here. This document advocates why the Registry IT Technology Department is needed and should be kept in this era of technology, cybersecurity and ransomware.

Also here is the link to the Norfolk County Commissioners Meeting of December 8, 2021:

<https://www.youtube.com/watch?v=HdzTgUHXUHc>

The words and reasons written by so many of you in let-

ters and emails articulating why the Norfolk Registry of Deeds should keep its on-site direct report Registry IT Technology Department are so compelling. I wish I could now report that the advocated position of keeping the Registry CIO and keeping the on-site Registry IT Technology Department has finally won and prevailed. I can not. This critical issue is now being put into the Norfolk County Budget process as stated by the Norfolk County Commissioners.

Thank you so much for your support which must continue in order to make sure this unsound public policy decision is NOT implemented during this budget process.

I wish you and yours a happy and healthy new year in 2022.

Sincerely yours,

Register William P. O'Donnell
Norfolk County Registry of Deeds

Register O'Donnell Warns Homeowners About Deed Scam

Register of Deeds William P. O'Donnell today reminded Norfolk County residents to disregard a direct mail solicitation offering them a certified copy of their property deed for an outrageous fee of anywhere from \$59.50-\$95.00.

Register O'Donnell stated, "For the past several years, a California company has been preying on unsuspecting homeowners by sending a direct mail solicitation asking them to send a check for \$95.00 in order to receive a copy of their deed. If a consumer knew that they could print a non-certified copy of their deed for free from our website www.norfolkdeeds.org or obtain a certified copy of their deed for a charge of only \$1.00 per page plus an additional \$1.00 for postage, they would never agree to pay such an outrageous fee for service. The average price for a mailed homeowner's certified deed copy by the Registry (usually two pages) is \$3.00."

"These solicitations," noted O'Donnell, "are labeled Recorded Deed Notice and request that the homeowner forward a check in the amount of \$95.00 for a copy of their deed. The Registry has been contacted by multiple individuals who have received this solicitation. Please do not fall for this scam."

Register O'Donnell concluded, "While the deed direct mail solicitation may be legal, it is unconscionable as it takes

needless advantage of individuals. Clearly, this is a scam being perpetrated against hard working Norfolk County residents, many of whom are first-time homeowners or elderly. Consumers are interpreting these notices as a bill, since they are affixed with a due date. I once again urge in the strongest terms that Norfolk County citizens not let themselves fall victim to these types of misleading deed scam advertisements."

If you receive such a deed solicitation notice, please contact the Registry's Customer Service Center immediately at (781) 461-6101 or by email at register-odonnell@norfolkdeeds.org. Additionally, if you desire a certified copy of your own deed, also contact the Customer Service Center and they will be glad to provide you with one for a nominal fee of

usually \$2.00-\$3.00.

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

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



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Recent Home Sale



31 Walnut Street in Millis recently sold for \$605,000.
Image credit: www.zillow.com

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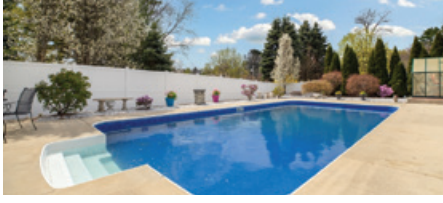
31 Broad Acres Farm, Medway



13 Stable Way, Medway



4 Meryl Street, Medway



11 Williamsburg Way, Medway



115 Village Street #1, Medway



11 Bayberry Lane, Medway



3 Carriage House, Medway



10 Alexandria Drive, Medway



16 Buttercup Lane, Medway



221 Main Street, Medway



4 Broken Tree Road, Medway



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- Just listed postcards with targeted distribution



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Real Estate Corner

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 January 7, 2022 – Berkshire Hathaway HomeServices Page Realty today announced that Faina Shapiro recently earned the Berkshire Hathaway HomeServices Luxury Collection® Specialist accreditation.

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 Faina's 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 Collection 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, President, 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 the area."

Tune into FM 101.3 on Sunday mornings at 9 a.m. to hear Faina on her Let's Talk Real Estate show.

About Berkshire Hathaway HomeServices Page Realty

Berkshire Hathaway HomeServices Page Realty is a full-service real estate company specializing in residential sales. The company has two offices in Medway and Medfield. Visit www.bhhsPagerealty.com

Berkshire Hathaway HomeServices is one of the world's fastest-growing residential real estate brokerage franchise networks, with more than 55,000 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 berkshirehathawayhs.com.

Jessica Wong Receives Scholarship

MEDWAY – Jessica Wong of Medway received the Albert E. Rao Memorial Scholarship from Berkshire Hathaway HomeServices Page Realty this week. Jessica is a 2nd semester freshman at WPI in Worcester with a focus on Robotics.

Wong was selected to receive the award by the Medway High School Guidance Department

and was in the top quartile of her graduating class at Medway High School. The award was made on behalf of the fifty-nine year old firm by Owners, Al and Ellen Rao. "We wish Jessica all the best in her academic endeavors, said Rao. We're so proud of the wonderful staff in the Medway Public School system and this is just a small way of our giving back to the community."

Berkshire Hathaway HomeServices Page Realty is a

full-service real estate company specializing in residential sales. The company has two offices in Medway and Medfield.

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Recent Home Sales

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Date	Medway	Amount
1/14/2022	1 Pheasant Run Road	\$637,500
1/13/2022	71 Summer Street	\$580,000
1/12/2022	108 Milford Street #2	\$290,000
1/07/2022	85 Winthrop Street	\$839,900
1/07/2022	2 Rosewood Drive #L1	\$798,408
1/07/2022	8 Virginia Road	\$450,000
1/05/2022	4 Pine Needle Drive	\$580,000
1/04/2022	4 Carol Lane	\$545,000
12/30/2021	20 Millstone Drive	\$601,000
12/27/2021	14 Charles River Road	\$440,000
12/23/2021	29 North Street	\$559,000
12/23/2021	20 Holbrook Street	\$750,000
12/21/2021	Lot 2 Sterling Circle #4	\$650,000
12/17/2021	11 Hemlock Drive	\$470,000

Date	Millis	Amount
1/13/2022	19 Evergreen Terrace	\$320,000
1/13/2022	124 Glen Ellen Blvd #65	\$874,995
1/11/2022	31 Walnut Street	\$605,000
1/05/2022	58 Ridge Street	\$596,000
12/30/2021	44 Key Street	\$325,000
12/27/2021	77 Key Street	\$315,000
12/22/2021	13 Frontier Lane	\$1.38 mil

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



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SOLD



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Millis - \$519,000

SOLD



68 Glenview Street
Upton - \$915,000

SOLD



342 Village Street
Millis - \$489,000

NEW LISTING



100-102 Congress Street
Milford - \$499,900

SOLD



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

SOLD



78 Fisher Street
Medway - \$699,000

SOLD



7 Meadow Parkway
Franklin - \$449,900

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Realtor®
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MillisRealtor.com
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DIRECT: 585-354-6897



Jennifer Colella McMahon
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Jennifer McMahon & Janine Azzouz

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\$1,450,000
32 Broken Tree, Medway
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Laina Kaplan

SOLD



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

SOLD



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

SOLD



\$650,000
18 Pennacook Street, Norfolk
Laina Kaplan

SOLD



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

SOLD



\$912,000
1 Shamrock Lane, 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

Client Testimonial to Janine Azzouz:

"Pleasant home selling process was with our Realtor, Janine Azzouz. She was very thorough, no stone was left untouched! Janine was such a huge help to us along the way and we always relied on her for guidance. She was right on top of all communication. Janine also staged our home! The professional advice she gave definitely helped our house sell! We were able to sell painlessly and within three days had multiple offers and a bidding war. We are confident without Janine's advice that would not have been the case. We would hire Janine again without hesitation and have recommended her to friends and family."

— Dennis and Lauren Keefe, Milford