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## Medway's Burke-Memorial Elementary School Holds First Spelling Bee



Burke-Memorial Elementary School Principal John Kelley is pleased to share that the school completed its first spelling bee competition in February.

Third-grader Julianne Digiacoimo was crowned as the spelling bee champion on Feb. 4 when she spelled the final word: "phenomenal."

Fourth-grader Rhys Morse placed second and fourth-grader Caleb Raczkowski placed third.

The competition was voluntary and open to all students. Students from each grade — second, third and fourth grade — participated in the bee. Spelling lists were shared with teachers and parents for students to prepare outside of school.

The event took place over the last several weeks with students first participating in

**SPELLING BEE**  
*continued on page 2*

**Medway third-grader Julianne Digiacoimo was crowned as the champion of Burke-Memorial Elementary's spelling bee on Feb. 4. Courtesy photo, Medway Public Schools.**

See our *Spring Home & Garden Guide* Inside ...



## Millis Daisy Troops create "Birthday in a Bag" for local food pantries



Millis Daisy Troops 83168 and 64074 recently conducted a "Birthday in a Bag" service project. They collected enough donations to create 70 bags which will be donated to local food pantries. Courtesy photo.

Millis Daisy Troops 83168 and 64074 recently conducted a "Birthday in a Bag" service project to commemorate the 110th birth-

**DAISY TROOPS**  
*continued on page 2*



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# Niagara Coffee Haus to feature Antje Duvekot and Dwayne Haggins

Antje Duvekot is one of Boston's top singer songwriters in the folk idiom. The Boston Globe writes: "Her songs feel at once fresh faced and firmly rooted, driven by the whispery sensuality of her voice. She believes in the redemptive power of the shared secret; and is utterly unafraid to mine the darkest corners of her life for songs that turn fear into resilience and isolation into community." Antje's music has taken her on world tours far and wide, so it seems fitting to have her for this special Earth Day celebration. Friday, April 22, from 8 p.m. to 10 p.m. Sponsored by Millis Postal Center. [www.antjeduvekot.com](http://www.antjeduvekot.com)

Dwayne Haggins has been described as "the love child of Hank Williams and Sam Cooke" and "the John Legend of rockabilly." An enigmatic performer, Dwayne reveals different features of his impressive voice, slowly rolling out the breadth and depth of his stylistic reach. Whether adding new subtleties to an obvious melody or interpreting a time-worn lyric, his genuine feeling shines through. A



**Left, Antje Duvekot is top folk singer songwriter who will perform at the Niagara Coffee Haus in Millis on April 22. Roght, Dwayne Haggins has been described as "the love child of Hank Williams and Sam Cooke" and "the John Legend of rockabilly" and will perform at the Niagara Coffee Haus on May 6. Source: Millis Cultural Council**

whisper of love, a groan of pain, a whoop of joy, it's all there in his unique artistry. Lauren King opens. Friday, May 6, from 8 p.m. to 10 p.m. Sponsored by Ferrimy Construction. <https://dwaynehaggins.com/>

Limited space is available, so please email [niagaracoffeehaus@gmail.com](mailto:niagaracoffeehaus@gmail.com) for reservation info. Individuals with disabilities, please contact us for seating info. Masking is optional, pending further notice. Doors open at 7:45 p.m. A \$10 donation will be suggested.



Please visit our Facebook pages, Niagara Coffee Haus and Millis Cultural Council for regular updates. Location: Niagara Fire House, 8 Exchange Street, Millis.

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. Special thanks to the Millis Historical Commission. To learn more about the history of the Niagara building, visit [www.millishistory.org/niagara-engine-house.html](http://www.millishistory.org/niagara-engine-house.html)

## SPELLING BEE

*continued from page 1*

classroom-level spelling bees. Each classroom winner then participated in a semi-final round before semi-finalists competed in a final round which was held in a hybrid style. Parents and friends of the finalists, as well as the other semi-finalists, were able to attend the final round to watch in person. The event was also live-streamed to classrooms for the rest of the school to watch.

The finalist round between the remaining three students lasted 16 rounds. All finalists received a medal and each classroom winner received a certificate.

"We were excited to hold this event for the first time this year, and were thrilled to see so many students who decided to participate," Principal Kelley said.

"Congratulations to Julianne on being crowned our first spelling bee winner, and to Rhys and Caleb for their success. I would also like to thank Assistant Principal Chris Terzigni and Librarian Nutan Mathew who worked to coordinate and organize the event for our students.

## DAISY TROOPS

*continued from page 1*

day of Girl Scouts. The Millis first graders collected donations of cake mix, frosting, candles, balloons and more to create individual bags of birthday essentials. The girls had enough donations to put together 70 bags which will be donated to local food pantries.

Daisies in Troop 83168 include Madison Kitchens, Juliet Briggs, Isabella Canestrari, Kariana Vautour, Annie McDonald, Juliana Tahan, Dahlia Ward, Aanya Gupta.

Daisies in Troop 64074 include Josephine Houtchens, Madeline Hemingway, Enza Orifice, Eleanor Kazakis, Evelyn Lucash, Hailey O'Neill, Isla Kraby, Landri Conlon, Lilliana Sweet, Lucy Servideo, Maya Barenholtz-Bahnsen, and Nora Giles.

Troop leaders include Lindsay Hemingway, Heather Houtchens, Shayna Canestrari, and Danielle Vautour.

For more information about Girl Scouts, visit [www.gsma.org/join](http://www.gsma.org/join)



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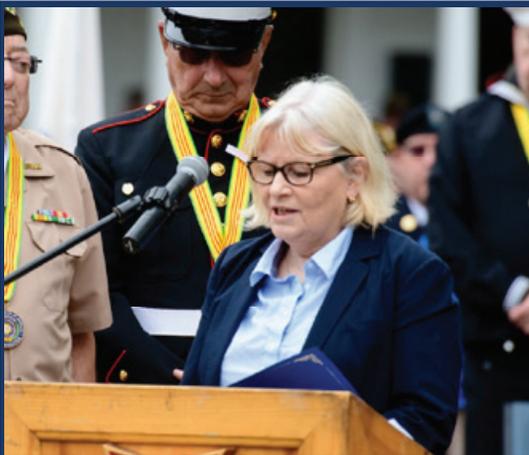


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# Select Board Accomplishments Over the Past 10 Years

- \$500K Tax Relief from Exelon Project ★ Construction of \$13 Million DPS Facility
- Rt. 109 Improvement Project ★ Remodeled Medway Middle School
- Achieved 10% Affordable Housing Goal ★ Hired Town Manager, Michael Boynton
- Renovation of Choate and Oakland Parks ★ Acquired Medway Community Farm

## What People Are Saying

**Susan Segarra, Member, Finance Committee**

“Maryjane is a pillar of the community. She cares about the residents of Medway. She is cooperative with all the departments of government and welcomes all to participate.”

**Deborah Rossi, Member, Park Commissioners**

“Maryjane is a valuable asset for Medway. She has years of experience in local government and taking care of our residents. She’s thoughtful, patient and conscientious. Her greatest gift is her ability to listen to everyone and make fair, and reasonable decisions!”

# Tax Preparation with Liberty Tax

## Local tax professionals help navigate an increasingly complicated system

Winter brings two things to Massachusetts: snow, and tax preparation.

“Everyone can benefit from a tax professional’s help,” says Dawn Porthouse of Liberty Tax in Franklin. “This is true of individuals, but it’s even more true of small businesses.”

Tax professional and local small business owner, Dawn Porthouse opened the Franklin office of Liberty Tax in 2018 and has been helping Metrowest area families and businesses with their taxes ever since.

“It starts with a free consultation to determine a client’s needs,” says Porthouse. “Many individuals and small business owners come to me thinking we just fill out their forms, but then they realize all the other ways a tax professional can help them grow their business.”

For example, Liberty Tax can manage a business’s bookkeeping year-round, or handle payroll.

Porthouse says, “The tax code is not only complex but in the past few years it has undergone significant changes. Because of that, it’s not always apparent what a person or a business should do. Two clients can be similar in income and family size but have very different tax situations, which is why it’s so important to involve an expert.”

Liberty Tax in Franklin offers services that extend well beyond tax season such as IRS transcript monitoring, tax planning, and assistance with federal and state tax issues.

Porthouse says, “When a small business reaches a certain point, the owner wants to focus on growing the business rather than ‘working in’ the business.” Most owners begin by handling the back end work themselves, acting as the bookkeeper and payroll manager. After the first couple of years, bringing in an expert frees up the owner to do what they do best, and follow their passion. That way, their time is spent on their area of expertise, which in turn brings in more income and allows the business to flourish.

Moreover, once a business had grown to the point of hiring employees, the owner needs a plan for handling payroll and dealing with the many regulations from both Massachusetts



and the federal government. “Massachusetts makes it complicated,” says Porthouse. “We’ll keep you in compliance.”

Dawn Porthouse has an MBA, MPA, and has obtained her Enrolled Agent (EA) license from the IRS. The EA allows her to represent taxpayers before the IRS. “I worked in the research industry for a long time preparing and managing federally-funded projects but was looking for something more. While I completed my MBA at Babson College, I started to work for a tax office and found that I enjoyed preparing tax returns and learning about taxes. The main thing I realized is that it’s not just about taxes, it’s about giving individuals and small business owners peace of mind when they fully understand their tax situation.”

When a taxpayer receives a letter from the IRS, before even opening the envelope, panic sets in. Porthouse says, “One of the first things I tell them when they call is to take a deep breath: we’re on their side. I will research the problem, discuss so-



lutions, and then educate them on how to avoid similar issues in the future.”

Staying on the right side of the IRS is in every business’s best interests.

Keeping on top of changing regulations is a challenge in and of itself. “Last year, Congress altered the tax laws right in the middle of tax season. Moreover, those changes were retroactive, meaning anyone who’d already filed may have to go back and amend their returns. We handled all of that for our clients so they could rest easy. We may be looking at a similar situation this year if Congress passes leg-

islation which includes retroactive provisions such as the Build Back Better bill.”

Since taxes are inevitable, it makes sense to have an ally who can provide a roadmap to help families and businesses navigate them. Porthouse says, “I educate my clients. I make sure they understand this year’s return and help them plan for next year’s. I’m passionate about helping clients achieve their financial goals.”

For more information, visit Liberty Tax at <https://www.libertytax.com/income-tax-preparation-locations/11369> or call the office at (508) 528-6000.

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# Tim Harris for Medway Select Board

Tim Harris is running for one of two seats available on the Medway Select Board to be decided at the May town election.

Harris has lived in Medway with his wife Leanne for over 20 years. Here, they have raised their five children (the last is about to graduate from Medway High School) and two foster children.

Harris grew up in Lowell. His young family lived in Natick right before moving to Medway in 2001. "We chose Medway after an exhaustive search for a community with an outstanding school district and a small-town rural setting," he says, adding his family was overwhelmed by the friendliness of his neighbors and the sense of pride everyone has in town. "We immediately felt we were part of this wonderful community," he says.

Harris has been giving back ever since. He has volunteered many hours as a baseball and basketball coach, has served as a committee member for the recently-constructed Department of Public Works facility, and currently serves as Chairman of the Facility Review Committee and the New Water Treatment Facility Committee.

"As part of these committees, I have evaluated and assessed programs, including short and long-term needs and environmental concerns and solutions. Most importantly, these committees listen to stakeholders and consider the needs and concerns of those who

utilize the facilities," says Harris.

"In the next few years, I believe the Town of Medway will need strong leadership to guide us through the post-pandemic period and its corresponding financial challenges. This will be critical to assure that the outstanding services currently being provided

— such as education, law enforcement and first responders, and town infrastructure -- continue to be supported," he says.

In his professional career, Harris has spent 30 years in the construction business managing projects with budgets between \$150 million and \$300 million. He is responsible for negotiating contracts, staying within budgets, managing large teams of staff and subcontractors, pro-



viding consistent and transparent communication between stakeholders, and creating efficient training and operating procedures.

seat on the Select Board. "I love the Town of Medway and I want to give back for future generations and I now have the time to do it," says Harris. "I believe the town can come together to become an even more

Harris has also applied his professional experience to the public sector where he has conducted training programs for minority-, women- and veteran-owned businesses; he then serves as a mentor to the participants. He has also participated in the New Jersey Re-entry Program teaching reformed prisoners construction skills and providing potential employment opportunities. "I firmly believe everyone deserves a second chance," he says.

Harris believes all of his experience qualifies him for a

cohesive community that is welcoming, kind and inclusive, because we already exhibit these qualities. I am very certain we can set aside partisan differences and work toward common goals. This approach will benefit every member of our community and I am prepared to work with those with differing opinions to achieve this."

Finally, Harris wants to thank retiring Select Board member John Foresto for his many years of service to the town. "Over the years, John has provided a tremendous amount of leadership on the Select Board and experience on several great projects including Choate Park, Route 109 construction, and the current Water Treatment Facility Project. His contributions are greatly appreciated."

For more information on Tim Harris and his candidacy, visit his Facebook page @TimHarris4Medway or contact him at TimHarris2022@protonmail.com or 774-277-0127.

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# Proposed Millis Bylaw to Force Sewer Hookup for Septic Users

By JANE LEBAK

Millis residents are up in arms about a proposed bylaw that, if passed at a May 2 town meeting, would require homeowners with functional septic systems over 15 years old to hook up to town sewer.

Bill Myers will be affected by this change. He posted to Facebook, "I've gotten one estimate so far from a contractor. \$25,000. Plus the fee to the town, another \$4800 [sic]? So I'm looking at \$30,000 to spend on something that I have no idea how I will pay for."

The Millis Select Board discussed the Sewer Bylaw at its Feb. 7 meeting (see <https://youtu.be/tzn4u7vEb6c> at 11:15). At Local Town Pages press time, the bylaw

was scheduled for public discussion at the board's meeting on March 28.

The Town of Millis is out of sewer capacity. Lacking sewer capacity limits town growth. This bylaw would bring the town from 105% capacity to 90%.

The Charles River Sewer Processing plant assesses capacity by assuming every home produces 100 gallons per bedroom per day, even though actual usage is only 50 to 75 gallons. Although actual usage is not over capacity, on paper, Millis is theoretically over capacity.

As Select Board member Craig Schultze commented, "Once the homes are connected, we get some of our sewer capacity back, since the usage will be calculated on actual use, not the

title 5 estimated use."

CGC Associates, Inc., a civil engineering and surveying company, has drawn up a list of 380 potential sewer connections, including addresses and number of bedrooms. The document estimates a total of 140,250 gallons per day in capacity savings.

Stephanie Schneider, administrator of Facebook group "Millis, MA Septic Users," says the bylaw does not solve the problem. "Even if all 300 homes connect, we'd still be at 90% capacity...dangerously close to 100% capacity of actual use with no reserve amounts, and we'd be staring this issue in the face again."

Schneider recommends other solutions, such as accessing the State Revolving Fund that exists

to provide funding for new wastewater treatment facilities and upgrades of existing facilities.

Some Millis residents have looked into sewer hookups only to be quoted estimates ranging from \$20,000 to \$30,000. The cost varies based on the location of the existing plumbing and the home's setback. Millis Public Works Director Jim McKay told the Select Board at its Feb. 7 meeting that those costs are due up front (not on a payment plan), and the town's hookup fee is \$4,094 and is charged separately.

At its meeting on Feb. 7, the Select Board had a lengthy discussion about waiving fees and how to handle hardships.

Schneider, the Facebook group administrator, hopes the residents of Millis can work to-

gether on the issue. "Instead of asking 300 families to take on sizeable financial burden in the current economic climate, let's pause and pursue the funding available to us from the state. Septic users did not create this problem. It's in everyone's best interest to come to a solution that gets to the heart of resolving the matter."

Select Board member Erin Underhill said at the Feb. 7 meeting, "This isn't going to be something that anybody's going to be happy with but it's necessary and I'm hoping that people will see that we've tried to be extremely fair through the bylaw."

To join Millis MA Septic Users, visit [www.facebook.com/groups/932720227436872](http://www.facebook.com/groups/932720227436872) For more information about the bylaw, visit [www.millisma.gov](http://www.millisma.gov)

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

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

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

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

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

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn



carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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

their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

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

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

Affordable Junk Removal is fully licensed and fully insured,

## Business spotlight

and they'll treat your property with care and respect.

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

Jay and his family are deeply

involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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# Millis Lions and Millis Garden Club plan 17th Millis Beautification Day for April 30

The Millis Garden Club and the Millis Lions, co-sponsors of Millis Beautification Day, are calling on residents to show pride in Millis by supporting the town-wide event on Saturday, April 30, from 9 a.m. to noon.

needed to help beautify Millis by removing trash, litter, and brush from designated town-owned land such as Town Hall, Clyde Brown School, and Richardson's Pond, as well as along main roads.

If you are a part of a troop (scouts, military) or a group (book,

friends, sports, church, civic), consider volunteering and working as a team at one site.

Last year, community volunteers made a big difference in just a couple of hours. Old blinds, metal curtain rods, and piles of building debris were among the items collected in oversized trash bags. Those who are not able to participate are encouraged to support the civic pride day by cleaning and beautifying around their own areas.

Register in advance at millis-beautificationday@gmail.com or by calling Jen at 508-667-4326 or Janet at 508-794-1260.

This year's cleanup event is being chaired by Jen Donehey of the Millis Lions and Janet Gashler of the Millis Garden Club.

# Millis Recreation wins state award for Project Smile

Millis Recreation won the 2022 Massachusetts Recreation and Park Association's Agency of the Year Award – Program Outreach for "Project Smile." This award is given to the agency that used creative and innovative concepts and ideas around a new or improved program over and above regular programming that demonstrates a great benefit to the community/facility.

Project Smile was created and sponsored by the Millis Recreation Department and, over the last year, during the COVID-19 pandemic, gave residents something to smile about! In May 2021, in honor of Men-



Millis Recreation won the 2022 Massachusetts Recreation and Park Association's Agency of the Year Award/ Program Outreach for "Project Smile." The department is led by Director Kris Fogarty. Courtesy photo.

tal Health Awareness Month, the Millis Recreation Department

**SMILE**

*continued on page 9*

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**The Millis Cultural Council congratulates the following 2022 award recipients:**

| Applicant                                   | Project Title                             |
|---|---|
| Liz Bless                                   | Beat the Crusher!                         |
| Antje Duvekot                               | An Evening with Antje Duvekot             |
| Jay Mankita                                 | Maker Space Build-Along: Chain Reactions! |
| Town of Millis                              | Family Fun Series                         |
| Millis Council on Aging                     | It's a Great Day for the Irish            |
| Millis Middle/High School Library           | Literary Arts Night @ the Library         |
| Museum of American Bird Art at Mass Audubon | Nature in Your Neighborhood               |
| Theatre Group of Millis, Inc.               | The Addams Family                         |
| Matt York                                   | Songs and Stories - The Highwaymen        |
| Robert Zammarchi                            | Elijah T. Grasshopper & Friends           |

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Your Money, Your Independence

# April Brings Spring, Baseball and Tax... Squirrel!

Time for the annual, "You know, we should be doing more to pay less taxes".

Then like a dog seeing a squirrel, you get distracted, run in another direction and think "It's ok, we'll pay a lot less taxes in retirement."

Let me share a secret, if your wealth is mostly in tax deferred retirement accounts (i.e. 401(k)s, 403(b)s and Traditional IRAs), your taxes will be much more than you realize.

## Income Sources

Retirees receive income from a variety of sources, including distributions from tax deferred retirement accounts; payouts from company pensions and annuities; rental income; savings and earnings from investments.

Tax deferred retirement accounts enjoyed tax-deferred growth on contributions and investments; but when distributions

are taken, these are fully taxable as earned income and added to your adjusted gross income (AGI).

What if you don't need the funds? Don't worry the government wants its taxes, so starting at age 72 you have Required Minimum Distributions (RMDs).

For example, at age 62 your spouse and you retire with \$1.25M across all tax deferred retirement accounts. You live within your means, don't take from these accounts and grow 7.2% annually. By age 72, the accounts total \$2.5M and time for RMDs. Per IRS Table III divide by 25.6 at age 72 for \$97,656 taken as RMD, taxed as earned income and added to your AGI.

## Social Security

Factors such as your total income and marital status determine what/if a portion of your Social Security benefits are tax-

able. If your AGI plus any tax-free interest exceeds \$34K for individuals or \$44K for married filing jointly, then up to 85% of Social Security benefits are taxable.

## Ways To Minimize Taxes

Taxes are inevitable with retirement savings or pension income, but there are many strategies to reduce amounts owed, here are a few:

**During Retirement** - Distribute funds in certain years of claiming large deductions, such as the breaks for medical expenses or charitable gifts, temporarily lower your tax rate.

**Before Retirement** - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free. Added bonus is RMDs don't exist for Roth accounts nor are balances in Roth accounts a

factor in determining RMDs for your tax deferred accounts.

**Before or During** - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits listed in the prior paragraph. Consider greater amounts in years of lower income if self-employed, change jobs and/or take away from work. Also, 20% (or more) market corrections provide an opportunity to convert investments over to Roth, pay less in taxes and let them rebound inside the Roth.

There are many more strategies to consider beyond this limited space. Bottom line, plan now for the tax implications of your retirement income.

*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.*

## SMILE

*continued from page 8*

launched Project Smile around town. The Millis Recreation Department, led by director Kris Fogarty, invited local artists to help foster positive self-images by

painting outside murals around town for the community to seek out during walks. The purpose of the murals was to encourage outdoor activity and to take fun selfies with a positive vibe to help lift the spirit of the community during this difficult time. The

project was a huge hit and resulted in many smiles and lots of outdoor activity of residents seeking out the murals and then posing positive images on social media. (Source: www.millisma.gov/)

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# Snow days push Medway last day of school to June 22

Due to snow days on Friday, Jan. 7, and Friday, Feb. 4, the last day of school for the Medway Public Schools 2021-2022 school year will now be Wednesday, June 22.

There is no school on Monday, June 20, 2022 in observance of Juneteenth. Should Medway Public Schools need to cancel school again this year, this date will move.



# Medway Democratic Town Committee Hosts Candidates' Breakfast

The Medway Democratic Town Committee will not only nourish local citizens' palates, but their civic knowledge at the Big Blue Bagel Breakfast on Sunday, May 1. This event, a fundraiser for the MDTC, will be held at the Medway VFW at 123 Holliston Street, and will feature Democratic candidates up and down the ballot, from local to statewide races.

"This event will give attendees the opportunity to not only hear from candidates, but to ask questions and to network with them prior to the state Democratic convention in June and the statewide primaries in September," stated Democratic Town Committee chairman Larry Ellsworth. "People will also get a chance to sign up to volunteer for various races, and hear about upcoming ballot initiatives as well, while enjoying good food and company."

The MDTC expects Demo-

cratic candidates for statewide offices -- Governor, Attorney General, Secretary of State, Treasurer, Auditor, and Governor's Council -- will attend as well as candidates for Congress, State Senate and House, Norfolk County posts, and local Medway boards.

Tickets for the event are \$25 in advance, and \$30 at the door. Tickets can be purchased online at the Medway Democratic Town Committee website, medwaydemocrats.org/ or on your smart phone by scanning the QR code on flyers hung around town.



The breakfast will be catered, with attendees able to select from an array of bagels, muffins, fruit, yogurt and baked sweets, as well as coffee and tea.

A cash bar will also be available. Doors open at 10 a.m. and the event will run until 1 p.m. The event coincides with International Labor Day, which celebrates the achievements of working people around the world, and their right to associate freely and act collectively.

For more information about the event, please see the MDTC website, or contact the MDTC at email@medwaydemocrats.org.

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# The b.LUXE *beauty beat*

## Community Counts

BY GINA WOELFEL

On March 10th, b.LUXE Hair and Makeup Studio enjoyed a wonderful evening of networking when we hosted Shop Medway's "Headshots and Handshakes", a community-based event designed to bring local business people together. Guests received hair and makeup services, relaxed with refreshments and mingled about while photographer, Wendy Shea, updated their headshots in our new editorial space.

Working with our community to ensure stronger, more long-lasting relationships is a key part of who b.LUXE is as a small business. Our doors have always been open to organizations that provide a source of betterment and support to our surrounding towns.

On a regular basis, we work with the Franklin food pantry raising money and participating in their holiday meal drives and helping with their weekend backpack program which provides weekend meals and snacks to children in need through a partnership with The Franklin Public Schools.

b.LUXE owner, Heather Cohen, is a resident of Franklin, MA and also works with their senior center. She, and the other b.LUXE hairstylists, offer the guests of the Franklin Senior Center complimentary, bi-monthly haircuts at the salon. These visits are also a nice time for our staff to listen and share stories with an older generation they might not normally have the opportunity to socialize with. These seniors keep us laughing and their visits are always a highlight of our month! We also proudly work with The Medway House, Medway Parks and Recreation, OUTMetrowest, The Hummingbird Foundation, PAWS New England, Medway Pride Day and the Martello Beauty Institute, Cancun, Mexico.

You're probably wondering why the b.LUXE Beauty Beat, a column about beauty, is writing about civic duty and what it means to give back? Well, the answer to that is simple: To feel beautiful on the outside, you need to feel beautiful on the inside and helping others, straight-up, makes you feel great!

Volunteering pulls you out of your comfort zone and keeps you in regular contact with people from your community. It feels good to get out there and contribute to projects and organizations that are close to your heart. These initiatives can help you develop a solid support system of new friends, which in turn can help you guard against stress, loneliness and anxiety. And if you're volunteering with pets or other animals, there's solid research that shows this type of outreach can improve mood and elevate happiness. And what's more beautiful than a smiling, happy face? Exactly.

We have officially entered the spring season, folks, with warmer, more light-filled days to look forward to! Finger's crossed, it looks like this summer might serve us up a little slice of normal, with venues fully open and people enjoying the company of family and friends. We're certainly excited to see this shift at the salon and have some wonderful specials planned for the next couple



of months! It's time to treat yourself to a day of spa services and relaxation!

If you have an organization that you work with and you're looking to network or fundraise, reach out to b.LUXE Hair and Makeup Studio! We set aside a number of evenings throughout the year that we host our "Nights of Beauty". These complementary events can host up to 30 people at a time and are a great way to socialize for a cause! Feel free to email us at heather@bluxe.comcastbiz.net for full details.

Wishing you all a fun-filled April.

The b.LUXE Beauty Team

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# Living Healthy

## World-Class Eyecare and Cataract Surgery Closer to Home

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

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and

by whom. Here are the specific questions to ask when it's time to have the surgery:

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-related interest

your provider has with the far-away surgeon. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

2. What is my cost? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.
3. What type of anesthesia am I going to get? With modern cataract surgery, most



surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel

to. In our center this rate is close to zero percent.

6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!
7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.



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# Living Healthy

8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.
9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and

Vivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! You do not even have to travel to Attleboro! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and a second location in Milford. Over 30 thousand procedures performed and 7 providers with your interest in mind offering the best cost-efficient surgical care

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# Sports

## Medway Nine Aiming For Some Even-keel Success

BY KEN HAMWEY  
STAFF SPORTS WRITER

For the last three years, Medway High's baseball program has been on a roller-coaster ride — some ups and definitely some downs.

Start with 2019. The squad finished 12-6 in the regular season, qualified for the tourney and advanced all the way to the State final where it lost to Taconic, 4-1. Then came 2020, and with seven of nine starters returning, another shot at the playoff final seemed realistic. The covid-19 pandemic, however, ended that dream when state officials called off all spring sports.

Last year, Medway opened its 2021 season losing nine in a row. But, the Mustangs won five of their last seven, finishing 5-11. An open tourney was offered and coach Mike Coppinger and his players decided to opt in. The Mustangs caught fire and defeated East Bridgewater, Apponoquet and Fairhaven before bowing to Middleboro in the sectional final.

Medway will begin its 2022 campaign hosting Dover-Sherborn on April 8 and Coppinger is hoping this season will be more of an even-keel ride.

"We definitely feel like the last three years have been up and down," Coppinger said. "We've been a historically steady team over time. We've been to the playoffs four times in six years and we've had three winning seasons in six years. I expect that our players will be a driven, mo-

tivated group and I'm optimistic because of the way they jelled and peaked after starting 0-9 last year."

Medway, which has six starters returning, has some strengths that could be very telling. "We've got experience, our baseball IQ is good and our speed and quickness are okay," said Coppinger who's starting his eighth year as head coach. "We've got players who can hit for power and our pitching is capable. But, we need to improve our infield defense, build some depth and lower our strikeout rate."

Coppinger's goals this year are to improve daily, for the players to reach their potential, qualify for the tournament and contend for the Tri Valley Small Division title. "Our goals are realistic because we were a very different team last year after that 0-9 start," he emphasized. "The kids overcame adversity and showed they were resilient."

Medway will likely rely on a style that will blend small ball with a power approach. "Our bats will produce some offense," Coppinger noted. "We could be executing a suicide squeeze one inning, then hit a home run or a triple the next."

Two seniors who'll play key roles are Ryan Abrams, a right-handed pitcher who can also play first or third base, and Jake Garvin, a second baseman/outfielder.

"Ryan pitched well in the sectional last year," Coppinger said. "His fastball and off-speed pitches make his effective in our



Medway baseball coach Mike Coppinger always finds time for a teaching moment.

rotation. His accuracy and control are good, he hits for power and he's solid at third. Jake is a team-first guy who's scrappy. He's not polished but he gets the job done. We hope he'll give us some strong at-bats."

Luke Fauton, a left-handed pitcher who also plays centerfield, heads a group of four juniors who'll give the Mustangs versatility.

"Luke throws off-speed pitches but he's been clocked at 83 mph," Coppinger said. "His

control is very good. A strong competitor, he started at quarterback and also plays ice hockey. An excellent defensive outfielder, he's got good range and runs like a deer. On offense, he's got gap-to-gap power."

Sean Anderson is also a left-handed pitcher who can compete at first base or in the outfield. "Sean's about 6-4, he's athletic, has good range in the outfield and has power," Coppinger said. "His best pitches are a fastball, curve and change-up. He showed lots of command as the regular season was winding down. He relies more on finesse than power."

Two other juniors — left-handed pitcher/outfielder Jack Reynolds and catcher Matt Childs — are dependable, scrappy and athletic.

"Jack was our best pitcher at times last year," Coppinger said. "Throwing a fastball, curve and change-up, his control is fine and he rarely walks anyone. He's got good range in the outfield and he's always grinding as a hitter. Matt is a man among boys. He's big and strong, super athletic and hits for power. His arm is strong

and he's an above-average hitter. If necessary, he could play either the outfield or the infield."

Sophomore Caden Reisman played shortstop down the stretch last year and Coppinger was pleased with his effort. "He made some big plays as a freshman," Coppinger said. "He's got a high baseball IQ, he's instinctive and he's also aggressive. A versatile athlete, he could play the outfield."

James Owens, a transfer from Texas, could be a major addition. Coppinger views him as a potential designated-hitter or a corner infielder. "James respects the game and it looks like he swings with power," Coppinger said. "He played a 50-game schedule in Texas. We hope he'll provide some depth and that his lengthy schedule in Texas will give us some added experience."

Medway's freshman class looks strong and Coppinger likes the players' serious approach to baseball. "Several of them could break through and help us in a variety of positions," he said.

The 35-year-old Coppinger, who was a two-time TVL all-star pitcher at Medway, emphasizes that his competitive philosophy is all about his players working hard, reaching their potential and having fun. "If those things occur, then winning follows," he said. "It's about getting the kids ready for the next level."

A native of Medway, Coppinger also uses baseball to teach valuable life lessons. "Our players learned how to overcome adversity last year when they excelled after going winless in nine straight games," he offered. "They learned what resilience is all about. Our sport also helps kids set goals and be strong leaders and good teammates."

Coppinger is humbled that his 2019 squad that played in the state final owns the deepest run in the program's history.

"I played for Medway and I'm proud how far we've come as a program," he noted.

Getting to the state final this season would no doubt be very rewarding, especially after three years of roller-coaster rides



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# Sports

## Don't gamble on retirement

When people save for retirement, the biggest concern is the return on investment. When they retire however, it's not only the returns they need to care about, but also the order of those returns.

Negative returns during the first couple of years of retirement can increase the risk of running out of money, much more so than the same negative returns happening later in retirement. This is sequence of returns risk.

People who experience even one year of market loss early in retirement may need to make significant adjustments to their plans. Conversely, the same loss later in Key retirement will likely have much less of an impact one's retirement income or lifestyle.

People may be used to looking for the average return on their portfolio, but it's not just the average return that is important. In fact, the is order or sequence of your investment returns can make a huge difference in your retirement income.

Let's look at two hypothetical retirement portfolios with the same average return from 2000- 2020.<sup>1</sup> While both portfolios experienced the same average return (6.11%) from S&P 500 returns<sup>2</sup> and had the same withdrawals (\$114,706), the ending account balance for portfolio 2 is significantly larger than portfolio 1.\* Portfolio 1 would have a much more difficult time providing retirement income in

the future. This is all the result of sequence of returns.

We'll dive a little deeper to further illustrate this point. Let's say the initial investment was \$100,000 with \$4,000 in annual withdrawals increasing 3% each year for inflation\*. Portfolio 1 experiences the S&P 500 returns from the year 2000-2020, and ended with a balance of -\$21,588. Portfolio 2 experiences the same annual returns, but in reverse order, with an ending balance of \$136,266\*. Even though the portfolios had the same average return and withdrawals, the order of that return can make a dramatic difference in a person's retirement. This is why it's so important to consider sequence of returns risk\*.

### What can people do to mitigate this risk?

Many people might think that they can mitigate sequence of returns risk by reducing or eliminating equity holdings in portfolios. But this compromises the upside potential that equities can provide and may lead to running out of money quicker. Portfolios with higher allocations to equities have typically outperformed, because downside volatility in the U.S. equity markets has historically been relatively short-lived. Past performance is not a guarantee of future returns.

### Adding income annuities to a retirement portfolio is an efficient way to help reduce the sequence of re-

### turns risk. How?

Income annuities are uncorrelated with capital markets and they reduce the net withdrawals from a portfolio.

This helps lessen the likelihood of and allows retirees to keep some of their money invested in the market and take advantage of any potential future gains.

Having additional sources of guaranteed lifetime income also reduces the role luck plays in retirement outcomes\*.

Income annuities are a low risk alternative that can take

some of the uncertainty out of the market and ultimately your retirement.

Product guarantees are based on the claims-paying ability of the issuer.

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1. The S&P 500 is an unmanaged index consisting of 500 primarily large-capitalization stocks. Performance shown does not reflect the deduction of fees and expenses. It is not possible to invest in an index. This hypothetical example is for illustrative purposes only and is not intended to represent the performance of any particular investment product.

2. The average annual total return from 2000-2020 was 6.11%. Macrotrends.net. 2021.

\*This example is hypothetical and intended for illustrative purposes only and is not indicative of the actual performance of any particular financial product.



**For updates on area wrestlers who competed in the State, All-State and New England tourneys, and for basketball and hockey teams that advanced deep into the State Tournament, go to [millisemedwaynews.com](http://millisemedwaynews.com).**






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# Degan to run for State Representative

Connor Degan is running for State Representative in the 8th Middlesex District which will include Millis Precincts 2 and 3 after next year's state redistricting process. The district also includes Holliston, Hopkinton, and Sherborn.

Degan, 29, grew up in Hopkinton and is the current Hopkinton Town Clerk. The seat was last held by Carolyn Dykema and is currently vacant.

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22Mohawks is dedicated to raising awareness for veteran suicide and also provides emotional support dogs to veterans. Captured here are a few of their many volunteers. (Left) Olivia and Kelly Boucher, Randy McCoy, Adia and Melissa Martin, Charles Young, Pat Martin, Dave Campisano, Stacey Coyne, Isabella Campisano, Emily Coyne, Kneeling TJ Pitts and Edger (dog). Courtesy photo. <https://22mohawks.com/>



# Friends of the Millis Library Offer Scholarship

The Friends of the Millis Public Library are proud to once again offer our annual scholarship to a deserving high school senior. All graduating seniors residing in Millis who will be attending a four-year college or university are eligible for this scholarship. Emphasis will be placed on library volunteerism and efforts to promote literacy/

reading.

The Friends of the Millis Public Library, founded in 1983, is a non-profit organization dedicated to supporting and enhancing library services. The Friends have supported the library by providing museum passes, technical support, adult and children's programs, etc.

To apply for the scholarship,

Millis High School seniors only should visit the Millis High School website [hs.millisps.org](http://hs.millisps.org) to access the scholarship link. Students from other schools should contact their Guidance Office for more information and to obtain an application.

The deadline for applications is Sunday, April 24, 2022.

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# EMASS Senior Softball League Opens Registration for 2022 Season

## Plans Expansion with Two New Divisions

February 28, 2022 – Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and over. With over 400 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS season opens in early May with 18 weeks of regular season games scheduled through Labor Day and year-end playoffs completed in early October.

“We are preparing for growth by rebalancing our Saturday divisions and adding a new weekday division to expand from 35 teams to over 40 teams,” said Walker Royce, Commissioner of EMASS. “EMASS Senior Softball was a welcome outdoor escape from the lifestyle disruptions of the COVID pandemic over the last two years. We had 70 new players last year and with more seniors looking for a healthy outlet, we feel confident we will see similar growth in 2022.”

EMASS Senior Softball Offers Flexible Playing Time

“In 2022, we are restructuring our younger Saturday division where the average age across 5 teams will be around 60,” explained Dan Jolly, the new Colonial division coordinator. “With 5 teams, we can use shorter rosters so players get more playing time, and more at-bats. Our Saturday players prefer an occasional bye week for summer holidays.”

“Our most popular weekday division is being split primarily to offer more opportunity for players who want to play multiple times per week,” said Jeff Allan, the new Monday division coordinator. “The Atlantic division had grown to 12 teams. To accommodate more growth, we decided to split into a six-team Monday division and an eight-team Thursday division.”

“The weekday division scheduling supports a day off between play dates for players who choose to play in multiple divisions,” said Bill Cerrato, the new Thursday division coordinator. “It will help us better balance the skills, improve safety and provide more flexibility for those who want to play more

than one day a week.”

“EMASS shuffles up team rosters in every division each year to enhance connections across our large softball-loving community,” said Don Gould, the National division coordinator. “Our members enjoy competing with and against their friends.”

Nothing Like a Team Sport to Make You Feel Young Again.

EMASS players cherish their weekly double-headers playing with their softball-loving buddies. EMASS has many younger seniors in their fifties and sixties who can still hit a ball over the 300 foot fences or run down a deep line drive in the outfield. They are also inspired by elder players who can still play ball into their late seventies and eighties. That three-hour escape is a weekly high point of camaraderie, teamwork and healthy outdoor competition. When they are out on the field, players feel and act 20 years younger, and when they get home, those stiff joints and sore muscles are mostly perceived as joyful pain.

EMASS will open the 2022 season with over 40 teams competing in 6 different divisions.

The league employs paid umpires and has recently invested in team manager training, umpire clinics/certification, new equipment and a rich website to ensure a safe, well-managed and competitive league.

“Our board members, team

managers and division coordinators do a very professional and collaborative job of operating this league. Our players appreciate the fun and camaraderie enabled by our volunteer leadership team.” said Royce.

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## SPARK programs

**Loved to Death: Effective Relationships and the Prevention of Dating and Break-Up Violence** – on Tues., April 5, at 6:30 p.m. at Natick High School (an in-person event). This program is for parents, caregivers, educators, community members and older high school students. It was designed by Lori Hodin and will feature a video from the CBS show 48 Hours about the tragic loss of Lauren Astley in 2011.

During this interactive evening, Natick High School students will facilitate important conversations for community members, high school students and parents to promote healthy relationships, while recognizing the signs of unhealthy relationships and developing effective intervention skills.

**How to Move Forward During Difficult Times** – on Wedn., May 4, at 7 p.m. via Zoom

For parents, caregivers, and community members. Are you, your child or someone you care for feeling stressed or stuck? Psychologist and author Lisa Coyne, PhD will share actionable microskills to help you tolerate the discomfort of living through challenging times, confront obstacles and difficult emotions, and move forward to live a more meaningful life. Simultaneous Spanish Language and ASL Interpretation will be provided at this event.

Register and learn more about these programs and other upcoming events at [www.SPARKKindness.org](http://www.SPARKKindness.org)

## Easter Breakfast, Ark Filling, Community Gardens

The Millis United Church of Christ is planning the following events which are open to the public.

Families and individuals are currently engaged in daily meditations and offerings to benefit Heifer Project International as the Church strives to “fill the ark” with helpful animals for needy families around the world. The collection will be dedicated on Easter Sunday.

The church has the following Holy Week events planned:

**April 10:** Palm Sunday worship begins with a palm parade.

**April 14:** Maundy Thursday will be observed at 6 p.m. beginning with a simple soup

and bread supper which will include Communion and a Service of Tenebrae. This moving service, using scripture and candlelight, takes participants through Jesus’ last supper with his disciples and the final hours leading to Jesus’ death.

**April 15:** Good Friday will be observed with an afternoon outdoor Walking the Way of the Cross. Participants will gather in front of the church to follow in the footsteps of Jesus, remembering his death and burial.

**April 17:** A glorious Easter celebration is planned. A 6 a.m. outdoor service will begin in front of the church, watching the sunrise, and continu-

ing with song, scripture, and prayer. Following the service, a delicious Easter breakfast will be served in Fellowship Hall. Then, at 10 AM, a sanctuary bursting with flowers and song, will celebrate Jesus bursting from the tomb. Food, fellowship and children’s activities will follow the service.

**Ongoing:** UCC is again offering free garden beds to community members. If interested, contact [millisuccgarden@gmail.com](mailto:millisuccgarden@gmail.com)

Walk-ins are welcome at all events, but reservations would be appreciated for the meals. For more information or to reserve a seat for a meal, visit [www.millisucc.org](http://www.millisucc.org) or call 508-376-5034.

## New York Life Agent Michael T. Damon Qualifies For Million Dollar Round Table’s “Top Of The Table”

*New York Life Leads Million Dollar Round Table for the 67th Consecutive Year*

Medway MA – January 2022 – Outstanding client service, ethics and professionalism have elevated Michael T. Damon of New York Life’s Boston General Office to qualify for the exclusive “Top of the Table” of the Million Dollar Round Table — The Premier Association of Financial Professionals.® In addition to his role as a New York Life agent since 2002, Michael T. Damon is

a 16 year MDRT member and a Lifetime Top of the Table qualifier.

Top of the Table status is the highest level of MDRT membership and places Michael T. Damon among the top professionals in the global life insurance and financial services industry. It recognizes him for demonstrating exceptional professional knowledge, client service, ethical conduct and production.

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# Medway Middle School recognizes student participants of 2022 Science Fair

Medway Middle School held its annual science fair in February. A total of 28 students participated in the event and prepared a project on a topic of their choice. Family and friends were invited to explore the projects Monday evening, and students in the fifth and sixth grades attended to view the projects the following day.

Students' projects were scored by Superintendent Armand Pires, Principal Luizzi, Assistant Principal Lauren Marien, secretary Janet Birch and teachers who each volunteered their time to judge the projects.

The winners were:

- First place: Zoe Morgen-

stern, eighth grade, for a chemistry scientific investigation project entitled "To Chill or Not to Chill. That is the Question."

- Second place: eighth-graders Myles Hoffman, Danny Pylee and Davis Campbell, for their life science research project "Brilli-Ants"
- Third Place (tie)
- Eighth-grader Allyson Fagan for a life science research project entitled "Speaking, Singing and Sound"; and
- Eighth-graders Isabella Chleboski, Kavya Viswanathan and Louis Hoffman for their behavior science research project entitled "Against the Migraine"

"Every student who participated in this year's Science Fair did an incredible job and proved to be thoughtful, dedicated learners," said Principal Luizzi. "This



**Eighth-grader Zoe Morgenstern was awarded first place in this year's annual Medway Middle School Science Fair with a chemistry scientific investigation project entitled "To Chill or Not to Chill. That is the Question." Photo courtesy of Medway Public Schools.**

event allows our students to pursue a science-related topic that they are interested in while also helping them to develop research and presentation skills."

The winners will also have the opportunity to compete in

the Bridgewater State University Region 5 High School Science & Engineering Fair, which took place virtually in March.

Visit us on Facebook at MedwayMillisTownNews for photos of all winners.

**My name is:** Jeff McLinden of Medway

**Why I run:** I am running to benefit the Michael Lisnow Respite Center in Hopkinton because of the incredible work they do for their clients and their families. For 25 years, they have been supporting individuals and their families emotionally and physically through various day programs. I have a number of good friends who work at the center and I have always admired what they do for these families. Running the marathon and raising funds for the center is a small way for me to help support the wonderful work they do and the amazing programs they offer such as daycare, after school care, adult day programs, overnight respite care, supervised residential placements and community employment support. I feel honored to help support such an incredible organization.



**Jeff McLinden of Medway will run the Boston Marathon to benefit the Michael Lisnow Respite Center in Hopkinton.**

For more information on this runner and his fundraising goal: <https://bit.ly/35VU9YA>

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# Millis Middle/High School library media specialist Patsy Divver wins grant to purchase graphic books

By THERESA KNAPP

The Massachusetts School Library Association (MSLA) has named Patsy Divver, Library Media Specialist at Millis Middle/High School, as the recipient of the 2022 Judi Paradis Action Grant.

The grant of \$500 honors the memory of the late beloved Waltham Public Schools library teacher and colleague Judi Paradis who was a key leader in the school library community and the MSLA. As a champion of social justice, diversity, multicultur-

alism, and advocacy, her dedication, leadership, creativity, and enthusiasm inspired many school librarians.

In her goal of attracting more students to the pleasure of reading, Divver chose to increase the school library's collection of books in graphic format, a format very popular with many students. The format is especially appealing to students who are reluctant to choose a traditional book by encouraging students to "Grab a graphic and go!"

Divver, who was honored at the 2022 MSLA Annual Confer-

ence in March, says the award has great personal meaning to her.

"Judi [Paradis] was both a colleague and a friend. Her advocacy for the school library was inspiring and remarkable; this grant exemplifies her desire for school libraries to take action in making a difference. Over my 25 years at Millis Public Schools and as an active member of the Massachusetts School Library Association, I have strived to make a difference for our students," says Divver.

"During this school year, when students are returning to in-person learning and beginning to revisit the school library, I wanted to offer them a space where they could reconnect with books. This focus on graphic novels was encouraged and supported by my library staff, colleagues and the students themselves. Graphic books offer visual appeal, and often connect with students who would not usually visit the library. Additionally, the books themselves are preferred by many students and offer a diverse option for reading," says Divver, adding the books will be enjoyed by both middle and high school students.

With this grant, Divver plans to purchase "approximately 40 books and two 'seat cushions' to add to the comfort of our space." Book titles are being solicited from students, staff and library reviews, based on interest, appropriateness, and availability.

Millis High School Principal Mark Awdycki says it is quite fitting that Divver received this award as she prepares to retire at the end of this school year.



Patsy Divver, Millis Middle/High School library media specialist, was recently awarded the 2022 Judi Paradis Action Grant to purchase graphic and manga books for the school. Courtesy photo.

"Patsy's entire career in Millis has been about expanding offerings for our students, and doing whatever she can to bring the best possible library experiences to our students and staff," says Awdycki.

"Her energy, passion, creativity, willingness to help, and constant desire to improve both herself and our library collection/offerings, distinguish her from the field. Patsy is a true original and has given so much to not only our schools but to the

entire Millis community... We're all excited to see her honored at the 2022 MSLA Annual Conference."

The Massachusetts School Library Association works to ensure every school has a school library program that is fully integrated at all grade levels across the curriculum and has a significant and measurable impact on student achievement. For more information, consult the MSLA website, maschoollibraries.org.

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# Medway Lions Shred-it event

The Medway Lions Club is once again pleased to bring a “no cost” shredding event to Medway Middle School on Saturday, May 14, from 9 a.m. to noon (or until the trucks are full) for Medway residents. Two secure shredding trucks will be available. Residents can either remain in their vehicle and someone will remove their items, or they can physically bring their bags/boxes to the truck. Although COVID guidance has recently changed, participants should continue to be mindful of the times in which we now live.

Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures, and Social Security and/or driver’s license numbers. To protect your privacy, consider other items that include names, addresses, phone numbers and email addresses. When in doubt, shred it!

Please note: Only paper items can be shredded, BUT there is no need to remove staples or paperclips.

This event is for residential patrons only with a limit of 8 boxes/bags per person. Your documents will be shredded on-site, and you will have peace of mind knowing you have taken a key step in the fight against identity theft and fraud.

Receptacles for returnable bottles and cans will also be available on site.

Medway Lions thank those who participate in the club’s monthly bottles & cans drive or shed drop off. The money gained from the bottles & cans collections help support town endeavors such as this shredding event.



Recently, the U.S. Veterans Motorcycle Club Massachusetts State Chapter teamed up with Thanks To Yanks for a care package shipping event in support of 150 men and women currently deployed. Mike Shain, founder and president of Thanks To Yanks (pictured here, back center), said, “We are truly honored to partner with such great Americans as those in the Motorcycle Club.” Shain also thanks the Italian American post 40 for the use of the Milford facility. Thanks To Yanks is a local charity dedicated to serve those who serve in our military. For more information, visit [www.thankstoyanks.org/](http://www.thankstoyanks.org/). Courtesy photos.





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# Medway Community Farm Earth Day celebration on April 23

Medway Community Farm will be hosting its annual Earth Day event on Saturday, April 23 from 10 a.m. to 2 p.m.

This family event is sure to please with lots of earth-friendly

outdoor fun! In addition to tours of the farm where you can see all the changes happening or in store for the near future, there will be a scavenger hunt and trail walks. Stop by the chicken yard to say hi on your way to the



Farmstand where you can pick up some fresh organic produce, freshly popped popcorn, and flower bulbs for your garden. Vendors will also be at the farm for all to browse what they have to offer in their booths.

Sue Houde, a member of the board who is leading the event, says "Feel free to bring a picnic lunch and a blanket to enjoy in the fields to make your day complete. We definitely want this to be a fun family day for all to get outdoors and enjoy the farm and open space."

Courtesy photo.

# Medway first grader wins police escort to school

## Gavin Smith won the prize as part of a MEPTO fundraiser

On March 1, Medway First grader Gavin Smith was escorted to school by Medway Police after receiving a complimentary breakfast at the Muffin House.



In February, the Medway Elementary Parent Teacher Organization (MEPTO) ran a "Spin It To Win It" fundraiser in which all prizes were donated by local businesses and community organizations.

All proceeds benefited the John D. McGovern School and the Francis Burke Memorial Schools in Medway to be used for staff appreciation days, grants to support teacher's tools, and outdoor learning, play and exploration needs.

For the full video, visit the Medway Police Department Facebook page.

Source: Facebook

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# Summer

## GUIDE

Think Summer! Warm weather. Beaches. Golfing. Hiking. Outdoor dining. Are you looking forward to it as much as we are? Then promote your business and events with our inaugural Summer Guide – jam-packed with things to do this summer. Just add warm weather!

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# Real Estate Corner

## Senate Passes Bills to Recognize Holidays Honoring Black History

**Legislation would make Quock Walker Day and Negro Election Day State Holidays**



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(BOSTON – 03/02/2022) On Thursday, February 17, 2022, the Massachusetts State Senate passed two bills, each designating a new state holiday commemorating Black history in Massachusetts. One bill would designate July 8 as Massachusetts Emancipation Day, also known as Quock Walker Day, while the other would designate the third Saturday in July as Negro Election Day. Both holidays, which have been celebrated in Massachusetts by members of the Black community, would be officially recognized under the proposed legislation.

“You cannot properly celebrate Massachusetts history without acknowledging the achievements, contributions and traditions shared by Black residents of the Commonwealth,” said Massachusetts Senate President Karen E. Spilka (D-Ashland). “Quock Walker Day and Negro Election Day give recognition to longstanding and uniquely local traditions celebrating the role played by Massachusetts residents in our nation’s history of Black freedom, voting, and self-determination. I thank Senators Friedman and Lovely for their work to elevate the voices of community organizers and historians who called for state recognition of these holidays so that future generations may know and have the opportunity to reflect on the past.”

“In light of Quock Walker’s significant place in our state’s history, it is important that we celebrate his achievements by officially and annually marking this monumental step toward abolishing slavery,” said Sen-

ator Cindy F. Friedman (D-Arlington). “Recognizing Quock Walker Day is one of the many ways the Massachusetts Senate is celebrating Black History Month this year, as we work to acknowledge the injustices in our history as well as celebrate our state’s part in setting a nationwide precedent for human rights. I am thankful to my Senate colleagues for supporting this legislation and am grateful to Sean Osborne and the Association of Black Citizens of Lexington for helping to ensure that Quock Walker’s story receives the recognition it deserves.”

“I am deeply grateful to the Massachusetts Senate for passing my bill establishing Negro Election Day,” said Senator Joan B. Lovely (D-Salem). “This annual celebration illustrates that our communities of color have always been engaged in our Commonwealth’s civic process. This bill celebrates a little known but historically important annual event that has been taking place in Massachusetts since the 18th century. We must continue to commemorate the meaningful milestones African Americans have contributed to Massachusetts and our nation today and in all the days going forward. I would like to thank Salem United and their President Doreen Wade for their unwavering advocacy and support to make this legislation possible and to Senate President Karen Spilka for making this a priority during Black History Month.”

Quock Walker Day commemorates the life of Walker, who was born to enslaved African parents in

Massachusetts and was the driving force behind the 1783 Massachusetts Supreme Judicial Court ruling that slavery was incompatible with the constitution of the Commonwealth. After being promised his freedom on multiple occasions, Walker self-emancipated but was nonetheless beaten and locked in a barn by his former enslaver, Nathaniel Jennison. Walker sued Jennison for assault and battery and was found to be a free man by a jury of the Worcester County Court of Common Pleas. This ruling was appealed to the Massachusetts Supreme Judicial Court where the decision was upheld on constitutional grounds. This critical decision served as the precedent that ended slavery in the Commonwealth and led to Massachusetts becoming one of the first states in the nation to abolish slavery.

“I am very happy that the state Senate has passed this legislation recognizing the significant contributions made by Quock Walker to abolish slavery in the Commonwealth,” said Sean Osborne, the Founder of the Association of Black Citizens of Lexington who brought the significance of Quock Walker to the legislature’s attention. “When we celebrate Quock Walker Day on July 8, I hope that we recognize that the end of slavery in Massachusetts led to the growth of a sizeable Black middle class in Massachusetts, which fueled the abolitionist movement and filled the ranks of the Union armed forces. Like their contemporaries, the Walker family understood that the fight for equality for Black people in Massachusetts and across the United States did not end in 1783 or with Quock Walker’s generation.”

“Members of the Walker family were active in the Underground Railroad,” continued Osborne. “One of Walker’s nephews was a Black Freemason who, in 1826, helped to form the Massachusetts General Colored Association in Boston. The MGCA is believed to be the first all-black abolitionist organization in the United States and was dedicated to fighting slavery in the USA and racism in the Commonwealth. Two of Walker’s grandnephews fought in the Civil War, one as a sailor and the other as a soldier. When we celebrate Massachusetts Emancipation Day on July 8, I hope that each community comes to appreciate its role in the passage of the constitution of the Commonwealth of Massachusetts in 1780 and the impact of the Quock Walker Cases of 1781 to 1783 on its residents.”

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## Medway Market Update

MARCH 2021 VS. MARCH 2022

23

SF Listings YTD  
2021: 22 LISTINGS (↑ 4.6%)

\$618,565

Avg. List Price  
2021: \$561,181(↑ 10.2%)

21

No. of Sold Listings  
2021: 22 listings (↓ 4.6%)

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Avg. Sales Price  
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# Real Estate Corner

## Recent Home Sales

| Date      | Medway             | Amount    |
|-----------|--------------------|-----------|
| 2/15/2022 | 18 Villa Drive     | \$825,000 |
| 1/31/2022 | 32 Fisher Street   | \$400,000 |
| 1/28/2022 | 109 Village Street | \$275,000 |
| 1/28/2022 | 4 Balsam Way       | \$551,500 |
| 1/25/2022 | 12 Oak Street      | \$725,000 |
| 1/25/2022 | 22 Tulip Way       | \$885,000 |
| 1/21/2022 | 2 Balsam Way       | \$570,000 |
| 1/21/2022 | 72 Fisher Street   | \$595,000 |
| 1/20/2022 | 14 Liberty Road    | \$680,000 |

| Date      | Millis                   | Amount    |
|-----------|--------------------------|-----------|
| 2/4/2022  | 14 Bayberry Circle       | \$285,000 |
| 2/4/2022  | 45 Acorn Place           | \$579,900 |
| 2/1/2022  | 46 Acorn Place           | \$592,900 |
| 1/31/2022 | 21 Irving Street         | \$585,000 |
| 1/28/2022 | 94 Glen Ellen Blvd       | \$737,995 |
| 1/27/2022 | 946 Main Street          | \$450,000 |
| 1/26/2022 | 113 Glen Ellen Blvd #149 | \$794,995 |

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



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**12 Oak Street in Medway recently sold for \$725,000. Image credit: www.zillow.com**

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# Paul Yorkis announces candidacy for Norfolk County Commissioner

Paul Yorkis, a REALTOR from Medway has entered the race for Norfolk County Commission.

Yorkis has lived in Medway since 1983 with his wife Kathleen and has two adult children and three grandchildren.

He has served on the Medway Planning Board, Conservation Commission, Economic Development Committee, is the current vice chair of the Medway Redevelopment Authority, and member of the Boston Metropolitan Planning Council legisla-



tive committee.

For more information, visit [paulyorkisfornorfolkcountycommissioner.com](http://paulyorkisfornorfolkcountycommissioner.com)

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| <p><b>PENDING</b></p> <p>21 East Street<br/>Natick - \$649,000</p>                  | <p><b>NEW LISTING</b></p> <p>100-102 Congress Street<br/>Millis - \$499,900</p>      | <p><b>SOLD</b></p> <p>51 Lincoln Street<br/>Natick - \$1,250,000</p>           |
| <p><b>SOLD</b></p> <p>78 Fisher Street<br/>Medway - \$699,000</p>                   | <p><b>NEW LISTING</b></p> <p>60 Forest Street<br/>Millis - \$749,900</p>             | <p><b>NEW LISTING</b></p> <p>7B Hawthorne Village<br/>Franklin - \$429,900</p> |

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