

## Millis 8th grade school project raises awareness for mental illness

*GoFundMe catches attention of Boston news outlets*

By THERESA KNAPP

What started out as an 8th grade civic action project at Millis Middle School has turned into a larger fundraiser to raise awareness for mental health.

"It's okay to not be okay," according to students Sophia White and Isabella Schaad who, along with classmate Alivia Gordon, worked on the project.

The original assignment was to find a real-world problem and create a plan to take action to solve the problem. The team thought about mental health, specifically related to the ongoing coronavirus pandemic, noting it has affected their peers in notable ways.

"We know a lot of people who have experienced mental health issues, and we just thought it was a really important issue, and people should really learn a little more about what's happening," said Schaad.



Sophia White (left) and Isabella Schaad (along with classmate Alivia Gordon) created a civic action plan to raise awareness about mental health issues. Credit: Theresa Knapp

White agreed. "Everyone is dealing with something, no one is perfectly fine."

As part of their plan, the team worked with a school guidance counselor who spoke to the 8th graders about mental health, including what happens physiologically to the brain when students get stressed out, which

the team said was informative and helpful. They also contacted school officials and encouraged them to create a club "where kids can go if they feel like they need to talk to someone," and

### MENTAL HEALTH

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## Medway Police assisted Rhode Island Department of Justice in bank fraud case that exploited homeless people

By THERESA KNAPP

The Rhode Island Department of Justice credits the Medway Police Department in an investigation that led to a Georgia man being sentenced in a bank fraud scheme that exploited homeless people.

In June, the Department of Justice, United States Attorney's Office, District of Rhode Island, issued a press release that said, "A Georgia man who solicited, transported, and paid homeless individuals from the Providence area to cash hundreds of thousands of dollars'

worth of counterfeit business checks in four New England states was sentenced today to two years in federal prison."

According to the Justice Department press release, Jalen Ronald Stanford, 28, of Riverdale, GA, and others, created counterfeit checks generally in the amount of \$2,000 or more. The checks were made payable to homeless individuals who agreed to be driven to banks in Rhode Island, Massachusetts, Connecticut, and Maine to cash them. These individuals were

### MEDWAY POLICE

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# Congratulations to the Class of 2022 Graduates!

Medway High School Class of 2022 graduation took place on June 5, 2022. For more photos, visit <https://bit.ly/3MWoCFu>  
Credit: Tim Rice Photo.



Millis High School Class of 2022 graduation took place on June 2, 2022. For more photos, visit <https://bit.ly/3xWbagk>  
See the full video at <https://bit.ly/3zLgWCS>  
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MENTAL HEALTH

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contacted local and state government officials to raise awareness about mental health issues.

Another part of the team’s action plan was to create a GoFundMe account, where they say, “Being teenagers, we have seen the effects of mental health issues on our friends, family, and community. We are striving to

be in the hospital for eight days.”

The girls say they have received so much positive feedback from friends, family, and the community – especially after their efforts were featured on Boston 25 News in early June – so they know the issue is important to a lot of people.

Even though school is out for the summer, and the girls will be freshmen next year, they say they will continue their efforts.



Created by Sophia White as part of a civic action plan to raise awareness for mental health issues. Credit: Sophia White.

help provide awareness, and a sense of security to those suffering from mental illness.”

As of press time, the team was more than halfway to its goal of \$7,000 which will be donated to the National Alliance on Mental Illness (NAMI).

While researching their project, the team was surprised to learn that mental health issues are prevalent, and the cost of getting treatment is expensive.

“I never knew that people had to pay to get treatment,” said White. “When we started the project, and we did our research, I thought ‘Wow, that’s a lot of money!’ For clinical depression, it would cost around \$7,000 to

the project because it’s a really important thing, it’s not just a school project,” said Schaad.

“It’s a real problem and we just want to be a few of the people to advocate, to raise more public awareness about it,” said White.

Asked what they learned doing the project, White said, “I learned anyone can make a difference. If you believe enough in something, and you believe that it’s worth the work, then you can do anything.”

Schaad agreed. “We’re just eighth graders and we’ve made such a change already.”

The GoFundMe can be found at <https://bit.ly/3HCTf1t>.

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MEDWAY POLICE

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often paid approximately \$100 per check that they successfully cashed. From October 2018 through February 2021, numerous homeless individuals were arrested at banks throughout the region as they attempted to cash some of the counterfeit checks.

A United States Secret Service investigation determined that approximately \$677,687 worth of counterfeit checks were presented to banks throughout the four states, causing actual losses to financial institutions of nearly \$481,000.

Stanford pled guilty on March 10, 2022, to conspiracy to commit bank fraud. He was sentenced on June 14, 2022, by U.S. District Court Chief Judge John J. McConnell, Jr., to 24 months in federal prison to be followed by three years of federal supervised release. Stanford was ordered to pay restitution to financial institutions totaling \$480,943.71.

United States Attorney Cunha thanked the Provi-

dence, RI, and Medway, MA, Police Departments for their assistance in this investigation.

Medway Police Lieutenant Detective Matthew Reardon told *Local Town Pages* that “Medway was the lead agency in the case working with Secret Service. We began the investigation in late 2018 after fraudulent checks were cashed in Medway. We learned homeless or transient individuals were being recruited in and around homeless shelters in Providence and driven around southeastern MA and RI to cash these stolen checks. We learned business checks were being stolen out of the mail of businesses then reproduced on a computer in the name of the cashers. Once the cashers were recruited, they were all being taken to a CVS in Providence where one of the handlers would walk away and come back a short time later with computer-generated checks in the casher’s name. The handlers would then drive the cashers to various branches of the issuing bank to have the checks cashed.”

Reardon said numerous local departments participated in this investigation including Medway, Holliston, Bellingham, Wrentham, Blackstone, and many more.

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# Medway Public Library offers free summer lunch, and fun

The Medway Public Library is now offering free lunches on Tuesdays, Wednesdays and Thursdays from noon to 1 p.m. for children and their caregivers throughout the summer.

Lunch will be served on a first come, first served basis while supplies last. All are welcome, there are no restrictions, and in-

come information is not needed. TEENS are welcome to stop by and grab some lunch too.

There will be programs before lunch, starting at 11 a.m., for children of preschool age and younger. Toddler Jam is held on Tuesday mornings at Choate Park and Story Time is held on Wednesdays and Thursdays at the library. Activities for older children start at 1 p.m. in the Makerspace. Please visit [www.medwaylibrary.org](http://www.medwaylibrary.org) for a full list of events.

This program is funded by the support of local businesses and organizations in the surrounding communities. The program will end on Aug 25.

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# Large crowd gathered to raise Pride flags in Medway



**In June, more than 100 people gathered to raise eight "Progress Pride" flags that then flew along Route 109 in Medway in celebration of Pride Month. Courtesy photo.**

BY THERESA KNAPP

More than 100 people attended the flag raising of eight Pride Flags on June 4.

The flags flew on poles along Route 109, between Lincoln and Evergreen Streets, for a week in honor of Pride Month.

Residents Andrea Moores and Cyndy Ellis had petitioned the Medway Select Board in April to raise the flags. At the June event,

Moores said, “The Pride flag is not just a celebration of identity but also an indication of allyship, safe spaces, of unity amid divisiveness, community and togetherness. When members of the LGBTQ+ community see these flags flying, they will know they are seen, safe, celebrated and loved here in our community. Our hope is that this event will kick off annual Pride celebra-

tions in Medway for many years to come.”

Co-organizer Ellis thanked several town officials and community members for their help in making the event happen. Additional speeches were made by Select Board member Glenn Trindade on behalf of the board; Maggie Conners, Student President of the MHS Gay/Straight Alliance; and Olivia Moores,

Medway Middle School GSA  
Advisor.

The event was followed by a celebration at Choate Park that included various activities such as a Pride selfie photo booth, rainbow bead bracelet/necklace making, Pride flag coloring pages, and a post-it comment board where people reflected on why the flags were important to them.

After the event, Moores said, "To see so many people come out

and support this event was amazing. It confirmed the importance of the flags and the impact they have. I am overwhelmed by all of the messages of love and support I have received since the event. So many people have thanked me and Cyndy for our efforts because seeing those flags fly will make a difference for them and their families -- that is the icing on the cake and why I continue to advocate for the LGBTQ+ Community. It matters.”

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# Medway High School Students Award Third Place for Reverse Engineering Project by Mass STEM Hub

Medway High School Principal John Murray and science and engineering teacher Jon Jasinski are pleased to share that Ryan Zambrowski, Matthew Caputo and Annabelle Hazell were recently awarded third place for their engineering project submitted to Mass STEM Hub's Student Industry Connects program. Zambrowski, Caputo and

Hazell, who are currently in the school's Introduction to Engineering Design class, submitted their reverse engineering project analyzing the Chinatera Clockwork Wind Up Pink Dog. Their project was recognized by STEM industry professionals and they were awarded third place among all high school engineering projects submitted for consideration.

The students' project involved studying the toy's visual qualities to analyze the principles and elements of design, conducting a functional analysis to understand how the toy worked, and conducting a structural analysis by disassembling and measuring each piece to recreate it as a 3D model. They also sketched the toy's structure and produced renderings of the assembled dog as well as all of its separate parts.

"Student Industry Connects continues to be an exceptionally valuable program for our students to get feedback from professionals and recognition for their hard work, and it's great to see so many projects submitted from our high school courses each year," Principal Murray said. "Congratulations to Ryan, Matthew and Annabelle on their



From left: Annabelle Hazell, Ryan Zambrowski and Matthew Caputo, whose reverse engineering project was awarded third place in engineering in this year's Mass STEM Hub Student Industry Connects program. (Photo courtesy Medway Public Schools)

well-earned success."

For their work, the students each received a printed certificate and Rocketbook Smart Notebook. In total, the 47 students in two sections of the Intro to Engineering Design course submitted

23 projects, all reverse engineering projects, and eight capstone projects were also submitted by the Project Lead The Way Common Capstone class. All projects received feedback from industry professionals.

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## Millis Outreach Coordinator offers locals a helping hand

*Debbie Sand helps residents with a variety of issues*

By CAROLINE GORDON

From helping locals secure housing to those who are in need of food, Debbie Sand, Outreach Coordinator for the Millis Council on Aging, dedicates her time to not only the elderly residents of Millis, but to the entire community and those from surrounding towns.

Sand explained she most commonly assists people who are in need of housing and food, and those with car problems, heating

and electricity issues, and computer trouble.

"If anybody needs any help, I can help them," she says, adding "It feels really good that I am able to help people and make a difference. I have had people come back and say 'thank you'."

Sand says Millis has a "strong community" of residents who help her assist people, noting the Millis Housing Authority and The Millis Fund.

Sand explained the most difficult part of her job is not being able to help those who are in immediate need of housing, since being accepted into the town housing is a six-month wait for homeless people.

"It is very hard to say sorry, you need to find an alternative," she said.

Sand explained her goal as Outreach Coordinator is for everybody in Millis to be aware that she is available to help those of all ages.

She says she enjoys working in Millis because it is a "very welcoming town" and the people are "fantastic."

Patty Kayo, Director of the Millis Council on Aging, says, "Outreach's impact on the community is invaluable. Outreach services provide residents with peace of mind when dealing with situations. It's comforting, when dealing with problems, to have a professional just listen and steer you in the right direction...Debbie has only been with us for a year now and she has quite a following."



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Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress raised on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and

I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston, here's some antidotes for Sandwichers:

**Small talks instead of "The Talk."** Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

**Bring in outside mediators.** My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

**Your spouse's support is critical.** Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

**Through the eyes of a child.** It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced on their own these past 2-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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



Fathers Day 2022

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

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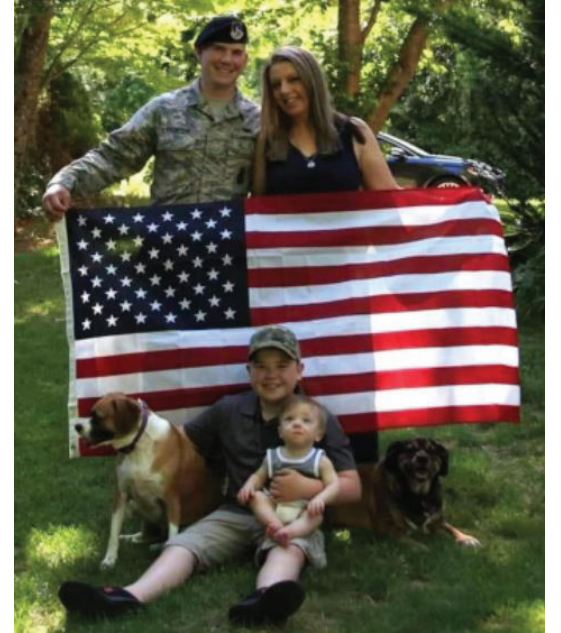
Members of Medway Brownie Troop 67257 recently earned a pizza party from Papa Gino's as part of its "Pizza My Heart" campaign. As a service project and through their cookie sales, the girls were able to make a number of donations to the Medway Food Pantry. Pictured here (L-R) are: Julianne, Alina, Hailey, Kayla, Harper, Hannah, Clara, Ava, Caroline, Abby, and Hannah. Courtesy photo.

## A GoFundMe fundraiser continues for the family of Lisa Thompson who died unexpectedly in April

Thompson, 38, was working as a full-time firefighter with the Southborough Fire Department, a recent accomplishment of which she was very proud, and had previously worked as a call firefighter in Medway.

She leaves behind two sons, Dylan, 14, and Bentley, 2, and husband Craig who is a Millis Police Officer and Air Force Reservist.

For the full story, visit <https://bit.ly/3zuuQsW>. To donate, visit <https://bit.ly/3xxxJJN>



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# A Hidden Gem Expands its Offerings

*Anne's Market feeds the community, one sandwich at a time*

One of Norfolk's hidden gems, Anne's Market is expanding its offerings this summer. From custom sandwiches to craft beer to home-baked cookies, Anne's Market is becoming part of the fabric of Norfolk's community.

Christa and Todd Wiggin are the owners of Anne's Market. "We wanted our shop to capture the spark of being in Norfolk," says Christa. "I've lived in Norfolk since I was two. My husband's family has been here since his grandmother arrived from Sweden at age seven. This community is really important to us, and buying this market is one way we can contribute to it."

Tucked away in the residential River's Edge neighborhood, Anne's Market has an old-school feel. The shelves feature an eclectic mix of convenience-store items and higher-end purchases that are sure to make customers smile. From penny candy, to Howie's Spiked Cherries, to unique doggie donut treats from a woman-owned small business, the offerings are varied and often surprising. For example, alongside the register is a display for Ella's Yarn Barn, stuffed animals hand-crocheted by a Norfolk resident.

Christa says, "We've set up a gift section with mugs, canvas

bags, and several other items. If someone needs a last minute present, they can stop in for a wine bottle and a wine-sized tote to deliver it."

By and large, the most important part of Anne's Market is the deli. Todd says, "We carry high-end Boar's Head products, and off our everyday menu, you can order twenty-four different sandwiches." The sandwiches range from comfortable standards like a barbecue chicken sub, to interesting and fun ones, like the turkey gobbler, with cranberry sauce and stuffing.

Customers who aren't sure what they want can ask for a recommendation, and the staff takes it as a challenge to match them with the perfect sub. Todd says, "We also offer rotating daily specials, and we'll make breakfast sandwiches anytime."

The Wiggin family is ever-present in the store. "Todd's often behind the counter, or our daughter Dani," says Christa. "Some of our employees have been with Anne's Market for longer than we have, so between family and long-time friends, it's a really friendly atmosphere."

Christa is involved in the wider Norfolk community, as well. In addition to regular donations to



## Business spotlight

community events, such as the recent Color Fun Run or Norfolk Girls Softball, Anne's Market has helped with food donations to Gilly's House and the Federated Church.

Anne's Market has a thirty-year history, initially founded by Anne Brunelli of Franklin. Anne eventually moved the market to Medway, then sold it. The new owners moved to the Norfolk location in 2019, and then Christa and Todd Wiggin purchased it six months ago.

"It's been a really exciting time, with a huge learning curve," says Christa. "I love talking with the customers, hearing about their lives and learning what they want."

That means stocking some local favorites. In addition to apple tarts and cookies baked right on the premises, Anne's



Market also offers My Grandma's Coffee Cakes and Cape Cod Pizzas.

Anne's Market does catering, too. "When people hold graduation parties or summer gatherings, they want to spend time with their guests rather than in front of a stove. We can set them up with sandwich platters, cold cut platters, trays of macaroni and cheese, and salads."

Plans are in motion to expand the prep area so Anne's Market can sell high-quality meat and sausage. "My day job is with Orleans Packing Company," says Christa, "so I already have a relationship with all the best vendors. When we bought the market, I immediately reached out to them, and now they're distributing to us."

This summer, Anne's will begin a reward program for their customers. "We'll use the Clover app to make every tenth

sandwich free," says Christa. "Customers will also be able to opt-in to special offers. Maybe at the end of the day, they're commuting home, exhausted and not wanting to cook—and up on their phone pops a notification for half off Grab-and-Go meals."

Christa knows the welcoming atmosphere, the fun products, and the commitment to community will draw customers back again and again.

"I know it's a little off the beaten path, but we strive for that old-school feeling," says Christa. "I want our customers to feel like everything is family."

To can receive daily specials and promotions, sign up with the Clover app or fill out a form in-store for email or text. Anne's Market is located just off 115 in Norfolk, at 65 Holbrook Street.

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# Medway nurse recognized in annual Salute to Nurses

## Sara Sheehan nominated for outstanding work

Sara Sheehan of Medway was recognized in the annual “Salute to Nurses” published in The Boston Globe for her impeccable work as a Informatic Nurse at Hebrew Rehabilitation Center in Boston. Sheehan was nominated by

her colleague, Tammy B. Retalic, D.N.P., M.S., R.N., Chief Nursing Officer and Vice President, Patient Care Services, for her leadership and support that extended far beyond the technological aspect of her role

as an informatic nurse. In her “Salute to Nurses” nomination, Retalic said, “This past year Sara balanced leading the nursing teams while preparing for the upcoming computer system upgrade, facilitated and guided surveyors through the many surveys, and provided leadership coverage during the most

challenging time of the Omicron surge.” The annual “Salute to Nurses” recognizes area nurses whose dedication and caring have saved lives, soothed fears, and eased the pain of countless patients and their families.

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- Capital Improvement Planning Committee (1)
- Design Review Committee (2)
- Energy and Sustainability Committee (2)
- Medway Pride Day Committee (2)
- Native American & Indigenous Peoples National Heritage Commemoration Day Steering Commit-

tee (4 Citizens-at-Large vacancies) <https://bit.ly/3mpqllU>

Please consider volunteering your time to support your community. Visit <https://bit.ly/3H6aGav> for committee descriptions.

Submit your letter of interest to [townofmedway.org/user/126/contact](mailto:townofmedway.org/user/126/contact), [bos@townofmedway.org](mailto:bos@townofmedway.org), the Select Board’s Office (155 Village Street), or call 508-533-3264 with any questions about volunteering.

## Hot Weather Reminder: Plug Air Conditioners Directly into Wall Outlets Plugging Appliances into Extension Cords or Power Strips Is a Fire Hazard

With a hot weather weekend approaching in the midst of National Electrical Safety Month, State Fire Marshal Peter J. Ostroskey reminded residents that air conditioners and other major appliances should be plugged directly into wall outlets, not extension cords or power strips.

“We’re looking at a hot, humid weekend, and many folks will be bringing out their air conditioners or heading to the store to buy them,” State Fire Marshal Ostroskey said. “Like all major appliances, these devices should be plugged directly into a wall outlet. They can overload a power strip or extension cord and cause a fire.”

Electrical fires are the second-leading cause of fire deaths and the third-leading type of residential fires overall in Massachusetts, the Marshal said. Protect yourself and your family by following these safety tips at home:

- Avoid overloading outlets
- Use only one device plugged into a power strip at a time
- Remember that extension

cords are for temporary use

- Check electrical cords for damage and keep them out from under rugs and furniture
- Charge laptops, phones, e-cigarettes, and other rechargeable devices on hard, stable surfaces, not beds or couches
- Call a licensed electrician if you experience flickering lights, frequently blown fuses or tripped circuit breakers, or unusually warm plugs, cords, or switches
- Call your local fire department if you see arcs or sparks, hear a sizzling or buzzing sound, or smell the odor of something burning in the home
- Have a licensed electrician review your home’s electrical system every ten years

“No matter the weather, every household should have working smoke alarms on every floor and a practiced home escape plan that accounts for two ways out,” State Fire Marshal Ostroskey said. “A fire at home can become deadly in less than three minutes.”



# The b.LUXE beauty beat

## Easy Breezy Summer Style

By GINA WOELFEL

After a not-so-hot start to the summer, it's finally getting warmer here in New England! The summer season is a time for fun in the sun, but it's also a time when your beauty routine can feel more like a burden. When the sun's out, you want to be out! Who has time for flat ironing or curling! At-home hair care can be time-consuming, especially if you're trying to achieve a certain style that takes a lot of effort. If you're looking for ways to streamline your look and simplify your summer hairstyle, consider these three salon services that, we feel, put more time back in your schedule.

### 1.The b.LUXE Blowout

If you're working each morning to straighten your hair, try a professional blowout that leaves hair smooth and sleek for days! Summer weekends are magical and the faster you can get out there and enjoy them, the better. If you have a summer weekend that's packed with events and parties, book yourself a b.LUXE blowout on Friday and let the fun roll in! Here's the plan: Blowout on Friday means your hair is salon fresh and red-carpet ready for Friday night! Spray roots with dry-shampoo, twist in a top-knot bun and secure with a scrunchie overnight. Hair is full and wavy for Saturday play! If you're hitting the beach or pool, keep your hair secured in a bun. Meeting your friends for dinner and drinks? Let your hair down and add a few waves with an iron or wand. Repeat the nighttime routine for Sunday and voilà! You just rocked three days of fabulous hair with minimal effort! And for those of you who have thick, more naturally textured hair, there's no need to wash Monday.

Just brush your hair back into a tight pony and you're ready to start your work week!

### 2.The Cezanne Smoothing Treatment

For those of you who want a smooth, effortless, wash and go, style, there's no better method than the Cezanne Classic Smoothing Treatment! It smooths all hair types, including straight, wavy, textured and curly hair. It's non-toxic, 100% formaldehyde-free and doesn't contain any aldehydes or harmful toxins found in similar products. Cezanne not only adds gloss and shine while it straightens, it makes the hair stronger and healthier, too. It's revolutionary low pH formulation restores the bonds on broken or damaged hair. The Classic Treatment lasts up to five months and reduces blow dry time by up to 30%. You also won't need to rely on extra styling products to get the look you want. The Cezanne Treatment gives you more flexibility and allows you to change your style without affecting your smooth results. If you want to wear your natural curls one day and flatiron it the next, go ahead, you can!

For the month of July, receive your choice of a complementary smoothing product with a Cezanne Smoothing Treatment, valued from \$25 - \$40

### 3 The DevaCurl Haircut (aka the DevaCut)

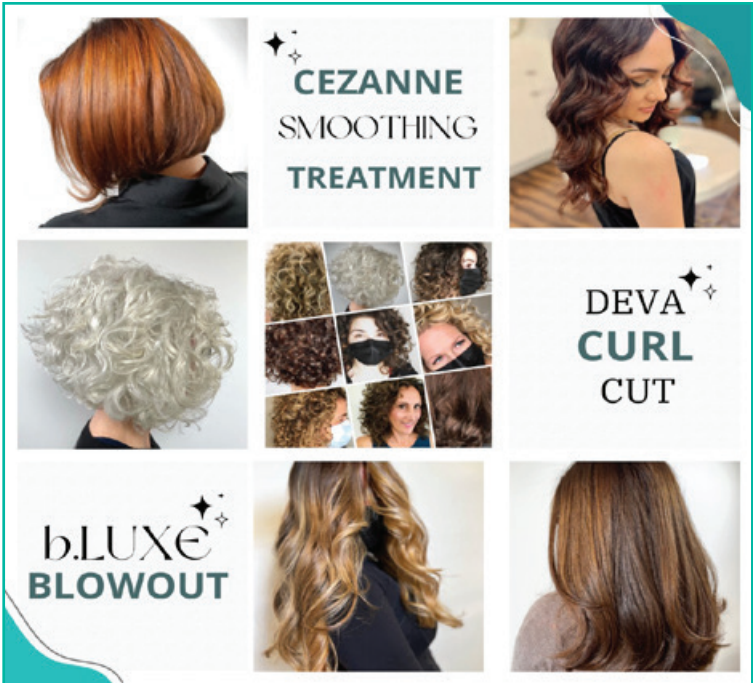
Looking for a summer solution that will make your curly hair look its best? Say hello to the DevaCut! This unique approach to haircutting is specifically designed to showcase natural texture, and make styling your curls easier than ever. Most haircuts treat all hair textures the same way - your hair is wet,

pulled straight, and then cut. For people with straight hair, this is a perfectly acceptable method. But, when you have curls, a cut like this usually results in an uneven nightmare. No two curls are the same. Curly hair wet is completely different from dry curly hair. One section can be perfect ringlets, while another might be more wavy. The solution: Dry cutting. By cutting the hair dry, in its natural state, our Deva stylist is able to cut the curls where they normally lay, thus creating a more balanced shape. This is the simple, but game-changing concept behind the DevaCut.

We hope you take some time for yourself and enjoy our summer style suggestions. Eliminating a few hours a week from your "to-do" list is always a good thing, especially during this beautiful time of year.

Be sure to check out our Summer Specials!

We'll see you soon at the studio! The b.LUXE Beauty Team



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# Living Healthy

## Milford-Franklin Eye Center

### Decades of Service to the Community And a New Provider

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 7 physicians and Optometrists. In August of 2022 Dr. Donald L. Conn, OD will join our team in our state-of-the-art medical offices in Franklin, Milford and Millis. Dr. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the

State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No more need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 4 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, be aware of this provider financial bias and call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa,

Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first



surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford.

Dr. Hatch is the only fellowship trained pediatric ophthalmologist in the area, and is a skilled surgeon with training in the latest techniques for straightening misaligned eyes. Dr. Hatch earned bachelors and master's degrees in engineering from Boston University and Dartmouth College. He completed his medical degree at the University of Massachusetts Medical School in 1988, followed by residency in Ophthalmology at Yale-New Haven Hospital and fellowship in Pediatric and Neuro-ophthalmology at Duke University. Returning to his home state in 1993, Dr. Hatch joined the Milford-Franklin Eye Center where he focuses on comprehensive pediatric and adult ophthalmology and adult strabismus.

Dr. Lashkari is our practicing vitreoretinal specialist as well as a scientist at the Schepens Eye Research Institute, Harvard Medical School. He is also a part-time Assistant Professor of Ophthalmology at the Harvard Medical School. Dr. Lashkari completed a Medical-Surgical Fellow in Vitreoretinal disease at Massachusetts Eye and Ear Infirmary.

Dr. Perriello Consigli received her Bachelor of Science degree from Clark University in 1987. She went on to earn her Doctor of Optometry degree from New

England College of Optometry in 1991. Dr. Consigli has over twenty five years of experience, spending several years in private practice. In February 2019, Dr. Consigli joined Milford-Franklin Eye Center. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye disease.

Dr. Adams, graduated from John Carroll University, Bachelors of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from The Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joined Milford-Franklin Eye Center from the New England Carpenters Benefit Fund – Vision Center, where she served as Head of Optometry. She has over 10 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Dr. Donald L. Conn, OD will

### EYES

*continued on page 13*



## MILFORD - FRANKLIN EYE CENTER

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# Living Healthy

## drift + oak Yoga Studio with a mission to make everyone feel welcomed and empowered

### Business spotlight

Bianca Fantoni's life mission was to own a yoga studio to be named "drift + oak."

On March 16, 2020, she finally signed a lease for a space in Medway and her dream was becoming a reality. A few days later, the whole world shut down because of the COVID-19 coronavirus pandemic.

Eventually, drift + oak opened its doors but in a new location at Medway Mills (165 Main Street, Medway). Fantoni describes the studio as "a real boutique yoga experience." Here, class sizes allow for a more intimate experience where the teachers have a watchful eye on students so as to prevent injuries, aid in the healing from health conditions, and help students advance their practice as they wish.

"My personal mission is for every single person who walks through our doors to feel welcome no matter where they are on their yoga journey, no matter what their body looks like, or the level of flexibility they have," says Fantoni. "They will have a yoga practice that empowers them, makes them feel better (physically and mentally) than when they walk in, and allows them to believe they deserve to be here just as much as the person on the mat next to them."

Fantoni grew up in Grafton and currently lives with her family

in Hopedale. She decided to open her business in Medway because "I just really love the town and community members that I have been lucky enough to meet."

She says she fell in love with the Medway Mills while visiting a hair salon in the building. That salon has moved to a different location in the complex and drift + oak now occupies the salon's former space.

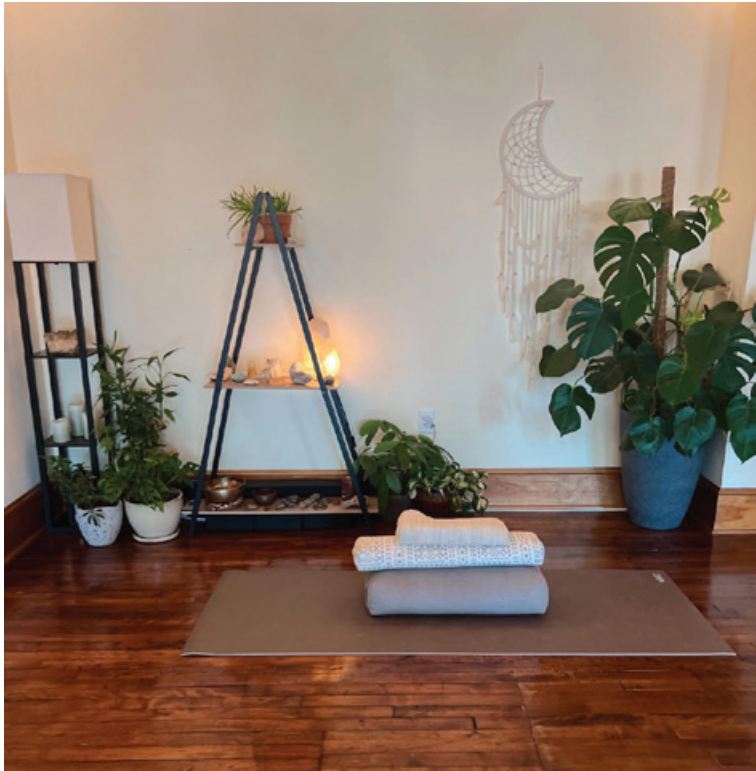
As a teen, Fantoni experienced some health issues and was introduced to yoga by her grandmother.

"It turns out, I had a nine pound tumor in my ovary at age 17. Yoga became a huge part of my healing after. Not only helping me move my body again after a major surgery but I started dealing with a lot of anxiety after this whole health crisis. Yoga was (and still is) the biggest tool I have in my toolbox for coping with that," Fantoni says.

"I am so grateful that she introduced me... I dedicate every single day to her, the lessons she taught me and try to embrace her incredibly strong, resilient spirit."

drift + oak's motto is "where modern practices meet mindful traditions. The studio offers a variety of classes including aligned flow, barre, dynamic flow, flow + restore, mellow flow, yin, yoga basics, and yoga sculpt.

Fantoni says the classes are



available to everyone – women and men, young and old -- and the teachers are experts in modifying poses for injuries, body ailments and preferences. She says the most popular classes are Flow + Restore and Yin, and says Aligned Flow is "crucial for new yogis" because it teaches proper alignment for the body (which is different for everyone), helps build up muscles and muscle memory, and keeps the student extremely safe from potential injury.

They also offer a Chakra Balancing class that is a unique experience utilizing meditation, visualization, aromatherapy, color and movement; and Yoga Sculpt, a more rigorous workout taught by Fantoni's mother who has been in the fitness industry for 30 years.

Other special events include Happy Hour, a monthly pop-up class that features unique playlists such as 90s Rock, Hip Hop and Reggae; Sound Baths where people relax on their mats while



listening to singing bowls being played; retreats; and monthly Women's Circles where women come together surrounding different topics to journal, meditate and, if they feel inclined, share.

drift + oak continues to offer Men's Yoga, and in August, will begin a weeklong series called Mindfulness + Movement for Teens which was inspired by Fantoni's experience with yoga as a teen.

"We hope to introduce meditation and other stress relieving tools for teens going off to high school and college in the fall," Fantoni says.

For more information on the studio, its classes and offerings, and its shop, visit [www.driftoak.com](http://www.driftoak.com), download their app (search for "Drift and Oak"), and follow them on social media (@driftoak).

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### EYES

*continued from page 12*

join our team in our state-of-the-art medical offices in Franklin, Milford and Millis starting August 2022. Dr Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He has completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center and South Boston Community Health Cen-

ter. Dr Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics and pediatric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

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and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. 90% of our staff has been with us for over 5 years! Excellent retention of staff means outstanding loyalty and training. Seven providers dedicated to the best in eye medicine and surgery closer to home. Are they still suggesting you travel hours to other practices and remote surgery centers? Call us: We are available for a second opinion.

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# Millis COA and Permanent Building Committee discuss senior center options

By CAROLINE GORDON

The current Millis Senior Center has been located in the basement of the Veteran's Memorial Building since 1999, when it was renovated into a community center and town offices.

The Millis Council on Aging, Wayne Klocko, chairman of the

Millis Permanent Building Committee, and Abacus Architects, proposed ideas for a new center to Millis residents at a focus group on June 7.

The three options for a new center are: Option 1, a partial renovation and addition to the current site; Option 2, new construction at Cassidy Farm; and Option 2A, new construction at

Cassidy Farm to include a gymnasium.

According to the Community Center Focus Group Presentation, a pro of Option 1 is that it is located in the center of town and within the existing community center. A pro of Option 2 is there is more outdoor space for walking trails and a community garden. A pro of option 2A is

## CONCEPTUAL DESIGNS - OPTIONS OVERVIEW

OPTION 1 - VMB - 2 STORY PARTIAL RENOVATION & ADDITION



OPTION 2 - CASSIDY FARM - NEW CONSTRUCTION



OPTION 2A - CASSIDY FARM W/ GYM - NEW CONSTRUCTION



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there would be expanded recreational facilities.

According to the presentation, the total cost of Option 1 is \$15,500,000 with 14,855 square feet, Option 2 is \$16,000,000 with 15,000 square feet, and Option 2A is \$21,000,000 with 22,400 square feet.

Director of the Millis Council on Aging Patty Kayo says, "There is no question as to the need for a new Millis Senior Center. The Council on Aging responsibilities include meeting the unmet needs of our senior population. The way we do that is through programs, activities and outreach."

Says Kayo, "Unfortunately, our current space doesn't allow us the ability to offer the varied and diverse programming necessary to appeal to all seniors. It's truly exciting to think of the endless possibilities a new Center would bring to Millis residents. We would happily rise to the challenge if the voters choose to do so."

Klocko says that, after the completion of the focus groups, the Permanent Building Committee and Council on Aging will report to the Select Board which will then decide which option to present at a town meeting in November.

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# Millis-grown leafy greens sell in local supermarkets

## Vertical farm produces lettuce and arugula year-round

BY THERESA KNAPP

While shopping in the salad section of your local supermarket you are likely to see a plastic container that says, “locally grown without pesticides in Millis, Massachusetts.”

Those leafy greens were grown in a vertical farm named “Crop One Holdings” located behind the former Ann & Hope and packaged under the label “FreshBox Farms.” Their greens are grown year-round and without pesticides, herbicides or fungicides. They wholesale to stores in Millis, Bellingham, Natick, and Boston.

Crop One was founded in 2012 in standard shipping containers containing grow rooms, then moved to the Millis facility in 2015.

“We’re a small local company but we have big plans for expansion,” says Jackie Hynes, Director of Marketing and Communications at Crop One. “We started



A vertical growing rack at the Crop One headquarters in Millis. Courtesy photo.

in Millis, this is our headquarters, but it’s really the beginning of something much bigger.”

Hynes says the company hopes to share its technique to grow “good quality food made

with care” across the United States so even more people can have “fresh local and safe food that was grown around the corner with no pesticides they can get all year round, regardless of climate and other things related to conventional farming.”

Hynes, who has been with the company for four years, explains that vertical farming utilizes nutrient-rich water and LED lights to grow plants in a completely sealed “envelope” which is bug-

free and weather resistant.

According to its website, the company uses “95 percent less than what’s required in outdoor farms” and their “on-site multi-step water purification system removes unwanted contaminants, chemicals, and heavy metals.”

The four-step process is also explained: non-GMO seeds are germinated; plants are transplanted into modular growth units; plants are grown with the right recipe of light, nutrients,

environmental controls to optimal stage for harvest; and greens are packaged on-site and shipped to local retailers.

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# Sports

## Millis Volleyball Teams Focuses On The Right Stuff

### Guinan's Coaching Perspective a Big Plus

By KEN HAMWEY  
STAFF SPORTS WRITER

Jay Guinan is a very knowledgeable and successful volleyball coach but it's his method and mindset that set him apart from the vast majority of coaches who focus on winning records, tournament berths and championships.

The 60-year-old Guinan, who's been the Millis boys volleyball coach for 15 years, has a 175-116 career record and has directed his teams to 11 post-season playoff appearances. That kind of success is linked to the goals he sets at the start of each season, his philosophy that focuses on building citizenship, and the life lessons he believes can be learned in athletics.

This year's Mohawks, who finished their regular season with an 8-8 record, qualified for the Division 2 tourney and split a pair of games, beating Burlington, 3-2, and losing to Westfield, 3-0.

"I didn't stress qualifying for the tourney or winning a certain amount of matches when we discussed our objectives for the season," said Guinan, who played volleyball at the national level after college. "Our goals were to improve match by match, build stamina and physical strength, and to develop team chemistry and camaraderie. If those three things occur, then a tourney appearance will be the by-product."

The Mohawks rallied against Burlington by dominating the fifth game. Against three-time state champion Westfield, Guinan said, "We got beat by a better team. We kept up with them on offense but we struggled with our serving. It was a satisfying season and we achieved as much as we could."

Millis ended the regular season at No. 19 in the power rankings. Guinan's athletic philosophy doesn't mirror winning or reaching one's potential. Instead, he talks about citizenship.

"My philosophy is to develop better citizens," he emphasized. "That means monitoring my players' work ethic and their attitudes. It also means that academics come first and that community service is important. I coach like a dad. I give the boys wiggle room as long as they don't cross the line."

Another key to Guinan's successful style is emphasizing life lessons, especially on the court.

"I want my players to focus only on what they can do on their own," he said. "I'm a competitive person so I am about winning and teaching players how to win. But I also emphasize learning how to accept defeat without becoming defeated. Other life lessons I hope they learn are to be team players, to be nice when in doubt, and to let their game speak for itself."

The 2022 edition of Millis' boys squad, which had seven seniors, seven juniors, and one freshman, relied on a style that was all about strong net play, balance, consistency and above average depth.

"We had blue-collar kids at all positions," Guinan said. "Our strengths were mental toughness, height, team chemistry, athleticism, a volleyball IQ that improved, and a strong blocking ability."

The Mohawks' captains are a good starting point when team-first players are mentioned. The co-captains were seniors Alex Joseph (middle hitter) and Jess Kahn (setter).

"Alex is an explosive, all-around player who led in kills [112] and had 16 blocks," Guinan noted. "At six feet, he jumps high and he reads the game well. An intense leader, he was vocal. Jess hustles and has a lot of drive. He's a team-first player and a spectacular leader. Both captains recruited players and because of them we had 27 boys at the jay-vee and varsity levels."



Coach Jay Guinan and the 2022 Millis boys volleyball team that finished the regular season with an 8-8 record, then lost to Westfield in the second round of the state tourney.

Senior Brettton Kohler played middle hitter and led the team in blocks (27). "Brettton is 6-4, has size and power, reads the game well and plays solid defense," Guinan said. "He's got the highest volleyball IQ on the team."

Senior Emmett Clark, a Tri Valley League all-star as a junior, started at outside hitter.

"Emmett plays with a disability," Guinan said. "He has no left hand but he's got terrific spirit. A productive player, he's very versatile. He can pass, attack and block. A team-first guy, he comes from good stock. His brother and sister both played for Millis."

Juniors Andrew Maher (setter) and Luke Bennett (outside hitter) proved to be key cogs for the Mohawks.

"Andrew is very calm and the team thrives when he's on the court," Guinan said. "At six feet, he serves and blocks effectively. He's a setter who attacks the ball, getting 31 kills in the 16 regular-season games. His volleyball IQ improved and he was able to identify where a good set was. Luke was the surprise of the season. As a first-year player, he started and got strong at the net and passed well. He was second in kills and third in aces. His reach enabled him to block well."

Junior Nicholas Almieda and senior Matt Kraus displayed versatility, playing middle and right-side hitter.

"Nicholas was the starting quarterback in football," Guinan noted. "He often started because of his vertical leap, power, athleticism and defensive ability. He was a go-to-guy wherever he was needed. Matt can play any front-

row position. He's strong at the net, blocks well, is athletic and puts his focus on the team."

Freshman Henry Kiggen played libero after starting out as a setter. A first-year player, Guinan likes his potential. "Henry has a lot of natural technique," he offered. "He sets well and is a very strong passer."

Guinan didn't play volleyball in high school or college but after graduating from Boston University, he played for USA Volleyball at the New England level. He later competed in the adult age group at the national level. In high school, at Bishop Hendricken in Warwick, RI, he competed in the shot put in track and field. Swimming and diving, however, were where he excelled. He won a state title in diving, was a captain in swimming and an all-state selection.

The girls' jayvee volleyball coach at Millis before taking the reins of the boys' program, Guinan is the owner of Technology Representatives Inc. of Attleboro, a security and surveillance firm at the homeland security level.

Surveillance no doubt is a factor when Guinan coaches. He knows how to identify an opponent's weaknesses and he attacks those limitations. He also emphasizes all the right things that help his players learn valuable life lessons that lead to their becoming good citizens.

Jay Guinan and the Millis boys' volleyball team are a dynamic partnership. They strive to focus on the right stuff.



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Sports

Protect yourself from scams and fraudulent schemes.


The Federal Bureau of Investigation (FBI) has a list of 31 common fraud schemes on its “Scams and Safety”<sup>1</sup> web page, including credit card theft. The thief makes small purchases with your stolen credit card number and sees if they go through, if they do, then they hit your account for bigger purchases. You should have an email, text message, or phone alert set up with your credit card company, so that the bank will contact you if there are any unusual spending items, if there are illegitimate charges, you must report to the bank as soon as possible so you won’t be charged for those items. The bank will lock your account and send you a new card in the mail. This can be frustrating when you have set up monthly withdrawals to be charged against your card. You’ll have to go to those companies’ websites and change the card numbers you use for those charges.

**How to protect yourself from Internet scams and fraudulent schemes.**

The FBI says protect your computer<sup>2</sup> by keeping the firewall turned on and by installing and updating your antivirus and antispyware software. Be careful what you download and only download from trusted and secure websites. Also, keep your operating system up to date, and turn your computer off when it’s not in use. You will pay a yearly fee for antivirus, antispyware, and firewall software services, but the safety they provide makes it well worth the cost. If you’ve been the victim of a scam, file a complaint with your local/state police department’s cybercrime unit and file a complaint with the FBI’s Internet Crime Complaint Center (IC3).<sup>3</sup>

**Forewarned is forearmed.**

The more you know about e-scams and fraudulent schemes,

  
the safer you will feel. Another way to protect yourself is by going to the Federal Trade Commission’s (FTC’s) <sup>4</sup> website. Its function is to protect America’s consumers by educating and taking consumer complaints on everything from identity theft to unwanted telemarketing solicitations by phone or by email. It runs the National Do Not Call Registry,<sup>5</sup> which you should sign up for. Once you are on the do-not-call list for at least 31 days,

the calls/emails should stop, and if they don’t then you can file a complaint with the FTC.

You can register each phone number that you have, and your registration won’t expire. You can check the FTC’s website if your phone number is still registered.<sup>5</sup> Remember, it’s not OK for companies to leave recorded voice-mails on your phone, so you can file a complaint if you receive unwanted telemarketing robo-calls. Once you are registered on the do-not-call list, it’s illegal for those telemarketers to continue to call you. Use your common sense. If you don’t recognize the area code or the phone number on your caller ID, chances are it’s a telemarketing call. Don’t answer it, or if you do, insist that they take you off their call list.

To keep up to date on current scams that are plaguing consumers, the FTC has an email alert system that you can sign up for.<sup>6</sup>

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

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# Medway's International Thespian Society Recognizes Theatre Accomplishments of 17 New Members During Induction Ceremony

Medway High School Principal John Murray is pleased to share that 17 students were inducted into Medway High School's International Thespian Society (ITS) at a ceremony on Wednesday, May 25.

The International Thespian Society aims to recognize, reward and encourage student achievement and celebrate the work of

students in all aspects of theatre, including performance and production.

The 2022 ITS inductees are as follows: Brady Abbott, Ellie Capalbo, Olivia Dwyer, Ashton Ellis, Julia Evers, Natalie Goodale, Nora Kempner, Sydney Maurer, Sarah McCarthy, Scott O'Shea, Katy Olson, Faith Olson, Isabel Pobudziej,

Anthony Rossi, Nora Sullivan, Hannah Tomarakos and Pedro Andre Tose.

ITS inductees are selected based on a point system dictated by the ITS. Students earn points by participating in the theatrical arts in Medway High School and the community. Medway students must earn 12 points to be inducted into the Society.

At the ceremony, the current ITS officers spoke and gave a brief history of the organization. Each inductee then signed their name onto the chapter's membership roll and received

a certificate of membership before reciting the ITS pledge and motto.

Advisor Alyssa Tetreault then recognized senior Maggie Connors who became an Honor Thespian, which signifies that she has contributed over 500 hours of work in the theatrical arts throughout high school. Senior Grace Gerard was also recognized with the Best Thespian award for 2022, which is given to a thespian selected by their peers.

The 2022-23 ITS officers were also recognized and the 2022-23 Medway High School

theater season was announced.

"Congratulations to the 17 new members of the International Thespian Society on the exciting achievement," Principal Murray said. "ITS recognizes students' skills and involvement in the community, and offers them the opportunity to take on leadership roles to help grow the chapter. ITS is a newer organization at our school, and we are looking forward to seeing the contributions the Society and its members will make in our community."

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The Millis Recreation summer brochure is available at <https://bit.ly/3znNeDL>. Programs include summer preschool, sports programs, a summer concert series, and many other youth, teen and adult programs. Source: [millisrecreation.activityreg.com](http://millisrecreation.activityreg.com)

## Massachusetts has "most safe cities" according to safewise.com

Safewise.com has issued its annual list of "100 Safest Cities in the US."

The top five states with the "most safe cities" are New Jersey, Massachusetts, New York, Ohio,

and Michigan.

Massachusetts has 22 cities on the list including Franklin, Norfolk, and Hopkinton. For the full list, visit <https://bit.ly/3O2LtfF>

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# Medway Call/Volunteer Firefighter Graduates from Massachusetts Firefighting Academy

**David Morine was one of 35 Members of MFA Call/Vol Class #97**

BRIDGEWATER – Derek Morine of the Medway Fire Department is one of 35 recent graduates of the Massachusetts Firefighting Academy Call/Volunteer Recruit Firefighter Training Program, Class #97.

In May, the graduates received certificates of completion at a ceremony held at Bridgewater State University.

The 35 graduates represent the 16 fire departments of Acushnet, Berkley, Chatham, Dartmouth Fire District 1, Fairhaven, Halifax, Lakeville, Marion, Medway, Plympton, Raynham, Rehoboth, Rochester, Truro, Wareham, and West Bridgewater.

“First responders are on the front lines of any crisis and these newest firefighters are needed now more than ever,”

said Deputy State Fire Marshal Fournier, who is the acting MFA director. “The rigorous



**Derek Morine of the Medway Fire Department recently graduated from the Massachusetts Firefighting Academy Call/Volunteer Recruit Firefighter Training Program, Class #97. Courtesy photo.**

training they’ve completed provides them with the fundamental skills and knowledge necessary to protect their com-

munities safely and effectively.”

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Bringing the training closer to firefighters means more can participate and allows them more time to practice training skills with instructors.

The MFA, a division of the Department of Fire Services, has offered the program since 2003. To date, nearly 3,000 call and volunteer recruits have graduated.

A video of the ceremony can be found at <https://bit.ly/39eIdCX>

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## Outdoor Worship & Activities

Millis United Church of Christ will be worshipping outside for the months of July and August, weather permitting. Please bring your own chair or blanket. Folks can sit on the grass or on the more even ground of the parking lot. Both shade and sun will be available. Families with children are encouraged to attend. Several Baptisms will occur over the summer months during worship. Fellowship refreshments are provided after all services.

Sunday School for children entering grade 6 and younger is scheduled for July 24th and August 7th. Other family and children's activities will be occurring throughout the summer. Check out the church's website and the July/August Spire Newsletter for additional information on activities and times.

On June 26th the congregation

celebrated the 26+ years of ministry by their retiring Music Director, Myrna Rybczyk. A music filled worship service and lovely reception were enjoyed by church and community members alike. Several folks shared their gratitude through speeches and gifts. The church is beginning its search for its next music director.

During the month of June, the church had its spire refurbished by Mid Mass Renovating. The carillon continues to share music at noon and 6 PM through the now gleaming white spire.

The congregation celebrated the successful return of the June Flea Market and Craft Fair. Plans are already in the works for next year.

For more information, check out the church's website: [www.millisucc.org](http://www.millisucc.org) and go to the News & Events page.



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# Chameleons UK singer, Mark Burgess and Texas Bluesman, Willie Laws roll into Niagara Coffee Haus this Summer

English rock star, Mark Burgess is best known as the lead singer and bassist of The Chameleons and their hit song, Swamp Thing. Renown for their

View from the Hill is a highly entertaining roller coaster ride of a rock memoir. Moving and hilarious, it is filled with a myriad of music industry anecdotes that

port.

Tuesday, July 19. 8pm. Sponsored by Middlesex Bank.

Purchase your tickets through Eventbrite at <https://bit.ly/3tEAGUO>

The Last Prophet of the Funky Texas Blues, Willie Laws, is no stranger to Millis, known for his legendary shows at the now defunct Jasper Hill Restaurant & Music venue. A U.S. Navy veteran, raised in the Gulf Coast of Texas near Corpus Christi, Laws has traveled the world making music with over 30 years of performances. Deep Deep Well, Black Maria and Devil in my Baby's Eyes are just a few of the tunes you may hear at this long awaited return of the Texas born bluesman. Willie will perform as a duo with Gregg Allman band alumni, Bruce Mattson on keys. Americana blues player, Danielle Miraglia armed with a strong steady thumb on an old Gibson and an infectious stomp-box rhythm opens the evening's festivities.

Friday, August 5. 8pm. Sponsored by Middlesex Bank.

Purchase your tickets through Eventbrite at <https://bit.ly/3tDHbHA>

Don't miss the special pop-up "Community Open Mic" on Thursday, July 21st hosted by Alec Antobenedetto (drummer for Allman Brother's tribute band, The Peacheaters) Anyone interested in performing can sign up at the Niagara door from 6-7pm on night of event only. Show starts at 8pm.

Email [niagaracoffeehaus@gmail.com](mailto:niagaracoffeehaus@gmail.com) for additional info.

Individuals with disabilities, please contact us for seating info. Masking is optional. Visit our Facebook pages, "Niagara Coffee Haus" and "Niagara Coffee Haus Concerts" for regular updates. Doors open at 7:30pm. Location: Niagara Fire House, 8 Exchange Street, Millis, MA 02054.

This series is brought to you in part by a grant from the Millis Cultural Council, which is supported by the Mass Cultural Council. Special thanks to the Millis Historical Commission and Friends of Niagara.



Left, Mark Burgess will perform at the Niagara Coffee Haus on July 19 at 8 p.m. Right, Willie Laws will perform at the Niagara Coffee Haus on Aug. 5 at 8 p.m. Courtesy photos.

atmospheric, guitar-based sound, the Chameleons are regarded as one of the most influential British bands of the 1980s from the Manchester scene with a strong cult following to this day. Also an author, his autobiography, A

will make your jaw drop. Mark continues to tour the world with his impassioned vocal delivery faithful to the original recordings and will be performing solo at this intimate event. Local upstarts, Hobo Coat open in sup-



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Above, Dunkin runs on Medway seniors. These Medway High School seniors are part of the crew at Medway’s Dunkin locations. Below, Congratulations Class of 2022! Thank you for your service – from Medway Dunkin locations. Courtesy photos.



# Medway Community Farm Celebrates Solar Energy Conversion

Medway Community Farm has long wanted to participate in a renewable energy program. The opportunity presented itself when Carol Collord, the president of the farm, attended a webinar on agricultural sustainability in early 2021. The United foundation which had fallen into disrepair years earlier. It had been deemed unsafe but, as luck would have it, was the ideal site for solar panels. It was cleared out of old debris and then filled in with the help of DPW.

With the help of a bridge loan



Courtesy photo, taken by Tim Rice.

States Department of Agriculture and the Massachusetts Department of Agriculture both had grants available for farms wanting to convert to a renewable source of energy. The first grant under the USDA was the Rural Energy for America Program. That grant was awarded in May of 2021. The MDAR grant, the Climate Smart Agriculture Program grant, was awarded five months later in October. With both grants in hand, the farm was able to move forward with the goal of converting to solar.

Tom Emero, of Summit Energy, was the local representative from Medway who helped to guide the farm through the process. The farm needed 52 panels to supply the electrical energy needed to run the organization. That amount wouldn’t fit on the farmhouse roof, so it was agreed that ground panels were the answer. The farm had an old barn from Middlesex Savings Bank, the farm was ready to begin the solar installation in earnest. The panels were installed in May, the permits were obtained, and the farm celebrated the “flipping of the switch” on June 2nd. Todd Sandstrum, the Farm Manager at MCF, noted that this conversion to solar “has started us on a path to sustainability. The carbon footprint in our food system is great, so any change that the farm can make towards carbon neutrality is a positive step forward.” Collord noted that the benefits of converting to solar are numerous, especially to increase the farm’s financial stability as she “wants the farm to be around for generations to come.” Gerry Palano from MDAR acknowledged that the goal of the state is to obtain statewide net-zero emissions by 2050 and the farm, as well as the town of Medway, is 28 years ahead of the goal!

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122 Bellwood Circle, Bellingham

Pending



3 Whitney Rd, Medway

Pending



315 Forest Hills, Boston

Pending



25 Meryl St, Medway

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8 Eastmount Rd, Medfield ★

SOLD



8 Danforth Way, Franklin ★

SOLD




49 Palomino Dr, Franklin

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20 Charles River Rd, Medway

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58 Adams St, Medway

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29 Lovering St, Medway

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19 Cedar Farm Rd, Medway

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# Real Estate Corner

## Register O'Donnell Reports on May Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that the May 2022 numbers relative to Norfolk County recordings indicate a continuing decrease in overall real estate activity compared to the May 2021 numbers but show a significant increase in average sale prices.

"Our data indicates that the Norfolk County real estate numbers in May signal a continued slowdown in the market

compared to 2021 but show a slight uptick from last month," noted Register O'Donnell. "There were 11,556 documents recorded at the Norfolk County Registry of Deeds in May, a 29% decrease from May, 2021 but an increase of 3% from April, 2022".

"The number of deeds for May 2022, which reflect real estate sales and transfers, both commercial and residential, show a slight decrease of 3% from May, 2021 but an increase of 25% from April 2022. Sale prices continue to surge as compared to last year but may be starting to level off. The average sale price in May was \$1,264,350, a 26% increase compared to May 2021 but down 18% from last month. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 22% and up 3% from last month," noted the Register.

Overall lending activity show a continued trend downward for the month of May. A total of 2,283 mortgages were recorded during the month, a significant decrease of 40% compared to a year ago. "It appears that the interest rate increases by the Federal Reserve Board and the fact that many consumers have already refinanced are impacting mortgage activity," noted O'Donnell.

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During May, there were 5 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one more than in May, 2021 and one less than in April. However, there were 21 Notices to Foreclose, the first step in the foreclosure process, recorded in May, up significantly from 14 recorded in May 2021. "The dramatic increase in the number of these notices is alarming.

It indicates that more of our neighbors are facing financial challenges going forward", said O'Donnell. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Register O'Donnell stated, "If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 8% decrease in homestead recordings in May 2022 compared to May 2021 but increased 16% from last month. "The comparison from last May is not too surprising where the sales of homes have started to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," noted O'Donnell. "We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org) to get more information on homesteads and to make sure you have taken advantage of this protection."

Register O'Donnell concluded, "May real estate activ-

ity in Norfolk County continues to show a decline from last year. We still see the increase in sale prices from last year as indicating a continuing lack of available real estate inventory but looking at the numbers from last month, it appears the market may be starting to cool down a bit."

The Registry of Deeds continues to be open to the public for business. Registry personnel are processing in-person recordings as well as electronically filed recordings. The drop-off box located at the main entrance of the Registry building will continue to be available for use by those members of the public who may not be comfortable entering the Registry of Deeds building. The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and from the outside drop-off box at 649 High Street, Dedham, MA."

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

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



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### Medway Market Update

JUN 2021 VS. JUN 2022

61	44
SF Listings YTD	No. of Sold Listings
2021: 76 LISTINGS (↓ 19.7%)	2021: 45 listings (↓ 2.2%)
\$641,275	\$683,127
Avg. List Price	Avg. Sales Price
2021: \$505,068 (↑ 26.9%)	2021: \$530,898 (↑ 28.7%)



12 Juniper Road, Medway



425 Maplebrook, Bellingham



3 Iarussi Way, Medway



5 Independence Lane, Medway



28 Fairway Lane, Medway



27 Causeway Street, Medway



212 Maplebrook, Bellingham



3 Olde Surrey Lane



8 Freedom Trail, Medway



4 Stonyridge, Medway

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# Real Estate Corner

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**CENTURY 21**  
The Real Estate Group

Date	Medway	Amount
06/16/2022	28 Fairway Lane	\$1 mil
06/15/2022	160 Lovering Street	\$825,000
06/14/2022	27 Causeway Street	\$725,000
06/09/2022	30 Broken Tree Road	\$900,000
06/03/2022	11 Center Street	\$680,000
06/01/2022	14 Sanford Street #36	\$325,000
05/31/2022	6 Sterling Circle #12	\$690,080
05/31/2022	58 Adams Street	\$662,000
05/28/2022	12 Sterling Circle #24	\$718,068
05/27/2022	23 Azalea Drive	\$750,000
05/26/2022	20 Charles River Road	\$470,000
05/18/2022	218 Main Street #5	\$517,835

Date	Millis	Amount
06/15/2022	4 Hemlock Circle	\$373,000
06/15/2022	60 Forest Road	\$745,000
06/14/2022	11 Spring Street	\$490,000
06/08/2022	222 Curve Street	\$670,000
06/06/2022	18 Key Street	\$401,000
06/03/2022	42 Acorn Place	\$618,700
06/03/2022	32 Pollard Drive	\$640,000
06/02/2022	15 Bow Street	\$650,000
06/01/2022	41 Acorn Place	\$615,700
05/25/2022	9 Spring Street	\$510,000
05/23/2022	2 Tuckerdale Way	\$560,000
05/20/2022	18 Timberline Road	\$750,000

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

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## Recent Home Sale



18 Timberline Road in Millis recently sold for \$750,000. Image credit: [www.zillow.com](http://www.zillow.com)

<p>SOLD</p>  <p>30 Wellesley Avenue Natick - \$739,000</p>	<p>SOLD</p>  <p>Kensington Place, (Ava Marie Model) Millis - \$519,000</p>	<p>SOLD</p>  <p>10 Sanford Street Hyde Park - \$679,000</p>
<p>SOLD</p>  <p>21 East Street Natick - \$649,000</p>	<p>SOLD</p>  <p>150 Spring Street Millis - \$469,000</p>	<p>SOLD</p>  <p>51 Lincoln Street Natick - \$1,250,000</p>
<p>PENDING</p>  <p>24 Hollis Street Sherborn - \$900,000</p>	<p>SOLD</p>  <p>60 Forest Street Millis - \$749,900</p>	<p>NEW LISTING</p>  <p>32 Stanley Road Medway - \$539,900</p>



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<div>SOLD</div>  <div>\$580,000 200 Pleasant Street, Millis Jennifer McMahon</div>	<div>SALE PENDING</div>  <div>\$849,900 8 Juniper Road, Medway Laina Kaplan</div>	<div>SOLD</div>  <div>\$721,000 348 Plain Street, Millis Jennifer McMahon</div>	<div>NEW HOME LOTS</div>  <div>\$289,900 per lot 3 &amp; 5 Wingate Farm Road, Medway Laina Kaplan</div>	<div>SOLD</div>  <div>\$1,465,000 32 Broken Tree, Medway Laina Kaplan</div>
<div>NEW TO MARKET</div>  <div>\$414,900 889 Mount Hope Ave, North Attleboro Laina Kaplan</div>	<div>NEW TO MARKET</div>  <div>\$519,900 7 Sunset Drive, Framingham Jennifer McMahon</div>	<div>SOLD - BUYER SALE</div>  <div>\$420,000 338 Village Street, Millis Jennifer McMahon</div>	<div>SOLD</div>  <div>\$565,000 2 Neelon Lane, Medway Laina Kaplan</div>	<div>SALE PENDING</div>  <div>\$659,900 28 Cleveland Street, Norfolk Jennifer McMahon</div>
<div>NEW TO MARKET</div>  <div>\$649,900 21 School Street, Plainville Jennifer McMahon</div>	<div>SOLD - BUYER SALE</div>  <div>\$1,005,000 24 Spruce Street, Dedham Laina Kaplan</div>	<div>SOLD - BUYER SALE</div>  <div>\$665,000 244 Orchard Street, Millis Laina Kaplan</div>	<div>SOLD</div>  <div>\$360,000 20 Hemlock Circle, Millis Jennifer McMahon</div>	<div>SOLD</div>  <div>\$376,500 57 Indian Run Road, Bellingham Laina Kaplan</div>

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