

Self-taught bagpiper practices in local cemeteries and tours with national rock band

BY CAROLINE GORDON

On warm summer afternoons, you might find Marybeth Sullivan Dowdell practicing her bagpipes in Millis, Medway, and Milford cemeteries, but you also might find her playing bagpipes around the country with 'Dirty Deeds The AC/DC Experience.'

"I went to a Dirty Deeds concert six years ago," says Dowdell, of Medway. "I asked them why they didn't use a real bagpiper; they had that part synthesized in. They responded with 'Do you know one?' and the rest is history."

She says the band performs a patriotic set before the song "We Salute You" and, in fact, there are a few AC/DC songs that include the centuries-old woodwind instrument.

"We've managed to squeeze bagpipes in a few different times," she said.

Dowdell first became interested in playing the instrument



Marybeth Sullivan Dowdell of Medway taught herself to play bagpipes, now she performs with 'Dirty Deeds The AC/DC Experience'. She is pictured here with Brian Johnson, lead singer of the original AC/DC rock group. Courtesy photo.

when she performed as a singer at funerals.

"I've always loved listening to the pipers that were there."

In 2008, she decided to take lessons after listening to bagpipes

at a friend's wedding in Scotland. Because she was just start-

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Children gone too soon remembered at Children's Peace Garden in Medway

On June 13, 2022, Susan Connolly stood in Choate Park in front of Medway's beautiful new Children's Peace Garden during a dedication ceremony that was not only beautiful and emotional, but was also a surreal moment for Connolly who had an idea to create a Children's Peace Garden in

Medway after she lost her son, Ethan. The following are excerpts from her speech that day.

"Before Ethan died, sadly I could name several other local children that had died. Some I knew personally. While attend-

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BAGPIPES

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ing to learn as an adult, she was told not to pursue her newfound interest but that made her want to do it even more.

Now she tours with an award winning tribute band.

Dowdell continues to play at weddings and funerals but she

also likes to play in private because she finds it relaxing.

“To me, the rock music is fun, but it’s not the same; when you play a fast jig, it’s not relaxing.”

Dowdell said that playing the bagpipes has positively changed her life and has connected her with interesting people and venues. According to www.theacdc-experience.net, upcoming stops

include theatres and amphitheatres, beaches, wineries, fairs and festivals.

She says, “We are playing for NASCAR up in Loudon - in front of 10,000 people. The band is amazing and everyone loves the band, but when I come out playing the bagpipes, people go nuts!”

Medway Police Chief Allen Tingley retires after 45 years



Chief Allen Tingley received his last radio call after more than 45 years with the Town of Medway Police Department. Source: Facebook

First draft of Medway Master Plan

Public comment now open

The first draft of the Medway Master Plan is available at <https://bit.ly/3OgHIqy>.

Public comment is open until September 7.

The Master Plan Committee will review the first draft at its Aug. 22 meeting which will include a mini community forum for the public to provide comments.

Source: www.townofmedway.org

MEDWAY TOMORROW
A MASTER PLAN FOR THE FUTURE

Former Medway Police Chief Allen Tingley retired on July 5 after serving the Town of Medway for more than 45 years.

Tingley started in the department in 1976 as a “police custodian and EMT” and made his way through the ranks before being promoted to Chief of Police in 2007.

His daughters Becky and Susan gave his last radio call during which they relayed a message of thanks for his “loyal and dedicated service to the po-

lice department and to the residents of Medway for the past 45 plus years.”

Chief Tingley responded, “It’s been my pleasure. Thank you everybody for such a wonderful career and be safe out there,” and then signed off one last time to a round of applause.

To watch Chief Tingley’s final radio call, visit the Town of Medway Facebook page at <https://bit.ly/3aRqx0X>

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GARDEN

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ing a support group for bereaved parents, I learned of a similar garden located in Kingston, MA. This, I thought, was a way for all children gone too soon to be remembered.

“I only told a few people including my friend, Tina Wright,

about my idea and she never let me forget. For years, I did not have the capacity or energy to take on a project of this magnitude, but occasionally Tina would ask if I was ready. The answer was ‘no’ until 2017 when a committee of bereaved parents was formed.

“It took us over 5 years of meetings, discussions, voting on ideas, fundraising and Tina

Wright and Paul Mahoney acting as liaisons, coordinating with the town and now it is nearly complete. Nearly complete, because unfortunately there will always be new names to engrave although we all wish that weren’t true.

“One common feeling amongst bereaved parents is they never want their beloved child forgotten. This garden stands as

a place to remember and honor our children. Our hope is others will walk through this sacred place, reflect, and remember our children too. Every engraved brick is similar. It represents that each child matters, is equally loved and honored.

“The garden is heartbreakingly beautiful. Of course, we all wish there was no such thing as child loss and therefore no need for a Children’s Peace Garden. But here we stand before you to witness 27 names engraved so far and sadly more to follow. We plan to have future ceremonies as engraved paver requests are completed.”

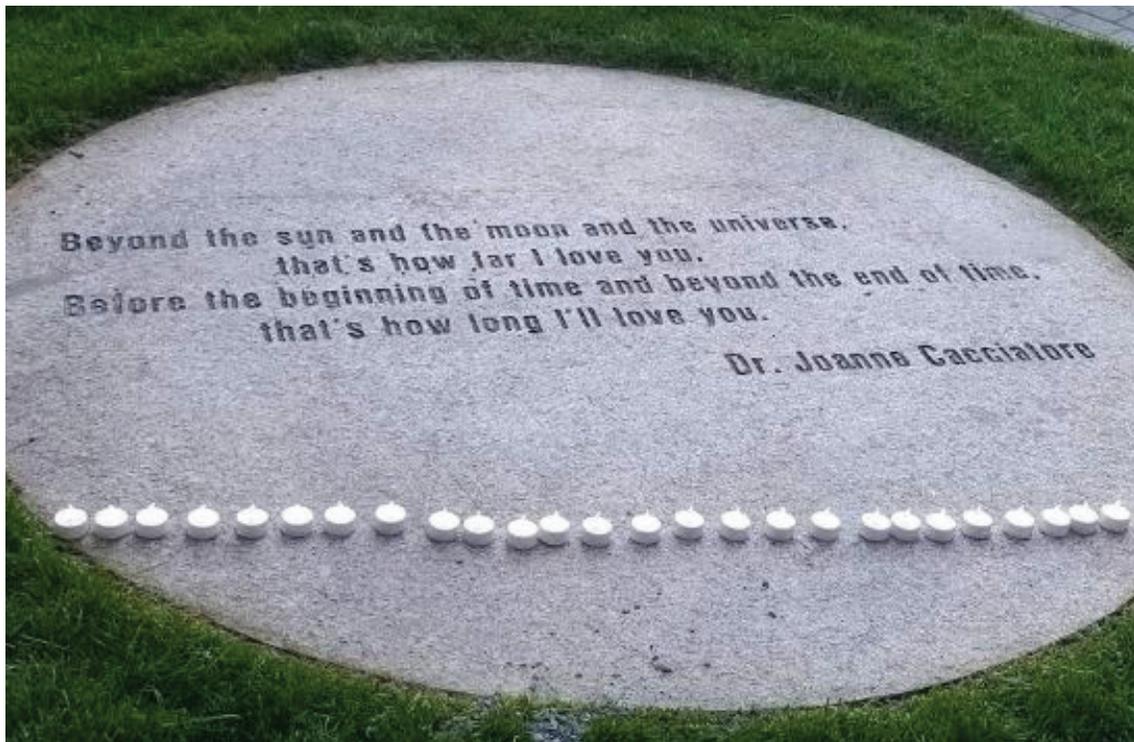
At the conclusion of the ceremony, each child’s name (27 in total) was read and the parents or a family member present, placed a candle on the circular stone in the center.

Susan Connolly is the voice behind a Go Fund Me campaign at <https://www.gofundme.com/f/childrenspeacgarden>, the Peace Garden emails, and one of the voices behind the Facebook page (@medway’schildrenspeacgarden)

Thank you to generous contributors

At a ceremony at the Children’s Peace Garden in Medway, organizer Susan Connolly thanked the following generous contributors...

“We would also like to extend our gratitude to the Town of Medway for allowing us to utilize this beautiful spot in Choate Park. We recognize their help, specifically the Town Manager Michael Boynton, the Parks Commission, and Pete Pelletier, Medway’s DPW Director as well as his entire team; DPW parks division in coordinating the project, prepping the land and for being the landscaper caretakers of the garden. Our sincere gratitude extends to R. P. Marzilli Landscaping. A special thank you to Christine & Bob Marzilli’s generous donation and for working within a tight budget to design and complete this garden. The team at Marzilli landscaping were thoughtful and considerate throughout this project. And of course, thank you to all those who donated. This garden exists because of the generosity of all of you and we thank you.”



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Millis Girl Scout earns prestigious Girl Scout Gold Award

Girl Scout Emma Barry of Millis has earned the Gold Award for her work bringing awareness to the negative effects of automobile idling on the environment, as well as the state laws enforced to prohibit it. She presented information to varied community groups, including an assembly of students, a parents' group at her school, and many community days in her town. Emma connected with the Sustainable Medfield Group to include her project as a community-wide "take action" project to encourage the reduction of CO2 emissions in their town.

The Gold Award is the highest achievement a Girl Scout can earn, available to girls in high school who create sustainable change on a community or world issue, from teen nutrition to literacy development in youth. Gold Award Girl Scouts address the root cause of a prob-



Girl Scout Emma Barry of Millis earned her Gold Award for raising awareness to the negative impacts on the environment of automobile idling. Courtesy photo.

lem, plan and implement innovative solutions to drive change, and lead a team of people to success.

Girls Scouts of Eastern Massachusetts, the largest girl serving organization in Massachusetts and 10th largest Girl Scout council in the United States, is celebrating the 2021-2022 class of Gold Award Girl Scouts: over 60 teen world-changers in Eastern Massachusetts who invested over hundreds of hours creating lasting impact on issues important to them. As they take action to transform their world, Gold Award Girl Scouts gain tangible skills and prove they are the leaders our community and world need.

For more information on Girl Scouts of Eastern Massachusetts, please visit their website, www.gsema.org, or follow their social media channels, Instagram, Facebook, Twitter, and LinkedIn, for the latest updates on the organization.

Medway Weekend Grocery Program Fills Close to 750 Orders for Local Families Since October Launch

Superintendent Armand Pires, Director of Wellness Dr. Ryan Sherman and Medway Village Church Food Pantry Director Susan Dietrich are pleased to share the success of the Weekend Grocery Program, a partnership between the district and food pantry.

The Weekend Grocery Program is an evolution of Medway's Weekend Backpack Program, which began in 2019 and provided drawstring bags of non-perishable items for students to take home for the weekend. When the COVID-19 pandemic began in 2020, volunteers were unable to be in person to help pack the bags, and the USDA began providing meals for families, which filled the need for the backpack program.

This school year, the USDA continued to provide free lunches for students, but did not provide food for the weekend. As a result, Director Dietrich and Dr. Sherman revamped the backpack program, launching it as the Weekend Grocery Program in October 2021. The Weekend Grocery Program is an extension of the Medway Village Church Food Pantry, a private, non-profit group which is a member agency of the Greater Boston Food Bank.

The program was able to use grant funding to purchase a refrigeration unit this year and began offering perishable items and household items, in addition to nonperishable items. Families can receive perishable items and meal staples, such as milk, eggs,

butter, cheese, cereal, pasta, pasta sauce, oatmeal, soup and more, as well as household essentials including dish soap, laundry detergent, paper towel and toilet paper.

"The Weekend Backpack Program served our elementary students well with a selection of snacks and other items, and we were fortunate to be able to build upon the success of that program and expand the nutritional and essential items we can offer to both students and their families," Dr. Sherman said. "We are grateful to the Medway Village Church Food Pantry and Greater Boston Food Bank for their continued partnership and dedication to helping us meet the needs of our district's families."

The Weekend Grocery Program has filled almost 750 orders, or over 2,000 bags of groceries, and fed more than 2,800 individuals, 45% of whom were children this school year. The number of weekly orders filled has grown throughout the school year ranging from 11-16 orders per week in the fall, and climbing to 27-33 orders per week in the spring.

"When we first launched this program in late October 2021, we didn't know quite what to expect," Director Dietrich said. "By January, we were receiving an average of 30 customized orders every week, with roughly 75% of families choosing home delivery, and we knew we had found a way to meet a need in our community."

An order form is emailed to Medway Public Schools families each week, and families in-

terested in receiving up to three full bags of groceries fill out the order form to choose their items for that week. Volunteers, along with Director Dietrich and Dr. Sherman, then pack groceries based on the submitted order forms each week. Families are able to visit the food pantry to discreetly receive their groceries, or have the groceries delivered to their home by volunteers.

Today, Thursday, June 16 is the last weekly distribution date for the school year. The program will continue over the summer by offering distributions twice in July and twice in August. Families must have students enrolled in the Medway Public Schools system in order to participate in the program.

"This program has been a collaboration between the Medway Public Schools, the Greater Boston Food Bank, the Medway Village Church Food Pantry, and dozens of volunteers who packed and delivered almost 750 orders this school year," Director Dietrich said. "I am truly grateful for all the support and am already looking forward both to the summer and the coming school year."

For those who do not qualify for the school program, the Medway Village Church Food Pantry, 170 Village St., is open Saturdays from 8-10 a.m., and the Medway Food Pantry at Mahan Circle, 600 Mahan Circle, is open Tuesdays and Thursdays from 9-11 a.m. Both pantries serve any Massachusetts resident in need with no pre-qualifications.

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Medway High School Students Demonstrate Innovation and Problem-Solving at Showcase Event

Principal John Murray is pleased to share that Medway High School students had the opportunity to showcase their hard work on several projects during an Innovation Showcase before the end of the last school year.

Several Medway Public Schools staff members and guests visited Medway High School Tuesday to view student projects and act as judges.

A total of eight projects were on display in the high school's library for judging. Other projects represented by various Medway High School STEM courses were also available for viewing.

The students who worked on each competing project first pitched their project to the judges through a "Shark Tank" style format, trying to convince the judges in two minutes or less to invest in their project. The pitches were scored on their ability to convince, make the judges want to know more and persuade the judges to want to invest.

After, judges were able to view each project and ask students questions about their process and final product. The teams were evaluated on how well they defined and researched their problem and developed clear objectives; how well they designed a prototype, communicated the construction process, tested their prototype, acknowledged shortcomings and discussed next steps; and how well they presented their project, used effective visual aids and responded to questions posed by the judges.

"The project presentations were the culmination of several months of work by each student team,

and it was great to see it all come together at the Innovation Showcase," Medway High School science and engineering teacher Jon Jasinski said. "I would also like to thank our judges who took time out of their day to hear about the teams' considerations and efforts that led them to their solution, and provided valuable feedback."

Allie Eddy, Amy Johnston and Anna Longval created the Medway Menu, an app that helps students with food allergies determine what they can eat for lunch in the Medway Public School system.

Hallie Nisbet, Olivia Killman and Mattie Williamson created a Diabetes Bracelet, a device that masks embarrassment of managing health conditions to help children with diabetes not feel as if they are different from their peers in a school setting.

Caroline Calnan, Paige Dwyer and Rayah Vasko created a Wellness Journal to help individuals struggling with nutrition and lifestyle choices by allowing them to track habits without judgement through a wholistic journal that looks at the big picture rather than just calories. It is designed to aesthetically and encouragingly track the user's personal progress.

Paige Diminico and Isabella Fasolino created Communication Cards to help nonverbal children on the autism spectrum communicate in a school setting through the use of real-life pictures.

Hannah Marsh, Meghan Coakley, Khushboo Patel and Erin Shupos created the Dehydration Dino to help children manage their hydration level by providing an easy

way to test dehydration through skin turgor, or the skin's elasticity.

Jenna Rankin, Tony Morris and Jared Hultstrom created the Vita Ring, helping people living with Sickle Cell Anemia establish a level of comfort by updating them on their blood oxygen levels, reducing response times and helping to quickly get needed medical attention.

Carter Pomponio, Pedro Tose and Ian Khoo created Dextend, a flexible and adjustable desk that gives students a larger space for learning, allowing them to learn comfortably and focus on their tasks.

Addison Thompson and Jake Shaughnessy created the Baking Buddy, helping professionals and home bakers optimize prep times and reduce mess by providing a more efficient way of measuring ingredients.

Following the presentations, the judges submitted their scores on the students' pitches and project presentations. Dextend was awarded first place, the Diabetes Bracelet second and the Wellness Journal third. Dextend also won the pitch contest. The winning teams were each awarded medals.

"It was great to see the Innovation Showcase expanded this year to include more teams and projects that also covered English-Language Arts, government and wellness," Principal Murray said. "It's exciting to see what real-world problems the teams choose to pursue each year and the unique solutions they develop."

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Medway High School Seniors Complete Paid Internship Program in Education

Medway High School Principal John Murray is pleased to share that several seniors completed a paid internship program this year giving them real-world experience in education careers.

Through the High School Senior Internship Education Project (HSSIEP), seniors interested in pursuing a career in education had the opportunity to take part in work-based learning experiences.

A total of 16 seniors participated this year and worked with teachers and students in grades pre-K-5 at Burke-Memorial Elementary, McGovern Elementary, Medway Middle School and the daycare program.

During their study blocks, the participating students went

to their assigned school and worked as teachers' aids in the classrooms. They assisted by providing academic support in areas such as math and in reading circles, providing social support, mentoring and tutoring, and monitoring lunch and recess.

The HSSIEP is a program of the state Department of Elementary and Secondary Education. Earlier this year, the Baker-Polito Administration awarded over \$5 million in grants to 15 MassHire Workforce boards to support and pay seniors participating in the program.

The program aims to help accelerate the growth of the teacher pipeline in Massachusetts with a particular focus on increasing diversity, as well as

improving educational outcomes for underserved students — particularly younger learners — due to the pandemic.

Medway High School also offered the opportunity during the 2020-21 school year during which seven seniors participated.

"It was great to see the growth of the program from last school year to this school year and to have twice as many seniors working with teachers and students in our other schools," Principal Murray said. "This program is a valuable opportunity for seniors to explore education-related career pathways and to have real world experiences built into their school day."

Native American & Indigenous Peoples National Heritage Commemoration Day committee formed

BY CAROLINE GORDON

The Medway Select Board voted unanimously to appoint four members to a steering committee for the town's "Native American & Indigenous Peoples National Heritage Commemoration Day" to occur this fall.

Members appointed by the board at its June 22 meeting include Liam McDermott, Michael Regan, Joanne Phillips, and Rebecca Purcell.

In his letter of interest, McDermott said, "I believe that taking this positive path and voice for indigenous members of our community to be celebrated, and that true customs, language, and music shared in educating our neighbors would be a positive decision."

Purcell, a 34-year resident of Medway, was interviewed at the June meeting. The other candidates had been interviewed previously.

"I went to school here, grew up here, now I have four kids in the schools. I am a nurse by profession but I have an interest in history," she said. "In school, I had a lot of fun doing projects on Native American History. Some of my kids are getting into that now - I enjoy seeing what they're learning about."

Crowley said the committee should get together soon, elect a chairperson, "and be off and running."

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Overdue Change Coming To Massachusetts Estate Tax Laws

On July 15, the Massachusetts House unanimously passed a \$4.2 billion economic development bill that will have significant impacts on residents' wallets.

Lawmakers put a lot in the bill, including a \$500 million tax relief package which raises the child tax credit to \$310 per child (and eliminating cap), raises the rental deduction cap to \$4,000, and ups the estate tax threshold from \$1 million to \$2 million.

Catch that last part? Let's review why it's important.

Estate tax is owed on net value of the estate of a deceased person before distribution to non-spousal heirs. Think real estate, investments, IRAs, small business, life insurance proceeds, personal property etc. minus liabilities.

For 2022, the federal estate tax exemption is \$12.06 million, meaning amounts MORE than \$12.06 million are subject to the federal estate tax unless otherwise excluded (i.e. gifting). For most, there's little concern of having a life's work of earning, planning and saving being taxed upon death by the federal government.

Not the case with Massachusetts.



Glenn Brown

To begin, only 12 states in U.S. have estate taxes, with Oregon and Massachusetts currently at the lowest (worst) thresholds of \$1 million. Consider neighbor Connecticut is \$5.1M. Where Massachusetts currently takes a dubious lead is once an estate is valued over \$1M, the entire amount is subject to a graduated tax rate starting 0.8% up to 16%. For example, at \$1,000,001 an estate is writing Massachusetts a ~\$36,500 check, at \$2M ~\$99,600, at \$3M ~\$182,000 and so on.

How quickly can one's net value (assets minus liabilities) es-

tate exceed \$1 million? Consider the median single-family home sale price in Massachusetts hit \$590,000 in May, and it was higher in Middlesex County at \$800,000.

What now?

Given changes were proposed by Governor Baker with bipartisan support in January and now part of a larger bill, it's expected to pass before legislation session ends July 31. More details to come, but we know the new Massachusetts estate threshold will start at \$2,000,001, with first \$2M no longer taxed.

Things to consider:

Know your net worth. While grandma living in a Massachusetts house with no mortgage and a few CDs finally gets a pass, what if she also has investments held for years or a lakehouse?

And what of your net worth? Add up 401ks, life insurance and AD&D proceeds, small business equity, savings, real estate minus liabilities. Are you over \$2 million or will be in time?

Connect with an estate planning attorney. New laws and life events are opportune times to connect as well as provide an updated net worth and review process. Also remember, revocable

living trusts bypass probate but not estate tax laws.

Plan to be agile in retirement. Connection to seasons, family and friends can be strong in Massachusetts. However, proper planning can create alternatives for residency in 38 states and no longer deal with state estate tax (or 5% income tax either).

As a fiduciary, it's a responsibility to educate on the possibilities for those interested.

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

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

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Fall Festival at the Farm

Mark your calendars, Medway Community Farm's Fall Festival will be held on Sunday, Sept. 18, from noon to 4 p.m.

The Farm welcomes everyone to attend and there will be loads of fun for the entire family.

Hay rides, pumpkin patch, local beer tasting, kid's activities, food tent, music, local artisans, vendors, and more.

Feel free to bring blankets/chairs to make your time at the Festival more comfortable.

For more information, visit www.medwaycommunity-farm.org

Hope to see you all there!



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Seeking Visual and Performing Art submissions

The Millis Cultural Council is seeking submissions for its upcoming Annual Visual and Performing Arts Exhibit to be held on Saturday, Sept. 10 (rain date Sept. 11) from 1 p.m. to 4 p.m. at the Millis Public Library (961 Main Street) and the Niagara Fire House (8 Exchange Street).

Artists of all ages and talent levels are welcome to exhibit their work. To sign up, complete the form at <https://bit.ly/3PflvHS>. Forms are due by Friday, Sept. 1.



Medway FY23 water rates increase, sewer rates stay the same

Water rates increase \$150 to \$450 per household

By CAROLINE GORDON

The Medway Select Board discussed water and sewer rates during a meeting on June 22: Sewer rates will stay the same but water rates will increase.

Director of Medway Public Works Department Pete Pelletier said the projected FY23 water and sewer rates are similar to the rates estimated last year, as there is a 12.9 percent projected increase.

“The sewer rates will stay the same and we’re projecting the same kind of revenue and retained earnings we have done in the past,” Pelletier said.

Select Board Vice-chair Glenn Trindade said, “People

will see this gradual increase to now reflect the dramatic improvements we are making to our water infrastructure...Eight, nine, or ten years ago, there was a major upgrade made to the plant and we did have an increase at that time. On the water side, it’s the exact opposite as we just started construction of the new water treatment facility.”

Select Board Chair Dennis Crowley said the construction of the water treatment plant is \$30 million. The town has received \$5 million in grants, and Medway’s 3,760 water users will pay the remaining \$25 million over the span of 30 years.

Crowley said, “Quite frankly,

there wasn’t much we could do about not building a water treatment plant. We were getting ourselves in a position that if we didn’t do it, the state was going to force us to have to do it.”

Residents can expect to see an increase between \$150 and \$450 in their annual water bill.

Select Board member Todd Alessandri asked if the rate increase reflects the increase in water users at the two large projects currently being built in town.

Pelletier said, “Not entirely, but the idea is that we are anticipating those numbers are going to be higher because of those buildings, especially 39 Main Street, so that’s going to help us with our retained earnings.”

MERIT Haunted Hayride

Scare volunteers needed

The MERIT Haunted Hayride will take place on Oct. 15 at Tangerini’s Farm in Millis.

Low spooky times will be from 5 p.m. to 6:30pm, and high spooky times will be from

6:30 p.m. to 9:15 p.m.

Tickets will be \$10 each and will go on sale on Oct. 1. For more information, visit <https://www.facebook.com/MERIT-mil>

MERIT is looking for a few new additional groups to volunteer as Scare Stations during our Haunted Hayride. For

more information, contact: Shayna Canestrari 781-727-7055 or Lisa O’Neill 617-694-9957.

MERIT (Millis Educational Resource Initiatives Team) is a nonprofit organization. MERIT’s Mission is to award grants in the Millis School District to fund educational tools that are not typically provided by the district’s budget.

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Local Prevention Coalition Speaks Out about Pending JUUL Ban

The FDA ordered JUUL nicotine vaping products to be taken off the market in the US on Thursday, June 23rd. While a court has temporarily halted the ban for JUUL to appeal the FDA decision, a local prevention group speaks up about the pending ban.

'SUP Medway, a community prevention coalition, applauds the FDA's decision to ban the sale of JUUL products since the JUUL brand is viewed as largely responsible for initiating the trend of youth vaping causing nicotine addiction among an alarming percentage of middle and high school students nationwide. In Medway specifically, the percent of high school students using electronic nicotine products (also known as vapes or e-cigarettes) nearly doubled from 2016 to 2018 (16% and 31% respectively) according to youth survey data called the MetroWest Adolescent Health Survey (MWAHS). The 'SUP Medway coalition assessment is finding that youth vaping remains an issue and that local youth are still using flavored products despite

state laws banning the sale of flavored e-cigarettes in Massachusetts and Rhode Island. The coalition's next step is to explore how youth are accessing flavored products by conducting youth focus groups in September. In the meantime, the public may report illegal sales of flavored nicotine or tobacco products to the Massachusetts Attorney General through the Mass.gov website <https://bit.ly/3nYB916>

In addition to policies and reporting illegal sales to slow the youth vaping epidemic, parents and caregivers of youth can play an important role. Even if you do not think your child uses nicotine or tobacco products, talk early and often about your expectations for them to not vape or smoke. The 'SUP Medway coalition advises parents and caregivers to be on the lookout for vaping equipment that can often look like pens or a flash drive. Other signs of vaping are a sweet smell in the air and an increase in your child's thirst or increased nosebleeds. If you suspect they may vape, show concern and provide them sup-

port to quit such as having them list reasons to quit, determine alternatives to cravings like gum or breathing exercises, and provide them resources.

Nicotine found in many vapes is highly addictive. Teens may experience withdrawal symptoms or switch to traditional combustible cigarettes to meet their cravings for nicotine. Nicotine withdrawal symptoms can include irritability, headaches, increased anxiety, or feeling down. Quitting vaping is possible with resources and caring support.

Free, confidential coaching support for teens available at mylifemyquit.com or by texting "Start my quit" to 36072. For parents/caregivers who are supporting a teen to quit, there is free guidance by texting "QUIT" to (202) 899-7550.

For additional resources and to learn more about Medway's substance use prevention coalition, visit the website, www.SUPMedway.com.

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Latin Balladeer, Gian Carlo Buscaglia floats into Niagara Coffee Haus

The Case of the Serendipitous Serenader. The Niagara Coffee Haus welcomes Gian Carlo Buscaglia on Friday, September 2. GCB plays old school songs from Latin America with a showman's zesty flair. Starting as a troubadour in the streets of Harvard Square at age 19, his repertoire includes ballads, the romantic strains of pre-Revolutionary Cuba familiar from the Buena Vista Social Club, and the

social justice tunes of the New Song movement. Despite his extremely Italian name he does not hail from Rome, Abruzzo or Venezia. "I am from the Future Republic of Puerto Rico," Gian Carlo says. "I sing in Spanish, I accompany myself on the guitar and since I've been here for so many years, the nuances of both cultures are in me and I use that as a tool to break barriers between cultures." Pop's Washtub

Band opens in support.

Friday, September 2. 8pm. Sponsored by Middlesex Bank.

Purchase your tickets through Eventbrite:

<https://www.eventbrite.com/e/gian-carlo-buscalia-tickets-385178829247>

Don't miss Texas blues prophet, Willie Laws on Friday, August 5th at 8pm and our special pop-up Community Open

Mic on Tuesday, August 16 hosted by the inimitable Dwayne Haggins. Anyone interested in performing at the open mic can sign up at the Niagara door from 6-7pm on night of event. Free for performers, \$5 for patrons. Show starts at 7pm.

Email 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. 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.

Bethany House Holiday Extravaganza Sale

Get an early start for the holidays (Halloween, Thanksgiving, Christmas). Huge selection of decorations, gifts and more at incredibly low prices! Saturday September 10, 2022, 10 a.m. – 4 p.m., St Thomas Hall 974 Main Street (Route 109), Millis. (Park across the street).

Bethany House is 501c3 organization whose mission is to create a compassionate, and healing environment of hope for all who are in need. We provide physical, emotional, and spiritual support for all people who may be facing challenges in life, especially those impacted by the harsh realities of homelessness and prison.

Questions please call Bethany House at 508-376-9923.

Outdoor Worship at Church of Christ Millis

The congregation at Millis United Church of Christ is enjoying their outdoor worship and activity schedule. Each Sunday, the community gathers for worship and fellowship on the back lawn of the church surrounded by the sights and sounds of nature. All are welcome. Feel free to bring your own chair or blanket; dress is casual.

August 7th will feature special outdoor children's programming.

August 14th will include an infant baptism.

August 28th will include the Blessing of the Backpacks for children and teachers as Millis schools begin their academic year that week.

Monday, August 22nd at 7:30 PM will be the monthly

Healing Prayer gathering.

The church is interested in supporting budding musicians. If you or someone you know would like the practice of performing or accompanying in front of a group, please contact the church office: millisucc@msn.com 508-376-5034. For more information on upcoming events, check out the church website www.millisucc.org.



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Two Medway firefighters graduate from Firefighting Academy



Michael Goss, left, and Morgan Dunn are recent graduates of the Massachusetts Firefighting Academy and are members of the Medway Fire Department. Source: Department of Fire Services

The most recent graduating class of the Massachusetts Firefighting Academy included two members of the Medway Fire Department, Michael Goss and Morgan Dunn.

Goss and Dunn were part of graduating class #302 which included graduates representing the fire departments of Arlington, Attleboro, Chelsea, Concord, Fitchburg, Lexington, North Andover, Tewksbury, Waverly, and Westwood.

"First responders are on the frontlines protecting their communities, and these newest firefighters are needed now more than ever," said State Fire Marshal Ostroskey. "The rigorous professional training they've received provides them with the physical, mental, and technical skills to perform their jobs effectively and safely."

Video of the ceremonies can be found on the Department of Fire Services' YouTube channel.

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.

Business spotlight

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, 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.



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Living Healthy

A Look at EVO Visian ICL

An Evolution In Visual Freedom

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

Myopia (or nearsightedness) is the most common ocular disorder worldwide and its prevalence is increasing rapidly. An estimated 30% of the world's population, or 2.6 billion people, have myopia and this number is projected to rise to 50% of the global population by the year 2050. For many people, contact lenses and eyeglasses can be inhibiting, especially for those who seek visual freedom. While available in Europe, Asia, and the rest of the world, the EVO Visian ICL lens is now FDA approved in the United States and can offer a new solution for those who seek sharp, clear vision and want to break free from the limitations and inconveniences of contact lenses or eyeglasses. Over 1,000,000 EVO ICL lenses

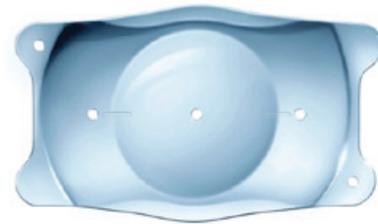
have been implanted around the world. If you are seeking a vision solution that will put an end to the hassle and ongoing cost of glasses and contact lenses, the EVO ICL may be right for you.

What is the EVO ICL?

EVO ICL is a microscopic lens made of collagen that is implanted by a surgeon so you can reduce your dependence on glasses and contacts. The ICL (implantable collamer lens) is made of collagen so you can't feel it or see it in the mirror, and it's in sync with your body chemistry so your immune system doesn't even know it's there. EVO ICL's are for those who want to see better without glasses and contacts, even if they've been told they can't have LASIK. Not a LASIK candidate? Not a problem for EVO.

EVO ICL Visian

The EVO procedure is different from other vision correction options, like LASIK. The EVO lens is additive; meaning, it is added to the eye and doesn't remove corneal tissue. The EVO procedure involves implanting (or adding) a biocompatible, flexible lens made from Collamer® into the eye between the iris (colored part of the eye) and the natural lens to correct vision. The EVO lens works in harmony with the natural eye while delivering sharp, clear vision, excellent night vision, UV protection, and does not cause dry eye syndrome. The EVO Visian ICL lens can permanently correct vision without removing corneal tissue and, if desired, is removable by your surgeon- so reversible- for added peace of mind. Compare this to LASIK which is not reversible. It gives the patient flexibility for the future while helping to eliminate



dependency on glasses and contact lenses now.

In the US FDA study the average vision result was better than 20/20. Some would call that "supervision". An astounding 99.4% of patients in a recent study said they would do it all over again, no regrets. It's the night vision quality and contrast sensitivity that really sets the EVO ICL family of lenses apart. Most patients typically say this is the best vision they've ever had, so there's no compromise in vision clarity just to be able to see without glasses and contacts. On average, the unaided vision with EVO ICL is demonstrably better than what was produced with glasses and contacts in the past. LASIK may have more name recognition, but EVO is a great solution for patients who have thin corneas, dry eyes, and/or high levels of nearsightedness or who simply do not want to risk the side effects of LASIK, like dry eyes, night vision problems and risky weakening and thinning of the cornea.

EVO Visian ICL Benefits Can Include:

- Sharp, clear vision
- Works in harmony with natural eye
- Removable no reversible if there is a need to reverse
- No removal of any cornea

tissue so corneal weakening like LASIK

- Excellent night vision
- UV protection
- Does not cause dry eye syndrome
- Great for thin corneas
- Option for patients with moderate to severe nearsightedness
- Quick procedure; little down time
- Proven, time-tested procedure for more than a decade

Who is a good candidate?

The EVO Visian ICL Lens (EVO) ideal candidates are between the age of 21 to 45 and have moderate to high nearsightedness. It can safely and effectively correct nearsightedness between -3.0 D to -15.0 D, the reduction in nearsightedness up to -20.0 D and treatment of astigmatism from 1.0 D to 4.0 D. If you have nearsightedness within these ranges, EVO Visian ICL surgery may improve your distance vision without eyeglasses or contact lenses.

How it works

The EVO Visian ICL lens is made from Collamer, a collagen co-polymer that is proprietary to STAAR Surgical. Collamer is biocompatible, stable, and flexible, thus making it an ideal lens material for the eye. The EVO Visian ICL lens is slightly smaller than a typical contact lens and is implanted in the eye between the

EYES

continued on page 13



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Living Healthy

Family Promise Metrowest welcomes LIFE family coach

The Family Promise Metrowest LIFE program has experienced incredible growth over the last few years. From its first full year of operation in 2018, when it served 14 families, it has expanded dramatically, helping 37 families in 2021 avoid housing loss and shelter entry. All of this growth has been under the experienced and compassionate oversight of our program coordinator Eliz. But with last year's jump in numbers, it was clear that we needed to expand her team.

FPM is thrilled to announce the addition of Cristina "Crissy"



Carrion to our program staff as our brand-new LIFE Family Coach. Crissy is a graduate of Northeastern University with a background in Criminal Justice, and is now working toward her AA in Human Services, which she will complete in 2023. After working a year in the criminal justice system, Crissy decided to pursue a career shift. Now a seasoned case manager, she finds fulfillment in working with families in need to secure continuity of resources and support for them.

"I am very excited to join the

Family Promise team," Crissy says. "They have considerable opportunities for continued

growth and I look forward to bringing my experience to the organization."

EYES

continued from page 12

iris (colored part of the eye) and the natural lens to correct vision. The EVO Visian ICL procedure is a 12-minute outpatient procedure per eye with quick recovery and little downtime typically. The EVO Visian ICL procedure does not require the removal of any corneal tissue thus it is even suitable for patients with thin corneas. Following the procedure, many patients notice an immediate improvement in vision.

Global history

While the EVO Visian ICL lens is new in the US market, it has been approved and mar-

keted throughout Europe, Asia, and the rest of the world. Over 1,000,000 EVO ICL lenses have been implanted around the world.

About us

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We have surgical results that rival those of major centers in Boston- we can prove it. Dr. Kaldawy is an experienced surgeon who has performed over 20,000 intraocular surgeries. We are happy to offer you this implant if you are a good candidate and if your glasses prescription

starts at -3.00 Diopters. We believe this implant is a great alternative to LASIK even at lower refractive errors. A real evolution in visual freedom. Choosing EVO ICL may be one of the best decisions you will make in your life. Call for an appointment.

For more details, see our ad on page 12.

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Exsultet! auditions

Do you love to sing? Then we would love to meet you! Exsultet! has openings for singers for the 2022-2023 season. Our next round of auditions will take place on Monday, August 29 at 7:30 pm at First Congregational Church, 725 Washington Street, in Holliston.



Exsultet! rehearsals for the 2022-2023 Season will be on Mondays from 7:00-9:00pm in preparation for our fall concerts: December 3 and 4, 2022.

To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet.

Come prepared to sing, laugh, and have fun!

Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and

to schedule a more specific audition time.

Visit our audition FAQ to learn more about the audition process.

Exsultet! is a fun-loving, women's choral group made up of about sixteen musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures and incorporates readings and poetry into our performances.

Courtesy photo

Millis resident graduates from Dedham Country Day School

Millis resident Alyssa McGuirl, daughter of Jennifer and Gregg McGuirl, graduated from Dedham Country Day School during Closing Exercises held on June 9.

Alyssa will attend Thayer Academy in the fall.



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Senate Passes Animal Welfare Legislation

(BOSTON – 07/11/2022) The Massachusetts State Senate on Monday passed three bills which promote animal welfare. S.2994 An Act protecting the health and safety of puppies and kittens in cities and towns ensures the safety of puppies and kittens during breeding, sale, and boarding. S.2992 An Act Protecting Research Animals, previously passed by the Senate in 2018 and commonly known as the ‘Beagle Bill’, encourages research facilities that use dogs and cats to offer these animals up for adoption after finishing research, rather than automatically euthanizing them. Finally, S.2993 An Act further regulating the enforcement of illegal hunting practices takes measures to discourage the illegal hunting and sale of game animals, including endangered species.

“As a lifelong animal lover and owner, I am acutely aware of the importance of protecting the Commonwealth’s animals, whether in our homes, in kennels and shared facili-

ties, or in nature,” said Senate President Karen E. Spilka (D-Ashland). “I am also grateful for the advocates and Senators who worked to get these bills to the Senate floor. Thank you to Senators Chandler and Rodrigues for working to protect the puppies and kittens of the Commonwealth, to Senators Lovely and Tarr for continuing to lead on pushing for the Beagle Bill, and Senator Moore for your work to strengthen poaching regulations.”

“The passage of these bills today is reflective of our commitment to ensuring animal welfare, protecting dogs, cats and consumers, and further regulating the enforcement of illegal hunting practices that threaten the welfare and conservation of native species important to our ecosystems and economy,” said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. “I want to thank the Senate President for prioritizing these bills, along with Senators Chandler, Moore, Tarr and

others for their strong advocacy in support of protecting our animals and wildlife native to our Commonwealth.”

“I am proud the Massachusetts Senate passed legislation prioritizing the protection of animals across our Commonwealth,” said Senator Joan B. Lovely (D-Salem), Senate Chair of the Judiciary Committee. “The Beagle Bill will give research dogs and cats a second chance at life and bring Massachusetts in line with other states across our nation. We owe so much of human advancement to the service and sacrifice of these animals, and they deserve to be loved and cherished after a job well done. I am also pleased that the Senate passed bills that will protect local wildlife by preventing poachers from hunting, as well as to safeguard the health and safety of puppies and kittens in kennels and boarding facilities. Thank you, Senate President Karen Spilka, Chair Michael Rodrigues, Senate Minority Leader Bruce Tarr, and President Emerita Harriette Chandler for taking

a stand to protect and advance the well-being of beloved animals and pets throughout Massachusetts.”

“This bill has the potential to truly protect the wellbeing puppies and kittens in the Commonwealth, who will otherwise suffer without clear, mandatory regulations on their purchase, storage, and caretaking. I am proud that the Senate passed this legislation,” said Senate President Emerita Harriette L. Chandler (D-Worcester), lead sponsor of the bill on safeguards for puppies and kittens.

“The ‘Beagle Bill’ will facilitate new relationships between research laboratories and non-profit animal rescue organizations which in turn will give these creatures a chance of life after the lab with a Massachusetts family,” said Senator Bruce E. Tarr (D-Gloucester), Senate Minority Leader and lead sponsor of the Beagle Bill. “The Senate has taken the humane and right actions on these animal welfare bills and I look forward to the Governor signing them.”

“As a former Environmental Police Officer, protecting animals has been one of my life’s missions. The passage of these three bills is great news for pets and wildlife in our state,” said Senator Michael O. Moore (D-Millbury), lead sponsor of the bill on illegal hunting. “The strong language of my anti-poaching legislation will go a long way toward protecting the Commonwealth’s wildlife, marine life, and ecological systems, while ensuring those who wish to do harm to these fragile populations face consequences regardless of their home state. The protections provided by the other two bills passed today will ensure cats and dogs are treated humanely at every stage of their lives here in Massachusetts. I want to thank my colleagues, Massachusetts Senate Leadership, and the countless dedicated activists and volunteers who made this huge step forward in animal welfare in the state of Massachusetts possible.”

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Sports

Medway QB Frauton Is Special In So Many Ways

BY KEN HAMWEY
STAFF SPORTS WRITER

Luke Frauton will be starting his second season as Medway High's quarterback next month and, although the Mustangs are a young football team, they'll have a dynamic captain competing at a key position.

The 18-year-old Frauton is special. Very special.

The 5-foot-10, 160-pounder is a three-sport athlete, a rare commodity in today's athletic culture that seems to focus on specialization. He's also a captain in baseball and very likely could be named a captain in hockey when the winter season arrives.

The positions Frauton plays in each sport are not only high profile, but also high-pressure posts. He's a quarterback/cornerback in football, a center in hockey and a pitcher/centerfielder in baseball.

A Tri Valley League honorable-mention all-star in baseball, Frauton also has all-star credentials in the classroom.

On the academic side, Frauton is top-notch — a National Honor Society student with a 4.04 GPA. Considering business administration as a major, some of the colleges he's mulling include Tufts, Babson, Worcester Polytech, and Rensselaer Polytech.

Another attribute that makes



Luke Frauton is a three-sport athlete who also is a National Honor Society student. Frauton likes to throw but he can also run effectively as Medway's quarterback.

him special is his commitment to all three sports during the summer. His schedule includes summer league play in hockey; AAU baseball; and football training that includes 7-on-7 passing drills and strength and conditioning workouts. It's not unusual when a student-athlete uses a summer

break to sharpen his ability in one or two sports. But to compete in three sports during summertime is rare indeed.

Although baseball stats like a 3-2 record, a 2.04 E.R.A. and 47 strikeouts in 30 innings helped Frauton become a TVL all-star, his football numbers as a junior last year were also impressive. A left-hander, he threw for 1,256 yards, passed for 15 touchdowns, and completed 60 percent of his passes. He rushed for 417 yards and ran for six TDs.

Frauton, however, isn't about compiling statistics — he's a team-first competitor whose goals in football are aimed at helping younger players sharpen their skills and for the Mustangs to succeed.

"My team goals are to win the TVL Small Division, qualify for the playoffs and go as deep as possible," Frauton noted. "We're a young team so it's imperative to help underclassmen learn quickly and get up to speed.

"As for personal goals, I want to be the best leader I can be and

also become a role model for younger kids. As a freshman, I looked up to Drew Plunkett, a QB who's now at WPI. Another goal is to increase my completion percentage. A higher percentage means more first downs and more first downs lead to touchdowns."

Medway coach Anthony Mazzola is effusive in his praise of Frauton, who last year helped the Mustangs go 7-4 and split a pair of playoff games.

not Drew Plunkett, but he has a lot of the same qualities to his game and character."

Other strengths that Frauton displays are a football IQ that's still developing, speed, quickness, and mental toughness.

"Mental toughness helps to overcome adversity," said Frauton. "It enables me to ignore the noise during a game and provides a sense of resilience that helps me to bounce back. Football is more mental than physical."

A signal-caller who likes to throw but can also run effectively, Frauton prefers short quick passes but he's capable of throwing deep and being accurate.

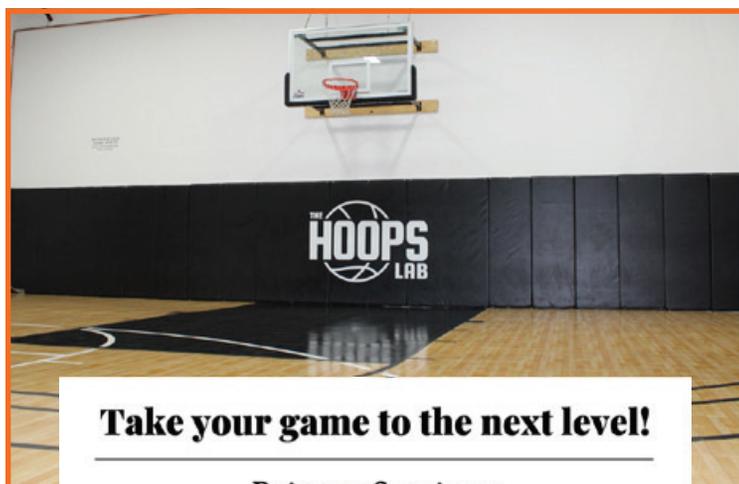
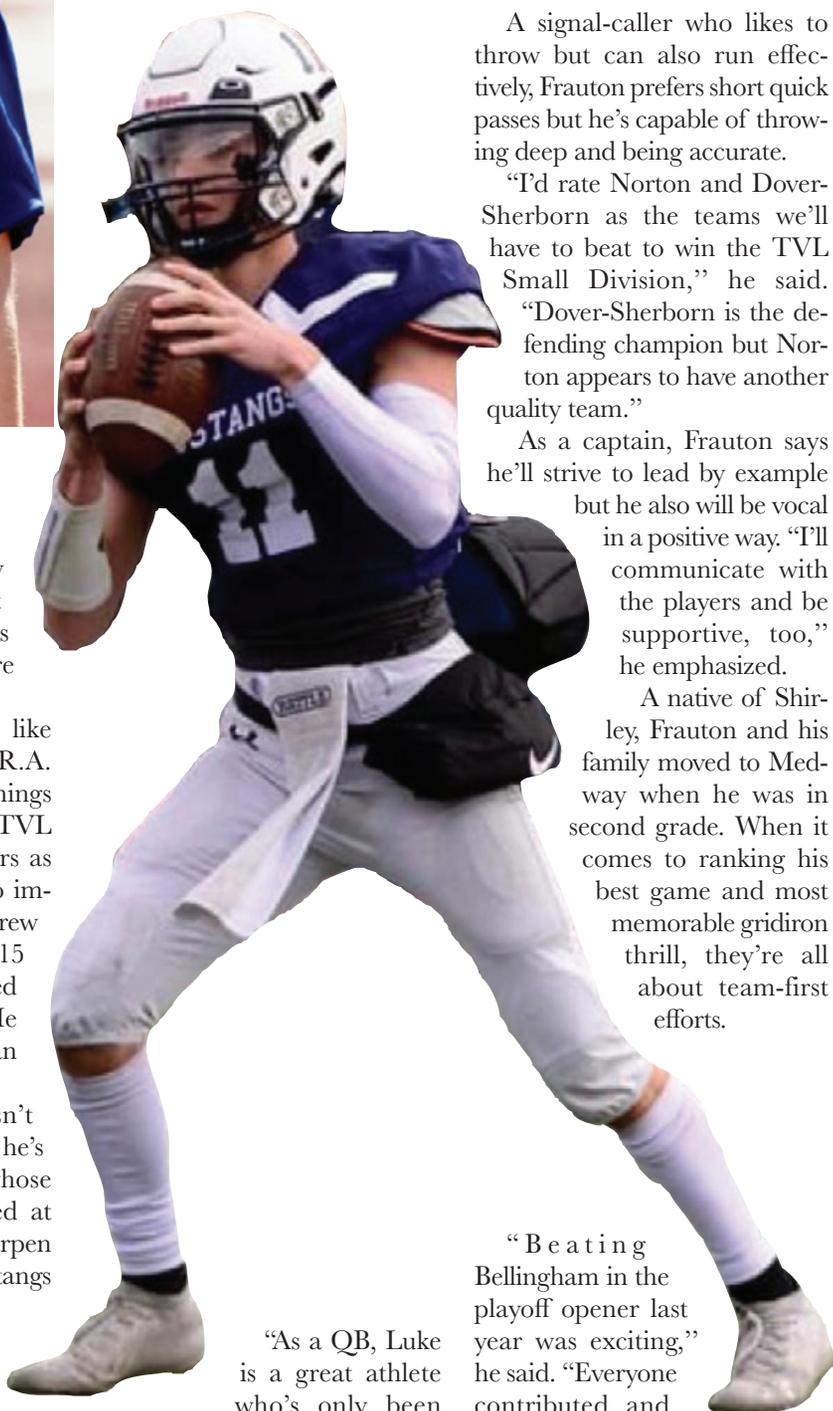
"I'd rate Norton and Dover-Sherborn as the teams we'll have to beat to win the TVL Small Division," he said. "Dover-Sherborn is the defending champion but Norton appears to have another quality team."

As a captain, Frauton says he'll strive to lead by example but he also will be vocal in a positive way. "I'll communicate with the players and be supportive, too," he emphasized.

A native of Shirley, Frauton and his family moved to Medway when he was in second grade. When it comes to ranking his best game and most memorable gridiron thrill, they're all about team-first efforts.

"Beating Bellingham in the playoff opener last year was exciting," he said. "Everyone contributed and worked hard. It helped us advance to play St. Mary's of Lynn who

"As a QB, Luke is a great athlete who's only been playing football since high school," Mazzola said. "He possesses great instincts, has a good arm, and can beat you with his legs. He manages a game very well and is an extension of the coaching staff on the field. He's



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FRAUTON

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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"¹ 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 computer² 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).³

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) ⁴ 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,⁵ 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.⁵ 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.⁶

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.

FRAUTON

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beat us. The playoffs, however, helped our younger players gain valuable experience. My top thrill was the Holliston game. We lost, 35-34, but showed that, as underdogs, we could compete with a strong program. It showed we could play well against anyone."

Frauton is upbeat on his coach and two teammates, giving all three high marks.

"Coach Mazzola is very composed," Frauton offered. "That composure rubs off on the players and keeps us focused. "He's also a good motivator and strategist. Two teammates who'll help us this season are seniors — wide receiver Will Haddigan and linebacker Michael McNeil. Will has good hands and lots of potential to be our top receiver. Michael will be bouncing back from an ACL injury. He's a hard-worker who's our leader on defense."

Calling his parents (Adam and Kristyn) role models for their support and encouragement, Frauton's athletic philosophy is a combination of winning, reaching one's potential and having

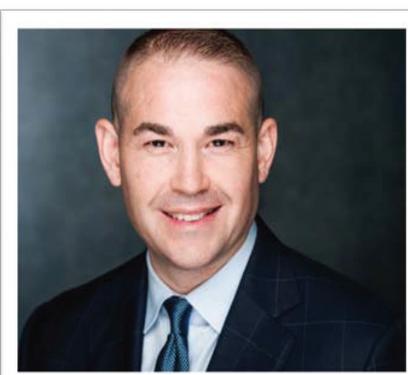
fun. "You have to enjoy playing sports, and when that occurs, winning and reaching your potential will come naturally," he said. "And some life lessons I've learned from sports include how to be a good leader, overcoming adversity, being mentally tough, and knowing how to overcome failure."

The oldest of five children, Frauton no doubt will be a key cog in Medway's season that gets underway on Sept. 9 at Medfield.

Mazzola is acutely aware of how valuable his quarterback is and how crucial Frauton will be in his role as a captain.

"Luke is a great student-athlete who epitomizes what you would want in a player academically, athletically, and morally," the coach said. "He doesn't look for accolades and wants to do whatever he can to make the team successful. He takes a team-first approach. In school and on the field, he's able to excel academically and athletically with hard work, dedication, and perseverance."

Luke Frauton isn't unique but he sure is special.



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Millis Senior Center - August 2022

The Millis Senior Center is located at 900 Main Street on the ground floor of the Veterans Memorial building. The Center is open Monday, Tuesday, and Wednesdays 8:30-4 Thursdays 8:30-2 Fridays 8:30-12:30. For more information call (508) 376-7051

Regular Events

Technological Training for Multi-Devices: Having trouble with your laptop, smart phone or tablet? Available by appointment any Monday from 10-12.

Blood Pressure Checks: We have a registered volunteer nurse that will provide a blood pressure check for you every

Thursday from 11:00-11:30.

Cribbage: Meets every Monday and Friday from 9:30-12.

BINGO Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every Thursday of the month.

Stretch & Flow Yoga Every Friday at 9:30 in room 130. Cost is \$3.00 per class. Class will meet in room 18.

Free Bread And Pastry is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaws, Country Kitchen and Blue Moon Bakery.

Nanak's Kitchen The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone

in need at the Council on Aging every Tuesday from 9-11 All are welcome.

August Events

6 Week Circuit Training for Fitness Room Members Starts July 12th every Tuesday from 1:00-1:45 and Thursday from 9:30-10:15 we have an instructor available to lead you through a variety of hydraulic resistance gym machines which is ideal for women of any fitness level to achieve results. Meredith owned a circuit training gym and is offering to motivate you through your workout with upbeat music and encouragement. Come give the class a try. The

space is air conditioned!

For Non-Members \$3 per class. A signed release form will be required for participation.

Movies: We will be offering popcorn and movies for the month of August every Wednesday at 10 AM. See the calendar in the middle of this newsletter for the movie of the day. Refreshments will be served.

Boxing with Amy Gagne: You're never too old to try something new! Try this 30-minute boxing workout designed for seniors who want to keep their bodies & minds strong after age 60. High-intensity workouts can be difficult as we age, and we each have our own physical limitations. Boxing workouts are especially beneficial for fitness lovers over the age of 60 because they can be adapted into low-impact routines. Benefits include: improving hand-eye coordination, increase in cognitive abilities and alertness, and mind body connection. Gloves will be provided but if you prefer you can purchase your own at Walmart or Amazon. Classes will be held every Wednesday from 1-1:30 in room 18. Cost is \$3 per class for Millis residents \$5 for out of towners.

Main Street Podiatry will be here Wednesday, August 17th from 9-11am. to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre-registration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling Main Street Podiatry (508) 533-3500.

Visit with Millis Police Department: Millis Police will be here Monday, August 8th at 9:00 for a Public Safety talk. Come meet with the Police and join us for refreshments.

Select Board Member Erin Underhill has office hours in room 206 of the Town Hall: Wednesday August 10, 10:30am-11:30am Please stop in to discuss any issues or concerns that you may have.

Legal Consultations with Beth Murphy: Do you have a legal concern and don't know where to turn? Beth will be here on Thursday, July 14th and August 11th from 11-12 to steer you in the right direction. If she can't help you directly she can refer you to a lawyer that can. Appointments are required and Millis residents have priority.

Needle Workers Group: Come meet some new and old friends as you help each other with needleworking projects on the first and third Thursday of every month from 1-3. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents.

Origami is the art of paper-folding. We have a talented resident that will show you how to make hats, animals and flowers. Join her at the Center on first and third Thursday of the month from 11-1pm.

Board Games with Debbie: This has been a great success. Debbie will be hosting on Monday, August 22nd from 1-3. Come on down and enjoy some friendly competition with your neighbors.

TAI CHI with Tony Berg: This class will focus primarily on the therapeutic aspects

SENIOR CENTER

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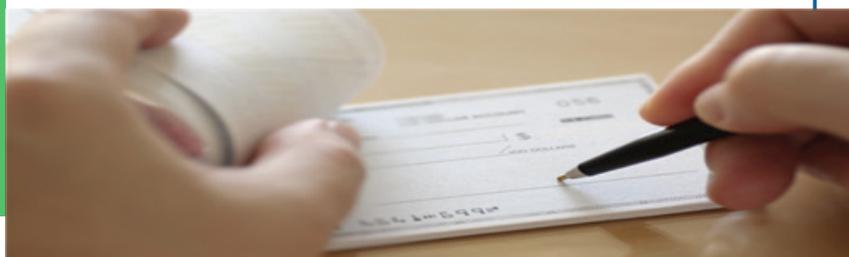
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SENIOR CENTER

continued from page 18

of Tai Chi, while the martial/self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every Tuesday at 9. Classes are \$3.00 per class.

GRAB AND GO LUNCH from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad.

Please call the Center at 376-7051 by noon the Friday before to order.

Stretch & Flow Yoga: In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable.

The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. The class meets every Friday at 9:30. The cost is \$3.00.

TRIPS

Foster's Authentic Maine Lobsterbake— Wednesday, August 24th \$99 PP

9:30 AM Depart from the Millis Town Hall, 900 Main

Street on your luxury, Silver Fox Coach. You'll initially visit scenic Nubbles Light and York Village, where you will have time to browse through the many boutiques or stroll along Ocean Drive, a spectacular coastal walkway. Then be ready to feast on plenty of delicious food at Foster's. The feast is steamed over a roaring wood fire- The Downeast way! Menu choice includes: Maine Lobster OR Chicken, New England Clam Chowder, Cultivated Mussels, Corn on the Cob, Roasted Red Potatoes and Onions and Blueberry Crumb

Cake. Foster's also provides live musical entertainment during your stay.

Cruising the Charles— Wednesday, September 7th \$99 PP

9:00 AM Depart from the Millis Town Hall, 900 Main Street, this morning on your luxury Silver Fox Coach for Boston. You and your friends are in for a great day in "Beantown" today. After sightseeing on Boston Common this morning, a delicious luncheon follows at the terrific Cheesecake Factory res-

taurant. You can choose your entrée off the menu and then enjoy a scrumptious Cheesecake Dessert and beverage, You'll have time to explore the stores at the Cambridge Side Galleria Mall before you enjoy the day's special treat, a delightful cruise along the Charles River as the Captain provides a narration of the most historic sights of Boston and Cambridge. Your narrated cruise will provide you a most different perspective of Boston. You'll arrive home at 5:30 PM after a great day with your friends in scenic Boston and Cambridge.



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Medway's Bulpett first participated in the Marathon when she was six years old

Medway resident, Lori Bulpett, registered for the Boston Marathon® Jimmy Fund Walk presented by Hyundai when she was about six years old to honor her friend, Ellen, who was diagnosed with Ewing's Sarcoma and came to Dana-Farber for treatment. Unfortunately, Ellen passed away in August 2020 but her friend's diagnosis led her into a life of caring for others.

"Diagnosed at an early age with Ewing's Sarcoma, Ellen bravely fought for her life, always with a smile and without complaint within a loving family and supportive community," the obituary describes. "When her cancer

unexpectedly returned after the birth of her second daughter, she used the same determination and strength to fight this disease head-on and live within every moment she could, not knowing what may lie ahead. She leaves an indelible memory of strength, courage and grace." Before she passed, the community rallied together to give Ellen the wedding of her dreams.

"Ellen's diagnosis actually led us both down a path in health-care," Lori writes. "Her nurses at the time were incredible. I remember them bringing us some syringes and bandages so that we could 'play nurses' together. We decided shortly after her treatment

that we would both be nurses, and we'd drive to work together in a half pink, half purple Volkswagen beetle. Our plans changed a bit over the years: she became a CNA, I focused more on public health, and we drove normal colored cars."

Keeping her promise to her dear friend, Lori is now a Health Education Communications Specialist in DFCI's Clinical and Professional Development group. "We develop educational content for patients, and using principles of health literacy, break down complex medical terminology into easier-to-understand descriptions," Lori writes. "I feel every day

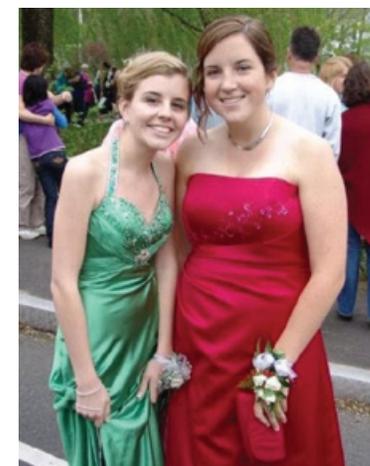
at Dana-Farber inspires me to do more for our patients. The patients are always in my mind as I do my work, participate in or volunteer at more events, and now I try to donate blood regularly too!"

Lori participates in the Jimmy Fund Walk not only to honor Ellen, but for all those who have been diagnosed with cancer. "I walk to raise money for the important research being done in developing treatments, earlier detection methods, and awareness efforts," Lori describes. "I've walked several times over the past ~24 years! I walked more when I was younger with mine and Ellen's families. Now that I'm a Dana-Farber employee, I hope to walk every year."

Lori is a co-captain of the Dana-Farber employee-led team, Patient Care for a Cure, which hopes to raise \$8,000 this year. She will be participating in the 10K route this year. "I think seeing everyone come out on walk day is so inspiring," Lori says. "We all come together to be a part of something bigger than ourselves. Meeting patients and families and hearing others' stories is so inspiring."

For more information on Bulpett's team, visit <https://bit.ly/3aUwPgdl>.

The 2022 Jimmy Fund Walk will take place on Sunday, Oct. 2, and raises funds to support all forms of adult and pediatric patient care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. Whether participating for themselves, loved ones, neighbors, or co-workers, each walker shares a common purpose: to defy cancer and support breakthroughs that will benefit cancer patients around the world.



Childhood friends Lori Bulpett (right, now of Medway) and her friend Ellen (left) at their prom in Sandwich 2009. At an early age, Ellen was diagnosed with Ewing's Sarcoma, which inspired Lori to participate in her first Marathon at age 6. Ellen died in 2020 and Lori continues to honor her friend via the Marathon. Courtesy photo.

This year, participants will return to the Boston Marathon® course after two years of walking virtually. Participants choose from four distance options: 5K Walk (3.1 miles from Dana-Farber Cancer Institute), 10K Walk (6.2 miles from Newton), Half Marathon Walk (13.1 miles from Wellesley), or Marathon Walk (26.2 miles from Hopkinton). All routes finish at the Copley Square Finish Line. Walkers can also participate virtually by "walking their way" from wherever they are most comfortable—whether that be in their neighborhood, on a favorite hiking trail, or on a treadmill at home.

The Jimmy Fund Walk has raised more than \$155 million for Dana-Farber Cancer Institute in its 33-year history. To register for the Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee.

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Medway native now expert in biological control of invasive insects

FORT PIERCE, Fla. --- As a child in Medway, Massachusetts, Nicole Quinn was oft outdoors. She marveled over trees, water and dirt -- and how everything was interdependent. She would turn over rocks to examine insects and worms as they worked in their habitats.

So began a relentless curiosity about nature and the relationships between plants, animals and the environment. Quinn's visits to the backyard, neighborhood forests and local ecosystems were routine throughout her elementary, middle and high school years.

"If you want to study ecology and behavior, insects are perfect. I am still amazed at how there is a specialized bug for every niche and environment," Quinn said.

Quinn's fascination with nature was the start of an education that led to a prominent career as a woman in science. Today, Quinn is a highly trained professional scientist with a doctorate from Virginia Tech and a master's from Michigan State University, both in entomology. Her bachelor's degree from Gettysburg College is in biology.

Quinn recently joined UF/IFAS as an assistant professor of entomology. She'll specialize in the biocontrol of invasive in-

sects and mites at the Norman C. Hayslip Biological Control Research and Containment Laboratory in Fort Pierce.

"Dr. Nicole Quinn is an exceptional entomologist, due to



her expertise with classical biological control, parasitoids, novel research design techniques and teaching capabilities," said Ronald D. Cave, director of the UF/IFAS Indian River Research and Education Center in Fort Pierce, where the Hayslip lab is located.

Quinn's expertise is in studying and introducing an invasive species' natural enemies from its native range to control it in a nonnative environment, where the species causes loss. Biocontrol agents studied at the lab have already been released into Florida's environment to manage super-spreading plants that

interfere with native vegetation, animals and human activities.

The UF containment laboratory is one of only two facilities in Florida where scientists lead biological control research in a quarantine setting. The facility is the final step to gaining federal approval to release new insect control agents into the state's ranchlands, croplands and natural landscapes.

"I will focus on ecologically and economically significant species in Florida. My mission will be to identify invasive species that are good candidates for biological control and find biological control agents to manage them," Quinn said.

Quinn will begin her research with *Nipaecoccus viridis*, also known as the Lebeck, spherical or hibiscus mealybug. In Florida, the insect causes fruit drop in citrus groves. The mealybug is a pest of citrus and other commodities in other parts of the world. Widespread in the Middle East and Africa, scientists have achieved biological control success against the pest with a parasitoid. Her program will en-

hance and contribute to existing efforts by UF/IFAS researchers with this species.

"In Jordan, an effective parasitoid of the mealybug was identified and subsequently released to control the mealybug. I hope that this parasitoid will be helpful in Florida," Quinn said. "And I will do due diligence to ensure its safety prior to approval for introduction into Florida's environment."

Quinn demonstrated authority with parasitoids released for biological control of the emerald ash borer, *Agrilus planipennis*, a gem-colored invasive beetle responsible for the deaths of hundreds of thousands of native ash trees in 30 U.S. states and Canada.

"Ash tree populations declined precipitously — the landscape was altered. Animals and insects depend on the tree for habitat and food; the trees play an important role in nutrient and water cycling in forests. Ash trees were once used for construction and furniture, and now they are not due to significant ash mortality," Quinn said.

As a postdoctoral researcher for the U.S. Department of Agriculture-Agricultural Research

Service Beneficial Insect Introduction Research Unit and the University of Massachusetts, Quinn studied the effectiveness of the parasitoids released against the ash borer, their dispersal, cyclical changes and biology.

"What's interesting about working on the biological control of a tree pest is that it takes a little longer to see the impact. After more than a decade of work on this insect by many scientists across North America, we are starting to see some positive impacts such as increased parasitoid detection and an increase in the number of new ash seedlings in some locations," Quinn said.

Quinn said UF/IFAS administrators, faculty members, graduate students, staff, extension agents and citizen scientists understand biological control takes time.

"The long-term sustainability of a successful program is the payoff. Biological control can allow for sustainable, long-term, and cost-effective mitigation of invasive species impacts."

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He is not a professional politician. Chris has spent a lifetime creating jobs, not worrying about the next election. He is the only job creator in the race. For more than three decades he has worked to build businesses that provide good jobs, while juggling being a hands-on dad for his six children and serving in the community.

Doughty has overseen the expansion of Capstan Industries from its initial startup of a few dozen employees to become, at its peak, a large multinational manufacturer. As a business owner and job creator, he dealt with all kinds of challenges — from low-cost international imports to government regulation. He has worked hard to make his company a place people were proud to work.

**political
spotlight**

Doughty graduated from Brigham Young University with a B.S. in economics and received an MBA from Harvard Business School. He is well qualified to be our Governor.

But, what will Doughty do for you? As he likes to say, "You will have more dough with Doughty."

Doughty was the first candidate to call for the suspension of the gas tax to help ease the pain at the pump. His plan is to suspend the gas tax until the price of gas drops below \$3.70 per gallon.

"The state has the funds, so there is no reason that the State House cannot help the hard working taxpayers by immediately suspending the gas tax. As the next Governor, we will be proactive in responding to crises," said Doughty.

Doughty wants to end the Commonwealth's reputation of



being "Taxachusetts" and reduce taxes more than Bill Weld did as Governor. This will make our state more competitive for attracting new businesses so that we can grow jobs and wages.

Like you, Doughty opposes licenses for illegal immigrants. But, he knows that the true problem is that Massachusetts is a magnet state. As our next Governor, he will strengthen verification of applications for public assistance so only the truly needy and legal residents receive benefits.

As an experienced job creator, Doughty has a small business bill of rights plan to support those who create the majority of new jobs in our state.



"As a business owner, I have worked hard to always comply with new regulations, but it has not been easy. Creating jobs and meeting a payroll is not for the faint of heart. State government should be advocates and partners with our local businesses so the Commonwealth can create more jobs and raise wages. We do that by encouraging entrepreneurship and small businesses that are the backbone of our economy," said Doughty.

As a father and grandfather, Chris Doughty knows that education is the heart of our Commonwealth and that we need to provide the best educational opportunities for the next generation. Our state is a national leader in education at all levels

but it is often uneven in its availability. Doughty will work to ensure parents can access the very best education for their children. The equation is simple: high expectations, a strong curriculum, excellent teachers, and empowered parents.

We can count on Chris Doughty to make Massachusetts affordable again. To see more details on his small business bill of rights and other issues visit ChrisforMA.com. Chris would be honored to have your vote in the GOP Primary on September 6th.

This article is Paid for by Committee to Elect Chris Doughty

National park tourism in Mass. creates nearly \$1.143 billion in economic benefit

New report shows visitor spending supports 8,897 jobs in Mass

PHILADELPHIA – A new National Park Service (NPS) report shows that 6,694,799 visitors to national parks in Massachusetts spent \$721 million in the state in 2021. That spending resulted in 8,897 jobs and had a cumulative benefit to the state economy of about

\$1.143 billion.

The national park sites which are entirely or partially within Massachusetts include: Adams National Historical Park; Appalachian National Scenic Trail; Blackstone River Valley National Historical Park; Boston National Historical

Park; Boston African American National Historic Site; Boston Harbor Islands National Recreation Area; Cape Cod National Seashore; Frederick Law Olmsted National Historic Site; John Fitzgerald Kennedy National Historic Site; Longfellow House-Washington's Headquarters National Historic Site; Lowell National Historical Park; Minute Man National Historical Park; New

Bedford Whaling National Historical Park; New England National Scenic Trail; Salem Maritime National Historic Site; Saugus Iron Works National Historic Site; Springfield Armory National Historic Site, and; Washington-Rochambeau Revolutionary Route National Historic Trail.

Economists at the National Park Service and the U.S. Geological Survey conducted the peer-reviewed visitor spending analysis. The report shows that nationwide, \$20.5 billion of direct spending by more than 297 million park visitors in communities within 60 miles of a national park. This spending supported 322,600 jobs nationally; 269,900 of those jobs are in these gateway communities. The cumulative benefit to the U.S. economy was \$42.5 billion.

As for the economics of visitor spending, the lodging sector had the highest direct effects,

with \$7 billion in economic output nationally. The restaurants sector was had the second greatest effects, with \$4.2 billion in economic output nationally.

Report authors also produced an interactive tool to explore visitor spending, jobs, labor income, value added, and output effects by sector for national, state, and local economies. Users can also view year-by-year trend data. The interactive tool and report are available at the NPS Social Science Program webpage: <https://www.nps.gov/subjects/socialscience/vse.htm>.

To learn more about national parks in Massachusetts and how the National Park Service works with Massachusetts communities to help preserve local history, conserve the environment and provide outdoor recreation, go to www.nps.gov/state/ma/index.htm.

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Real Estate Corner

Register O'Donnell Delivers 2022 Second Quarter Real Estate Activity Report

Dedham -Norfolk County Register of Deeds William P. O'Donnell reported that second quarter (April-June 2022) Norfolk County real estate statistics shows a continued uptick in residential and commercial sales and sale prices, despite overall numbers trending downward.

Register O'Donnell noted, "During the recently concluded second quarter of the 2022 calendar year, the average Norfolk County real estate sales price, both residential and commercial, increased 30% to \$1,300,157. Total real estate volume, again both residential and commercial, was \$4.09 billion, a 16% increase year over the same period in 2022."

Register O'Donnell further stated, "The lack of inventory and new construction continue

to push prices up. It remains to be seen if this trend continues as overall activity is slowing considerably."

For the second quarter of 2022, the number of land documents recorded, (such as deeds, mortgages, homesteads, mortgage discharges, etc.) was 35,744, a 31% decline from the second quarter of 2021. Register O'Donnell noted, "This figure tells us while there is still a healthy real estate market, market conditions and rising interest rates are starting to have an impact. We are not seeing the volume we saw in 2020 and 2021."

There were 6,809 mortgages recorded at the Registry during the second quarter of the calendar year 2022 compared to 12,041 for the same time period in 2021, a 43% decrease. Total

mortgage borrowing was \$5.06 billion for April through June compared to \$6.63 billion during the same period in 2021. "With the increase in interest rates, consumers seem to be less inclined to borrow", noted the Register.

Norfolk County homeowners continued to benefit from the Homestead Act. A total of 3,315 declarations of homestead were recorded during the second quarter of the calendar year, a 10% decrease over the same period a year ago. "The Homestead law provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. I urge Norfolk County residents to consider this important consumer protection tool," noted O'Donnell.

A sharp increase in foreclosure activity in Norfolk County remains a cause for concern. Sixteen foreclosure deeds were recorded in the second quarter, the same number recorded during the second quarter of 2021.

However, there was a significant increase in the number of recorded Notices to Foreclose, the first step in the foreclosure process. There were 66 Notices recorded in the second quarter versus 33 recorded in the same period of 2021.

O'Donnell stated, "While the eastern Massachusetts economy remains on a solid footing, there are still those in Norfolk County experiencing economic hardship, in many cases through no fault of their own. The Registry continues to work with Quincy Community Action Programs, (617-479-8181 x376), and NeighborWorks Housing Solutions, (508-587-0950) to help homeowners who may have received a Notice to Foreclose document. A third option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400."

Register O'Donnell concluded, "The economy, particularly the employment numbers in

eastern Massachusetts, appears to be strong but, going forward, inflation, rising interest rates and the lack of inventory will likely result in a slowdown of the Norfolk County real estate market."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

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



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7/12/2022	5 Independence Lane	\$1.11 mil
7/11/2022	3 Timber Crest Dr #L63	\$859,630
7/08/2022	4 Sterling Circle #8	\$702,986
7/08/2022	3 Sterling Circle #6	\$652,431
7/08/2022	33 Granite Street	\$850,000
7/07/2022	33 Lincoln Street	\$430,000
6/30/2022	11 Timber Crest Drive	\$731,085
6/30/2022	3 Center Street	\$543,500
6/30/2022	36 Gorwin Drive	\$505,000
6/29/2022	3 Koyview Place	\$460,000
6/24/2022	17 Main Street	\$785,000
6/22/2022	16 Field Road	\$860,000
6/22/2022	116 Holliston Street	\$450,000
6/17/2022	3 Naumkeag Street	\$389,000
6/17/2022	8 Freedom Trail	\$1.06 mil
Date	Millis	Amount
7/13/2022	327 Plain Street	\$600,000
7/11/2022	36 Crestview Drive	\$800,000
7/08/2022	28 Acorn Place	\$639,900
7/07/2022	25 Country Village Way	\$357,000
7/01/2022	42 Pearl Street	\$890,000
7/01/2022	702 Main Street	\$295,000
6/30/2022	122 Middlesex Street	\$620,000
6/29/2022	423 Village Street	\$580,000
6/29/2022	11 Heritage Path	\$551,000
6/29/2022	191 Village Street	\$515,000
6/27/2022	7 J William Heights	\$730,000
6/27/2022	56 Myrtle Street	\$690,000
6/23/2022	16 Walnut Hill Road	\$783,000
6/23/2022	244 Orchard Street	\$665,000
6/22/2022	7 Jameson Drive #237	\$939,995
6/22/2022	22 Helen Lane #172	\$742,763
6/21/2022	150 Spring Street	\$485,000

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MA Legislature Announces Gas Tax Relief Rebate Program

Taxpayer Energy and Economic Relief Fund to provide one-time rebates to eligible MA residents

Boston, MA – Today, the Massachusetts House and Senate announced their intention to create the Taxpayer Energy and Economic Relief Fund, an initiative to bring immediate financial relief to Bay Staters amidst rising gas prices and inflation.

The fund will provide one-time rebates of \$250 for Massachusetts taxpayers who filed an individual return in 2021, and \$500 for taxpayers who filed joint returns. Eligibility will be determined by annual income reported in 2021. Individual filers who reported earning between \$38,000 and \$100,000 will be eligible, and the maximum reported income level increases to \$150,000 for joint filers. Massachusetts taxpayers will receive this rebate before September 30, 2022. Bay Staters earning less than \$38,000 received \$500 checks to offset increased costs of living earlier this term.

This type of relief program was first proposed by State Senator Becca Rausch (D-Needham) as a budget amendment in the FY '23 budget debate last month. Her legislation, the People's Gas Price Relief Program, was modeled after a similar proposal in California and aimed to provide Bay Staters with a \$200 rebate, covering the average value of a gas tax suspension for at least an entire year. The amendment garnered bipartisan support during budget deliberations.

"People are hurting – struggling to keep the lights on and put food on the table – and skyrocketing gas prices aren't helping," said Senator Becca Rausch. "Massachusetts residents deserve immediate financial support through these difficult times, and I am proud and honored that my policy proposal to offset high gas prices will put money back in Bay Staters' pockets without making them wait a year or more to realize the full benefit."

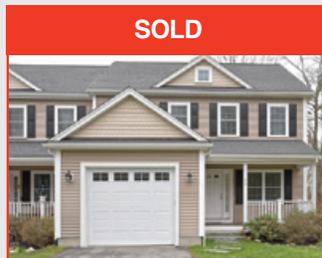
"Whether it is the rising price of gas, groceries, or summer clothes for kids, the Massachusetts Legislature has heard loud and clear that increased costs due to inflation have cut into family budgets," said Speaker of the House Ronald J. Mariano, Senate President Karen E. Spilka, House Ways & Means Chair Aaron Michlewitz and Senate Ways & Means Chair Michael J. Rodrigues in a statement. "These rebates represent the Legislature's commitment to delivering immediate financial relief directly to residents of the Commonwealth, rather than to large oil companies that continue to profit off economic uncertainty and international conflict, and follow our efforts to provide \$500 in premium pay for lower income front-line workers during the pandemic. As we recognize the need for structural change as well, we continue to work on potential changes to the tax code with the goal of providing additional relief to residents."

Recent Home Sale



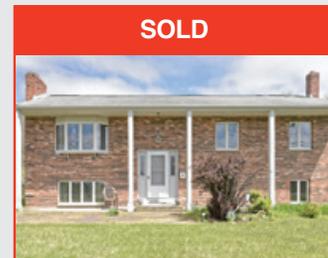
16 Field Road in Medway recently sold for \$860,000. Image credit: www.zillow.com

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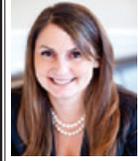
Let our Experience, Professionalism & Knowledge Work for You




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Thinking of Making a Move? Call us today.
Proven Successful Marketing: Staging, Professional Photos, 3D Tour, Floor Plan & More!



NEW TO MARKET

\$339,900
 9 Hemlock Circle, Millis
 Jennifer McMahon



SALE PENDING

\$749,000
 253 Orchard Street, Millis
 Jennifer McMahon



SALE PENDING

\$474,900
 2 Hemlock, Medway
 Laina Kaplan



SALE PENDING

\$629,000
 41 Auburn Road, Millis
 Jennifer McMahon



NEW TO MARKET

142 Holliston Street, Medway
 Laina Kaplan



NEW TO MARKET

\$410,000
 8 Ari's Way, Milford
 Laina Kaplan



SALE PENDING

\$849,900
 8 Juniper Road, Medway
 Laina Kaplan



SOLD

\$721,000
 348 Plain Street, Millis
 Jennifer McMahon



NEW HOME LOTS

3 & 5 Wingate Farm Road, Medway
\$289,900 per lot
 Laina Kaplan



SALE PENDING

\$659,900
 28 Cleveland Street, Norfolk
 Jennifer McMahon



SALE PENDING

\$424,900
 203 Ridge Street, Millis
 Jennifer McMahon & Janine Azzouz



SALE PENDING

\$389,000
 21 Charles Street, Medway
 Laina Kaplan



SOLD - BUYER SALE

\$420,000
 338 Village Street, Millis
 Jennifer McMahon



SOLD - BUYER SALE

\$665,000
 244 Orchard Street, Millis
 Laina Kaplan



SOLD

\$1,465,000
 32 Broken Tree, Medway
 Laina Kaplan



SOLD - BUYER SALE

\$850,000
 33 Granite Street, Medway
 Laina Kaplan



SOLD

\$580,000
 200 Pleasant Street, Millis
 Jennifer McMahon



SOLD

\$565,000
 2 Neelon Lane, Medway
 Laina Kaplan



SOLD

\$360,000
 20 Hemlock Circle, Millis
 Jennifer McMahon



SALE PENDING

\$710,000
 7 B Shea Lane, Foxboro
 Jennifer McMahon



SALE PENDING

\$649,900
 21 School Street, Plainville
 Jennifer McMahon



SOLD - BUYER SALE

\$1,005,000
 24 Spruce Street, Dedham
 Laina Kaplan



SALE PENDING

\$519,900
 7 Sunset Drive, Framingham
 Jennifer McMahon



SALE PENDING

\$414,900
 889 Mount Hope Ave, North Attleboro
 Laina Kaplan



SOLD

\$376,500
 57 Indian Run Road, Bellingham
 Laina Kaplan