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Vol. 13 No. 8

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**September 2022** 

# Out MetroWest offers support to LGBTQ+ youth

Satellite programs will be in Medway in Oct. and Dec.

By Theresa Knapp

MEDWAY - OUT MetroWest is an LGBTQ+ nonprofit that provides programming and support to local LGBTQ+ youth in the MetroWest area.

"We provide vital support and

community to local LGBTQ+ youth," says Lily Pearl, OUT MetroWest's Program and Education Manager. "We build communities where LGBTQ+ youth can thrive."

Their satellite programs will be in Medway in October and December.



"We provide LGBTQ+ inclusive sex education and history education that many youth do not have access to in school. We have an LGBTQ+ therapist at every weekly meeting. It is very hard to find LGBTQ+ competent therapists let alone one who is part of the community," says Pearl. "There is no extra charge and we don't ask for proof of insurance so it makes accessing a therapist very easy. With the support of the therapists we are able to create a truly supportive social space."

"The youth who attend our programs have lower rates of risky behavior compared to their LGBTQ+ counterparts that do not attend an LGBTQ+ youth group 100 percent would recommend us to their peers," says Pearl

All programs are free (supported by donations) and meet in person. OUT MetroWest serves LGBTQ+ youth and young adults ages pre-k to 29.

**LGBTQ+** continued on page 2

### Millis Police Department now provides co-response with licensed mental health counselor

# Social worker specializes in substance abuse and behavioral issues

By Caroline Gordon

The Town of Millis has secured the services of Amy Leone, the town's first contracted social worker and the Clinical Director and owner of Community Impact, Inc., located in Milford, according to a Facebook post in July by the Millis Police Department.

According to the post, Leone "has been a mental health counselor since 2000 and has made waves in her field of work with the implementation of programs that assist those individuals and loved ones who are struggling with the disease of addiction, helping countless people and their families. This combined with her educational training in mental health and criminal justice make her an exceptional resource in the field



**Amy Leone** 

of individual and community prevention."

Leone and her company will "provide co-response with the Millis Police Department, provide resources and referrals to Public Schools and Elder Services, and provide public health education to town residents of

### **MENTAL HEALTH**

continued on page 2





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#### LGBTQ+

continued from page 1

The organization is based in Framingham but offers satellite programs in Medway, Needham, Acton, Westborough and Waltham.

The main office in Framingham (160 Hollis Street) offers weekly meetings for middle and high school youth including:

"Prism" - High school, every Monday from 6:45 p.m. to 8:30 p.m.

"Nexus" - Middle school, every Tuesday from 6:30 p.m. to 8 p.m.

"Umbrella" - High school trans and nonbinary youth, every first and third Wednesday 6:45 p.m. to 8:30 p.m.

Drop In - Middle and high school youth hangout, every Thursday 3 p.m. to 6 p.m.

LGBTQ+ therapist at every weekly program for our youth to speak with

OUT MetroWest also offers a leadership program for high school students where they learn leadership skills and help plan and execute the high school meetings. The program also provides the youth with resources and role models who are their

Monthly programs include a young adult program for LGBTQ+ young adults ages 19 to 29, and two programs for pre-k through 5th grade LGBTQ+ youth including:

- Shine Trans, nonbinary and gender questioning youth
- Glow LGBTQ+ youth
- OUT MetroWest also travels to various locations throughout the MetroWest area, including Medway, to host LGBQT+ youth hangouts for middle and high school age students.
- They will be at the Medway Public Library on Oct. 7 and Dec. 2 from 6 p.m. to 8 p.m.

Pearl said, "The youth who attend our programs have lower rates of risky behavior compared to their LGBTQ+ counterparts who do not attend an LGBTQ+ youth group, and 100 percent would recommend us to their peers.'

"We are proud to have a staff that is all part of the LGBTQ+ community and can be positive role models to our youth and share lived experiences with them," said Pearl.

For more information, including resources and ways to help, visit https:// outmetrowest.org/



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#### **MENTAL HEALTH**

continued from page 1

all ages," according to the post.

Leone specializes in clients with substance abuse and behavioral issues, and when the opioid epidemic hit, she began working with the former Milford Police Chief and other chiefs within

sources, such as support groups and counselors, to people (and their families) with addictions.

"This is doing the same thing I am doing in the town of Millis. It's taking a lot of my experience already and trying to recreate what we've done in the other towns that's been successful," she

Although Leone has only





# TOWN CLINICIAN REFERRAL PROGRA

Millis Police Department

The Town of Millis contracted services through Community Impact, Inc. to provide co-response with the Millis Police Department, assist with resources and referrals to the Public Schools and Elder Services, and provide health education to town residents of all ages. The safety of our community is our highest priority, and to have Community Impact, Inc. as a resource within the town adds another extremely important dimension to the ways in which Millis Police can help residents in the community.

the region to create the Regional Substance Navigation Program.

She said the program responded to overdoses and offered support to people who were struggling with addiction, and their families.

Leone said the service has continued and has "morphed into the co-response that deals with mental health and substance abuse."

Additionally, she opened a recovery resource center, in collaboration with the District Attorney and the Bureau of Justice in Milford, which provides rebeen working with the Millis Police for a short time, she said the officers she works with have been "so welcoming" in regard to the resources she provides.

"They [the police department] are very open to seeing what this can be for the community. They are like a family," she

For more information, visit www. millispolice.org/

Theresa Knapp contributed to this

### **Need help?**

If you or someone you know could use help, please contact the Millis Police Department using this referral form https:// bit.ly/3QCDHyq. Community Impact, Inc. is accepting referrals from Millis residents with social, emotional, and economic needs that could include transitional case management, consultations, information and referral, advocacy, support, and crisis intervention...

Referrals can be submitted from community residents, schools, police or fire departments, clergy, doctors, hospitals, and mental health agencies.

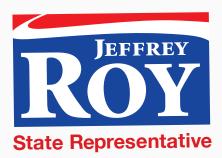
All referrals are confidential and open to Millis residents of all ages and income.

For more information, visit www.millispolice.org/ Source: Facebook/millispolice

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- Modernize our grid and transmission systems
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# Millis receives \$50,000 grant to purchase equipment

By Theresa Knapp

In August, the Baker-Polito Administration announced its annual Shared Streets & Spaces Program awards, total-

It has come to our attention that a paid Political Spotlight did not have the proper disclaimer stating "Paid Advertisement" in our August edition. For the record, the article was paid for by the Committee to Elect Chris Doughty. This was an unfortunate oversight. As the publisher I do not endorse any candidates and as a media source stay neutral in all political matters. I apologize for any confusion this oversight has caused. This experience has shown how passionate our readers are. Keep on reading.

-Publisher Charles Tashjian ing \$16.4 million.

Seven Regional Transit Authorities and 138 municipalities received funds to provide "technical assistance and project funding to help Massachusetts cities and towns design and implement changes to curbs, streets, and parking areas in support of public health, safe mobility, and community growth and revitalization," according to www.mass.

Several cities and towns also received grants for the purchase of equipment, including the Town of Millis which received a grant of \$49,999.00 "for snow removal equipment for pedestrian and bicycle facilities."

For more information, including a full list of recipients, visit https://bit.ly/3puk2oz

## **Medway Bridges Trail Festival**

Medway Trail Club is hosting the second annual Medway Bridges trail festival, a celebration along Medway's Link Trail, with themes and activities at its eleven bridge locations.

The festival will be Sept. 24, 2-5 pm, rain date the following day. Activities for all ages: story telling at the Billy Goat Bridge; an exhibit of nature-inspired artworks and a naturalist at the Dave Hoag Boardwalk wetlands viewing platform; a historic interpreter and fiber crafts; interactive music activities; nature activities; free veggies for kids from Medway Community Farm, to name a few.

There will be snacks, live music, and opportunities to learn about restoring, protecting, and improving trails and open spaces.

The festival began last year to increase awareness and use of Medway's trails, to increase safety and enjoyment by assigning engaging names, themes, and information panels to each bridge location, and to provide community organizations permanent outdoor venues for arts,



music, regional and natural history. Another goal was to promote inclusion by celebrating the native people who first came to the area and all people who have made contributions to and continue to shape our community today

Come join us for a beautiful walk on Sept. 24! Parking at Medway High School, Adams Meadow, Adams Street power line easement. More details forthcoming through Medway Trail Club Facebook, Town of Medway and Medway Open Space Committee.

For questions, email joanne-williams@comcast.net.

CORRECTION: Last month, a story titled "Self-taught bagpiper practices in local cemeteries...» incorrectly described Marybeth Sullivan as self-taught, however, she has taken professional bagpipe lessons for many years. The accompanying photo misidentified Bob Conti, who plays the part of AC/DC lead singer Brian Johnson.

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### Local water restrictions continue due to drought conditions

By Theresa Knapp

As of press time, the Commonwealth of Massachusetts remained in a "critical drought," according to the Massachusetts Energy and Environmental Affairs Secretary Beth Card.

The majority of the state is in critical drought status except for Cape Cod (level 2, significant drought); and Martha's Vineyard, Nantucket and western MA (Level 1, mild drought).

Municipalities in regions designated Level 3 are advised "to ban all non-essential outdoor water use. Essential uses for water include health, safety and regulatory uses, as well as for the production of crops, maintenance of livestock and other core business functions," according to the Massachusetts Municipal Association.

The latest data available at

press time from the Massachusetts Department of Environmental Protection said, "168 cities and towns had implemented outdoor water use restrictions, and 156 of these restrictions are mandatory," according to www.mass.org.

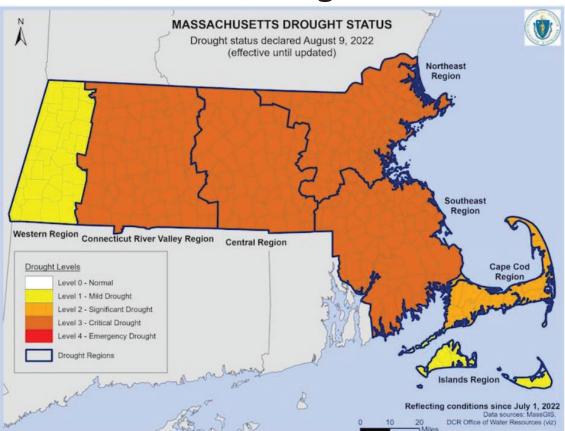
A chart of "Current City and Town Water Restrictions" lists:

Medway - days watering allowed per week: 3 (effective 5/1)

Millis – days watering allowed per week: 0 (effective 7/20)

To check current drought status, visit www.mass.gov/infodetails/drought-status

Massachusetts residents living in "Level 3: Critical Drought" areas (dark orange) should refrain from all non-essential outdoor water use. Source: www.mma.org.



# Free meals for all students in Massachusetts, regardless of income

According to Projectbread. org, Massachusetts is now the fifth state in the country to guarantee students access to free school meals in this upcoming school year.

In July, Governor Charlie Baker signed a one-year extension of the School Meals for All program that will provide free breakfast and/or lunch to every Massachusetts K-12 student in the 2022-2023 school year, regardless of income.







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## **Magical Pixie Houses Displayed at Medway Library**

Ms. Moffatt's Pixie Festival was held on a warm and breezy day, in Medway last month. Young and old enjoyed the display of over 20 tiny Pixie Houses that were nestled in a wooded glen at Choate Park. Moffatt's goal was to create a whole-

some experience with the focus on imagination and creativity. Family, friends and members of the Medway Cultural Council, helped to make this annual event a great success.

Over 140 participants, voted for their favorite houses and the

Pixie Festival

**Peoples Choice** 



Pixie Julia Hurwitz entertains children at Ms. Moffatt's Pixie Festival at Choate Park. Courtesy photo.

People's Choice Awards along with all the other houses are now on display at The Medway Public Library through the end of

they dressed in costumes from That" and "Making Faces" delighted participants. Photos were captured with cell phones and by "Tim Rice Photography."

"Ms. Celeste" engaged chil-

throughout the day, where 75 kids proudly emerged with their own little pixie creations.

Music filled the air with tunes by David Penza, and a beautiful Pixie, Julia Hurwitz, gathered children between musical breaks, for dance, song and storytelling.

Photo ops were created and constructed by "Bergeron Installations" and Aiofe and Sinead Bergeron. These structures included a life sized wishing well, a magical mushroom circle, a Pixie Throne, and hole-in-a-boards, illustrated by Tracey Babin.

This is the Festival's 2nd year. Ms Moffatt would like to thank her sponsors: Medway Cultural Council, Mass Cultural Council and Salmon Health and Retirement of Medway.

# **Bellforge Arts Center** brings you a full line up of events this fall!

Sept. 3: Livingston Taylor Live at Bellforge, 3 – 7pm, Tickets \$35-100

Legendary singer-songwriter Livingston Taylor, with openers Ash & Eric, will perform live at Bellforge. VIP tickets include a pre-concert cocktail reception with Taylor.

Sept. 11: Bellforge Dance Festival, 12 – 5pm, FREE

A full day of dance with performances by Festival Ballet Providence, Pantos Project, BoSoma Dance Company, and more, plus free workshops in Hawaiian hula, Irish step, African fusion, ballroom, hip hop, and others. Browse our Dance Open House booths to learn about area dance studios, companies, available classes from preschool to adult, and dancewear prod-

Sept. 17: Martin Sexton with special guest Pete Muller & The Kindred Souls, 3 - 6:30pm, FREE

Martin Sexton released his tenth studio album this year and is touring with what Rolling Stone calls his "soul-marinated voice," acoustic guitar, and a suitcase full of heartfelt songs. He is joined by Billboard's Top 20 singer-songwriter quartet Pete Muller & The Kindred Souls.

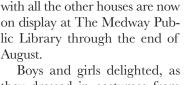
Sept. 30: Blackstone Valley String Quartet: Celebrate Women Concert, 5:30 -7pm, Tickets \$19

The Blackstone Valley String Quartet presents a concert celebrating notable female songwriters and composers, both modern and historical. From Taylor Swift to Madeline Sirmen, hear the works of fabulous female musicians as you enjoy this outdoor concert at Bellforge.

Oct. 1: Oktoberfest, 12 -6pm, FREE

Bellforge presents Oktoberfest with cold beer, live music, traditional food, and more!

For tickets and information, visit bellforge.org/events.



a "Pixie Clothes Line" that was filled with fanciful dresses, tunics, and garlands. Fabulous face painting and tattoos by "Imagine

dren at a special craft tent

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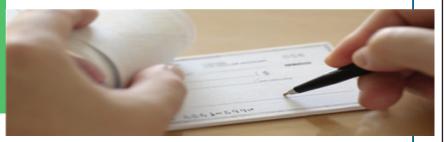
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### Never ask your teen, "Where do you want to go to college?"

From birth, parents control kids' activities, finances and help shape their problem-solving skills. It continues through high school, then something strange happens... parents step back and ask their teenager, "Where do you want to go to college?

Stop!

You'd never take them to a car lot and ask, "What car do you want to drive home today?" Yet, the crazy notion of financing a \$75,000 car for your teen would cost considerably less.

Take control, don't be another victim - The student debt crisis has many sides to blame: government taking over student lending in 2009, unlimited money supply allows schools to raise tuition 5-7% annually and students (plus parents) desire for "brand name" schools on top of college rankings lists.

College Rankings lists are brand marketing - CNBC's latest "Colleges That Pay Off The Most" listed Stanford #1 again, followed by the usual trophy schools - ones kids (and parents) brag about attending. Criteria is based on 10-year earnings of graduates minus college costs.

Sounds noble until you discover costs are calculated based



**Glenn Brown** 

on Average Net Price Tuition for a family income \$48-75K, which for Stanford is \$3,490. Realize under 1% of 7,083 Stanford undergrads pay this, while 52% pay the full \$55,000 tuition. If cost criteria was tuition paid by majority over 4 years (\$220,000) instead of paid by less than 1% (\$14,000), would Stanford and others even make this list?

"What are you interested in doing for work?" - This is the appropriate question and should be the focus of your teenager.

Share family finances with your teenager and together execute a broad screening of schools based on programs offered to benefit a desired profession. Become educated on Return on Investment (ROI) using school's data on 5-year earnings per degree (not just the school) and calculate your true costs to attend.

Use Net Price Calculators (NPCs) - Found on a college's website, these are designed to generate your personal cost to attend. You'll share information from tax returns, size of non-retirement investment accounts, children's accounts (i.e. 529s) and for merit scholarship purposes supply GPA, test scores, class rank and activities.

You'll discover if \$55K tuition may be \$34K, \$23K or harsh reality it will be \$55K. Because you've shared available savings, your teen can visualize their debt obligation upon graduation before they get emotionally invested.

The road less traveled yields merit - "Top ranked" schools get thousands of honor roll students applying and willing to pay, so merit scholarships are awarded to those truly moving future rankings.

Same honor roll student discovers a lesser-known college based on a program of interest, engages with a local recruiter, shares financial information, and chooses early decision or early action - here comes the merit.

For these schools to compete, they're willing to invest in your kid's ability to excel upon graduation, raise the 5 and 10-year earnings of graduates from the program and be an advocate for the college.

Eliminate emotional decisions to raid investment accounts, borrow heavily and/or delay retirement to make your teenager happy, because they won't be. Instead, lead a process that engages them, puts them on a desired career path and provides financial transparency now and in their

future.

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<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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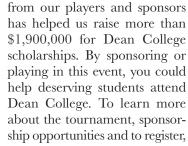
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from our players and sponsors visit www.dean.edu/golftourna-





### Building has been under renovation for several months

By CAROLINE GORDON

Renovations to the Millis McDonald's are underway and expected to be completed in the next few weeks.

As of press time, Millis Building Commissioner Mike Giampietro said McDonald's hoped to open its renovated site on Labor Day.

The building at 808 Main Street has been redesigned and reconstructed from the ground

According to its Planning Board application, the building layout will consist of a 3,990 square-foot restaurant with a side-by-side drive-thru. No changes to the existing access driveways were proposed, and the one-way circulation will remain. There will be 37 parking spaces.

Additionally, new utility connections and a new drainage system are proposed, including deep sump and hooded catch basins and a proprietary oil and grit separator. No significant changes to the utility or traffic demands are expected.

The renovated building is slightly smaller in size and has fewer parking spaces, allowing

the feedback received from the board regarding the proposed building architecture. Since then, McDonald's had worked to include the town's request to build a colonial style building similar to the surrounding buildings. At its June 8 meet-



The renovation of the Millis McDonald's at 808 Main St. is nearly completed. Credit: Caroline Gordon.

for the second drive-thru lane.

The previous layout included a 4,115 square-foot restaurant with a single order drive-thru and 67 parking spaces.

Last year, a similar renovation was reviewed by the Planning Board but was withdrawn after McDonald's examined

JOHN ELHILOW, C.PED, O.S.T.

John's

ing, the changes to the site were positively received by the Planning Board.

Giampietro said he would not know the total cost of the project until construction was finished.

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# **Medway Community Farm's**

**Fall Festival** 

Medway Community Farm's Annual Fall Festival and Beer/Cider Tasting will be held on Sunday, Sept. 18, from 12-4! This event promises to be loads of fun for the entire family!

The Fall Fest will be held on the farm at 50 Winthrop Street, Medway. Family friendly activities include hay rides, a pick your own pumpkin patch, and kid's activities (including a bouncy house, face painting, arts & craft projects and more). Medway Librarian story-teller Aubrey Snowden will also be hosting a kid's story-time on the farm.

We're thrilled to be hosting some amazing local breweries in our Beer Tent, including Exhibit A and others, as well as local hard cider producer, Stormalong Cider. Beer tasting tickets can be purchased in advance at Medwaycommunityfarm.org. Along with sampler tasting tickets, your purchase will also include a Medway Community Farm logo insulated double wall souvenir cup.

A festive vibe will fill the air thanks to local folk-rock artist Matthew Stanley, who's covers include James Taylor, Neil Young, and Darius Rucker. Matthew will



be performing in the main field, while up in the Kid's Activity area, musician Kira Rutherford-Boese will be playing the guitar for a kid's sing-a-long set.

Bring your appetite, as food will be available, including grilled hamburgers and hot dogs, pizza, popcorn, and cotton candy. Drinks will also be available for purchase.

During the event, be sure to visit local vendors who will be offering their crafts and wares for sale in our vendor yard, and don't miss our farm stand where you can purchase our freshly picked seasonal produce, as well as honey, maple syrup, and a variety of other goods and merchandise.

As if all this isn't enough, you'll also have the opportunity to meet Anne McGinty, Massachusetts' Ms. United States Agriculture, who will be speaking and helping out with Kid's Activities! Be sure to mark your calendar and join us for a fun filled afternoon at the Medway Community Farm.

For more information and updates on our activities, vendors, brewers, and more, visit Medwaycommunityfarm.org

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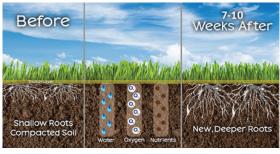
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For more information, call Bethany House at 508-376-9923.



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### Dean College Announces 2022-2023 Theatre and Dance Season

nounce its new 2022-2023 performing arts season. Running from October to May, the lineup includes four theatre shows, four dance shows and multiple showcase performances featuring Dean College students in the School of the Arts and the Joan Phelps Palladino School of Dance. Season ticket packages will be available online at www. dean.edu/performance starting August 25 and single tickets will be available online starting September 26. Packages include the Full Season Package (eight theatre and dance events), the Theatre Series Package (four events) and the Dance Series Package (four events).

"We are thrilled to share this rich assortment of repertoire, which will include some well-loved standards as well as several premieres, providing wonderful opportunities for our faculty, guest artists, and especially our student-performers to shine," said Marc M. Arentsen, Dean of the Joan Phelps Palladino School of Dance and the School of the Arts. "As a premier spot for the performing arts in our region, we are eager for our community to help us celebrate creative diver-

sity and together engage in art that connects and delights us."

The 2022-2023 theatre season starts with Oscar Wilde's classic comedy "The Importance of Being Earnest" from October 20-23, 2022. The fall musical production is the award-winning 'All Shook Up," inspired by and featuring the songs of Elvis Presley®, which runs from November 16-20, 2022. Moving into 2023, "Mr. Burns, a post-electric play" is a contemporary black comedy by Anne Washburn, which runs from February 23-26, 2023. Closing out the theatre series, from March 22-26, 2023, is the legendary musical "Pippin," with music and lyrics by Stephen Schwartz.

The 2022-2023 dance series begins on November 4-5, 2022 with the collaborative show "Arts Mosaic," showcasing student works in dance, theatre, music, film and much more. "Faculty Dance Works" runs from December 9-10, 2022 and will be comprised of original works created by School of Dance faculty and guest artists in a wide diversity of dance styles. "Choreographers' Concert" runs on March 31 and April 1, 2023, featuring Dean emerging student-chore-



ographers' work. The dance series concludes with the annual "Dance Company," from April 27-30, 2023, with mixed bill repertoire ranging from hip-hop to jazz, tap, modern and ballet in new and restaged works by award-winning faculty and guest choreographers.

In addition to the mainstage performances listed above, there are multiple showcase events featuring the diverse talents of Dean College students, including "New Dancer Showcase" (December 2-3), "New Thespian Showcase" (December 1 & 3), "Theatre Senior Showcase" (April 14-15, 2023) and "Dance Senior Showcase" (April 21-22, 2023). These events are not included in season ticket packages and will be available for single ticket purchase starting September 26, 2022.

Full season ticket packages will be available starting August 25 and offer a 25% discount on regular single ticket prices. The Full Season Package (eight events) is \$132 (reduced from \$176 for single tickets) for general public and is \$72 (reduced from \$96) for senior citizens and non- Dean students.

The Dance Series Package (four events – "Arts Mosaic," "Faculty Dance Works," "Choreographers' Concert" and "Dance Company") is \$66 (reduced from \$88) for general public and \$36 (reduced from \$48) for senior citizens and non-Dean students.

The Theatre Series Package (four events – "The Importance of Being Earnest," "All Shook Up," "Mr. Burns-a post-electric play," and "Pippin") is \$66 (reduced from \$88) for general public and \$36 (reduced from \$48) for senior citizens and non-Dean students.

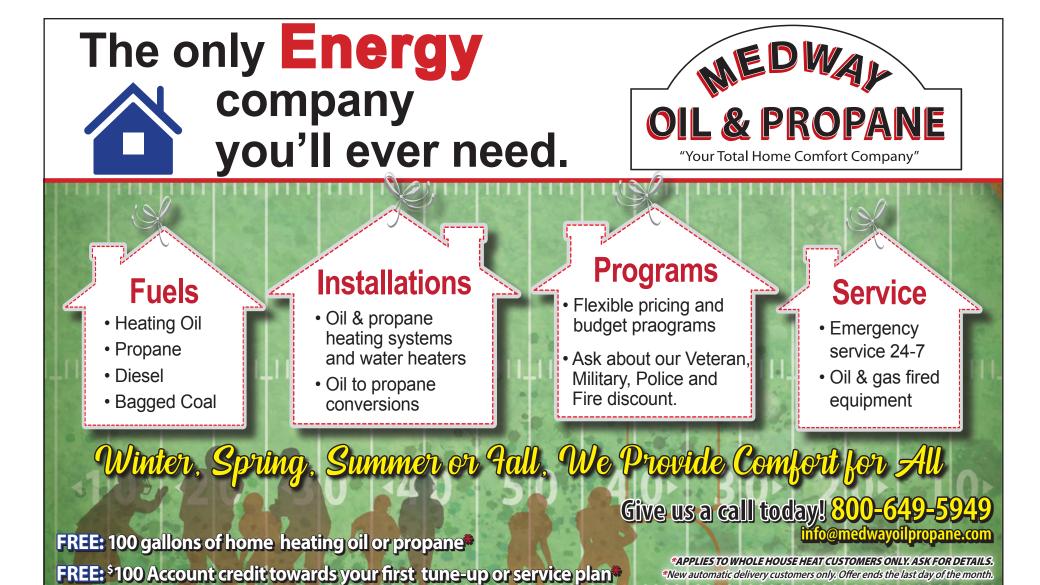
Season Ticket Package benefits include significant price savings (25% off single ticket prices), the ability to purchase tickets before single tickets go on sale, free ticket exchange privileges, and advance notice of special offers and new show announcements.

Dean College has moved to a ticketless validation system for all events. There are two ways to receive your online season tickets – digitally, via your cell phone or mobile device (highly preferred) or by printing your receipt at home and picking up your tickets at the Will Call line at the Main Stage kiosk starting 60 minutes prior to performances with a valid I.D.

All events and performances are subject to change. Please be sure to visit www.dean.edu/performance for all up-to-date and applicable venue policies. Ticket holders who do not comply with venue policies will not be admitted

Please note: Dean College welcomes children and families to all of our performances. However, infants and children under 2 years of age are not allowed in the theatre, and children under the age of 16 must be accompanied by an adult. All patrons must have their own ticketed seats; lap sitting is not permitted. Only ADA-certified service animals are allowed in the theatre.

To learn more about performances, venue policies, and to purchase tickets, visit www.dean. edu/performance.



# **MERIT Haunted Hayride**

The annual MERIT Haunted Hayride will take place on Oct. 15 at Tangerini's Farm, 139 Spring Street, in Millis.

Low spooky times will be from 5 p.m. to 6:30 p.m. and high spooky times will be from 6:30 p.m. to 9:15 p.m.

Tickets go on sale Oct. 1 and cost \$10 per person.

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.

For more information, visit www. facebook.com/MERITmil



# Medway GriefShare program starts on Sept. 13

A grief support group will be hosted in Medway for anyone who has suffered the loss of a loved one in recent times or in the past. We understand that grieving seasons following the death of loved ones are very difficult times. In can be helpful to be in a support group under care givers and with people who are going through a similar experience.

GriefShare is a support group that offers support and practical guidance through the grieving periods and beyond. The support group is run on a biblical foundation however there is no intention to make any participant convert to biblical faith. There is respect and care for everyone, regardless of their fundamental beliefs.

The GriefShare Support Group in Medway will start on Tuesday, Sept. 13, and will meet each week from 7 p.m. to 8:30 p.m. through Dec. 6.

Each of the 13 sessions is arranged with a formal teaching on a topic on the grieving process and listening to different people share their experiences and perspectives on the topic. Group conversation follows under the facilitation of a trained care giver. People can join at any time during the 13 weeks.

Registration is free and can be done by visiting www.griefshare. org/groups/152016

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# **Living Healthy**

# **Decades of Service to the Community and 2 New Providers**

By: Roger M. Kaldawy, M.D. Milford Franklin Eye Center

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists. In September of 2022 Dr. Purvi Patel, OD will ioin our team in our state-of-the art medical offices in Franklin, Milford and Millis. Dr. Patel is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Bryan Hong will also join our team as our practicing vitreoretinal specialist. Dr Hong will see patients every Monday in our Franklin office.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50,

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

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology

at University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful



of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr Kaldawy was the first surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford.

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

Dr. Bryan Hong is our practicing vitreoretinal specialist. Dr. Hong is a graduate of Yale College and Yale School of Medicine. He completed his ophthalmology residency at the University of Southern California Eye Institute and the Doheny Eye Institute in Los Angeles, CA. He then went on to complete an intensive vitreo-retinal disease fellowship at the Wills Eye Hospital in Philadelphia, PA. Dr. Hong will be providing retina care in our practice starting September 2022, and specializes in eye surgery, laser surgery, and diseases of the retina, including macular degeneration, macular diseases, vitreo-macular interface abnormalities, retinal vascular diseases, diabetic retinopathy, trauma, retinal detachments, uveitis, and cataract complications. His research interests include retinal imaging, novel surgical techniques, and medical cost-efficacy analyses.

Dr. Perriello Consigli received her Bachelor of Science degree from Clark University in 1987. She went on to earn her Doctor of Optometry degree from New England College of Optometry in 1991. Dr. Consigli has over twenty five years of experience, spending several years in private practice. In February 2019, Dr. Consigli joined Milford-Franklin Eve Center. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye disease.

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

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

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# **Living Healthy**

#### **EYES**

continued from page 12

Dr. Donald L. Conn, OD will join our team in our state-of-the art medical offices in Franklin, Milford and Millis starting August 2022. Dr Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He has completed a residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center and South Boston Community Health Center. Dr Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics and pediatric populations. Outside of work Dr Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000

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through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoctoral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and

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. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is you, your vision and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. 90% of our staff has been with us for over 5 years! Excellent retention of staff means outstanding loyalty and training. Eight providers dedicated to the best in eye medicine and surgery closer to home. Is your eyecare provider still recommending you travel hours to other practices and re-

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# The Ladies Take Over Largest Regional Candlepin Bowling Tournament

MILLIS – On July 23rd, 2022 Pro-bowler Deb Regan of Epping, NH, led her team to victory in the first-ever Mixed Team Format of Outrun the Bear (OTB) Candlepin Bowling Tournament hosted by Ryan Family Amusement in Millis, Ma. This 4-person powerhouse included Team Captain Deb Regan, Dave Hodge-Mallahan, Chris Harris, and Candlepin Hall-of-Famer Craig Holbrook. To make their win even more impressive, the group earned the title without using a single buyback in any of the 10 rounds of bowling.

As a way to highlight female candlepin bowlers, the tournament created a "Female Captain" version of its notorious elimination-style format. All teams must consist of 4 players with the captain position championed by a female bowler. The captain must then create her own team by selecting her choice of men and women bowlers. In the end, 22 teams and 88 pro and semi-pro bowlers from across New England battled it out over 10 rounds of play.

Longtime fans of the sport

may recognize Team Captain Regan from her many TV appearances on Channel 5 and Channel 12 in their various candlepin bowling programs. Regan joined the pro tour in the late 80s and is still adding championship titles to her resume. Some of her notable tournament appearances include the World's Singles, several World's Team Championships, New Hampshire's State Singles and Doubles, and now a newly crowned Outrun the Bear Champion.

Fresh off her OTB Singles Championship title back in May, Team Captain Marissa Ewing (Franklin, Ma) proves her skills once again as her team claims a 2nd place victory. At just 18-years-old, Ewing made OTB history as the youngest and first female to claim the winning title. Ewing will attend Massachusetts College of Pharmacy and Health Sciences in Boston, Ma this fall for their accelerated nursing program. Her teammates included Dan Finn, Keith Beaupre, and Steve Renaud Jr.

The last Outrun the Bear Tournament of the season will be the highly anticipated Singles Scratch format to take place on September 17 at Ryan Family Amusement in Millis, Ma. Among the 88 competitors already signed up include candlepin legends Tom Olszta, Amanda Carroll, Craig Holbrook, and Det Klein. This is a free event open to the general public for viewing.

The final results of the Mixed Teams handicap tournament:

1st place: Team Regan Deb Regan (Team Captain) – Epping, NH Dave Hodge-Mallahan – Saugus, Ma



Chris Harris – Quincy, Ma Craig Holbrook - East Bridgewater, Ma

2nd Place: Team Ewing Marissa Ewing (Team Captain) – Franklin, Ma Dan Finn – Franklin, Ma

Keith Beaupre – Lynn, Ma Steve Renaud Jr. – Revere, Ma 3rd Place: Team Breton Ashlee Breton (Team Captain) – Waltham, Ma

Brittany Underwood – Rockland, Ma

Scott Douglass – Marshfield, Ma Tim Douglass – Marshfield, Ma 4th Place: Team Gooding

Cheryl Gooding (Team Captain)

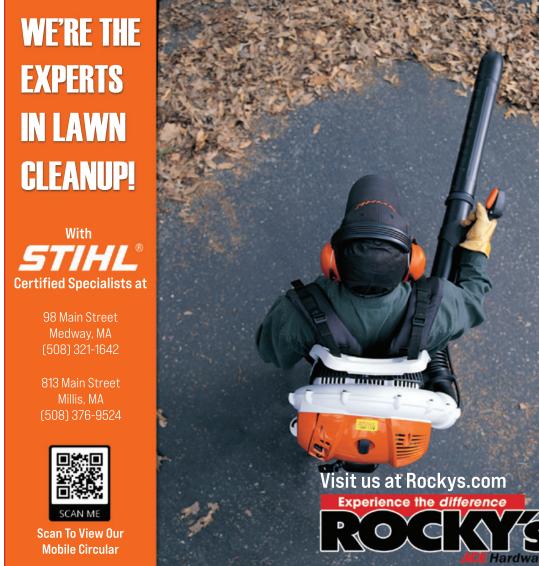
– Boston, Ma

Wayne Springfield – Boston, Ma David Brade – Boston, Ma Kendric Payne – Boston, Ma

Tournament High Single Scratch (168) – Shawn Baker Tournament Women's High Single Scratch (138) – Mario Johnson

Tournament Triple Strike – Chris Harris







# Sports

# Millis Grid Coach: Commitment, Dedication Keys For Success

### Martellio's Focus Is 'Follow The Process'

By KEN HAMWEY Staff Sports Writer

Bob Martellio is a realist when it comes to setting goals for the Millis football team.

Sure, the head coach would like to say that his Mohawks will compete for the Tri Valley League Small Division title and qualify for a berth in the state playoffs. But, before he thinks about those achievements, he lists two key objectives for his 2022 squad.

"It's imperative that we improve every day, whether it's in games or practice, and the players must realize that success will come if they commit to maximizing their individual talents by adhering to strength and conditioning programs," Martellio said. "We'll aim to be competitive in the division and we'll strive to earn a playoff berth, but those things will occur only if the boys follow the process, remain dedicated and commit to the program. When that happens, the lofty goals, like a tourney date, will fall into place."

Last year, the Mohawks were winless in the division (0-5) but still qualified for the playoffs because of a strong schedule and some close setbacks. They lost in the playoffs to Hull and ended the season at 3-8. Seven seniors have graduated from that contingent but there are 10 returnees who have different degrees of experience.

"Our team strengths include athleticism, technical skills, team chemistry, speed, a sound work ethic and a coachable nature," said Martellio. "We do lack experience and depth and we need to develop a capable offensive line, which lost three starters from last year."

The Mohawks leadership team includes four senior captains — Nick Almeida (quarterback/safety), TJ Daniel (wide receiver/linebacker), Dom Diaz (tackle/linebacker) and Adrian Hereida (running back/defensive back).

"Nick leads by example and is our offensive leader," Martellio said. "TJ, Dom and Adrian also lead by example but they're vocal, too. All of them are encouraging and supportive of younger players."

When Millis opens its season at Tri County Vocational on Saturday, Sept. 10, Almeida will start at quarterback. The veteran signal-caller is a capable all-around QB and his coach is comfortable with the right-handed passer. "Nick is a skilled player who can run," said Martellio. "He's got a high football IQ and his passing game has improved. Last year, he passed for 100-plus yards twice. He's instinctive and his technique is good."

The backfield will feature Heredia, senior Jack Skerry and sophomore Vin Sellers. "Adrian and Jack are quick, scat-back types," offered Martellio. "Vin is more of a straight-ahead runner. Dependable and competitive, the group has speed, quickness and good field vision."

The receivers include Daniel and juniors Adam Hart, Nick Hill and Beckett Giardi. Daniel and Hill are tight ends who also can play the slot," Martellio said. "Hart is a deep threat who's got great speed. Giardi is a position receiver who's solid. All four have good hands and run effective routes. They're dependable receivers who've really improved."

The offensive line features Diaz and junior Jackson Glynn at tackle, seniors Pat Sennott and Manny Dodoo at guard, and junior Grady Palomeno at center. "They're good run blockers and their pass blocking is improving," Martellio said. "They're smart, coachable and willing to learn, but we don't have a lot of experience and we lack size."

The defensive front includes all the offensive linemen — Diaz, Palomeno and Glynn at the ends, and Sennott and Dodoo along with junior Jon Regan at the tackles. "The ends can apply pressure and the tackles hold their ground," said Martellio. "They display good chemistry, they know their responsibilities and they complement one another well. Overall, it's a capable group."

Daniel, Sellers and Hill will handle duties at middle line-backer, and Skerry, Hart and junior Andrew Peruzzi are ticketed at outside linebacker. "They're fast, have speed, are athletic and their lateral pursuit is very good," emphasized Martellio. "They're instinctive, even though some are still working to improve in that area."

Hereida, Almeida, Giardi and senior Shea Ferrentino will comprise the defensive secondary. "They've got speed, they're coachable and they use the proper angles to defend," noted Martellio. "It's a whole new backfield and there's younger candidates who we hope can provide depth."

Almeida will be the primetime special-teams player, handling punts, kickoffs and field goals. "Nick kicked three field goals last year," said Martellio. "He's got a strong leg, he's accurate and also versatile. We'll be depending on Nick for advantageous field position."

Martellio, who played football, baseball and basketball at Millis, will also serve as the Mohawks' offensive coordinator. His staff will include Mark Maguire (defensive coordinator), James Lagos (special teams), Mark Salisbury (offensive and defensive lines), Jack O'Rourke (receivers/defensive backs), and Brian Kraby (both lines).

Relying on a coaching philosophy that focuses on maximizing talent and emphasizing how to handle adversity, the 51-year-old Martellio firmly believes that "those two attributes will prepare the players for life down the road and they'll lead to winning."

The Millis native also strives to allow football to teach his players valuable life lessons. "Setting goals, learning how to be good teammates and to be quality leaders, building character and managing time are lessons that will help them to be successful later on in life," he offered. "Dealing with adversity helps one to be resilient. What counts is how you react to it."

The Millis football team will have its share of challenges. Besides its league games against Medway, Dedham, Norton, Bellingham and Dover-Sherborn, there will be non-league encounters against Randolph (Division



Millis football coach Bob Martellio

8 state champs), David Prouty, Roxbury Prep and Tri County.

"Medway's got talent, Dedham has numbers and Norton, Bellingham and Dover-Sherborn can't be discounted," Martellio admonished. "There's no clearcut favorite to win the division."

The Mohawks' non-league games will also be challenging.

But, as Bob Martellio says, "It's all about dedication, commitment and following the process."

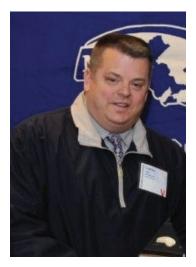


# **Sports**

### **End Of An Era As Grant Leaves Millis After 20 Years**

### A.D. Took Millis Sports To Elite Level

By KEN HAMWEY Staff Sports Writer



Chuck Grant's tenure at Millis High is definitely the end of an era.

The Chuck Grant era at Millis High School has ended.

The 58-year-old Grant, who has been a fixture as Millis High's athletic director for 20 years, will be in a new school system in a different state when the fall sports season gets underway this month.

Grant is now commuting to Tiverton, R. I., where he's the high school's athletic director. At Millis, Grant also was the school's Director of Student Affairs, both at the high school and middle school where he dealt with disciplinary issues.

"I felt a change was needed because the added duties were stifling and overshadowing my passion for athletics," Grant said. "Tiverton is virtually identical to Millis — a small school that takes pride in its athletic achievements. There are a lot of banners on the gymnasium walls, especially in football and boys and girls soccer. Like Millis, they also have 14 varsity sports."

The enrollments of the two schools are fairly close: Tiverton has 511 students and Millis has approximately 350.

Nicknamed the "Tigers," Tiverton will be getting an athletic director who's well-versed in all the areas that lead to success. During Grant's 20 years, Millis won 14 state championships, 19 sectional titles and 8 Tri Valley League crowns.

The key to winning at Millis was Grant's formula that inspired student-athletes and coaches. "The student-athletes and coaches focused on what they could control," Grant said. "We were a small school, usually an underdog, but we controlled what we could to offset our opponents' advantages. Nobody was going to outwork us and we strived to qualify for tournaments. That's where par-

ity was waiting for us."

At Tiverton, Grant has two goals, one of which coincides with an objective he tried to achieve at Millis. "First, I want to reinforce accountability," he emphasized. "Our coaches and players must assume responsibility and demonstrate initiative. We want our students to be quality leaders. I also want to help the school enhance its fields and facilities. They deserve to be on par with other schools."

Grant tried for years to upgrade the Mohawks' football field, laying out a variety of ways to improve Welch Field. "Early on, when our work ethic enabled us to win, we needed an upgrade to the field and other facilities. I laid out plans, but we couldn't get it done. My two least favorite situations at Millis were the pandemic and the inability to upgrade facilities."

As Grant reflects on the last two decades, he recalls his top thrill and two other major achievements.

"My top thrill was in 2008 when our girls' basketball team beat Georgetown for the state championship," he said. "It's significant because it was a state title and the game was played at Boston Garden. I remember when I first started at Millis. A girl told me she liked basketball but the team didn't win much and was never going to win. I told her that things were going to change. Winning a state crown was evidence that a mental change was occurring and that we weren't going to be outworked."

The other achievements Grant is proud of are Millis athletes who became players of the year or all-scholastics, and the boys soccer team that won the TVL title last fall for the first time in the program's history.

"The boys' title was an incredible achievement and it came in my last year there," Grant noted. "They paid the price, they went to camps and they made noise in the tourney. Coach Jason O'Brien did a great job leading the kids to the Small Division title."

Twenty years is a lengthy

time to cultivate relationships and it will be those links Grant says he'll miss but always cherish.

"I'll miss the relationships with the teaching and coaching staffs, the kids, the alumni, and the families in the community," Grant said. "Millis is a wonderful town that was good to me and my family. I left Walpole, a blue-collar town, and came to another blue-collar town. Both communities have a lunch-pail mentality."

Grant, who was the dean of TVL athletic directors, will also miss the camaraderie and colleagues he worked with in a conference that grew and became one of the best in the state. "We all aimed at taking the TVL to a higher plateau,' he emphasized. "We maintained high standards and I'll always admire the A.D.s. Early on, guys like Dennis Baker (Bellingham), Phil Moresi (Ashland), Rob Pearl (Medway) and Jon Kirby (Medfield) were very helpful."

Grant's background in athletics and as an educator is impressive. Before taking the administrative reins at Millis. he was an assistant ice hockey coach for Harvard's women's team. Before his role at Harvard, Grant coached and taught at Walpole High for 11 years. He taught history, law and banking, and he coached football, baseball, ice hockey and track. During his eight years as the Rebels varsity grid coach, his teams won two of three Super Bowls (Tewksbury and Lincoln-Sudbury).

Grant graduated in 1981 from Walpole High where he played football, hockey and baseball. A goalie in hockey, he was selected as the Bay State Conference's MVP as a senior. After a year at the Taft School in Connecticut, he enrolled at Providence College where he earned his bachelor's degree in business and history. Grant has a master's in school administration from Cambridge College.

His philosophy of athletic competition starts first with developing good people, then focusing on "reaching one's potential, ensuring that athletes enjoy their sports journey and striving to win."

Grant's time at Millis also stressed that athletic venues should be used to teach life lessons.

"Kids learned how to overcome adversity, how to be good teammates, to be good leaders, to set goals and manage their time," he noted. "Sports also help students to develop emotional intelligence. It's about having the intellect to make solid choices."

Grant and his wife (Joanne) will continue to live in Norfolk where they've resided for the last 19 years. They have a son (Charlie, 18) and a daughter (Lainey, 17).

Grant mulled the Tiverton offer and discussed it with his father ("Chick") who at 82, was experiencing poor health. "I didn't want to change jobs when my dad was ill," Grant said. "I held off but when he passed away in April, I knew I had his blessing."

Other blessings he's thankful for are the attributes he has that have been catalysts for his dynamic leadership style.

"I had good parenting that shaped my character and ethics," Grant said. "I also played for great coaches who influenced me. At Providence College, I played hockey for Lou Lammarillo, who later became a coach and general manager in the National Hockey League. I relied on patience, dedication and commitment, and building strong relationships was a big plus."

Grant will be replaced by Derek Phinney, a health and wellness teacher at Millis. Phinney took care of many administrative duties in the athletic department. "Derek has a great relationship with students and he'll do a great job," Grant offered.

Chuck Grant will be missed because he was the symbol of success at Millis. And, the endorsement of his successor is simply another key to what makes him tick — he's quick to give credit to those who demonstrate a strong work ethic.



# **Sports**

## Tips to help you prepare for an unexpected career crisis.

We all know how important it is to be prepared for a fire, flood, or other type of emergency. What about something that seems less dramatic, but can be equally devastating, like unemployment? You can't dial 911 or stop, drop, and roll, but you can take steps to help minimize some of the fallout from losing your job.

- **1.** Stay positive. It's important to remember that the decision was probably based on the economy or other external factors.
- 2. Be professional. If you handle yourself with decorum, your employer may be willing to serve as a reference, recommend you to vendors, and even provide assistance with interviewing and résumé building. Plus, if their economic situation continues to improve, who's to say they won't hire you back?
- **3.** Account for every penny. Review your terms of employment and claim any money owed to you from bonuses,

- commissions—even unused vacation. Also, find out if you are entitled to a severance package. If not, file for unemployment benefits right away since it may take weeks to process.
- 4. Replace lost benefits. If your spouse works, see if you can add yourself to his or her health care plan. If not, you can apply for COBRA coverage within 60 days of termination and extend your health care benefits for 18 months. Similarly, you may want to purchase an affordable term life insurance policy to help replace any workplace coverage you may have had.
- 5. Evaluate your retirement plans. While some employers allow you to leave your 401(k) in place, it may not always be the right move. Have a financial professional look the plan over and see if you are better off rolling over the funds into a traditional IRA or Roth IRA.1

6. Network-Network-Network. You never know where your next job will come from, so take advantage of every networking opportunity. Also, be sure to use social media platforms like LinkedIn to help connect with people online and let them know you're looking.

This educational third-party article is being provided for information purposes only as a courtesy by Michael Damon, Agent, New York Life Insurance Company. To learn more about

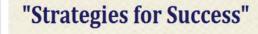


the life insurance and financial strategies, please contact Michael Damon at 508-321-2101.

<sup>1</sup>When considering rolling over the proceeds of your employer-sponsored retirement plan to an IRA, you have the option, among others, of leaving the funds in your existing plan, if

permitted, or rolling them into your new employer's plan, if one is available and rollovers are permitted. Each choice offers advantages and disadvantages, depending on the desired investment options and services, fees and expenses, withdrawal options, required minimum distributions, tax treatment, and your unique financial needs and retirement plans. (Neither New York Life Insurance Company nor its agents provide tax or legal advice. Consult your own tax and or legal advisors regarding your particular situation.)

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November 12, 2022 from 6 - 10 pm

The Portuguese Club in Milford

Everyone who attended Hopedale Schools is invited!

> Visit our website Hopedale-Alumni.org



# Medway Public Schools Receives School Water Improvement Grant to Replace School Fixtures

MEDWAY — Superintendent Armand Pires and Director of Facilities Paul Viscontiare pleased to announce that Medway Public Schools has been awarded a School Water Improvement Grant (SWIG) to replace water fixtures within the district.

The Board of Trustees for the Massachusetts Clean Water Trust awarded Medway Public Schools \$36,000 as part of the School Water Improvement Grant to replace fixtures across the district. The grant will be used to provide clean solutions and easy distribution of fresh water to all district students and staff, as well as visitors to the schools.

With the funding, each of the district's schools will get a complement of new fountains with bottle fillers. The upgrade will also help with recycling and reducing waste in a variety of areas.

"The water fixture replacements we plan to complete with these funds will help us ensure our students and staff are drink-

ing the safest water possible while at school, as well as enhance our district's sustainability measures," Superintendent Pires said. "We are grateful to the Massachusetts Clean Water Trust Board of Trustees for this funding."

The district hopes to complete the installations by the end of the calendar year.

About SWIG:

The goal of the SWIG program is to reduce lead in school drinking water to the lowest levels possible. The Massachusetts Clean Water Trust (the Trust) and the Massachusetts Department of Environmental Protection (MassDEP) are offering the SWIG program to further incentivize schools to test their drinking water fixtures and remediate any lead exceedances that are detected by providing grants to replace fixtures that are above the remediation action level.

# Governor Baker Signs Legislature's Expansive Mental Health Bill

# Law will further equitable access to mental health care for residents

(BOSTON – 08/16/2022) Today, legislative leaders and advocates joined Governor Baker for the ceremonial bill signing of the Mental Health ABC Act: Addressing Barriers to Care, comprehensive legislation to continue the process of reforming the way mental health care is delivered in Massachusetts, with the goal of ensuring that people get the mental health care they need when they need it. The Governor officially signed this legislation into law on August 10, 2022.

The Mental Health ABC Act is driven by the recognition that

mental health is as important as physical health for every resident of the Commonwealth and should be treated as such. The legislation includes a wide variety of reforms to ensure equitable access to mental health care and remove barriers to care by supporting the behavioral health workforce.

"One moment, many years ago, I made the split-second decision to share the story of my family's struggle with mental illness—a moment of vulnerability and honesty that has become a movement, as more and more people stand up and speak up for accessible,

high quality mental health care," stated Senate President Karen E. Spilka (D-Ashland). "We all deserve to have access to the mental health care we need, when we need it, and I am thrilled to see comprehensive mental and behavioral health care reform signed into law. I'd like to thank my colleagues in the Senate—especially Senators Cyr and Friedman—Speaker Mariano and our partners in the House, and Governor Baker, as well as the countless individuals, families, advocates, providers and others who have stood up for the idea that mental health is just as important as physical health, and to everyone who has fought for mental health care reform in Massachusetts and never gave up.'

### Roots rocker, Sarah Borges at Niagara Coffee Haus

One way or another, Sarah Borges connects with casual mastery. Whether it's with the comrades she's collaborated with over nearly 20 sparkling years of music-making, or the vivid portraits of people's lives - and occasionally her own – she's sketched in scores of emotionally resonant songs. But most of all, Borges has built a loyal following by connecting, through her own charismatic, down-to-earth spirit, with her audience – whether they're longtime fans from back when she broke through with her terrific "Silver City"

debut in 2004, or newcomers just now joining the party. album, On her new album, "Together Alone," Borges sings with the kind of pensive ache her twang and torch-lit voice was born for. Come and experience this wild n' free spirit in a solo concert at the Niagara. Local upstarts, Hobo Coat open in support.

Friday, October 7. 8pm. Sponsored by Middlesex Bank. Purchase your tickets through Eventbrite: eventbrite. com/e/sarah-borges-at-niagara-coffee-haus-tickets-401386476757.

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 St., Millis.

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.



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### Millis Run Back to School 5K and Fun Run

The Millis Boosters will once nesses that are sponsoring this again be hosting their Run Back to School 5k and 1 mile Fun Run on Sunday, Sept. 25, at Millis High School. This is both a fun

community event and the Boosters' largest fundraising endeavor of the year.

Runners, walkers, and strollers are welcome to join in either the 1 mile course which encircles Millis

High School and Clyde Brown Elementary starting at 9 a.m., or the chip-timed 5k starting at 9:30

Prizes for overall winners and age-group medals will be awarded. Local favorite DJ Mike Rutkowski will once again emcee the event.

You can register in advance at www.racemenu.com/millisboosters until Friday 9/23, or in person on race morning.

The Boosters would like to thank the following local busi-

year's event: Platinum sponsor Middlesex Bank, Gold sponsors Nirvana Tea House and Cafe and Ambassador LLC, and Sil-

> ver sponsors R&R Auto, Taylor Family Chiropractic, and Tangerini's Spring Street Farm. Their continued support is greatly appreciated.

> The Boosters is a group of parent volunteers who fundraise throughout

the year to provide for and support Millis Middle/High School athletes and teams. In addition to their core programs (senior banners, varsity jackets, scholarships, banquet support), they've contributed over \$15,000 in the past 2 years towards a new scoreboard, a portable speaker system, summer Gut Camp, and multiple senior projects.

For more information or any questions, please email millismohawkboosters@gmail.com

# **Annual Friends of the Poor Walk** to be held Oct. 25

MEDWAY - The Annual Friends of the Poor Walk fundraiser will be held on Oct. 25, beginning at 10:30 am from St. Joseph Church on Village Street in Medway. Registration will be in Fr. Mara Hall after the 9:30 am Mass

Participants can collect donations and walk with us to St. Joseph Parish Center or donate online at https://www.fopwalk.

All of the funds raised from the walk are used to assist those in need within our community (utilities, rent, food, clothing). If you or anyone you know are in need of assistance, please call the Parish Center 508-533-7771.

**Annual Friends of the Poor Walk** 

St. Joseph Parish Medway

St. Vincent de Paul **Annual Fundraiser** 

Sunday, October 25, 2022





### **Millis Senior Center**

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.

### **September Events:**

YMCA ENHANCE FIT-NESS is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis. The group will meet every Monday & Friday at 9AM and Wednesday at 10:00AM in the gym. We will be offering FREE trial days on Wednesday September 14th at 10AM and Friday September 16th at 9AM. The official class will start on Monday September 19th from 9AM-10AM. The 16 week course is \$125, payable to the Friends of Millis COA and reimbursable by most insurance companies.

THUNDERSTORMS, FLASH FLOODS, HURRI-CANES, BLIZZARDS AND TORNADOS, OH MY! Everyone talks about the weather, but no one does anything about it! Join us for a Great Course on The Science of Extreme Weather. Tour the world's wildest weather and learn how to protect yourself from it - with a storm chasing, prize winning meteorologist. Eric Snodgrass is the Director of Undergradu-

ate Studies for the Department of Atmospheric Science at the University of Illinois. Learn about global weather patterns and the influences of geological features on land and ocean currents on weather. All of these factors interact with incredible complexity to produce the weather necessary for life on earth. There are 24 lectures and we will view 2 per week. Sessions will be held on Wednesdays from 11AM-12:15PM on September 7, 14, 28 and October 2, 12, 19, 26 – further sessions to be announced. Hosted by Susan

THE BIG DIG Great Projects—Join us as The Building of America and Discovery Channel University document the building of the most expensive highway project in American history. These documentaries chronicle the largest civil engineering project in modern history, the re-routing of I-93 and I-90 underground. Hosted by Janice McCoy, who worked on the Project! Wednesday, September 21st at 1PM-3PM.

WELCOME BACK BBQ with the Millis Fire Department Come celebrate fall with the Millis Fire Department cooking up burgers and hotdogs and we will have potato and macaroni salad and ice cream sundaes on Tuesday, September 20th at 12PM at the Council on Aging. Reservations are required by Thursday September 15th.

Millis Police to discuss the latest scams at the Center on Monday, September 12 at 11. Every year, roughly 7 million adults 65

and older fall victim to senior scams. The best way to avoid losing money or confidential information to a scammer is by learning to recognize the different types of fraud and when you may be the target. Please join us.

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.

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.

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 third Monday of the month 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 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 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.

# **GET NOTICED!**

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please call Jen at 508-570-6544 or email: jenschofield@localtownpages.com



The Millis Cultural Council announces our Annual Visual and Performing Arts Exhibit



### SAVE THE DATE

Saturday, September 10, 2022 (rain date: Sunday, September 11, 2022)

1:00 - 4:00 p.m.

LOCATION: Millis Public Library, 961 Main Street & Niagara Fire House, 8 Exchange Street, Millis, MA

Calling All Local Visual and Performing Artists

To share your visual and performing art, please fill out this form: https://forms.gle/afHFvvdJdcL9Pd216

all ages and talent levels welcome

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Thirty-three 1BRs @ \$1,840\*, Twenty-four 2BRs @ \$2,027\*, Six 3BRs @ \$2,211\*

\*Rents subject to change. Tenants will be responsible for paying utilities: gas (heat & hot water); electric (includes cooking), water and sewer. This community is smoke free. Pets are allowed. Each affordable unit will have access to free parking



The Curtis Apartments is a brand-new, 250 unit rental apartment community located on 161 Mechanic Street in Bellingham, MA. There will be 63 affordable apartments ready for occupancy starting in Fall of 2022. All affordable apartments will be rented to households with incomes at or below 80% of the area median income through this application process. This community is located on approximately 15 acres and will include 5 residential buildings along with an amenities-rich clubhouse, pool, playground, a dog park, a fire pit and grilling stations and outdoor dining areas for residents. Apartments will feature stainless-steel appliances, solid surface countertops and in-unit washer and dryers. Each building will have an elevator, and affordable units are evenly dispersed across each building.

Interested households should email TheCurtis@jmcandco.com or call (339) 235-4666 to obtain a Waiting List Application. As applicants reach the top of the Waiting Lists, they will be contacted by the Leasing Office to move forward in filling out a Lease Application.

### Maximum Household Income Limits:

\$78,300 (1 person), \$89,500 (2 people), \$100,700 (3 people) \$111,850 (4 people), \$120,800 (5 people) \$129,750 (6 people)

For reasonable accommodations for persons with disabilities, please contact the Leasing Office. Free translation available. Traducción gratuita disponible.

For more information, a waitlist application or reasonable accommodation, plase contact the leasing office. For TTY services dial 711. Free translation available. Traducción gratuita disponible.

www.thecurtisapts.com





# Massachusetts Legislature Passes Legislation To Foster Greater Equity In Cannabis Industry

(BOSTON – 08/01/2022) The Massachusetts Legislature passed legislation, An Act relative to equity in the cannabis industry, that encourages and facilitates participation in the cannabis industry from communities disproportionally harmed by marijuana criminalization by creating a Social Equity Trust Fund. The bill also strengthens the host community agreement process and clarifies procedures for permitting social consumption sites

"I am thrilled we were able to reach a deal on this bill, which will take meaningful steps toward ensuring communities who have historically been harmed by marijuana criminalization can access resources to enter this industry," said Senate President Karen E. Spilka (D-Ashland). "I'd like to thank Chair Rodrigues as well as Senators Comerford and Fattman and all of the Senators who have worked so hard on this

issue, Speaker Mariano and our partners in the House, and all of the conferees for advancing this important issue forward."

Establishes the Cannabis Social Equity Trust Fund

This legislation creates a trust fund to make grants and loans to social equity program participants and economic empowerment priority applicants, which will give entrepreneurs from communities that have been disproportionately harmed by marijuana prohibition and enforcement better access to grants and loans to get their businesses off the ground.

Fifteen per cent of the revenue collected from the sale of marijuana and marijuana products must be transferred to the Cannabis Social Equity Trust Fund, which will be administered by the Executive Office of Housing and Economic Development (EOHED), in consultation with a newly created Cannabis Social Equity Advi-

sory Board.

# Clarifies the host community agreements process

The legislation clarifies the Cannabis Control Commission's (CCC) role in reviewing and approving host community agreements (HCA), which are executed between marijuana businesses and their host municipalities. It authorizes the Commission to prioritize social equity program businesses and economic empowerment priority applicants for expedited review.

The legislation also clarifies the scope of HCAs and adds new criteria, such as:

No host community agreement can include a community impact fee that is beyond the business's eighth year of operation.

The community impact fee must be reasonably related to

the actual costs required to operate a cannabis business in a community.

The CCC must review and approve each host community agreement as part of the license application and renewal process.

All host communities must establish procedures and policies to encourage full participation in the regulated marijuana industry by people from communities that have been disproportionately harmed by marijuana prohibition and enforcement.

# Clarifies the local social consumption approval process

The social consumption policy, which would allow the sale of marijuana and marijuana products for consumption on the premises where sold, is authorized by existing law. However, this legislation amends it to ensure proper procedures are taken regarding local initiative

petitions. Under this legislation, as an alternative to local initiative petitions, a city or town may also allow for social consumption sites through the passage of a by-law or ordinance.

### **Expedites the expungement process**

For individuals seeking to expunge a record for previous offenses that are now decriminalized, this legislation requires the court to order the expungement of the record within 30 days of the request and expunge records for possession of marijuana or distribution of marijuana based on the now legal amount.

Having been passed by the Senate and the House, An Act relative to equity in the cannabis industry now goes to the Governor for his signature.

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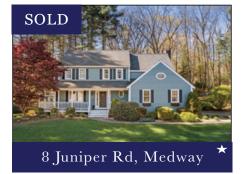
























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# Real Estate Corner

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

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

"Our data indicates that the Norfolk County real estate numbers in July demonstrate a continued slowdown in the market compared to 2021 and a slight decrease from the month of June," noted Register O'Donnell. "There were 10,884 documents recorded at the Norfolk County Registry of Deeds in July, a 35% decrease from July, 2021 and a decrease of 16% from June, 2022".

"The number of deeds for

Dedham - Norfolk County July 2022, which reflect real estate sales and transfers, both commercial and residential, show a decrease of 26% from July, 2021 and a decrease of 21% from the previous month. However, sale prices continue to rise. The average sale price in July was \$1,220,594, a 20% increase compared to July 2021 and a slight 3% increase from June. Total dollar volume of commercial and residential sales is down, decreasing 11% from one year ago and decreasing 19% from last month," noted the Register.

Overall lending activity show a pronounced trend downward for the month of July. A total of 1,886 mortgages were recorded during the month, a significant decrease of 45% compared to a year ago and a decrease of 19% from June. "It appears that the increase in the mortgage interest rates and the fact that many consumers have already refinanced continue to impact mortgage activity," noted O'Donnell.

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. In July, there were 9 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, four more than in July, 2021 and two more than in June. However, there were 21 Notices to Foreclose, the first step in the foreclosure process, recorded in July, up significantly from only 5 recorded in July 2021. "The dramatic increase in the number of these notices is alarming. It indicates that more of our neighbors are facing financial challenges going forward", said O'Donnell. "We will continue to monitor these numbers."

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

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was a 23% decrease in homestead recordings in July 2022 compared to July 2021. "The reduction in recorded Declarations of

Homestead from July, 2021 is not too surprising where the sales of homes continue to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," noted O'Donnell. "We want to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure vou have taken advantage of this protection."

Register O'Donnell con-

**REGISTRY** 

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Date

08/17/2022

08/15/2022

08/12/2022

08/12/2022

08/12/2022

08/08/2022

08/02/2022

08/01/2022

07/29/2022

07/29/2022

07/28/2022

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07/28/2022

07/27/2022

07/22/2022

07/20/2022

07/18/2022

# eal Estate Corner

#### **REGISTRY**

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

The Registry of Deeds is open to the public. Registry personnel are processing inperson recordings as well as electronically filed recordings. The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and from the outside drop-off box at 649 High Street, Dedham, MA."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds 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 registerodonnell@norfolkdeeds.org.

### **Recent Home Sales**

Date	Medway	Amount
08/12/2022	25 Milford Street	\$520,013
08/12/2022	36 Granite Street	\$675,000
08/11/2022	3 Whitney Road	\$590,000
08/10/2022	18 Holliston Street	\$500,000
08/09/2022	3 Balsam Way	\$565,000
08/09/2022	3 Crestview Avenue	\$925,000
08/05/2022	50 Fisher Street	\$655,000
08/04/2022	1 Harmony Lane	\$660,000
07/29/2022	1 Balsam Way	\$568,400
07/29/2022	21 Charles Street	\$430,000
07/29/2022	12 Juniper Road	\$810,700
07/28/2022	353 Village Street	\$400,000
07/27/2022	224 Main Street	\$462,500
07/26/2022	7 Vernon Road	\$450,000
07/25/2022	26 Cedar Farm Road	\$753,000
07/21/2022	15 Colonial Road	\$585,000
07/15/2022	3 Iarussi Way	\$1.05 mil

Millis 278 Orchard Street 9 Rockville Meadows 27 Acorn Place 9 Hemlock Circle 21 Hilltop Drive 375 Union Street 1 Kensington Place 8 Heritage Path 14 Helen Lane #168 9 Walnut Hill Road 45 Pleasant Street 47 Pleasant Street 315 Plain Street 16 Helen Lane #169 17 Hilltop Drive

18 Helen Lane #170

19 Key Street

00 00 nil Amount \$630,000 \$665,000 \$627,400 \$345,000 \$390,000 \$413,000 \$610,000 \$550,000 \$805,000 \$835,000 \$750,000 \$494,000 \$470,000 \$773,495 \$482,000

\$824,000

\$360,000

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

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### **Recent Home Sale**



278 Orchard Street in Millis recently sold for \$630,000. Image credit: www.zillow.com

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94 Ridge Street Millis - \$524.900



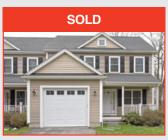
5 Fruit Street Norfolk - \$549,000



0 MacArthur Road



Sherborn - \$900,000



30 Welleslev Avenue



32 Stanley Road Medway - \$539,900

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