

## Medway Christmas Parade fundraising starts with largest single donation in its history

**Jean Blethen-Coady donates \$4,000 for parade and fireworks**

By THERESA KNAPP

The fundraising for this year's Medway Christmas Parade has started off with a miraculous gift.

"We have just received the largest donation in the 30 years

of our parade from Medway resident Jean Blethen-Coady in the amount of \$4,000," said parade Chairperson Richard Parrella.

In a letter to the committee in September, which included

the check, Richard Blethen said the fireworks are something his mother has enjoyed for many years.

By making this donation, "She has the joy of knowing that she is supporting an event that has always brought a smile to her face and sometimes a tear to her eye. She is very happy that she is giving back to a community that she lived in for many years."

In that letter, he shared a story of the importance of the fireworks to his mother.

*Since 2006, [my Mom] has always enjoyed the fireworks in Medway at Choate Park. She moved into an apartment on Slocumb Place and was surprised one night by the fireworks she saw from her back porch; she quickly walked down to observe to her delight. She was able to get a front row seat on one of the benches at the pond, which was occupied by another woman. When the fireworks ended, she had a tear in her eye, which the other woman saw*



Jean Blethen-Coady of Medway has started off this year's fundraising for the Medway Christmas Parade with a donation of \$4,000, the largest single contribution in the event's nearly 30 years. Courtesy photo.

## Oak Grove Farm Playground has a new communication board



PHOTO CREDIT: Theresa Knapp

MILLIS - The Oak Grove Farm Playground is the recipient of a Playground Communication Board provided by The Flutie Foundation.

"Play is a critical part of children's development. Individuals with autism and other developmental delays commonly experience social deficits, which inhibit their ability to communicate effectively with others. Visual aids support a wide range of learners, including verbal, neuro-typical peers and promote inclusion of

people with differing abilities. These communication boards will support individuals in initiating conversations with peers, navigating social situations, and expressing themselves," according to [www.millisma.gov](http://www.millisma.gov)

The Flutie Foundation has a goal to build a similar playground in every town in Massachusetts by the end of 2023. Applications can be found at [www.flutiefoundation.org/playground-communication-boards](http://www.flutiefoundation.org/playground-communication-boards) and are reviewed on the first of every month.

**PARADE**

*continued on page 2*

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PARADE

*continued from page 1*

and asked my Mom if she was okay. My Mom replied that for the last 22 years she and her twin sister Joan had always got together for the Fourth of July Fireworks in Franklin. Joan had passed in 2005 so this was Mom's first year without Joan and the fireworks reminded her of her twin sister.

Mrs. Blethen-Coady shared the same sentiment with *Medway & Millis News*.

"I wanted to do something special at this point in my life. This event has always meant so much to me so I thought this was a great way to thank Medway for all the joy they've given me over the years."

When asked what she loves about the Medway Christmas parade, she said, "That's easy: Everything! The people, the fire-trucks, the sirens, the floats, the kids with their glow things, and of course the fireworks are my favorite, as they bring my sister close to me again for a moment."

Parade Chairperson Parrella says that, as of press time, they are still waiting to learn the total cost of this year's event but, due to increased costs across the board, they expect it could be more than the \$12,000 it has been in the past.

Parrella says no town funds are used for this event. The parade is fully funded by private donations from local business

and residents, which is why Mrs. Blethen-Coady's donation is greatly appreciated.

"This is the largest single contribution we've ever received," said Parrella, "I think this is really what Christmas is all about."

Medway Christmas Parade

Saturday, Nov. 26  
5:30 p.m.

For more information, visit [www.facebook.com/MedwayXMasParade](http://www.facebook.com/MedwayXMasParade) or call 508-533-2741

Donations can be sent to Medway Town Hall, Christmas Parade Committee, 155 Village Street.

SPARK Kindness offers programs on difficult conversations and youth sports

How to Have Difficult Conversations (with Respect and Understanding)

Wednesday, October 12 at 7pm via Zoom — For parents, caregivers, educators, and community members of all ages

In this small group interactive program, SPARK founder Christine Guthery will share: (1) the reasons why courageous conversations are important; (2) why they are challenging; and (3) the tools, strengths (and super powers) that allow us to manage them successfully. (Limit 30 registrants). ASL

interpretation will be provided at this event. Learn more about this FREE online program and register at [www.SPARKKindness.org](http://www.SPARKKindness.org)

Changing the Game: Making Youth Sports a Positive, Character Building, and Growth Experience

Thursday, October 27 at 7pm via Zoom — For youth sport coaches at all levels of play, parents and caregivers of active kids. Young people involved in youth sports and teen athletes are also welcome to attend.

John O'Sullivan, internationally known bestselling author,

speaker and podcast host, will offer strategies to promote a positive and character-building sports experience for young people. Youth sports should be focused on learning sport-specific skills, as well as helping kids get the most out of their sports experience, all while growing as a person, learning life lessons, and having fun. ASL Interpretation will be provided at this event. Learn more about this FREE online program and register at [www.SPARKKindness.org](http://www.SPARKKindness.org)

thankful

Dear Medway & Millis:

As we start to prepare for our November edition, we wonder: What are you thankful for this year?

Please email "I am thankful for \_\_\_\_\_" to [editor@millismedwaynews.com](mailto:editor@millismedwaynews.com) and include your name (full name or first name/last initial), age (if you'd like), and town.

We'll go first:

I am thankful for our wonderful readers. Theresa K., over 18, Medway

Millis Cultural Council Call For Applications

Submissions are due October 17, 2022 to this website: <https://www.mass-culture.org/millis>

Priority will be given to proposals for programs that are:

- Free and open to the public to benefit the Millis community
- First-time submissions

Applicants are encouraged to include a sample of their work for consideration.

Proposal requirements include:

- A no-cost component for either participants and/or attendees (or some subset thereof)
- Letters of support from the proposed partnering organization(s)

- Proposed timeframe of when the program will run
  - If the program has received funding in the last three years, an explanation of actions to build the program's sustainability
  - Confirmation of location within the Town of Millis
- Special note: Millis High School Seniors may apply for funding to support their senior project requirement.

Millis Cultural Council  
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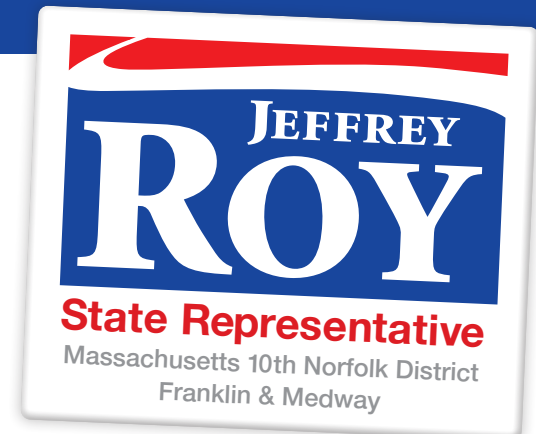
Since 2013 Jeff Roy has been part of a legislative team that has addressed the issues of education, economic development, the coronavirus pandemic, health care, substance use disorder, criminal justice, civil rights and social equity, gun safety, energy, and the environment. In addition, he has led efforts to:

- Draft and pass the clean energy and offshore wind bill
- Finalize the Roadmap Bill on climate change
- Pass legislation on sexual violence on higher education campuses
- Pass legislation increasing transparency and financial reporting requirements for higher education institutions
- Pass legislation that increased civic engagement and transparency by creating a searchable online database of legal notices
- Fight for health care reform
- Support Veterans through the Valor Acts and funding for memorial walkway
- Help seniors with Housing, Tax Relief and state funding for Senior Centers

- Pass legislation lowering thresholds on specialty license plates, making them available to smaller charities and causes
- Brought civics education back to our public schools so young people will understand the importance of participating in government

## Locally, he has:

- Worked to maintain high quality of the school systems
- Helped families with substance use disorder by co-founding the SAFE Coalition and delivered \$250,000 in state funds
- Led legislative effort to create a Regional Dispatch Center for Franklin, Norfolk, Wrentham and Plainville
- Advocated for Cultural District in Franklin



- Aided in re-opening a factory in Franklin to manufacture PPE
- Delivered local aid for schools, roads, infrastructure, public safety, arts and recreation
- Delivered improvements to Commuter Rail Service and infrastructure
- Delivered funding for SNETT tunnel under Prospect Street, parking at Franklin State Forest, and improvements to recreational spaces in Medway
- Helped thousands of constituents with issues involving unemployment, health care, human services, and other matters with state agencies



## A 10-year history of delivering local aid for Franklin and Medway:

**\$28,574,921** – Chapter 70 (Franklin)  
**\$10,564,089** – Chapter 70 (Medway)

**\$10 million** – Reconstruction of intersection at Pleasant & Chestnut Streets, Franklin

**\$2.42 million** – Improvements to the MBTA commuter rail station in downtown Franklin

**\$2.2 million** – Intersection and roadway improvements along Grove Street in Franklin

**\$1.3 million** – Environmental Bond Bill for improvements to SNETT trail tunnel

**\$1 million** – Sidewalk and pedestrian safety improvements in Medway

**\$917,261** – Chapter 90 road funding for Franklin

**\$700,000** – expand the SNETT trail from Grove Street to Union Street

**\$600,000** – Franklin Food Pantry Building Project

**\$500,000** – Route 109 access improvements at Choate Park

**\$395,749** – Chapter 90 road funding for Medway

**\$350,000** – Grant for improvements to Medway parks

**\$275,000** – Grant for Black Box Theatre

**\$250,000** – Opioid epidemic funds for SAFE Coalition

**\$200,000** – King Street Park improvements in Franklin

**\$200,000** – Medway THRIVE program

**\$183,000** – Franklin Green Community grant

**\$170,000** – Medway public safety equipment

**\$135,000** – Accessibility and safety improvements at the Lovering Heights Senior Citizens Complex in Medway

**\$100,000** – Dept. of Public Services building in Medway

**\$100,000** – Parking lot at Franklin State Forest

**\$100,000** – Medway Community Farm

**\$100,000** – Franklin Downtown Partnership

**\$100,000** – NE Center for Children Program at Parmenter Elementary in Franklin

**\$75,000** – Zoning audit and bylaws modernization grant

**\$70,000** – Quiet Zone study for Franklin commuter line

**\$70,000** – Mental health screenings in the Franklin public schools

**\$65,000** – New firefighter headsets to help prevent hearing loss

**\$60,000** – Solar lighting and traffic controls

**\$58,500** – Development of outdoor fitness programming at the Medway senior center

**\$58,000** – Franklin schools substance abuse task force

**\$50,000** – Veteran's Memorial pathway

**\$50,000** – MetroWest Veterans District

**\$50,000** – Replacement of the playground at Fletcher Field in Franklin

**\$50,000** – Vaping prevention program in the Franklin public schools

**\$50,000** – Accessible van for Tri-County School

**\$50,000** – Horace Mann statue in Franklin

**\$25,000** – Moving Vietnam Wall in Medway

**\$25,000** – Charles River Meadowlands

**\$22,000** – Upgraded communications technology for Medway Fire

**\$21,000** – Senior citizen health program in Medway

Funding for lights at Franklin Sculpture Park

Restore funding for Franklin Housing Authority

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# People Over Politics: McGovern Best Choice for Congress in Second District

My name is Jim McGovern and I'm running for reelection to Congress in Massachusetts' Second District. I couldn't be prouder to have the honor of representing Central and Western Massachusetts in Congress, and due to redistricting, the newly redrawn Second District will include Hopkinton, Holliston, Ashland, Southborough, and Medway.

I was born and raised in Worcester. Massachusetts is my home. I first got into public service because I wanted to make a difference in people's lives. That's still true today. It's why I'm focused on putting people over politics to tackle the biggest problems we face.

Second District voters deserve a fighter in Congress that's going to build an economy that works for everyone. It's wrong that billionaire corporations are making record profits while many people are living paycheck to paycheck. I'm committed to cutting costs for working families

and creating good-paying jobs right here in Massachusetts.

I understand one of the biggest concerns people have is the cost of health care. For decades, Big Pharma dictated the industry and set prices that made families have to choose between the cost of rent or their medication. That's morally wrong. It's why I voted for the Inflation Reduction Act to lower health care premiums for low-income families, cap the cost of insulin at \$35 per month for those on Medicare, and allow drug price negotiation. I will keep working to make health care more affordable and lower the price of prescription drugs.

I have heard from many voters that are alarmed at the Supreme Court's decision to overturn Roe vs. Wade – I am too. In fact, I'm disgusted. We're lucky to live in Massachusetts. The Commonwealth has abortion rights enshrined in our Constitution. But we can't let our guard down. Trump Republicans have made clear that



if they win control of Congress, they will pass a national abortion ban. It's unclear if that federal law would supersede our protections. And so, a vote for a Republican in November is a vote to ban abortion in Massachusetts. I believe women should have the ability to make their own health care decisions and I'll never stop fighting to protect that right.

I believe we must care for our planet. The climate crisis is real and there's only so much time to preserve our environment for future generations. I host an annual farm tour in the Second District, and this year, farmers told me about how cli-



mate change is impacting how they farm. Farmers put healthy, nutritious fruits and vegetables on our plates, and we need to be making their job easier, not harder. I will continue to hold Big Oil accountable for polluting our planet and work for a more sustainable future for our children and grandchildren.

Trump Republicans have a radical vision for America's future – one of hate, division and regression. They fight for billionaire corporations and are in the pocket of Big Oil and Big Pharma donors. And they want to strip away basic freedoms

from their fellow Americans. My priorities are clear: I serve working families. It's why I don't take a dollar of corporate PAC money. When I look at America's future, I'm only interested in progress and making this country work for more people.

To get involved and learn more about my campaign, please visit [www.jimmcgovern.com](http://www.jimmcgovern.com). I humbly ask for your vote for the November 8 General Election and I'm looking forward to seeing you on the campaign trail.

*This article is Paid for by Re-Elect McGovern Committee*

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# Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT  
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17



years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Medway and Millis in particular, Schadler says they are proud to have many repeat customers and friends in the area. Hidden Hill Farms in Millis does all the business's welding work,

## Business spotlight

and Affordable Junk sponsors the local girls high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit [affordablejunkremoval.com](http://affordablejunkremoval.com).

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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# Millis Youth Enjoy a Perfect Day for Swimming on Spectacle Island

In August, 290 kids from six organizations in six communities — including 16 kids from Girl Scout troop #82362 in Millis — set sail to Spectacle Island as part of Save the Harbor/Save the Bay's free All Access Boston Harbor program.

"These free trips to the Boston Harbor Islands are some of the best parts of the summer," said Kristen Barry, Deputy Executive Director at Save the Harbor/Save the Bay. "No matter what community they come from or what group they are a part of, they always come back to shore with new experiences and new perspectives."

The groups gathered in the Leader Bank Pavilion in Boston's Seaport where Save the Harbor's Historian, David Coffin, told kids about the island's history. Coffin spoke about how Spectacle Island was a dumping ground for Boston's trash, burning continuously for more than a decade. Today the island is now the most popular destination in the Boston Harbor Islands National & State Park.

"This is one my favorite stories," said Coffin to the gathered groups. "You can be a flaming pile of trash for ten years and you can still turn your life around."

This summer Save the Harbor's youth and beach program staff of 40 will run three free cruises a week to the Boston Harbor Islands, as well as scores of free events and programs on Boston's waterfront and on the region's public beaches from Nahant to Nantasket.

On most trips to Spectacle, the youth break into groups to explore the beach and hike to the top of the north drumlin for the spectacular views of the harbor. However, when the weather is hot and the tide is high they just can't wait to hit the water.

To beat the heat, some kids swam in the clean, cool water of Boston Harbor under the watchful supervision of four DCR's lifeguards. Others caught crabs and fish from the pier or searched for the "Treasures of Spectacle Island" with Save the Harbors program staff, collecting shells and sea glass, which they shared with each other before returning them to the beach where they belong.

"Our free programs give kids and families who might not otherwise have the opportunity to experience these beautiful natural resources firsthand," said Save the Harbor/Save the Bay's Executive Director Chris Mancini. "We are



proud to share our spectacular harbor, beaches and islands with them."

According to Save the Harbor/Save the Bay's Director of Development Patricia Salic, "The work Save the Harbor/Save the Bay does would not be possible without the support of our 2022 Youth Program sponsors, including Bay State Cruise Company,

Blue Cross Blue Shield of MA, The Coca-Cola Company, Department of Conservation and Recreation, Eastern Salt Company, Inc., Executive Office of Energy and Environmental Affairs, Harpoon Brewery, JetBlue, Massachusetts Convention Center Authority, National Grid, Richard M. Saltonstall Charitable Foundation, Alexandria, The Boston Foundation, Boston Properties — Atlantic Wharf, Camp Harbor View Foundation, Cell Signaling Technology, City of Boston Department of Youth, Engagement & Employment, Comcast Foundation, Cronin Group, LLC, Exelon Generation, Goody Clancy, Hood Business Park, HYM Investment Group, Income Research and Management Charitable Fund, John Han-

cock Financial Services, Leader Bank Pavilion/Live Nation, Maine Community Foundation, Massachusetts Water Resources Authority, National Development, National Grid Foundation."

You can find a full list of Save the Harbor's 2022 Youth Program Funders at <https://bit.ly/3L7RFq5>

To find out more about Save the Harbor/Save the Bay and the work they do to restore, protect and share Boston Harbor, the Harbor Islands and the region's public beaches, visit their website at [www.savetheharbor.org](http://www.savetheharbor.org), their blog "Sea, Sand & Sky" at <http://blog.savetheharbor.org> or follow savetheharbor on Facebook, Instagram or Twitter.



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## Your Money, Your Independence

# Eye Opening Costs At Open Enrollment?

Pop Quiz: Per U.S. government data, over past 12 months (8/21 - 8/22) which has increased the most in price?

- A) Household Energy
- B) Unleaded Regular Gasoline
- C) Bread
- D) Health Insurance

In fairness, you've experienced A) 21.2%, B) 24.1%, and C) 16.2%, however for many fall brings Open Enrollment to work benefits so sticker shock of D) 24.2% health insurance has yet to be realized.

That's right, health insurance increased ~3X greater than 8.3% US inflation and same as gas. Think of the promotions or actions you've taken to save \$5-15 at the pump. Well, this is greater for family paying \$500 a month on a corporate health plan and facing ~\$1,440 annual increase.

## What can you do?

**Understand Plan Changes & Your Situation:** In a PPO due to your doctor, but you've visited him/her twice in the last 3 years? What's the highest annual out-of-pocket medical expenses total the last 3-5 years? Expect high out-of-pocket expenses in 2023? These and other questions will help you run the numbers.

**Case for High Deductible Health Plans (HDHP):** People get scared by maximum out-of-pocket costs for HDHP and dub HDHP "for the healthy and wealthy". Yes, a PPO will have lower maximums and deductibles, but you're guaranteed to



Glenn Brown

pay more to obtain.

Compare PPO costing \$247 biweekly with \$6,000 maximum out-of-pocket versus HDHP at \$142, a \$13,000 maximum out-of-pocket, and employer providing \$1,500 to enroll in Health Savings Account (HSA).

PPO guarantees \$6,422 paid in premiums while HDHP is \$3,692 less \$1,500 given by employer to contribute to HSA, thus equals \$2,192 or \$4,230 less than the PPO. Thus, maximum out-of-pocket expenses differential is \$2,770 and not \$7,000. Furthermore, you'd need \$10,230 of out-of-pocket medical expenses to make this PPO breakeven with this HDHP.

**About Health Savings Accounts (HSAs):** Tax-exempt savings plans paired with a HDHP meeting certain criteria. HSA is not "Use It or Lose It" like Flex Spending Account (FSA) and upon leaving a company or retirement, you maintain your HSA.

## Key HSA facts:

- In 2023, individual can contribute \$3850 and family up to \$7,750.
- Over age 55 an additional \$1,000.
- All contributions are tax-free: federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Unlike other tax-advantaged savings plans, HSAs offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

**Get The Tax Savings:** Consider a family in 24% tax bracket contributing \$4,000 to HSA, it would be tax savings of \$1,466

(\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2023 contributions and gain tax savings of \$3,460.

Set Some Time and Seek Help: Open enrollment is the once-a-year opportunity to make changes to your work benefits without needing a life event. Beyond insurance and retirement benefits, these elections help maximize your savings, estate planning and taxes for 2023 and beyond.

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

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# Medway Senior Center

The Medway Senior Center is located at 76 Oakland Street, Medway Ma. The center is open Monday 7:30 am to 5:30 pm, Tuesday through Thursday 7:30 am to 4:30 and Fri 7:30 am 12:30 pm. Contact the center to sign up for the monthly newsletter for a full listing of all of our activities and events. We offer a full range

of exercise classes to fit all abilities as well as crafting and games.

**October/ November events:**

October 5th – 10:00 am- FREE balance screening. Sign up to have a screening conducted by a Physical Therapist from Per-

sonal Best Physical Therapy. An individualized evaluation will be provided. Call today to reserve you spot!

October 8th – 10:00 am – 12:00 pm- Medway Parks and Recreation, Trunk or Treat at Oakland Park. Come down to the park (adjacent to the center)

and enjoy the treats provided by local businesses and organizations! Free and open to all ages.

November 9th – 1:00 pm – Taste of Fall. Join us as we indulge in a sampling of tasty desserts from local restaurants! Please call or stop by to sign up!

November 10th – 12:30 pm – Antique Roadshow! Bring you beloved treasures to the center to be appraised by our friends at Coyle Auction House. Contact the center to reserve a spot so you don't miss out on this fun event!

## Millis Memory Café resumes in October!

### WHAT IS A MEMORY CAFE?

A memory café is a welcoming place for individuals and families living with memory changes. Each Café event will feature a guest artist or performer, time for conversation, as well as coffee and refreshments.

Visit [millislibrary.org/memorycafe](http://millislibrary.org/memorycafe) for details.

### DETAILS

**Where:** Millis Public Library  
Roche Bros Community Room

**Date:** 4th Monday of the month  
(Oct. 24, Nov. 28, Dec. 19\*, Jan. 23)

**Time:** 10:30 am - 12:00 noon

**Cost:** Free of charge

**RSVP:** No RSVP needed

\*December meeting will be the 3rd Monday



Millis Public Library

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# Medway residents to participate in Boston Marathon® Jimmy Fund Walk presented by Hyundai

Lori Bulpett, Dale Freeman, and Maryann Marzakis will join thousands in the iconic fundraising walk for Dana-Farber Cancer Institute to support all forms of cancer

Medway, Mass.—Seven residents from Medway will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 2.

Lori Bulpett, Dale Freeman, Maryann Marzakis, Betsy Shamorian, Andra Freeman, Paul Shamorian, and Lily Shamorian, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$155 million for Dana-Farber Cancer Institute in its 33-year history.

"Throughout the past 33 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-

Farber. And the pandemic didn't stop us," said Zack Blackburn, Director of the Jimmy Fund Walk. "Over the past two years, participants walked virtually and celebrated in their own unique ways. Now, we welcome them to walk the course in person. We are back, we are together, and we are stronger than ever."

Participants have the flexibility to choose from four distance options: 5K Walk (3.1 miles from Dana-Farber Cancer Institute), 10K Walk (6.2 miles from Newton), Half Marathon Walk (13.1 miles from Wellesley), or Marathon Walk (26.2 miles from Hopkinton). Participants can also choose to join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Virtual programming and supporting materials are available.

Along the course, walkers are treated to 12 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration.

All four routes of the Jimmy Fund Walk end at the Copley Square Finish Line Powered by Schneider Electric with a celebration complete with food, music, and a speaking program.

To register for the Jimmy Fund Walk (#JimmyFundWalk) or to support a walker, visit [www.JimmyFundWalk.org](http://www.JimmyFundWalk.org) or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

## About the Jimmy Fund

The Jimmy Fund, established in Boston in 1948, is comprised of community-based fundraising events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute's lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children's Charity of New England. Since 1948, the generosity of millions of

people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the

Jimmy Fund on Facebook, Twitter and Instagram: @TheJimmyFund.



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# Calendar of Events

October 3

Arduino Coding & Robotics, 6:30 p.m. to 8:30 p.m., Medway Public Library. Registration required. [dbusa@minlib.net](mailto:dbusa@minlib.net)

October 4

Medway Fiber Art Group, 6 p.m. to 8 p.m., Medway Public Library. Drop-in if interested in knitting, crocheting, embroidery, cross-stitching, etc.

GriefShare Support Group, 7 p.m. to 8:30 p.m., Medway Village Church, 170 Village St., Medway. Every Tuesday through Dec. 6. More info at [www.griefshare.org/groups/152016](http://www.griefshare.org/groups/152016)

October 6

Tech Help Thursdays, 10:30 a.m. to 11:30 a.m., Millis Public Library, Local History Room. Get help with your phone, laptop, tablet, Kindle, social media, etc. [edavis@minlib.net](mailto:edavis@minlib.net)

October 7

Medway Area Rainbow Community & OUT MetroWest, 6 p.m. to 8 p.m., Medway Public Library. Drop in. Info: [lily.pearl@outmetrowest.org](mailto:lily.pearl@outmetrowest.org)

Niagara Coffee Haus features Sarah Borges, 8 p.m., 8 Exchange St., Millis. Tickets at <https://bit.ly/3Rbpxoi>

October 11

Read the Rainbow Book Club, 6 p.m. to 7 p.m., Medway Public Library. Monthly LGBTQ+ book group for teens. All identities welcome. Participants are welcome to bring any LGBTQ+ book that matches the theme to discuss. Grades 7 and up. No registration required. [asnowden@minlib.net](mailto:asnowden@minlib.net) Theme: Supernatural Creatures

Medway Area Rainbow Community, 7 p.m. to 8:30 p.m., Medway Public Library. This support group is a safe and welcoming space for parents and caregivers with LGBTQ+ people

in their lives. Join the group for support, connection, and education. [MedwayAreaRainbowCommunity@gmail.com](mailto:MedwayAreaRainbowCommunity@gmail.com)

GriefShare Support Group, 7 p.m. to 8:30 p.m., Medway Village Church, 170 Village St., Medway. Every Tuesday through Dec. 6. More info at [www.griefshare.org/groups/152016](http://www.griefshare.org/groups/152016)

October 13

Tech Help Thursdays, 10:30 a.m. to 11:30 a.m., Millis Public Library, Local History Room. Get help with your phone, laptop, tablet, Kindle, social media, etc. [edavis@minlib.net](mailto:edavis@minlib.net)

October 15

Friends of the Medway Public Library Book Sale, 10 a.m. to 2 p.m., Medway Public Library. [www.medwaylib.org](http://www.medwaylib.org)

October 18

Celebrating Indigenous Peoples' Day: Water Protection Rights and Spirituality, 6:30 p.m. to 8:30 p.m. Virtual. Register at <https://bit.ly/3DwDyZD>

Board Game Night for Adults, 6 p.m. to 8 p.m., Millis Public Library. More info at [www.millislibrary.org](http://www.millislibrary.org)

Yankee Quilters "Staycation, Oct 21-23, Christ the King Lutheran Church, Holliston. Registration required. Contact Anita Stolle at 508-321-1757 or [anitastolle@gmail.com](mailto:anitastolle@gmail.com).

October 21

Friends of the Medway Public Library Book Sale, 10 a.m. to 2 p.m., Medway Public Library. Thousands of books, DVDs, CDs. \$5 bag sale. [www.medwaylib.org](http://www.medwaylib.org)

October 22

Millis Memory Cafe, 10:30 a.m. to noon, Millis Public Library. For individuals and families living with memory changes. Free. No RSVP needed. Additional meetings Nov. 28, Dec. 19, Jan. 23.

October 24

Annual Friends of the Poor Walk, 10:30 a.m., St. Joseph St., 151 Village St., Medway. More info at <https://www.fopwalk.org>

October 25

GriefShare Support Group, 7 p.m. to 8:30 p.m., Medway Village Church, 170 Village St., Medway. Every Tuesday through Dec. 6. More info at [www.griefshare.org/groups/152016](http://www.griefshare.org/groups/152016)

October 27

Tech Help Thursdays, 10:30 a.m. to 11:30 a.m., Millis Public Library, Local History Room. Get help with your phone, laptop, tablet, Kindle, social media, etc. [edavis@minlib.net](mailto:edavis@minlib.net)



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Midland National Life	A+	4.05 %
United Life Insurance Company	A-	3.95%

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October 31



November 4

Mark Femino and Marnie Hall, 8 p.m. Niagara Coffee Haus, 8 Exchange Street, Millis. Two local teachers perform their original music. Doors open at 7:30 p.m. Tickets at <https://bit.ly/3BNXJRE>. Info at [niagacoffeehaus@gmail.com](mailto:niagacoffeehaus@gmail.com)

*If you have a calendar listing, please send it to [editor@millismedwaynews.com](mailto:editor@millismedwaynews.com) in the above format. Items are printed as space allows and are not guaranteed.*

## Milford's Pumpkin Stroll Returns

With the success of many past Pumpkin Strolls, Mike Shain has planned for an even bigger and better event this year. Mark your calendars for Saturday, October 29, 2022 (rain or shine). The Pumpkin Stroll will be held inside Creative Community Child-care, 23 Pine Street, Milford.

Pumpkin carvers are asked to drop off their creations between the hours of 4:30 and 5:30pm. Families are invited to dress up in their Halloween costumes and enjoy Trick or Treating in the building. Local businesses will hand out treats, so bring your Trick or Treat bag. The creatively carved pumpkins will illuminate for everyone to enjoy.

Three \$25 gift cards will be awarded for pumpkins submitted. The categories are scariest, funniest, and most creative.

The entire evening is free to attend. A collection box for local food pantries will be set up for anyone who wishes to make a donation of a non-perishable food item. Everyone is welcome, so tell your friends

Milford's Pumpkin Stroll is brought to you by Creative Community Childcare and Michael Shain. For more information about Milford's Pumpkin Stroll, please contact Michael Shain 508-330-8487 or email [mshain@bayeq.com](mailto:mshain@bayeq.com)

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# Living Healthy

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

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

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

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

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

referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

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



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

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

cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!
7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her

**EYES**

*continued on page 13*



### MILFORD - FRANKLIN EYE CENTER

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# Living Healthy

## EYES

continued from page 12

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8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice

is still using stitches. 100% of our cataract procedures are stich-free.

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

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Earning his medical degree from Georgetown University School of Medicine, Dr. Kiernan completed his orthopedic surgery residency at UMass Memorial.

Dr. Kiernan looks forward to taking care of patients with a variety of hip and knee problems (such as arthritis) and other joint conditions. His practice focuses on partial and total knee and hip replacement including revision procedures. In addition, Dr. Kiernan specializes in a direct anterior approach to joint reconstruction, resulting in decreased post-operative pain and faster recovery.



Brendan Kiernan, MD

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What could be better than a drama critic that hates theater, two elder aunts who murder lonely men as an act of charity, a homicidal brother with plastic surgery to look like Boris Karloff, and the result is a mix of laugh-

out-loud and macabre mayhem. The play was inspired by real-life serial killer Amy Archer-Gilligan, who was convicted of poisoning her boarders for their pensions.

Performances are Friday October 14, Saturday October 15, Friday October 21 and Saturday October 22 at 7:30 pm at Millis High School Auditorium, 245 Plain Street, Millis. Pre-sale tickets are \$15.00 in advance for adults, \$10.00 for seniors and students. At the door adult tickets are \$20.00 and senior/students are \$10.00. Tickets and information are available at [www.mil-listheatre.org](http://www.mil-listheatre.org).

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# A beginner's guide to fall planting and maintenance

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

- Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

- Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.
- Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.
- Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year.



So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

- Clean up unwanted growth. Fall is an ideal time to cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the

mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil, enhancing growing possibilities and limiting weed growth.

- Propagate plants in the fall. As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.
- Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

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Robert “Rob” Greene founded the company in 1980 and runs it today with his son Robert Jr. “Robbie.” Their goal is to provide top-notch workmanship at an affordable price.

“I decided to start my own business after I noticed that homeowners were being charged very high prices for a mediocre job,” says Rob. “This bothered me. I knew that if I could offer customers an exceptional job with fair pricing, that I could make a difference.”

Rob himself started roofing at the age of 13 with his father for his father’s construction company. Rob learned everything about roofing from the “great old-timers” who were up on the roof working right along with Rob, teaching him everything he now knows.



Today, Robert Roofing is fully licensed and insured, and performs work on residential and commercial buildings plus new construction. They have an “amazing crew” that offers various types of roofing (asphalt, rubber, low-slope, specialty shingles, etc.) as well as other services including gutter installation, new downspouts, vinyl and wood siding, coil stock metal coverage, soffits, and chimney repointing and flashing.

Did you know fall is peak roofing season? Rob says it is

## Business spotlight

very important to have your roof evaluated before the cold winter months. If you need a new roof, or roof repairs, now is the time to do it.

“It’s easy to brush off some minor wear and tear water damage or damaged shingles but these are strong indicators that you need to replace your roof.

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**David Williams**

Don’t wait until spring to replace your roof, as doing so can exacerbate your problems. Any damage that you’ve discovered can only get worse during the winter with freezing rain, ice, snow and sleet. It’s best to be proactive instead of dealing with emergency roof repairs at the last minute.”

Robert Roofing will try their best to restore your roof and not sell you a new one. But if you need a new roof, their expert installers will make sure the job is done right the first time.

For the warmer months, Rob stresses the importance of roof ventilation which can also help with energy savings.

“The proper roof ventilation allows proper airflow between the attic and the outdoors. If a roof isn’t properly ventilated, hot air can become trapped inside the attic and cause your entire house to heat up gradually like any oven. This puts a huge strain on your home’s cooling system and leads to a noticeable rise in your monthly energy bills.”

For a full list of services available, visit [www.robertroofingand-gutters.com](http://www.robertroofingand-gutters.com) or call 857-247-8709 where you can also arrange a free estimate with Rob.

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# Under Pressure gets homes ready for the holiday season

BY CHRISTIE VOGT  
CONTRIBUTING WRITER

## Business spotlight

In anticipation of fall bonfires, winter holiday gatherings and cold weather challenges, exterior cleaning company Under Pressure is busy preparing and sprucing up homes for the season. “The work we do is like a tune-up of the house from top to bottom, from roofs to gutters to windows to patios,” says owner Mark Mercer. “We’re helping people to love their home again, especially around the holidays, and to refocus attention on the importance of the health of a house.”

Mercer says that cleaning exteriors in late summer and early fall is an optimal time because houses stay cleaner for longer due to less pollen, landscaping debris and humidity-induced mildew. Under Pressure is also able to wash surfaces later in the year — even as temperatures drop to the 30s — thanks to water heating mechanisms in its trucks. “Winter is long, and homeowners should be asking themselves at this time whether their house is prepared for the

changing weather ahead,” Mercer says.

In addition to washing, Under Pressure offers shrink-wrapping to protect outdoor furniture, water features, garden monuments and other items that need to be shielded from the elements. “Shrink-wrapping is a great alternative to covering things with weatherproof fabric, which often gets chewed through by critters,” Mercer says. “Shrink-wrapping also saves space because we can push everything into one tight bundle in your yard rather than having your patio furniture take up square footage in your garage or basement.”

Under Pressure also offers safe and efficient ice dam and snow removal services. Its gentle but powerful steam method quickly remedies problematic areas on roofs without damaging a home’s structure.



Routine maintenance and cleaning services like these are important, but Under Pressure is also eager to bring a bit of magic to customers this year in the form of custom-designed holiday lighting. “We are really excited about this new offering,”

Mercer says. “It’s amazing what you can do with a home nowadays with new light technologies, and customers have been asking us for years for a service like this.”

Under Pressure’s team has gone through weeks of training and safety courses in order to design and install holiday lights that cater to customers’ imaginations. “The designs are only limited by homeowners’ creativity,” Mercer says. The company uses LED lights and can illuminate an entire house with one extension cord and a timer. Homeowners don’t have to worry about maintenance or storage either; Under Pressure

will take the lights down at the end of the season and store the equipment until homeowners want to reinstall a display in the coming year.

“We can decorate homes for Halloween, Christmas, Hannukah, New Years — any winter holiday that people want to celebrate,” Mercer says. “Holiday lighting creates a special feeling; there’s just something about the warmth that it brings to a place.”

To learn more or receive an estimate, visit [underpressurewash.com](http://underpressurewash.com), call 508-944-6644 or email [info@underpressurewash.com](mailto:info@underpressurewash.com).

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## Fireplace trends help create attractive, comfortable rooms

Fireplaces are useful features in a home. Fireplaces are sources of ambient heat and also add style to indoor spaces.

Fireplaces can complement just about any interior style. Fireplaces can be traditional and burn wood or connect to a home's natural gas supply for on-demand ambiance. What's more, fireplaces may come in vented or ventless varieties, depending on homeowners' preferences and what is allowed by community building codes. That means a chimney or flue may not be needed — expanding the list of rooms where a fireplace can be installed.

Certain trends have emerged among fireplace fans in recent years. Here's a look at what's getting consumers fired up about these home decor elements.

- **Minimalist style:** Many fireplaces are designed in neutral colors with minimal trim that directs focus on the fire and not the appliance. When the fireplace is not in use, it blends in with surroundings and will not compete for attention with other design elements.

- **Convertible fireplaces:** Homeowners can choose between open or sealed fireplaces. A convertible fireplace enables homeowners to

have the best features of these options. A convertible fireplace can be converted to wood from gas, or the opposite, in as little as 30 minutes.

- **Nature-inspired materials:** Natural stone continues to be a material of choice in fireplace surrounds. Light colors work well for a fireplace, and also fit with today's lighter color interior design preferences. Natural stone also works perfectly with both contemporary and rustic decor.

- **Vintage fireplaces:** Vintage continues to be a buzzword in 2022, and the choice to go vintage also applies to fireplace styles. A room decorated in vintage elements can be complemented with a vintage fireplace or one designed to look vintage.

- **Integrate into wall decor:** Fireplaces that are built right into a wall save space. One can have a television and a fireplace on the same wall. These types of fireplaces work well in modern home designs. Other fireplaces may be built into bookshelves or other wall features.

Fireplaces can improve the appeal of a home. Various trends are popular this year, making fireplaces highly coveted features.



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# Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

home renovation experts at Bob-Vila.com, squeaky floors could be an indication that the sub-floor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring. DO expose wood flooring to the elements in your home prior to installation. The home im-

Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicates that 54 percent of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28 percent of buyers between the ages of 35 and 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the

improvement resource BuildDirect recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement.

DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings further by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set, and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.



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# Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

- **Gutters hanging off the home:** Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why



the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

- **Gutter separation:** Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If

replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- **Peeling exterior paint:** Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- **Basement flooding:** Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



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# Library shares virtual program related to Indigenous Peoples' Day

**Learn about native tribes in New England, water protection rights and spirituality**

BY THERESA KNAPP

The Medway Public Library is offering a program related to Indigenous Peoples' Day including "The Forgotten Nations: Native Tribes of New England" on Oct. 13, and "Water Protection Rights and Spirituality" on Oct. 18.

Both are virtual events. Registration is required to receive the Zoom link.

"This program will be informative and valuable to anyone who wants to learn about the history of Indigenous Peoples in the Northeast," says library director Margaret Perkins. "We are grate-

ful to the Friends of the Tewksbury Library for sharing this program with the Medway Public Library. We are also grateful to the Newton Free Library for sharing 'Celebrating Indigenous Peoples' Day: Water Protection Rights and Spirituality' on October 18."

Perkins says these programs "will offer historical details of which many in the audience, both patrons and library staff, may be unaware."

## Details include:

Thursday, Oct. 13, from 7 p.m. to 8 p.m., virtual event

The Forgotten Nations: Native Tribes of New England

Colonization happened early on in the New England area, as early as 1609, so many Native Nations and tribal histories were lost. Learn about the Nations that called this land home, where they are now, and the thriving communities keeping their histories alive. Led by Heather Bruegl, an Independent Indigenous Consultant and Historian. Bruegl is a citizen of the Oneida Nation of Wisconsin and a first line descendent Stockbridge Munsee. She is the former Director of Education at Forge Project and travels frequently to present on Native American history, including policy and activism.

Sponsored by the Friends

of the Tewksbury Library and several libraries. Register for the Zoom link at <https://bit.ly/3U13rl7>. For more information, contact Margaret Perkins at 508-533-3217 or [mperkins@minlib.net](mailto:mperkins@minlib.net)

Tuesday, Oct. 18, 6:30 p.m. to 8:30 p.m., virtual event

Water Protection Rights and Spirituality

Virtual - Celebrating Indigenous Peoples' Day: Water Protection Rights and Spirituality

This program is presented in partnership with Indigenous People's Day Newton and the Ashland Public Library. Join us as we honor Indigenous Peoples Day at a special program that will open with traditional Danza and

prayer, and will be followed by a panel discussion on Water Protection Rights. The participants will be Hiawatha Brown (Naragansett Elder), Liz Santana-Kiser (Nipmuc Elder) Kasike Jorge Estevez (Taino) and Robert Quesada (Mexika/Aztec). Learn about Indigenous Spirituality as it relates to water; issues concerning water quality, fishing rights and industrial pollution; and land rights and what we can do to contribute to equitable access for all.

This program is hosted by the Newton Free Library in collaboration with a multitude of MA Libraries. Register for the Zoom link at <https://bit.ly/3DwDyZD>. The link will be sent from Ashland Public Library.

## Library offers free access to content related to Ukraine and Russia

Did you know Salem Press/Grey House Online Database is offering Medway residents free access to curated content on current events in Ukraine and Russia through an historical lens? All you need is a library card. For more info, visit [www.medwaylib.org](http://www.medwaylib.org)

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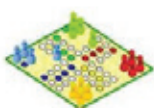
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# Sports

## Medway High Golfers Aiming For Tournament Berth

By KEN HAMWEY  
STAFF SPORTS WRITER

Jim Bruce is hoping his third year as head golf coach at Medway High will end with a berth in the state tournament.

The 50-year-old Bruce, who has an extensive background in golf, guided the Mustangs to a 6-4 record in 2020, but because of the Covid-19 pandemic, post-season tourneys were canceled. Last year, his squad finished 6-10, unable to qualify because it fell short of a .500 record.

The current team, which includes eight returnees, has experience, a solid nucleus and several other strengths.

"Our team chemistry and work ethic are excellent," Bruce said. "I also like our competitive nature and our putting and chipping technique. Our kids play and practice at Maplegate Country Club in Bellingham and that course is a challenge. It forces players to know the hazards and it takes a lot of knowledge to play well there. It's a championship style course."

Bruce knows how to teach golf and he knows the details needed for success. He played golf and baseball at Belmont High and he was a two-time assistant golf pro (Canton and Watertown) before becoming the head golf pro at Winthrop Golf Club.

"I was fulltime for 19 years as the head pro at Winthrop," he said. "And I've been an active member of PGA of America for 24 years. As a member,

I ran tournaments and taught PGA rules."

Bruce's goals for the 2022 edition of the Mustangs incorporate a common-sense approach that emphasizes improvement. "We want to qualify for the state tourney and to achieve that objective means improving daily," he noted. "It's also imperative that we develop and help a large number of younger players."

Competing in the Tri Valley League isn't a walk in the park, especially with teams that include Dover-Sherborn, Hopkinton, Medfield and Westwood.

At Local Town Pages deadline, the Mustangs were 0-3 but Bruce remained optimistic. The losses came against three competitive squads — Medfield, Norton and Norwood.

"We still have a chance of getting into the tourney," Bruce said. "Our schedule is tough early on. Dover-Sherborn, Westwood, Hopkinton and Medfield are talented teams. Their players compete on junior tours and some of them will play golf in college. The scores that we've compiled early in the season will make us competitive against everyone left on our schedule. Our 262 score in the loss to Norwood was 10 strokes less than our score against Norton. That improvement bodes well for the future."

Bruce, who now works as a real estate agent, firmly believes his squad can qualify for post-season play because of three



Coach Jim Bruce is optimistic about his Medway High golf squad.

key attributes. "A solid work ethic is a must and the kids have to stay calm and positive," he emphasized. "It's also crucial to be competitive."

Medway's captains — seniors Colin Roberts and Jackson Horan — embody the necessary ingredients that Bruce stresses for success. Roberts' nine-hole average last year was 42 and Horan's was 43.

"Colin is a two-time captain who's in his fourth year of varsity play," Bruce offered. "He leads by example, he's consistent, has a strong work ethic and he's coachable. His putting and chipping are assets and his demeanor on the course is like being an assistant coach. He often helps, guides and supports younger players."

Horan, now in his third varsity season, is adept at driving the ball. "Jackson hits long and solid," Bruce said. "Driving is his No. 1 strength. He's mentally tough, always in control and always positive. A good leader, he's calm and maintains a steady attitude."

Sophomore Gavin Shipos, who averaged 45 for nine holes last year, is a second-year varsity player. "Gavin hits the ball accurately and solid," said Bruce. "He's got an athletic golf swing, which means it's balanced and it's smooth."

Another sophomore, Zach Nielsen, is a second-year var-

sity player who also averaged 45 for nine holes. "Zach's top strengths are wedging and chipping," Bruce noted. "He's accurate in all phases of the game, he's consistent and he keeps the ball in play."

Senior Jack Reynolds, who played jayvee golf last year, has now become an integral part of Bruce's nucleus. "Jack is very effective chipping and putting," Bruce said. "He's accurate with his ball-striking. Jack's very committed and dedicated in practice and he's averaging 48 in his matches."

Junior Owen Spellman, who averaged 47 last year, is in his second year of varsity play. "Owen's ball-striking is solid," Bruce noted. "He has the ability to deliver a low score. He's calm and he's a top-notch teammate. His score of 40 against Medfield was the best in that match."

Relying on an athletic philosophy that focuses on reaching one's potential and enjoying sports, Bruce says that "if those two situations are occurring, then winning will be the by-product." He also admires golf because it teaches younger players valuable life lessons. "Overcoming adversity is a great life lesson that can be learned from golf," he emphasized. "Every match has adversity. There's always going to be a bad shot or a poor hole. Golf also helps teach discipline, leadership and how to be a good teammate. There are no referees in high school golf, so sportsmanship is another attribute that can be learned."

A native of Belmont, Bruce, who is married and has two children, earned his bachelor's degree from Fitchburg State where he majored in business and finance.

As a real estate agent, Bruce often deals with numbers. On the golf course, he's hoping to get favorable numbers — results that will end Medway's tourney drought.



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# Sports

## The Sandwich Generation is Growing, and So Are its Responsibilities

Across the United States, millions of middle-aged adults struggle with the dual responsibilities of raising a child and caring for an aging parent. They are members of what is commonly called the sandwich generation. In fact, a 2020 report by New York Life found that 48% of the sandwich generation are expected to be in a caregiving position in some capacity for six or more years.

The rise of the sandwich generation is a byproduct of two powerful trends: (1) women giving birth later in life, and (2) the increasing longevity of the U.S. population. When you combine these factors with a growing number of young adults living with their parents, it's easy to see why so many middle-aged Americans are concerned about the future. If you are one of them, here are a few steps you can take to protect your loved ones and prepare for the financial responsibilities ahead

### Have a plan for eldercare.

Talk to your parents about the kind of care they'd prefer, and discuss it with your siblings. See which, if any, family members have the capacity to help provide care and which home would be the most accessible. In case external help is needed, research local resources to see what is available—and at what cost. Most importantly, consult an attorney and make sure you have all the legal documents needed to make sudden medical and financial decisions if the need arises.

### Evaluate your resources.

Before determining a course of action, make sure you know what resources are available. Can your parents pay for care on their own? Do they have long-term care insurance? Do they own any whole life insurance policies with living benefits that they may be able to use to pay for care? Can other family members contribute financially? Is public assistance a viable option?

### Protect your children's lifestyle and future.

While caring for a parent is a huge responsibility, it's important to make sure your children's needs and your own retirement needs are also met. If you haven't done so already, set up a college fund and make funding it a priority. If your place of employment offers a 401(k), try to contribute the maximum amount allowable, and make sure you contribute at least enough to get the full company match. Also, consider purchasing a term or whole life insurance policy that can help to protect your family's future in case anything tragic happens to you.

Caring for children and aging relatives at the same time is never easy, but with the right planning and resources, it is possible to do both. With so many people joining the ranks of the sandwich generation, now's the time to start planning for the future.

<sup>1</sup> "Millennials, Women 'Sandwiched' as COVID-19 Shifts Caregiving Responsibilities," Insurance Journal, December 4, 2020. <https://www.insurancejournal.com/news/national/2020/12/04/591396.htm>.

<sup>2</sup> Loans against your policy accrue interest at the current rate and decrease the cash value and death benefit by the amount of the outstanding loan and interest.



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# Millis Senior Center news

*\*Please note that some Regular Events have changed and needs to be updated*

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:

- **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.

## October Events:

- **Real Estate Trusts** Rescheduled from last month.. Have people told you that you need to put your home in trust but you don't really understand what that means? On Thursday, October 13th at 11a.m., Nicole Riley, Esq. will offer an information session

discussing the benefits of a real estate trust. If you are interested in proceeding with a trust, Nicole Riley, Esq. and Beth Murphy, Esq. will gather the information needed to draft a real estate trust and all necessary accompanying documents on November 11th at 11a.m. Finally, on December 8th at 11a.m., Nicole Riley, Esq. and Beth Murphy, Esq. will execute the trust and accompanying documents for filing.

- **Medicare 101 Information Session**—Brian Murphy from SHINE will be here on Tuesday, October 11th from 11:30-12:30. During the session, we will review the various parts of Medicare and how to enroll. We'll discuss what to do as you approach retirement and move from employer health coverage to Medicare. Participants will complete the session understanding how to shop for plans including Medigap, Medicare Advantage and Part D plans. We will also cover the BENES Act which becomes effective in 2023. The BENES Act changes enrollment dates for Medicare and has some additional changes.

The session is intended for anyone approaching retirement or people on Medicare that want to review their supplemental insurance options. Estimate 45 minutes of presentation with ad-

ditional time for questions. This session will take place in the Senior Center at the Veterans Memorial Building, 900 Main St, Millis, Ma 02054. Reservations are greatly appreciated.

- **Pastel Painting** with Paula Fraser will be providing a new experience mixing hard and soft pastels. Layering of colors is how pictures are given texture, warm and cool colors along with atmosphere. Come experience this fun way to paint on Monday, October 24th at 1pm. Cost is \$10. Reservations required.

- **BOH Health Fair** Saturday, Oct. 15, 2022 at 10am-1pm at the Veterans Memorial Building (Town Hall) Gym. Free vision screenings for both adults and children will be provided by the Lions Club, as well as blood pressure screenings provided by the health department. There will be no high-dose flu vaccine available. If you would like to register for a flu vaccine, please use the following registration link: <https://home.color.com/vaccine/register/millis> If you have any questions, please contact the Millis Health Department at 508-376-7042

- **Podiatry** Main Street Podiatry will be here Wednesday, October 19th from 9-11 to trim your toenails and provide an initial evaluation of your feet. They

accept most insurances with the exception of BMC. There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre-registration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

- **Thunderstorms, flash floods, hurricanes, blizzards and tornadoes**, 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 Undergraduate 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

## SENIOR CENTER

*continued on page 29*



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SENIOR CENTER

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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 October 2, 12, 19, 26 – further sessions to be announced. Hosted by Susan Steele.

• **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 Thursday from 11– 11:30

in room 18. Cost is \$3 per class for Millis residents \$5 for out of towners.

• **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.

• **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 tra-

SENIOR CENTER

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## Millis Public Schools Select Interim Director of Student Affairs

Millis Public Schools has selected Kelly Rao as Interim Director of Student Affairs

at Millis Middle School and Millis High School for the 2022-2023 school year. Rao is a graduate of the University of Massachusetts at Amherst with a BS in Journalism and Women's Studies and also earned an MEd from UMASS-Amherst. She is also a graduate of the Massachusetts School Administrators Association (MSAA) Leadership Licensure Program and earned her initial license as Principal/Assistant Principal 5-12 in the spring of 2022. For the 2021-2022 school year, she

served as Principal Intern at Millis Middle School. Rao has been a social studies teacher at Millis Middle School since 2007. During the 22-23 school year, she will also be teaching two sections of Health in Millis Middle School. "We are very proud to have Kelly enter her first year as an administrator in our Middle-High School. Kelly knows our students in both middle and high school very well and has focused much of her work on helping create a positive school climate for all students," said Millis Superintendent Bob Mullaney. "She has been a dedicated staff member with a firm belief in a growth

mindset and a keen understanding of the role that relationships play in education." In addition to her work as a teacher, Rao has contributed to publications including, Truth for Teachers and Teach with Love. Rao is looking forward to her new role. "I am very excited about working in grades 6-12 and serving as a bridge from middle to high school in Millis! Connection and community are paramount to my leadership philosophy and so I hope to provide both students and faculty a friendly face and a listening ear of support as we all navigate the upcoming school year together."

### SENIOR CENTER

*continued from page 29*

ditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The

movements and postures are easily modified to fit individual needs. Tony will be here every Tuesday at 9. Classes are \$3.00 per class.

• **GRAB AND GO LUNCH** from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad. Please call the Center at 376-7051 by noon the Friday before to order.

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

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

• **FITNESS ROOM:** Thanks to our Friends group the annual fee for Millis residents is now \$50!!!! Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 for non-Millis participants. This covers our maintenance costs and other related expenses. Please contact us at 508-376-7051 if interested. Hope to see you soon!

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\*Per MLS

<div>ON MARKET</div>  <div>178 Holliston St, Medway</div>	<div>ON MARKET</div>  <div>104 Summer St, Medway</div>	<div>PENDING</div>  <div>23 Pond St, Medway</div>	<div>SOLD</div>  <div>49 Pinecrest Rd, Holliston★</div>
<div>SOLD</div>  <div>3 Crestview Ave, Medway</div>	<div>SOLD</div>  <div>3004 Maple Brook Rd, Bellingham</div>	<div>SOLD</div>  <div>12 Heritage Dr, Medway</div>	<div>SOLD</div>  <div>122 Bellwood Cir, Bellingham</div>
<div>SOLD</div>  <div>35 Erica Ct, Kingston★</div>	<div>SOLD</div>  <div>33 Forest View Dr, Millville</div>	<div>SOLD</div>  <div>25 Meryl St, Medway</div>	<div>SOLD</div>  <div>3 Whitney Rd, Medway</div>
<div>SOLD</div>  <div>15 Colonial Rd, Medway</div>	<div>SOLD</div>  <div>8 Juniper Rd, Medway★</div>	<div>SOLD</div>  <div>21 Charles St, Medway★</div>	<div>SOLD</div>  <div>315 Forest Hills St, Boston</div>

\*Buyer

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# Real Estate Corner

## Register O'Donnell Promotes Consumer Notification Service

Dedham, MA – Taking note of publicity relating to “deed theft,” Norfolk Register of Deeds William P. O'Donnell today reminded Norfolk County homeowners about the Registry's Consumer Notification Service.

Deed theft can take different forms. The most common type of fraud preys on people who are in danger of losing their property, usually rental property, through foreclosure. The owners are told that they qualify for a “short sale” – a process where the foreclosing lender settles for less than the amount owed or the mortgage – and that if they sign the deed over to a third party, they can avoid the foreclosure. The owner signs a deed over to the third-party scammer, not realizing they are still responsible for the debt, and the scammer, rather than negotiating the short sale, collects and keeps the rental payments until the lender eventually forecloses. Another form of deed theft preys on the elderly homeowner who, subject to undue influence often by a family member, signs over their property, not realizing what they are signing.

Less common is forgery, where a scammer fakes a homeowner's signature on a deed and records it in the registry of deeds. A forged deed is not valid and conveys nothing. If a buyer or a lender rely on a forged deed and don't do their due diligence on a property's title, they are out of luck. They, not the legitimate property owner, will ultimately lose any money paid to the thief. Forgery is a felony in all fifty states, punishable by jail time and heavy fines. The court may also require restitution for damages caused by the forgery, such as the costs of clearing the title.

There are companies that now offer paid subscription services that will periodically monitor the public records and notify an owner if a deed has been recorded transferring the ownership of their property. It is not title insurance and usually will offer no additional services if a fraudulent transaction has taken place.

Commenting on the issue, Register O'Donnell stated, “Our mission at the Registry of Deeds is the safety and security of all property records. We recognize that there are unscrupulous individuals that may try to take advantage of the property rights of others. We have initiated a Consumer Notification Service at the Registry, a free service whereby subscribers sign up to be notified when any document is recorded under their name. While I can't speak to the paid subscription services, we have confidence in our “alert” or notification system.”

Information on “Consumer Notification” can be found on the Registry website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org) under the heading, “Services”. The Registry Customer Service Department can assist anyone who would like to set up the notification for their property.

Register O'Donnell concluded, “I want to reiterate that our free notification service, like the paid services, does not protect against fraud but will at least alert an owner if a fraudulent deed has been recorded. Owners should be always be aware of what they are signing when it comes to any document that may affect the title to their real estate and should scrutinize any company that promises to alleviate debt if you sign over a deed to them. In Massachusetts a deed should always be signed in front of a notary public. Massachusetts notaries are obligated to request identification from the party signing the deed.”

If you have any questions about the notification service, please contact our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30AM-4:30PM. Our trained staff are more than willing to answer any questions you may have.”

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

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

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# Real Estate Corner

## August Real Estate Activity

Norfolk County Register of Deeds William P. O'Donnell reported that the August 2022 numbers relative to Norfolk County recordings indicate a notable decrease in overall real estate activity, particularly with mortgage activity, as compared to the August 2021 numbers, but continue to show an increase in average sale prices from a year ago.

"Our data indicates that the Norfolk County real estate numbers in August demonstrate a continued slowdown in the market compared to 2021 but a slight increase from the month of July," noted Register O'Donnell. "There were 11,640 documents recorded at the Norfolk County Registry of Deeds in August, a 29% decrease from August 2021 but up 7% from July, 2022".

"The number of deeds for August 2022, which reflect real estate sales and transfers, both commercial and residential, show a decrease of 16% from August, 2021 but an increase of 5% from the previous month of July, 2022. Sale prices climbed again when compared to 2021. The average sale price in August was \$1,107,598, a 13% increase compared to August 2021, but surprisingly show a 17% decrease from July. Total dollar volume of commercial and residential sales is down, decreasing 5% from one year ago and decreasing 13% from last month," noted the Register.

Overall lending activity show a continued pronounced trend downward for the month of August. A total of 1,991 mortgages were recorded during the month, a significant decrease of 46% compared to a year ago but slightly up 6% from July, 2022. "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 monitoring the foreclosure market. In August, there were 7 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one more than in August, 2021 and two fewer than in July. However, there were 33 Notices to Foreclose, the first step in the foreclosure process, recorded in August, up significantly from the 15 recorded in August 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 track 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 13% decrease in homestead recordings in August 2022 compared to August 2021. "The reduction in recorded Declarations of Homestead 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 them-

### ACTIVITY

continued on page 35

## Recent Home Sales

Date	Medway	Amount
09/16/2022	12 Heritage Drive	\$380,000
09/16/2022	108 Fisher Street	\$600,000
09/15/2022	199 Main Street	\$689,900
09/15/2022	15 Kings Lane	\$685,000
09/08/2022	17 Oakland Street	\$265,000
08/31/2022	201 Village Street	\$520,000
08/31/2022	18 Cottage Street	\$607,000
08/31/2022	21 Cottage Street	\$495,000
08/30/2022	2 Hemlock Drive	\$529,000
08/30/2022	14 Florence Circle	\$864,000
08/29/2022	4 Dean Street	\$669,500
08/26/2022	5 Quail Drive	\$780,000
08/25/2022	3 Lantern Lane	\$880,000
08/25/2022	19 Farm Street	\$569,900
08/23/2022	4 Morningside Drive	\$750,000
08/22/2022	86 Oakland Street	\$550,800
08/19/2022	8 Juniper Road	\$875,000
08/19/2022	8 Iarussi Way	\$1.06 mil

Date	Millis	Amount
09/16/2022	375 Orchard Street	\$360,000
09/14/2022	59 Island Road	\$629,000
09/07/2022	36 Spencer Street	\$500,000
09/02/2022	253 Orchard Street	\$815,000
09/01/2022	10 Pondview	\$346,000
08/26/2022	239 Village Street	\$469,900
08/24/2022	41 Auburn Road	\$715,000
08/24/2022	64 Orchard Street	\$950,000
08/24/2022	50 Causeway Street	\$640,000
08/23/2022	1 Acorn Place	\$675,000
08/23/2022	203 Ridge Street	\$455,000

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

### Agents of the Month in our Medway office!



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August 2022



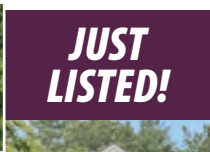
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August 2022



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ACTIVITY

continued from page 34

selves of this important consumer protection tool to consider doing so. The recording fee is only \$36. Feel free to visit the Registry website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org) to get more information on homesteads and to make sure you have taken advantage of this protection.” Register O’Donnell concluded, “August 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 in comparing the numbers with last month’s, it appears the market may be starting to cool off.”

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

## Recent Home Sale



199 Main Street in Medway (The Old Parish House) recently sold for \$689,900. Image credit: zillow.com

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<p><b>SOLD</b></p>  <p>24 Hollis Street Sherborn - \$900,000</p>	<p><b>SOLD</b></p>  <p>5 Fruit Street Norfolk - \$549,000</p>	<p><b>SOLD</b></p>  <p>30 Wellesley Avenue Natick - \$739,000</p>

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<div>SOLD</div>  <div>\$715,000 41 Auburn Road, Millis Jennifer McMahon</div>	<div>SALE PENDING</div>  <div>\$599,900 142 Holliston Street, Medway Laina Kaplan</div>	<div>SOLD</div>  <div>\$345,000 9 Hemlock Circle, Millis Jennifer McMahon</div>	<div>SOLD</div>  <div>\$875,000 8 Juniper Road, Medway Laina Kaplan</div>
<div>SOLD</div>  <div>\$745,000 7 B Shea Lane, Foxboro Jennifer McMahon</div>	<div>NEW HOME LOTS</div>  <div>3 &amp; 5 Wingate Farm Road, Medway \$289,900 per lot Laina Kaplan</div>	<div>SOLD</div>  <div>\$710,250 28 Cleveland Street, Norfolk Jennifer McMahon</div>	<div>SOLD - BUYER SALE</div>  <div>\$850,000 33 Granite Street, Medway Laina Kaplan</div>
<div>SOLD</div>  <div>\$430,000 21 Charles Street, Medway Laina Kaplan</div>	<div>SOLD - BUYER SALE</div>  <div>\$665,000 244 Orchard Street, Millis Laina Kaplan</div>	<div>SOLD</div>  <div>\$440,000 889 Mount Hope Ave, North Attleboro Laina Kaplan</div>	<div>SOLD</div>  <div>\$432,000 8 Ari's Way, Milford Laina Kaplan</div>

Client Testimonial for Team Jennifer McMahon & Janine Azzouz:

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