



“The Forgotten Nations: Native Tribes of New England”

Indigenous historian talks about local history

By THERESA KNAPP

On Oct. 13, Medway Public Library was one of several libraries to co-sponsor a virtual presentation called “The Forgotten Nations: Native Tribes of New England.”

“Colonization happened

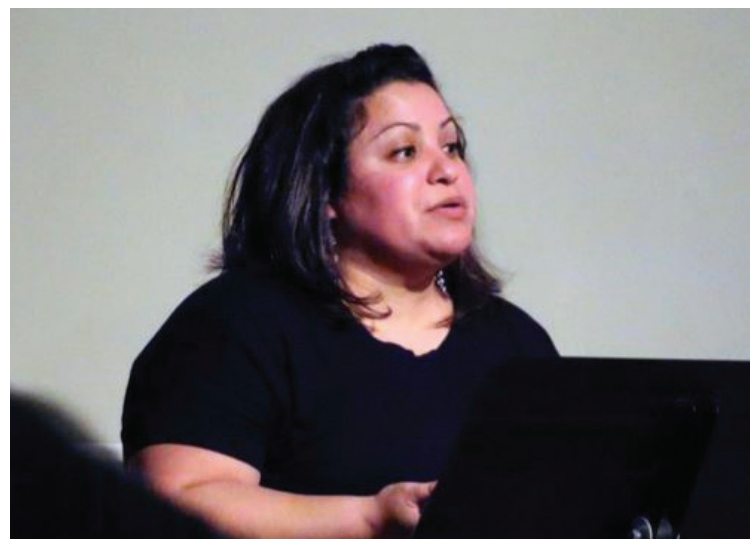
early on in the New England area, as early as 1609, so many Native Nations and tribal histories were lost,” said Robert Hayes of the Tewksbury Public Library as he introduced speaker Heather Bruegl.

Bruegl is an independent indigenous consultant, historian,

decolonization educator, and former director of the Forge Project, a Native-led initiative centered on Indigenous art, decolonial education, and supporting leaders in culture, food security, and land justice. She is a citizen of the Oneida Nation of Wisconsin (part of the now-disbanded Haudenosaunee Confederacy) and a first-line descendant of the Stockbridge-Munsee Community (also known as the Mohican Nation Stockbridge-Munsee Band).

The presentation focused on “what has been historically defined as ‘New England’ which would be the colonies that were founded by the English” said Bruegl, who featured the Wampanoag, the People of the First Light.

There are two federally recognized Wampanoag tribes in Massachusetts (and eastern Rhode Island) including the Mashpee and the Aquinnah (aka Gay Head). They are Al-



In October, independent indigenous consultant, historian, and decolonization educator Heather Bruegl led a presentation called “The Forgotten Nations: Native Tribes of New England,” co-sponsored by the Medway Public Library. Source: www.heatherbruegl.com/

Millis Boosters Run Back to School 5k and Fun Run were ... fun



Start of 1 mile fun run. Photo credit: Christine Chambers

The Millis Boosters held their 5th annual racing event, Run Back to School 5k and 1 mile Fun Run, on Sun., Sept. 25. It was another year of good weather, participants of all ages, music, medals, and fun! Many local student athletes, coaches,

kids, families, and community members, as well as many from surrounding communities, came together at Millis High School to

NATIVE TRIBES

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RUN

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NATIVE TRIBES

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gonquin-speaking tribes.

“Early contact with the Wampanoag dates back to the early 16th century when merchant vessels would travel along the coast,” she said, adding “From the years 1615 to 1619, long episodes of smallpox

and other diseases ripped through the Wampanoag Nation and decimated the population.”

Bruegl told the stories of Squanto and Massasoit, a Peace Agreement, an agreement in which the Wampanoags agreed to give up their firearms, and King Phillip’s War between the Wampanoag and the Colonists.

In March 1621, the Wampanoag formally greeted the Pilgrims, three months after they landed in Plymouth in Dec. 1620.

“In October of 1621, Massasoit invited the Pilgrims to join in the Wampanoag Harvest Ceremony, this helps lead to the myth of why ‘Thanksgiving’ is celebrated today... This is where, in popular culture, you see that story start to come up,” said Bruegl, who reminded attendees that November is Native American Heritage Month and encouraged people to “do some reading on your own to find out more about what really went on at that first ‘Thanksgiving’ ceremony.”

A resource: “A Wampanoag retelling of Thanksgiving” can be found at <https://bit.ly/3ToYXsR>

Medway Public Library Director Margaret Perkins said the presentation was very interesting and informative.

“For those who attended Medway’s Indigenous Peoples’ Day event on Oct. 15th, ‘The Forgotten Nations’ program was also a good complement to Thomas Green’s presentation. Thomas Green is the Vice President of the Massachusetts Tribal Council at Ponkapoag. Though both talks addressed the history of the Indigenous Peoples of New England, there was little overlap since the topic is so broad,” said Perkins.

Perkins said the MPL par-

“The Forgotten Nations: Native Tribes of New England” presentation began with this land acknowledgement specific to the (NY) location of the speaker.

To learn what land you inhabit, including the Massachusetts, visit www.native-land.ca.

Land Acknowledgement

We acknowledge that we are all coming from different locations that were the ancestral homes of Indigenous Nations.

In Upstate New York, we acknowledge the Muh he con ne ok, The Peoples of the Waters that are Never Still.

We acknowledge that through forced land cessions and removal, this Nation was removed from the land that they called home and their seat of government is now located in Wisconsin.

We pay honor and respect to their ancestors past and present. We understand that this acknowledgement is just a first step in the process of building a more inclusive and equitable space for all.

Source: <https://bit.ly/3MSnhkx>

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icipated in offering the program “to provide access to the history of the Indigenous Peoples of this area, history that has often not been thoroughly covered in school curricula, particularly for those of us who have been out of school for quite a while. It is rare for students or adults to have the opportunity to learn in great depth about the history of the Indigenous Peoples of this area, and even more rare to have the opportunity to learn about this history from descendants of Indigenous Peoples such as the presenter, Heather Bruegl... [who] shared information that had been unknown to me and to many of the 215 other viewers.”

The full recording can be found at <https://bit.ly/3MSnhkx>.

For more information, visit www.heatherbruegl.com.

November is Native American Heritage Month, also known as “American Indian and Alaska Native Heritage Month.”

According to the National Congress of American Indians, “The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.”

Native American Heritage Day is celebrated the day after Thanksgiving.

Source: www.ncai.org

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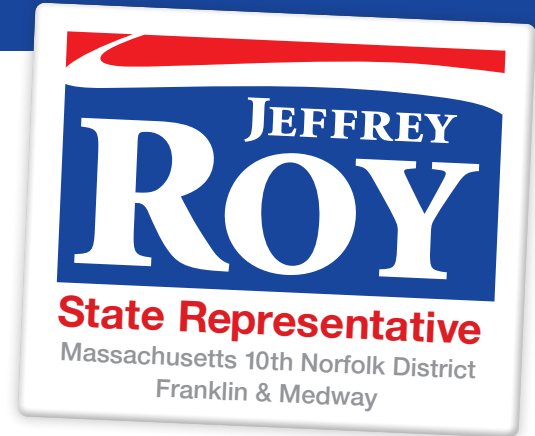
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- Finalize the Roadmap Bill on climate change
- Pass legislation on sexual violence on higher education campuses
- Pass legislation increasing transparency and financial reporting requirements for higher education institutions
- Pass legislation that 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



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- \$28,574,921** - Chapter 70 (Franklin)
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- \$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 Loving 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
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- \$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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RUN

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enjoy the atmosphere, challenge, and competition. The 1 mile fun run kicked off at 9 a.m. and the first to cross the finish line was 9 year old Myles Genovese of Millis in a time of 7:19. The first girl to finish was 9 year old Dylene Brosey of Millis in 7:48! The 5k set off at 9:30 on and out and back course down Spring and Ridge St. Millis junior and cross country team captain Ben McCarthy was a repeat winner with a time of 17:31 (over a minute faster than last year!) and the first female finisher was 16 year old Hailey Desmarais from Assonet with an impressive time of 19:29! DJ Mike Rutkowski was back and did a fabulous job keeping the music playing, the kids entertained, and the runners cheered.

The Millis Boosters would like to thank all the local businesses that stepped up to sponsor or donate to this event: Platinum Sponsor Middlesex Bank; Gold Sponsors Nirvana Tea House and Cafe, Ambassador LLC, and Roche Bros.; Silver Sponsors Taylor Family Chiroprac-



Start of 5k. Photo credit: Christine Chambers

tic, R&R Auto, and Tangerini's Spring Street Farm. Nirvana was on site providing a variety of refreshing iced teas to everyone! Generous prizes for the top runners were donated by Marathon Sports, Basil, Medway Cafe, Avalenas Bar and Grill, Kravings, Muffin House, Country Kitchen, and Ryan Family Amusements.

The Boosters is a group of Millis parents who fundraise throughout the year to provide for and support the Millis Middle and High School athletes and

athletic programs. They award Varsity jackets, present senior banners and scholarships, contribute to team banquets, support individual team requests, and give funds towards larger projects which have included the updated weight room, the new baseball dugout, a new football/soccer scoreboard, and a portable sound system in the past several years.

If you're interested in joining the Boosters or have any questions, please email millismohawkboosters@gmail.com.

Medway Community Farm's Annual Hoedown and Auctions on Nov. 4



Mark your calendars and dust off your dancing shoes (or cowboy boots). Medway Community Farm will be hosting its final social event of the year – the annual Hoedown -- on Friday evening, Nov. 4, from 7 p.m. to 11 p.m. at the Thayer Homestead, 2B Oak Street in Medway.

The event will feature live music by the Hip Swayers, a good time, get-up-and-dance band that combines tight rhythms, searing solos, and soulful harmonies in an eclectic mix.

Appetizers and small bites featuring the finest from the farm, and highlighting their fall produce, as well as desserts, will

be served. The beer and wine bar will be stocked with offerings from local breweries and cideries.

Many fabulous items will be available to bid on at the silent and live auction. Come celebrate the harvest season with a great night of dancing and socializing!

Tickets available online at <https://bit.ly/3TCryL5>.

All proceeds will support the Farm's operations and mission to promote access to locally grown organic food in our community of Southeastern Massachusetts.

Source: Courtesy photo, Medway Community Farm

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Published Monthly
Mailed FREE
to the Communities of
Medway & Millis
Circulation: 8,640
households & businesses

Publisher

Chuck Tashjian

Editor

Theresa Knapp

Send Editorial to:

editor@millismedwaynews.com

Advertising Sales Manager

Jen Schofield
508-570-6544

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Creative Design & Layout

Michelle McSherry
Kim Vasseur

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Millis Veterans' Day Service on Nov. 11

The Millis American Legion Post 208 will honor our veterans this Nov. 11th at 11 a.m. at the World War I memorial square at Middlesex and Curve Streets.

This date, 11/11 at 11 a.m. notes the exact date and time of the cessation of the "War to end all wars".

Prior to the ceremony, the Post invites all veterans and participants to enjoy breakfast with us at the Post (136 Curve Street) starting at 9 a.m. Rain will move the ceremonies indoors at the Post.







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Photos with Santa

The Medway Village Church will be offering photographs with Santa Claus on Saturday, Nov. 12, from 11 a.m. to 2 p.m. to benefit the Medway Village Church Food Pantry. Santa welcomes anyone big or small, young or old, animal or human, to have their picture taken with the jolly man in red. The event will be held rain or shine.

Cost is a minimum \$20 donation or a large bag of unexpired food or non-perishables for the pantry.



Photo credit: Tim Rice Photo

Millis Fall Town Meeting is Nov. 10

Warrant includes new senior center, feasibility study for middle/high school renovation

By THERESA KNAPP

The Millis Annual Fall Town Meeting will take place on Nov. 10 at 7:30 p.m. at the Millis Middle/High School. The warrant includes 28 articles related to:

- Unpaid bills, operating budget adjustments, last year's snow and ice deficit, stabilization fund funding, repayment of a cannabis HCA deposit, unemployment account funding, other postemployment benefits liability funding, injury leave indemnity fund funding, establishing a fund to purchase ambulances
- Personnel plan changes
- Veteran residency requirements for local tax exemptions/abatements
- Real estate exemption for Gold Star Families
- Pearl Street, Debrah Lane, Teresa Drive acceptance
- Road and sidewalk construction, design, and repair
- Baseball and softball field repairs
- Feasibility study for a middle/high school renovation

vation

- Funding for a new senior/community center
- 12-14 Exchange Street environmental settlement
- Lead line service inventory and replacement
- Water Management Act, PFAS treatment plant at Well #3, sewer and stormwater asset management system, engineering services for infiltration and inflow investigation,

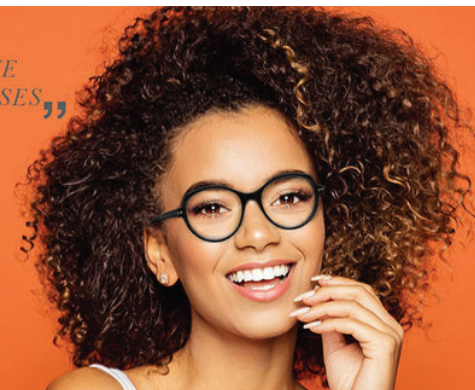
Voters will also be asked to act on four citizens' petitions:

- Funding to design, purchase, construct an enclosed sports facility for pickleball and tennis courts (\$3.5 million or any other amount)
- Funding to design, upgrade, expand, construct, renovate current senior center (\$3.5 mil or any other amount)
- Funding to design, upgrade, construct, renovate Lansing Millis building (\$2.9 mil or any other amount)
- Authorize the town to purchase 1.13 acres at 270 Exchange Street (\$1.25 mil)

The detailed warrant is available at <https://bit.ly/3DIC4Bd>

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Kennedy-Donovan Center provides developmental services to more than 7,500 individuals and families in 150 communities in Massachusetts.

Kennedy-Donovan Center (KDC) provides help to children as they progress toward milestones, and adults as they find the most supportive, least restrictive ways to meet their goals, according to the KDC website www.kdc.org.

KDC was founded in 1969 by Luella Donovan, private duty nurse to the children of Joseph Patrick and Rose Kennedy. [See sidebar]

The stated mission of KDC is to empower and support people to realize their full potential.

Their vision is to create “a world where every individual and family thrives, no matter the circumstances.”

KDC delivers “life-changing outcomes” to people of all ages including children, adults, and families who experience developmental delays, disabilities, or challenges. KDC’s “unique approach utilizes pioneering data-driven approaches, a wide breadth of family- and community-based services, and a passion for human empowerment.”

KDC offers 15 different pro-



grams that support individuals and families of all ages, throughout the lifespan. The Family Services Division offers 5 programs: Intensive Foster Care (ages 0-22), Lives in Forward Transition AKA LIFT (ages 16-22), Independent Living (ages 0-18), Support & Stabilization (families of all ages) and Family Visitation Center (families of all ages).

KDC’s Intensive Foster Care program provides support to children who are “in the custody of the Department of Children and Families. These children range in age from birth to 22 years. Historically, our Foster Care program served children with developmental disabilities, medical issues, or special needs of any kind. With the huge need for foster homes we have experienced recently, we now take referrals for all levels of function and care,” says Adele Cabral, CFC Program Coordinator at KDC.

“Our Foster Care program works closely with each foster parent to match their abilities with the child’s needs, and we help identify the age range they would be most comfortable fostering. We understand that fostering a child is an important decision to make. We come across people who are at different stages of wanting to become a foster parent, and we know it is critical to meet them where they are at. Some people may be just starting to skim the surface of the foster world and are not 100% sure they want to commit to caring for a foster child, and just some need information on what to expect. We do all we can at the beginning stages of assess-

“I love KDC’s concept of teaching, as well as creating independence and confidence in our youth. They don’t just help them with life skills to survive, they help them flourish.”
— S. Jacobs, Foster Parent

ing a potential foster parent to equip them with the information and tools they need to be ready and comfortable to move forward with fostering,” says Cabral.

KDC also offers more than

3,000 trainings to its clients.

To find out more about KDC and its services, ways to get involved, and ways to donate to its mission, visit www.kdc.org.

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Kennedy-Donovan Center

The Kennedy-Donovan Center originated with the connection between Luella Hennessey Donovan and the family of Joseph Patrick and Rose Kennedy.

Luella joined the Kennedy family in 1936 as a private duty nurse and tended to the needs of the Kennedy children. Rosemary, the eldest daughter, had developmental disabilities and was institutionalized in 1941. When Rose confided to Luella that she wished her daughter could have attended a local school to remain with her family, Luella was inspired to embark on a new career. In 1969, after earning her degree in public health nursing from Boston College at the age of 59, Luella fulfilled

her dream: she opened one of the first community-based educational and therapeutic programs for young children.

The program now known as the Kennedy-Donovan Center was launched with a three-year grant from the Joseph P. Kennedy Jr. Foundation. In gratitude, Luella named her program the Kennedy Center for Handicapped Children. The Center began serving four children in a borrowed space; Luella was their teacher, and she worked with a physical therapist to serve the children.

In 1987, when Luella retired, the agency was renamed the Kennedy-Donovan Center.

Source: www.kdc.org/our-history/

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Glenn Brown

US equities markets are down considerably in 2022 with S&P 500 Index -23.9% and tech-laden Nasdaq -34.0% year-to-date through October 16 (YTD 10/16).

At least there's the US bond market to help protect. Oh wait... given rampant inflation, the Fed's blunt instrument of raising rates is making bond values fall. Thus, the US Aggregate Bond Index is down -15.8% YTD 10/16.

Put it all together, a basic 60/40 stock/bond index portfolio is -20.5% YTD 10/16.

What's one to do?

Go to cash until you die?

Well, inflation would be an issue. Consider the tales of lore from parents sharing how much they paid for their first house.

As painful as it has been, step back and view annualized returns of last 3-year period (10/17/19 to 10/16/22), S&P 500 Index is +8.25% and Nasdaq is +8.62%... in line with their 15-year and 25-year averages.

There are many aspects to successful financial planning, including being proactive to change, vetting all options for opportunity and giving yourself time to reflect prior to execution.

A year-end strategy to consider for turning lemons into lemonade is Roth Conversion.

Recall Roth Conversion is the taxable act of converting Traditional IRA assets into a Roth IRA. It increases your taxable income (MAGI) the year you convert and you should pay taxes with non-IRA funds. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax

free.

An added bonus is Roth IRAs are not subject to Required Minimum Distributions (RMDs) nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts. In short, you'll decrease your tax liability for years in retirement.

Anyone, regardless of income levels, can convert to a Roth IRA. With portfolios down -20% (or more), market corrections provide an opportunity to convert IRA investments over to Roth, pay less in taxes (as values are depressed) and let the asset rebound inside the Roth over time.

There are complexities and variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not". Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

The pro-rata rule and taxes.

When converting, the IRS considers all traditional IRA account balances combined and you must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

Not all-or-nothing.

You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

What's done is done.

Given that tax law changes now prohibit conversion reversals ("re-characterization"), it is important to be measured, give yourself

time to reflect and re-run the latest data before execution.

More to consider beyond this limited space, talk with your tax professional or Certified Financial Planner.

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

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

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Millis COA Director on senior center: "We have to do something"

Nov. Town Meeting will be asked to approve a new senior center

By THERESA KNAPP

In November, residents will be asked to vote yay or nay on building a new senior center. The current COA occupies space on the lower level of the Veterans Memorial Building at 900 Main Street.

That space, says COA Director Patty Kayo, is too small for the town's current needs and will not meet future needs of the town's rising senior population.

"Currently, we have six small rooms and there's no way to hold a lot of programming, only one of those rooms can seat 64 people; and our dining area only accommodates 24 people," says Kayo. "Meetings that should be held in private are held in public spaces because we just don't have the room... We have to do something, we're really not meeting the needs of seniors in that small space but, if we have a new

building and we have a program, they will come."

Kayo says the COA worked with the town's Permanent Building Committee and an architect to design a building around the program needs of the town.

Earlier this year, focus groups entertained three options including (1) a renovation and (14,855 gross square feet) at the Veterans Memorial Building for \$15.5 million, (2) a new building (15,000 gsf) at Cassidy Farm for \$16 mil, or (2a) a new building (22,400 gsf) at Cassidy Farm with additional gymnasium space at \$21 mil.

Option 2, a new building at Cassidy Farm without the gym, will be on the November warrant.

According to a Frequently Asked Questions sheet shared by the COA, 30% of Millis' population today is 60 years or older, and the Massachusetts Office of Elder Affairs estimates a further 47% increase in the senior population by 2030, bringing the total to 3,851. It also says the average home in Millis is assessed at \$462,618, which means an average annual increase of \$266 for

Property Value	Average Yearly Increase	Range of Yearly Increase
\$462,618	\$266	\$366 to \$166
550,000	316	435 to 198
650,000	374	514 to 234
750,000	431	593 to 270
850,000	489	671 to 305

\$16 million bond fixed at 4.25% over 30 years

the life of the debt exclusion (30 years), the annual amount would decrease over time.

Regarding an increase to tax bills at this time, Kayo says, "The cost is the cost. They project this building will be suitable for 50 years so 'one and done.' I work with a lot of the low income seniors in town. I understand it's tough economic times right now but, of everyone who came to the focus groups, no one said there wasn't the need."

If town meeting passes the measure, the next step is a ballot initiative to pass a debt exclusion under Proposition 2 1/2.

According to www.mass.gov, a debt exclusion "increases the amount of property tax revenue

a community may raise for a limited or temporary period of time in order to fund specific projects... It does not increase the community's levy limit nor become part of the base for calculating future years' levy limits."

Detailed documents regarding the project can be found at <https://bit.ly/3shdLxI>.

The full town meeting warrant can be found at <https://bit.ly/3DIC4Bd>


The Millis Fall Annual Town Meeting will be held at 7:30pm on Thursday, Nov. 10, starting at 7:30 p.m. in the Millis Middle/High School Auditorium located at 245 Plain Street, Millis. Source: www.millisma.gov

Town Meeting Warrant Article 8: To see if the Town will vote to appropriate \$16,000,000, or any other amount, to pay costs of designing, constructing, furnishing and equipping a new Senior Center, including the payment of all other costs incidental and related thereto; to determine whether this amount shall be raised by borrowing or otherwise, provided however that any such borrowing shall be contingent upon passage of a debt exclusion under Proposition 2 1/2, so called, or to take any other action relative thereto. Source: <https://bit.ly/3DIC4Bd>

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2022 MEDWAY CHRISTMAS PARADE
CELEBRATING OUR 30TH ANNUAL CHRISTMAS PARADE!!
 PARADE WILL BE HELD SATURDAY, NOVEMBER 26TH

PRESENTATION OF GRAND MARSHALLS, FIRE TRUCK & FLOAT PARADE, FIREWORKS DISPLAY, AND VISIT WITH SANTA
 PARADE IS AN ALL-VOLUNTEER, 100% PRIVATELY FUNDED EVENT.

The Parade Committee urgently seeks your financial support to raise \$12,000+ to produce our parade!
 The Medway Christmas Parade has become a proud tradition for our community.
 Without the generosity of individuals and businesses like you, we would be unable to continue such an event.

For additional information regarding donations,
 Contact: The Christmas Parade Committee @ 508-533-2741

Thank you for your support!
 The Medway Christmas Parade Committee:

Chief Allen Tingley Richard A. Parrella Julie Harrington	Charlene Tingley Paul Trufant Tim Rice
--	--




Happy Holidays!!

30th annual Medway Christmas Parade to be held on Nov. 26

The Medway Christmas Parade Committee is in the process of producing the 30th Annual Christmas Parade to be held on Nov. 26, 2022.

The parade begins at 5:30 p.m. on Nov. 26 at Medway High School. It will proceed down Route 126 to Milford St. to Franklin St., left onto Village St. to Medway Village, left onto Holliston St. to Main St., to Choate Park, and will end at the Thayer House.

Ceremonies at the Thayer House will include the presentation of this year's Grand Mar-

Director John Foresto – and a special appreciation award will be presented to Jean Blethen-Coady.

Ceremonies will include the Lighting of Choate Park Christmas Display and will end with a dazzling Fire-works display.

Santa and Mrs. Clause will be key figures in our parade and will be available at the Thayer House for visits and photos with the children. Concessions will also be available at the Thayer House and Choate Park.

Fund raising is underway to help raise the more than \$12,000

privately and any surplus is used to purchase lights and ornaments displayed at Choate Park.

How to donate or participate in the Medway Christmas Parade, or to advertise:

To donate to the Medway Christmas Parade, send donation checks payable to “Medway Christmas Parade Committee” to 36 Alder Street, Medway, MA 02053.

To participate with a float or lighted truck, or to advertise, call 508-533-2741.

All commercial vehicles and business ads require a minimum \$100 donation. All vehicles and ads must be registered with the Parade Committee on or before Nov. 21.

shalls - retired Police Chief Allen Tingley and retired Select Board member and Thayer House

needed to produce the parade and fireworks display. 100% of the funds required are raised pri-

New England Steak & Seafood Restaurant
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Approximately 20 lb. turkey dinner (fresh birds, never frozen)
 Feeds approximately 12 people, includes: stuffing, mashed potatoes, gravy, peas & pearl onions, cranberry sauce and 2 pies
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 Note: All birds are cooked fresh Thanksgiving Day

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All orders must be in by Nov. 21st and picked up on Nov. 24th between 11 am & 2 pm

EXTRAS: Cinnamon Rolls, Onion Rolls & Pumpkin Bread: \$15.99/doz.
 Apple Pie & Pumpkin Pie: \$15.99 each

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RE-ELECT

SENATOR BECCA RAUSCH

Reproductive rights are on your ballot.
 A vote for Becca is a vote for choice:



- ✓ **Championed legislation to protect patients and create a personal right to abortion care in Massachusetts**
- ✓ **Passed policy and secured funding to combat fake women's health centers currently operating in Massachusetts**
- ✓ **Endorsed by Reproductive Equity Now and Planned Parenthood Advocacy Fund of Massachusetts**

Her opponent repeatedly voted against birth control and abortion access,¹ earning 100% ratings from the anti-choice group MA Citizens for Life (2020, 2014) and 0% ratings from NARAL Pro-Choice MA (2019) and Planned Parenthood (2017).²

VOTE FOR REPRODUCTIVE FREEDOM.
 VOTE FOR BECCA ON OR BEFORE NOV 8.

PAID FOR BY THE COMMITTEE TO ELECT BECCA RAUSCH

1. MA House Roll Calls #278, 293, 294, 317, 374 (2020); 279 (2017); 440 (2014); State House News, "State Capitol Briefs - Friday, Nov. 3, 2017"
 2. Vote Smart, Shawn Dooley (accessed 10/19/22)

Calendar of Events

Tues, Nov. 1

Tai Chi with Tony Berg, 9 a.m., Millis Senior Center. Movements modified to fit individual needs. Classes \$3 each. Every Tuesday.

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Line Dancing, 11 a.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Chair Line Dancing, 1 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Big Kid Story Time, 4 p.m. to 4:45 p.m., Millis Public Library. Ages 4-7.

Virtual Book Club, 6 p.m. to 7 p.m., Millis Public Library. Contact RAppelbaum@minlib.net for Zoom link.

Medway Fiber Art Group, 6 p.m. to 8:30 p.m., Medway Public Library.

Medway Board of Library Trustees, 7 p.m. to 9 p.m., Medway Public Library. Contact mperkins@minlib.net

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

Wedn, Nov. 2

Medway Senior Center offers Breakfast, 8 a.m. to 9:45 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. Walk-ins welcome.

Yoga, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

It's Story Time!, 11 a.m. to 11:45 a.m., Medway Public Library. Ages approx. 1-5. Drop-in.

Thunderstorms, Flash Floods, Hurricanes, Blizzards and Tornadoes, Oh My!, 11 a.m. to 12:15 p.m., Millis Senior Center. Learn about the science of extreme weather. Meets Wednesdays Nov. 2, 9, 16, 30 with more sessions to be announced.

Sword Tai Chi, 11:30 a.m., Medway Senior Center, 76 Oakland St. \$10 per class.

Chair Exercise, 1 p.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Creative Art Club, 4 p.m. to 5 p.m., Medway Public Library. Drop-in welcome.

Community Ed Yoga Club, 6:30 p.m. to 7:45 p.m., Medway Public Library. Contact commed.medwayschools.org

Thurs, Nov. 3

Line Dancing with Jeanne Thompson, 9 a.m. to 10 a.m., Millis Senior Center. Every Thursday. Sign-ups appreciated.

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

Blood Pressure Checks, 11 a.m. to 11:30 a.m., Millis Senior Center. With registered volunteer nurses.

Boxing with Amy Gagne, 11 a.m. to 11:30 a.m., Millis Senior Center, Room 18. Learn something new, gloves will be provided. \$3 for Millis residents, \$5 for out-of-towners. Every Thursday.

Zumba Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Thursday. \$4 per class.

It's Story Time!, 11 a.m. to 11:45 a.m., Medway Public Library. Ages approx. 1-5. Drop-in.

Grab and Go Lunch from HESSCO, 11:15 a.m. to noon, Millis Senior Center. Packed lunch, sandwiches vary. Suggested donation \$3 each. Please call the Center (376-70510 by noon the Friday before to place your order. Every Thursday.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Parent/Guardian Teacher Conferences, noon to 2:30 p.m., Millis High School.

BINGO, 12:15 p.m., Millis Senior Center, Room 21. Every Thursday.

Needle Workers Group, 1 p.m. to 3 p.m., Millis Senior Center. First and third Thursday.

Clicquot Book Club, 2 p.m. to 3:30 p.m., Millis Public Library. Contact sescog@gmail.com

LEGO Club, 4 p.m. to 5 p.m., Millis Public Library. Ages 4-10.

Adult Dungeons & Dragons Group, 6 p.m. to 8 p.m., Medway Public Library, Makerspace. Must be 18+. Registration required.

Fri, Nov. 4

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Stretch & Flow Yoga, 9:30 a.m., Millis Senior Center, Room 18. Every Friday.

Chair Exercise, 12:30 p.m., Medway Senior Center, 76 Oakland St. Every Friday. \$3 per class.

Drawing Anime for Middle School, 6:30 p.m. to 7:30 p.m., Millis Public Library. Learn how to draw anime.

Medway Community Farm's Annual Hoe-down, 7 p.m. to 11 p.m., Thayer Homestead. Tickets at <https://bit.ly/3TCryL5>

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 niagaracoffeehaus@gmail.com

Sat, Nov. 5

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Sun, Nov. 6

Daylight Savings Time ends, 2 a.m. Set clocks back one hour, check smoke detectors and carbon monoxide detectors.

Mon, Nov. 7

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Balance & Fall Prevention, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$5 per class.

Strength Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$4 per class.

Meet with Police Chief and Town Social Worker, 1 p.m., Millis Senior Center. Learn about new position and resources. Coffee and baked goods to be served.

Make-It-Monday, 4 p.m. to 5 p.m., Millis Public Library. For 3rd to 5th graders. Each child must be registered separately at rsilverman@minlib.net

Arduino Coding & Robotics, 6:30 p.m. to 8:30 p.m., Medway Public Library. Meets weekly. Registration required. dbusa@minlib.net

Tues, Nov. 8 - ELECTION DAY

Tai Chi with Tony Berg, 9 a.m., Millis Senior Center. Movements modified to fit individual needs. Classes \$3 each. Every Tuesday.

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Line Dancing, 11 a.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Chair Line Dancing, 1 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

ig Kid Story Time, 4 p.m. to 4:45 p.m., Millis Public Library. Ages 4-7.

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 Theme: Fantasy

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

Board of Trustees Meeting, 7 p.m. to 8:30 p.m., Millis Public Library. Contact ktolson@minlib.net

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

Wedn, Nov. 9

Medway Senior Center offers Breakfast, 8 a.m. to 9:45 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. Walk-ins welcome.

Yoga, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Mommy and Me Milestones, 10 a.m. to 11 a.m., Millis Public Library, Roche Bros Community Room. Learn about postpartum recovery and meeting your feeding goals, as well as developmental milestones and feeding tips & tricks for little ones. Children welcome. For more information, contact ktolson@minlib.net

Thunderstorms, Flash Floods, Hurricanes, Blizzards and Tornadoes, Oh My!, 11 a.m. to 12:15 p.m., Millis Senior Center. Learn about the science of extreme weather. Meets Wednesdays Nov. 2, 9, 16, 30 with more sessions to be announced.

Sword Tai Chi, 11:30 a.m., Medway Senior Center, 76 Oakland St. \$10 per class.

Chair Exercise, 1 p.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Girls Who Code, 3:45 p.m. to 4:30 p.m., Millis Public Library. Girls in grades 5-12, no prior knowledge required.

Social Justice Parenting: Raising Compassionate, Anti-Racist, and Socially Conscious Children (on Zoom), 7 p.m., SPARK Kindness. Register at SPARKkindness.org

Thurs, Nov. 10

Line Dancing with Jeanne Thompson, 9 a.m. to 10 a.m., Millis Senior Center. Every Thursday. Sign-ups appreciated.

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

Blood Pressure Checks, 11 a.m. to 11:30 a.m., Millis Senior Center. With registered volunteer nurses.

Boxing with Amy Gagne, 11 a.m. to 11:30 a.m., Millis Senior Center, Room 18. Learn something new, gloves will be provided. \$3 for Millis residents, \$5 for out-of-towners. Every Thursday.

Grab and Go Lunch from HESSCO, 11:15 a.m.

to noon, Millis Senior Center. Packed lunch, sandwiches vary. Suggested donation \$3 each. Please call the Center (376-70510 by noon the Friday before to place your order. Every Thursday.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

BINGO, 12:15 p.m., Millis Senior Center, Room 21. Every Thursday.

Coyle's Auction House Appraisal Hour, 12:30 p.m., Medway Senior Center, 76 Oakland St. Must call Center at 508-533-3210 to register.

Zumba Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Thursday. \$4 per class.

LEGO Club, 4 p.m. to 5 p.m., Millis Public Library. Ages 4-10.

Adult Dungeons & Dragons Group, 6 p.m. to 8 p.m., Medway Public Library, Makerspace. Must be 18+. Registration required.

Fri, Nov. 11

Medway Veterans Day service, 11 a.m., Matondi Square, intersection of Holliston and Village Streets. [See story in this newspaper]

Millis Veterans Day service, 11 a.m., Middlesex and Curve Streets memorial square. Breakfast for veterans and participants at 9 a.m. at the Post, 136 Curve Street.

Sat, Nov. 12

Songs & Stories, 10:30 a.m. to 10:50 a.m., Millis Public Library. Ages 0-3.

Canciones y Cuentos en Español (Songs and Stories in Spanish), 1:30 p.m. to 2:15 p.m., Millis Public Library. Program debuts. More info: rsilverman@minlib.net

Mon, Nov. 14

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Balance & Fall Prevention, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$5 per class.

Strength Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$4 per class.

Medicare Update with Shine Rep. Jean Roy, 11 a.m., Medway Senior Center, 76 Oakland St. Must call Center at 508-533-3210 to register.

Thanksgiving Feast by Bossy Catering, 1 p.m., Millis Senior Center. Register and pay by Nov. 8.

Make-It-Monday, 4 p.m. to 5 p.m., Millis Public Library. For 3rd to 5th graders. Each child must be registered separately at rsilverman@minlib.net

Arduino Coding & Robotics, 6:30 p.m. to 8:30 p.m., Medway Public Library. Meets weekly. Registration required. dbusa@minlib.net

CELENDAR

continued on page 13



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The b.LUXE *beauty beat*

Hitting Our Stride

By GINA WOELFEL

Hello! It's good to be back! As you may have noticed, The Beauty Beat took a brief hiatus to focus and fine tune a few projects we had in the works, but we're back and we can't wait to share what we've been working on!

Let me catch you up...

The past two years have been a whirlwind for the studio, but we've finally settled into our new space and we're hitting our stride! When we decided to expand b.LUXE, we did so with our clients' comfort in mind. We wanted to create a space that was not only beautiful, but functional and we're happy to say that we achieved both! The studio is open and airy with plenty of natural light and is the perfect setting for our creative team. The new, larger studio has also allowed us to add a beautiful skin-care department with luxurious spa treatments, tanning and lash services. We love that this renovation has made the b.LUXE experience all the more enjoyable!

In addition to our new space, we've also expanded our team! We're thrilled to welcome some new faces to the b.LUXE family. We're constantly striving to offer the most current beauty services at b.LUXE and our new talent is a big part of achieving that goal!

2022 was also a HUGE year with the OFFICIAL launch of our b.LUXE BEAUTY BRANDS. Our first product, BEFORE Oil, was previewed last year before its final packaging to rave reviews! b.LUXE BEFORE OIL is a preventative, pre-shampoo, treatment that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Our BEFORE Oil is featured in this year's holiday gift offer.

The b.LUXE Holiday Hygge Box

Hygge (hoo-ga) is a Danish concept that can be described as "a feeling of comfort, togetherness, and wellness." This time of year, we could all use a little

extra Hygge in our lives! The b.LUXE Holiday Hygge box was designed with self-care and comfort in mind. It's the perfect gift for anyone on your list who could use a little "me-time" this holiday season.

The Holiday Hygge box includes our luxurious and rejuvenating BEFORE Oil, a super absorbent, eco-friendly hair wrap made from natural bamboo and organic cotton, a scalp massaging brush and a wide-toothed, static-free comb.

Best of all, it can be shipped directly to your loved ones - no need to brave the crowds at the mall! Give the gift of Hygge this holiday!

By year's end, we'll also be introducing two new products to our beauty brand:

- BEFORE BODY, a two-part, intensely nourishing oil/mist duo that drenches the skin with powerful, curative hydration.
- BEFORE FACE, a high-result skin serum packed with 2% Bakuchiol - a plant-based retinol alternative — this ingredient delivers similar benefits as dermatologist-revered Retinol that reduces the visible signs of aging. We've filled our new BEFORE products with only the most targeted and essential ingredients to make you look and feel your very best. We've been lucky enough to be using these new products ourselves for the past couple of months and we can't wait for you to try them, too! Full reveal in next month's Holiday Beauty Beat.

And for the holiday gift-giving season we have three special offers for you!

They're available for purchase November 1st in-studio or on our website under our "Monthly Specials" tab (Scan the QR code for full details)

HOLIDAY SPECIALS

- Holiday Facial Package - Only \$150
- Scalp Spa Treatment - Only \$100
- Buy 3 Products, Get 1 Free Special!



hair · makeup · skincare · editorial

b.LUXE
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Living Healthy

Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea”.

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosa-

cea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What is demodex blepharitis?

Some people with oily (seborrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum) and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions

such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found



Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.

Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for

treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the “high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, 4 locations including a surgery center in Milford, our eye centers offer state-of-the art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of 8 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

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more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)-an enlarged lump caused by clogged oil secretions in the eyelid.

Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.



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CALENDAR

continued from page 10

Tues, Nov. 15

Tai Chi with Tony Berg, 9 a.m., Millis Senior Center. Movements modified to fit individual needs. Classes \$3 each. Every Tuesday.

Line Dancing, 11 a.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Chair Line Dancing, 1 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Fiber Art Group, 6 p.m. to 8:30 p.m., Medway Public Library.

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

Wedn, Nov. 16

Medway Senior Center offers Breakfast, 8 a.m. to 9:45 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. Walk-ins welcome.

Yoga, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

History of Thanksgiving by Historian Anthony Sammarco, 10 a.m., Medway Senior Center, 76 Oakland St. Must call Center at 508-533-3210 to register.

PAWS to Read, 6 p.m. to 7 p.m., Medway Public Library, periodical room. 15-minute slots, registration required at <https://bit.ly/3Dg7Gla>

Sword Tai Chi, 11:30 a.m., Medway Senior Center, 76 Oakland St. Wednesdays. \$10 per class.

Chair Exercise, 1 p.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Girls Who Code, 3:45 p.m. to 4:30 p.m., Millis Public Library. Girls in grades 5-12, no prior knowledge required.

Thunderstorms, Flash Floods, Hurricanes, Blizzards and Tornadoes, Oh My!, 11 a.m. to 12:15 p.m., Millis Senior Center. Learn about the science of extreme weather. Meets Wednesdays Nov. 16, 30 with more sessions to be announced.

LEGO Club, 4 p.m. to 5 p.m., Millis Public Library. Ages 4-10.

Board Game Night for Adults, 6 p.m. to 8 p.m., Millis Public Library. Register at ktolson@minlib.net

Parent/Guardian Teacher Conferences, 6 p.m. to 8 p.m., Millis High School.

Thurs, Nov. 17

Line Dancing with Jeanne Thompson, 9 a.m. to 10 a.m., Millis Senior Center. Every Thursday. Sign-ups appreciated.

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

Blood Pressure Checks, 11 a.m. to 11:30 a.m., Millis Senior Center. With registered volunteer nurses.

Boxing with Amy Gagne, 11 a.m. to 11:30 a.m., Millis Senior Center, Room 18. Learn something new, gloves will be provided. \$3 for Millis residents, \$5 for out-of-towners. Every Thursday.

Zumba Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Thursday. \$4 per class.

Grab and Go Lunch from HESSCO, 11:15 a.m. to noon, Millis Senior Center. Packed lunch, sandwiches vary. Suggested donation \$3 each. Please call the Center (376-70510) by noon the Friday before to place your order. Every Thursday.

Medway Senior Center offers lunch: take-

out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

BINGO, 12:15 p.m., Millis Senior Center, Room 21. Every Thursday.

Needle Workers Group, 1 p.m. to 3 p.m., Millis Senior Center. First and third Thursday.

Adult Dungeons & Dragons Group, 6 p.m. to 8 p.m., Medway Public Library, Makerspace. Must be 18+. Registration required.

Fri, Nov. 18

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Stretch & Flow Yoga, 9:30 a.m., Millis Senior Center, Room 18. Every Friday.

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Chair Exercise, 12:30 p.m., Medway Senior Center, 76 Oakland St. Every Friday. \$3 per class.

Teen Origami Making for Middle School, 6:30 p.m. to 7:30 p.m., Millis Public Library. Grades 6-8.

Sat, Nov. 19

Medway Kids Fun Run, 1 p.m., Medway High School Hanlon Field. Register at <http://medwayturkeytrot.org/>

Sun, Nov. 20

Free Lunch - Stone Soup, Sunday Service. Millis United Church of Christ.

Mon, Nov. 21

Balance & Fall Prevention, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$5 per class.

Strength Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$4 per class.

Make-It-Monday, 4 p.m. to 5 p.m., Millis Public Library. For 3rd to 5th graders. Each child must be registered separately at rsilverman@minlib.net

Arduino Coding & Robotics, 6:30 p.m. to 8:30 p.m., Medway Public Library. Meets weekly. Registration required. dbusa@minlib.net

Tues, Nov. 22

Tai Chi with Tony Berg, 9 a.m., Millis Senior Center. Movements modified to fit individual needs. Classes \$3 each. Every Tuesday.

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Line Dancing, 11 a.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to

12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Chair Line Dancing, 1 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

LEGO Club, 4 p.m. to 5 p.m., Millis Public Library. Ages 4-10.

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

Wedn, Nov. 23

Medway Senior Center offers Breakfast, 8 a.m. to 9:45 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. Walk-ins welcome.

Yoga, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Millis Public Schools Early Release, 10:55 a.m.

Sword Tai Chi, 11:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$10 per class.

Chair Exercise, 1 p.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Sat, Nov. 26

Medway Turkey Trot 5K Road Race, 7:30 a.m., Medway High School, 88 Summer St. Register at <http://medwayturkeytrot.org/>

Medway Christmas Parade (30th annual), 5:30 p.m. Starts at Medway High School. See story in this newspaper. Followed by fireworks at Thayer House. Register floats and make donations before Nov. 21 at 508-533-2741.

Mon, Nov. 28

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Balance & Fall Prevention, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$5 per class.

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 Dec. 19 and Jan. 23.

Pizza and Prevention with Millis Fire Dept, 11 a.m., Millis Senior Center. MFD will serve pizza and talk about the Senior Safe Program. Reservations appreciated.

Strength Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Monday. \$4 per class.

Make-It-Monday, 4 p.m. to 5 p.m., Millis Public Library. For 3rd to 5th graders. Each child must be registered separately at rsilverman@minlib.net

Arduino Coding & Robotics, 6:30 p.m. to 8:30 p.m., Medway Public Library. Meets weekly. Registration required. dbusa@minlib.net

Tues, Nov. 29

Tai Chi with Tony Berg, 9 a.m., Millis Senior Center. Movements modified to fit individual needs. Classes \$3 each. Every Tuesday.

Songs & Stories, 10:30 a.m. to 10:55 a.m., Millis Public Library. Ages 0-3.

Line Dancing, 11 a.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

Chair Line Dancing, 1 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday. \$3 per class.

Big Kid Story Time, 4 p.m. to 4:45 p.m., Millis Public Library. Ages 4-7.

Medway Fiber Art Group, 6 p.m. to 8:30 p.m., Medway Public Library.

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

Wedn, Nov. 30

Medway Senior Center offers Breakfast, 8 a.m. to 9:45 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. Walk-ins welcome.

Yoga, 9:30 a.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Thunderstorms, Flash Floods, Hurricanes, Blizzards and Tornadoes, Oh My!, 11 a.m. to 12:15 p.m., Millis Senior Center. Learn about the science of extreme weather.

Sword Tai Chi, 11:30 a.m., Medway Senior Center, 76 Oakland St. Wednesdays. \$10 per class.

Chair Exercise, 1 p.m., Medway Senior Center, 76 Oakland St. Every Wednesday. \$3 per class.

Girls Who Code, 3:45 p.m. to 4:30 p.m., Millis Public Library. Girls in grades 5-12, no prior knowledge required.

Friends of the Millis Public Library Monthly Meeting, 6:30 p.m. to 8 p.m., Millis Public Library. Contact meghan.gavaghan@gmail.com

Community Ed Wreath Making Class, 6:30 p.m. to 8:30 p.m., Medway Public Library. Contact jdeluca@medwayschools.org

Thurs, Dec. 1

Line Dancing with Jeanne Thompson, 9 a.m. to 10 a.m., Millis Senior Center. Every Thursday. Sign-ups appreciated.

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

Blood Pressure Checks, 11 a.m. to 11:30 a.m., Millis Senior Center. With registered volunteer nurses.

Boxing with Amy Gagne, 11 a.m. to 11:30 a.m., Millis Senior Center, Room 18. Learn something new, gloves will be provided. \$3 for Millis residents, \$5 for out-of-towners. Every Thursday.

Medway Senior Center offers lunch: take-out 11:30 a.m. to noon, dine-in served noon to 12:45 p.m., Medway Senior Center, 76 Oakland St. Every Tuesday and Thursday. \$4 per meal. Must sign up at least one day in advance for all lunches by calling 508-533-3210.

BINGO, 12:15 p.m., Millis Senior Center, Room 21. Every Thursday.

Zumba Exercise, 11 a.m., Medway Senior Center, 76 Oakland St. Every Thursday. \$4 per class.

Adult Dungeons & Dragons Group, 6 p.m. to 8 p.m., Medway Public Library, Makerspace. Must be 18+. Registration required.

Fri, Dec. 2

Cribbage, 9:30 a.m. to noon, Millis Senior Center. Every Monday and Friday.

Stretch & Flow Yoga, 9:30 a.m., Millis Senior Center, Room 18. Every Friday.

Chair Exercise, 12:30 p.m., Medway Senior Center, 76 Oakland St. Every Friday. \$3 per class.

Medway Area Rainbow Community & OUT MetroWest, 6 p.m. to 8 p.m., Medway Public Library. Ages middle and high school. Masks required. Contact lily.pearl@outmetrowest.org

OUT MetroWest Parent/Guardian Listening Session, 6 p.m. to 8 p.m., Medway Public Library, Story Hour Room. Topic: What can we do better to support LGBTQ+ Youth. Contact medwayarearainbowcommunity@gmail.com

Make Your Own Ornaments for Middle School, 6:30 p.m. to 7:30 p.m., Millis Public Library. Grades 6-8.

Boston rock legend Charlie Farren, 8 p.m., Niagara Coffee Haus, 8 Exchange St. Millis. Purchase tickets at <https://bit.ly/3TDSxeZ>.

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

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Millis Housing Activity Walk Aims to Foster Community

If you've been over by Millis Housing Authority's senior housing on Exchange Street, you've probably noticed some kiosks permanently installed along the walkway. This "activity walk" is a project funded by the Millis Cultural Council (MCC), a local agency funded by the Massachusetts Cultural Council, a state agency. A take on the StoryWalk Project® (which combines reading and the outdoors), the 13 stations will feature storybooks, local history, trivia, artwork, poetry and more.

This month's exhibit, with layout designed by artist David O'Gara, features history related to Millis veterans.

"This was a way to draw foot traffic to the area of senior housing as well as encourage folks who live there to enjoy the exhibits. Everyone could benefit from the social interaction," says Judith O'Gara, who put together the MCC grant proposal and worked on the current exhibit with Millis Historical Commission member Charlie Vecchi, Director of the



Above: At the end of May, students from Tri-County, left, led by carpentry teacher Jeremy Barstow, installed activity walk stations at Millis Housing Authority's senior housing. The project was funded by Millis Cultural Council, which is supported by the Massachusetts Cultural Council.

Right: This month's exhibit features photos and historical information related to Millis veterans.



Millis Public Library Kim Tolson, and Millis American Legion Post 208 member Buddy Shropshire.

"The Millis Library is thrilled to partner on this unique project," says Tolson. "The Activity Walk brings visual interest and creates engagement in an underutilized area in town, and this exhibit is a creative way to engage the community while also showcasing some Millis history."

Initially, a conversation with Medway Library Director Margaret Perkins led O'Gara to contact StoryWalk® Project founder Anne Ferguson, who encouraged her to be creative with content. From there, O'Gara and Millis Housing Authority Director Candace Avery brainstormed various possible exhibits. O'Gara received design plans from the Holliston Lions

and Holliston Boy Scouts, who had collaborated on the Holliston Rail Trail Story Walk.

Although the project was delayed by elevated construction material costs during COVID-19, Tri-County Regional Vocational Technical High School agreed to construct the activity walk within budget. The project fit in well with the scope of Tri-County's carpentry program, and students from three different grades worked together to complete the kiosks.

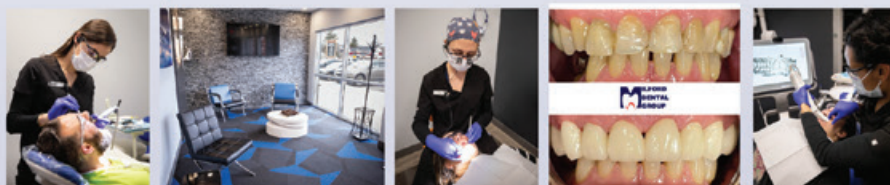
"We're always happy to do stuff that involves the community. It keeps our kids involved in the community and allows us to show off what our kids can do," says carpentry teacher Jeremy Barstow who, along with his colleague Mark Spillane, guided students on the activity walk's construction and installation. Barstow adds, "Hopefully, [the activity walk] will be enjoyed by the community for a long time."



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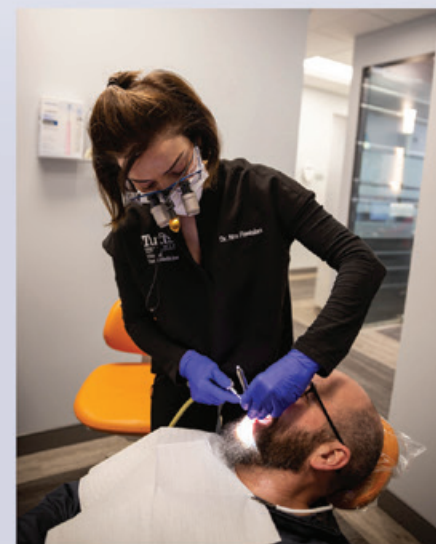
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Medway food pantries recognized by Greater Boston Food Bank

In recognition of Hunger Action Month, the Greater Boston Food Bank honored its most dedicated volunteers, partner agencies, advocates and donors during its annual Partner Appreciation Awards.

Loaves & Fishes Food Pantry of Devens was honored with the Community Partner of the

Year Award for its innovative approach to fighting food insecurity throughout COVID-19, and its collaboration with neighboring food pantries, including Medway Village Food Pantry and Medway Food Pantry. Others recognized were:

- Acton Community Supper and Food Pantry

- Bedford Community Table Pantry
- PACH Outreach in Pepperell
- Townsend Ecumenical Outreach

Photo source: Loaves & Fishes



Free Lunch – Stone Soup

November is the month of gratitude and the beginning of Advent. The Millis United Church of Christ congregation is planning a Stone Soup service and luncheon for Sunday, November 20th. All are welcome. If able, each participant is invited to bring one non-perishable food item to the worship service. During the telling of how Stone Soup is made, these items will be symbolically added to the soup pot. All donations will go to the Millis Ecumenical Food Pantry. Following worship, the congregation and guests will move to Fellowship Hall for a free soup lunch and time of fellowship.

Monday, November 21st at 7 PM is the monthly Healing Prayer Service. All are welcome to learn about and practice prayer.

November 27th is the first Sunday of Advent, the four weeks of preparation leading up to Christmas. This year the church will focus on angels, the angels of the Christmas story and the angels in our midst. Specially designed DIY angel ornaments will be placed on the sanctuary tree each week.

Mark your calendars! Church members are busy preparing for the Jolly Holly Fair scheduled for December 3rd. For more information visit www.millisucc.org

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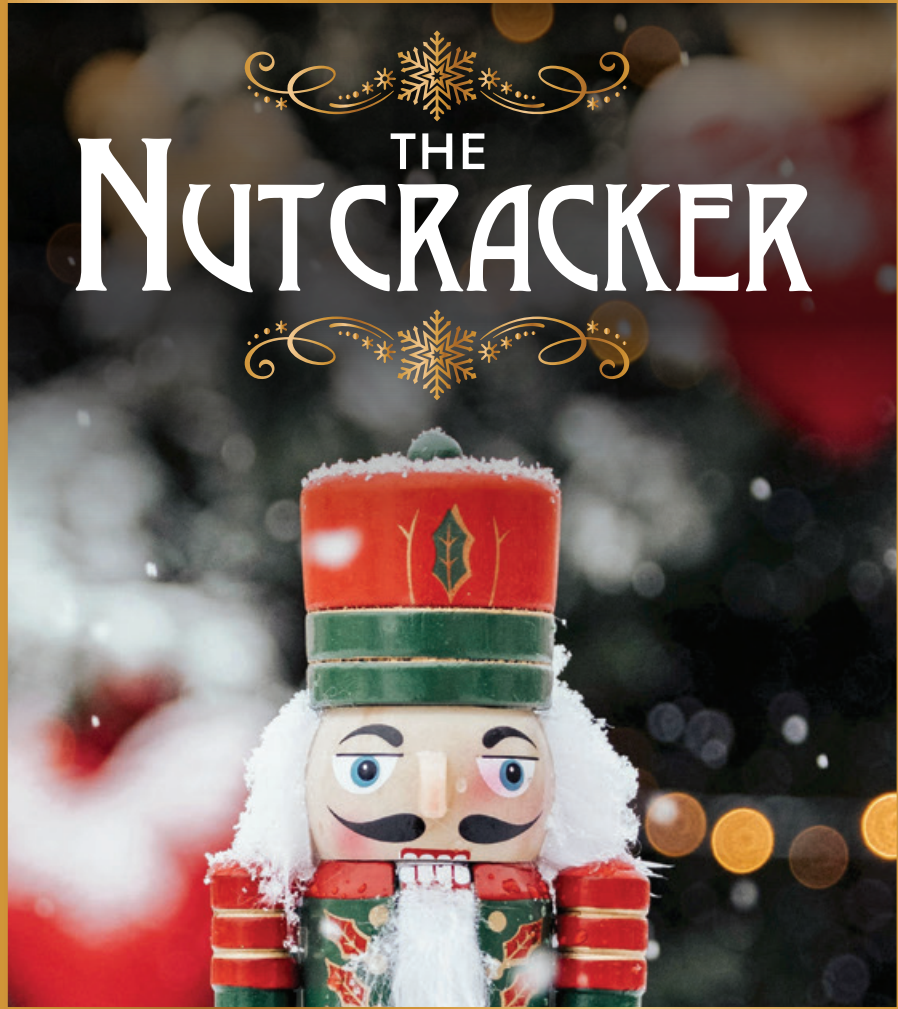
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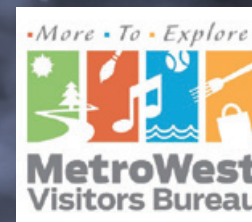
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Sports

Phinney settling in nicely as Millis' Athletic Director

By KEN HAMWEY
STAFF SPORTS WRITER

Derek Phinney was an ideal choice to succeed Chuck Grant as Millis High's athletic director because he checks a lot of boxes.

The 47-year-old Phinney has a degree from UMass-Amherst in sports management, worked extensively after graduation in a variety of hockey venues, and has taught health and wellness at Millis for the last 12 years. But, most importantly, Phinney, whose goal was to become an athletic director, was tutored by Grant for three years. Grant left Millis after 20 years and now is the A.D. at Tiverton High School in Rhode Island.

"Chuck was a phenomenal mentor," Phinney emphasized. "And, even though Millis has a small enrollment, Chuck was successful because he stressed to student-athletes and coaches that 'we'll never be outworked.' I taught classes but helped out in the office on a volunteer basis."

During the Covid years, Phinney was like an assistant A.D., focusing on communication with parents and helping with registrations and logistics at events. "I learned on the job and got some

valuable training," he said.

Phinney, who is married, has twin boys and lives in Medway, is eager to help the Mohawks' athletic program move forward on the successful path that Grant left.

"My goals are to improve the number of students participating in sports, to maintain high character and accountability for coaches and student-athletes, to remain competitive, add a new sport or two, and to create an atmosphere where we're able to grow and conduct ourselves like a Division I program."

Taking on A.D. duties may sound glamorous but it's a position that requires long hours, devotion to the task and tackling chores that at times may not be pleasant.

"There are new functions to handle that only Chuck dealt with in the past," said Phinney. "Hiring and dismissing coaches, working with coaches on scheduling, and evaluating their work areas, that's new territory," he offered. "More communication with coaches, athletes and parents will occur. I'll work with students, coaches and parents to make Millis a better place."

A native of Scarborough,

Maine, Phinney's interscholastic days at Cheverus High School in Portland included varsity soccer, basketball and baseball. He was a captain and an all-star in basketball.

Before arriving at Millis, Phinney was immersed in ice hockey. He was an intern for the Portland (Maine) Pirates hockey team in the American Hockey League. He later worked for the AHL and also interned for a year with the Boston Bruins. He gained more front-office training when he worked for a financial planning firm that dealt with agents and contracts. He also directed training centers and scouted for Neutral Zone, a regional scouting service.

Phinney has all the attributes that are crucial for a lengthy tenure in athletic management. "Some of the keys are patience, to be able to organize and prioritize, and to adapt quickly and be flexible," he noted. "It's also imperative to be competitive, to stay connected with athletes, coaches and the community, and to build relationships. The A.D.'s office will have an open-door policy and we'll discuss whatever is on anyone's mind."

During Grant's two decades



Derek Phinney has replaced Chuck Grant as Millis High's Athletic Director.

at Millis, the school won 14 state championships, 19 sectional titles and 8 Tri Valley League crowns. Phinney wants to maintain that

success in spite of the Mohawks

PHINNEY

continued on page 39

Registration open for Medway Turkey Trot and Kids Fun Run

The 12th annual Medway Turkey Trot 5K Road Race will take place on Thanksgiving morning, Nov. 24, at 7:30 a.m. All proceeds go to funding uniforms and equipment for the Medway Athletic Department. Join us at Medway High School, 88 Summer St. for the

start of the race. Join us for music, prizes and a performance T-shirt (automated timing chips). For more information and to register, visit medwayturkeytrot.org/

We will also be holding our second annual kids fun run. It will start at 1pm on Sat., Nov. 19, at the Medway High School

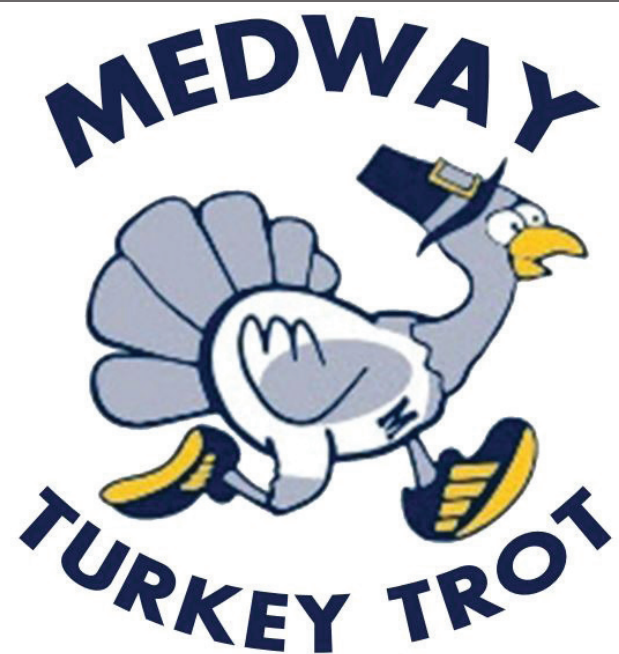
North Field. There will be a 1K (0.6 mile) race for any child 13 and under. We will also stage a number of smaller races (ex. 50 yards, 100 yards, etc.) for the little ones. All participants will receive a Turkey Trot medal and there will be music and refreshments. There is no charge for the fun run but we ask that participants bring two non-perishable food items to support the Medway Girl Scout Thanksgiving food drive. For more information and to register, visit medwayturkeytrot.org/

Non-perishable items for the Medway Girl Scouts' Thanksgiving Food Drive can also be dropped off on any of the T-Shirt pick up dates: Nov. 19 (9am to noon) or Nov. 22 and 23 (6pm-9pm) at the Medway High

School main entrance.

The race directors would like to thank our Sponsors: Lawrence Waste Services, Middlesex Savings Bank, Sean Murphy, CPA, The Law Office of Ste-

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Sports

Parents of a special needs child have special needs, too.

As the parent of a special needs child, you know how rewarding—and challenging—caring for your loved one can be. And even though you've got it all under control right now, you can't help worrying about the future. After all, someday your child will have to go on without you, and you know how expensive it can be to maintain your child's quality of life. That's why a special needs trust (also called a supplemental needs trust) can be a tremendous source of comfort.

A special needs trust is a legal instrument that helps concerned parents like you set money aside for your child's future care. Best of all, it does it without reducing your child's eligibility for public assistance programs such as Medicare, Medicaid, and Supplemental Social Security Income (SSI)¹. For obvious reasons, it is important that it be prepared with the input of qualified tax and legal advisors. Let's take a look at how these trusts work:

A trust protects your child's assets—and eligibility.

If your child relies on government assistance, it's important to know that many of these programs have strict asset limitations (usually \$2,000). A special needs trust can keep your child from exceeding these limits by making sure any assets he or she would otherwise inherit go directly into the trust. That way, you don't have to worry about jeopardizing your child's eligibility for assistance, and you can be sure that any money you earmark for his or her care will be used exclusively for that purpose.

You can fund a trust with a wide variety of assets.

You can use almost any combination of assets to fund your special needs trust: stocks, bonds, real estate—even the proceeds from a life insurance policy (provided you name the trust as the beneficiary). In fact, a whole life

insurance policy can be a cost-effective way to fund the trust, since they both pay a death benefit (provided premium requirements are met) and any cash value they generate will continue to grow tax-deferred until your death.

Make sure you use a qualified professional.

Your child's future is too important to leave anything to chance. While special needs



trusts have been around for years, they are complex legal instruments that have to be set up properly. Be sure to work with an attorney who has plenty of experience in this area, as well as a thorough knowledge of wills and estates.

It takes a special person to care for a special needs child—and to adequately prepare for the child's future. With a special needs trust, you can take comfort

in the fact that you have done everything you can to give your child the resources he or she will need to lead a long and happy life.

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

PHINNEY

continued from page 38

continual underdog status.

"Millis might be a small school but it's a big family," Phinney emphasized. "My motto is similar to what Chuck stressed. I emphasize that we'll never give in. We all have to buy in and it's a team effort that produces success."

Phinney is continuing to teach two classes daily during the mornings, then he turns his attention to athletics. He says both are getting his full attention. "It's a balancing act but both areas will get 100 percent effort from me."

Just after Phinney was hired, he attended a Tri Valley League Athletic Directors meeting. "I already knew some of the A.D.s," he said. "They're a fantastic group and they're very supportive. They're all good mentors and I'm pleased to be part of the group."

Phinney relies on an athletic philosophy that empha-

sizes reaching one's potential and having fun competing. "If those things are occurring, then winning will follow," he said. "There's also lots of life lessons that sports teach. Students can learn how to overcome adversity, how to lead and be a good teammate, how to organize and how to be objective.

"I want our coaches to be role models, good motivators, build tradition and stress accountability. And, I want our athletes to persevere, be resilient and be ambassadors for the school and for the Tri Valley League."

Two months have transpired since Phinney took the A.D. reins and the transition has gone smoothly. "I've been around athletics awhile, the kids and coaches know me and many students have been in my classes," he said. "My emotions as fall sports got underway at Millis were relief and excitement. I was relieved all the pre-season work was completed and excited to see our kids compete. It's a great atmosphere and I hope Millis will continue to enjoy success."

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Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. ES05P1297G11

Essex Probate and Family Court
36 Federal Street, Salem MA 01970

CITATION GIVING NOTICE OF PETITION FOR TERMINATION OF A GUARDIAN OF AN INCAPACITATED PERSON

In the Interests of: Stephen Lazarus Of: Millis, MA
RESPONDENT Incapacitated Person/Protected Person

To be named Respondent and all other interested persons, a petition has been filed by Deborah Whitten of Peabody, MA and Janice Henry of Andover, MA in the above captioned matter requesting that the Court: Terminate the Guardianship.

The petition asks the court to make a determination that the Guardian and/or Conservator should be allowed to resign; or should be removed for good cause; or that the Guardianship and/or Conservatorship is no longer necessary and therefore should be terminated. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **11/16/2022**. This day is NOT a hearing date, but a deadline by which you have to file the written appearance if you object to the petition. If you fail to file written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Frances M. Giordano, First Justice of the Court
Date: October 12, 2022

Pamela Casey O'Brien
Register of Probate

Medway Veterans' Day ceremony to focus on "Honor" on Nov. 11

This year's theme is "Honor" as presented by Capt. Jan Schwarzenberg

By THERESA KNAPP

The Medway Veterans' Day ceremonies will take place on Nov. 11, at 11 a.m. at Matondi Square at the intersection of Holliston and Village Streets.

"We encourage all Medway residents to attend this ceremony to honor the men and women who have served our great nation and those still active," says Richard A. Parrella of the Med-

combat tours – never the same place twice – and has resided in six foreign countries.

His senior assignments have included Naval Attaché in Bahrain; Senior Liaison to Australia; Senior Deputy Commodore for the Navy's Explosive Ordnance Disposal forces; Deputy Director for Interagency Counter Terrorism in the Pacific arena; and, in Afghanistan, he commanded the international coalition task force countering the IED threat

Veterans Day was first called "Armistice Day" and it was established after World War I to remember the "war to end all wars," and it was pegged to the time that a cease-fire, or armistice, occurred in Europe on November 11, 1918. It has been an American tradition to honor our military on the traditional time of 11:11 a.m. on November 11. Source: <https://constitutioncenter.org/>

way Memorial Committee.

The theme for this year's ceremonies will be "Honor" as presented by Jan Schwarzenberg, Capt. USN. Capt. Schwarzenberg's credentials are extensive with over 30 years of service to the United States of America.

Capt. Schwarzenberg spent over 30 years as a Navy Special Operations Officer. As such, he qualified as a Surface Warfare Officer, Deep Sea Diving and Salvage Officer, and Bomb Technician.

He has travelled through 38 countries, conducted military operations in 17, served four

throughout the country.

A graduate of the Naval War College, the Joint Forces Staff College, and the National Defense University, he also holds Master degrees in Diplomacy and Security Policies. In addition, he has published numerous articles on National Security matters.

After retiring from the Navy, Capt. Schwarzenberg continued his work as a federal officer, supporting Counter Terrorism operations at each of the Geographic Combatant Commands worldwide.

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Commonwealth of Massachusetts
 The Trial Court
 Probate and Family Court
 Docket No. N022P2540GD

Norfolk Probate and Family Court
 36 Shawmut Road, Canton MA 02021

**CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR AN INCAPACITATED PERSON
 PURSUANT TO G.L. c. 190B, §5-304**

In the Interests of: Stephen Lazarus Of: Millis, MA
 RESPONDENT Alleged Incapacitated Person

To be named Respondent and all other interested persons, a petition has been filed by **Deborah Whitten of Peabody, MA** in the above captioned matter alleging that Stephen Lazarus is in need of a Guardian and requesting that **Kerina Silva, Esq. of Taunton, MA** (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 a.m. on the return date of **11/02/2022**. This day is NOT a hearing date, but a deadline by which you have to file the written appearance if you object to the petition. If you fail to file written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of the Court
 Date: September 27, 2022

Colleen M. Brierley
 Register of Probate

Charles River Chorale rebuilds after COVID

Group is led by Medway High School choral director

By GRACE ALLEN

No doubt about it, the pandemic decimated community

folk resident, an at-large board member for the organization, says prospective members don't have to be professional singers or



choruses. But a local group, the Charles River Chorale, is looking towards the future and actively recruiting new members, banking on the hope that COVID is finally in the rearview mirror.

The non-audition chorale group is in the midst of open rehearsals for its 39th season. The two remaining open rehearsals will take place on Oct. 4 and Oct. 11 from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis.

Anne McKee has been singing with the Charles River Chorale for close to a decade. The Nor-

even have performed with a chorus in the past to join.

"If you enjoy any kind of music, singing in a group is just fun," she said. "It's different than singing alone. The beauty of music is when you put voices together, because the sound that comes out is so joyous. And when we're together and singing, any stress goes out the window."

The group is under the direction of Ashley F. Nelson-One-

CORALE

continued on page 44

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TE Medway Wins Manufacturer of the Year. Here, Sid Jayaraman, Quality Manager of the TE Connectivity facility, accepted the award on behalf of TE at an awards ceremony in September at Polar Park in Worcester, with 1,300 people from the Commonwealth's manufacturing community in attendance. TE Connectivity (formerly MicroGroup) was founded in 1971 and has been in operation in the Medway Industrial Park since 1983.

CHORALE

continued from page 42

schuk, a music professional in her 7th year with the Charles River Chorale. She is also the choral director for Medway High School.

Nelson-Oneschuk says the pandemic put a lot of things in perspective for music educators.

"More than ever I am focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this," she said.

During the height of the pandemic, the Charles River Chorale met virtually. Through Zoom sessions, group members individually recorded themselves singing and then that music was combined electronically into full choral renderings for several virtual concerts. Not everyone was comfortable with the together-but-apart way of performing, however, and membership declined.

"The group that remained after the proverbial waters had receded represented what I felt was the heart and soul of the group—in musicality but more so in passion and dedication," explained Nelson-Oneschuk.

Wrentham resident Brenda Trapani is entering her eighth season with the Charles River Chorale. She sang in high school choir and later participated in musical theatre. After a span of years without participating in any music groups, she decided to join the Charles River Chorale with a friend. Trapani says director Nelson-Oneschuk has cultivated an atmosphere of enthusiasm

and a desire to improve among members.

"She's a great leader, great teacher, and very patient," said Trapani. "She instills in you a desire to practice your music in between rehearsals. She teaches breathing techniques which then help you to carry notes for longer. She's an excellent choir director."

Bob Archibald is the new chairperson for the Charles River Chorale. The Franklin resident joined in 2019 and says he was "smitten" with singing in a chorus again for the first time since high school. Despite the challenges of the pandemic, Archibald is confident in the future of the organization.

"I am immensely proud of Ashley, Greg Quilop (our outgoing chair), our Board, and all of our members for leading us through these past few years," he said in an email. "My role as the incoming chairperson is to guide us through a rebuilding process that is already well underway. We look forward to welcoming back those who could not participate during the last few years. We have a wonderful group of singers who enjoy each other and love Ashley's approach in guiding us to be our best."

This past May, the remaining chorus members came together on stage for the first time in 2.5 years for a performance themed "Hope, Joy, and Friendship Move us Forward." Rehearsals were conducted with safety in mind, said McKee, who noted that Nelson-Oneschuk employs COVID safety practices determined by the CDC and the Massachusetts

Teachers Association.

Charles River Chorale members hail from several area communities, and they range in age from high school students to octogenarians. The group typically holds winter and spring concerts, with the next concert scheduled for Sunday, December 4 at 2 p.m. at Medway High School.

As the chorus is set to mark almost four decades of making music, the organization is poised to recover from the last few challenging seasons and emerge stronger than ever. Music, after all, can connect and bring people together, but most of us would agree that it's much better in person.

"This coming year is set to be a rebirth," said Nelson-Oneschuk. "We are thrilled to welcome back many former members ready to return, as well as many new faces whose choirs did not survive the pandemic, and others who want to find a new community and musical opportunity."

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children's choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charles-riverchorale.com>. Sponsorships and advertising opportunities are available.

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SCAN ME



Real Estate Corner

On Nov. 6, set clocks back and check smoke detectors

Remember to check the batteries in smoke and carbon monoxide detectors

By THERESA KNAPP

Daylight Saving Time will end on Nov. 6 (at 2:00 a.m.) so, before you go to bed on Nov. 5, be sure to set your clocks back, and also replace the batteries in your smoke detectors and carbon monoxide detectors.

According to the United States Fire Administration, smoke detectors save lives:

Three out of five home fire deaths result from fires in properties without working smoke alarms.

More than one-third (38 percent) of home fire deaths result from fires in which no smoke alarms are present.

The risk of dying in a home fire is cut in half in homes with working smoke alarms.

Source: www.usfa.fema.gov/

How do I test my smoke detector?

On most smoke detectors, you press and hold the TEST button on the smoke detector. It can take a few seconds to begin, but you will hear a loud, ear-piercing siren while the button is pressed. If the sound is weak or nonexistent, replace your batteries. Visit <https://bit.ly/3TocGAg> for a video tutorial from the National Fire Protection Association, and www.firstalert.com for more information.

What is carbon monoxide?

According to the United States Fire Administration, carbon monoxide is called the “Invisible Killer” because it is a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental non fire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances



such as furnaces, stoves, water heaters and fireplaces. Beware of symptoms such as headache, fatigue, shortness of breath, nausea, dizziness, mental confusion, vomiting, loss of muscular coordination, and loss of consciousness. [www.usfa.fema.gov/]

How do I test my carbon monoxide detector?

To test your carbon monoxide alarm, simply press the TEST/RESET button until the unit chirps, then release the test button. The unit will then emit 2 sets of three slow beeps followed by 2 sets of four quick beeps indicating that the alarm is operating normally. [www.kidde.com]

The National Fire Protection Association recommends testing alarms every month, and replacing any device that is more than 10 years old.

Recent Home Sales

Date	Medway	Amount
10/17/2022	362 Village Street	\$465,000
10/14/2022	23 Pond Street	\$560,000
10/13/2022	15 Meadow Road	\$560,000
10/11/2022	4 Harmony Lane	\$674,900
10/07/2022	357 Village Street	\$551,000
10/07/2022	132 Summer Street	\$650,000
10/07/2022	91 Oakland Street	\$510,000
10/05/2022	Sterling Circle #10	\$689,011
10/05/2022	11 Cassidy Lane	\$414,209
10/03/2022	14 Cider Mill Road	\$590,000
09/30/2022	9 Waterside Run	\$709,900
09/30/2022	25 Granite Street	\$832,000
09/29/2022	32 Broad Street	\$415,500
09/29/2022	6 Spruce Road	\$625,000
09/28/2022	2 Pine Meadow Road	\$875,000
09/28/2022	10 Old Summer Street	\$580,000
09/28/2022	2 Nirvana Way	\$950,000
09/28/2022	2 Kingston Lane #3	\$460,000
09/27/2022	16 Franklin Street	\$561,000
09/26/2022	14 Sanford Street #6	\$285,000
09/23/2022	26 Holliston Street #A	\$480,000
09/23/2022	18 Buttercup Lane	\$475,000
09/21/2022	1 Musquit Road	\$876,000

Date	Millis	Amount
10/20/2022	22 Bayberry Circle	\$299,000
10/14/2022	9 Frontier Lane	\$1.3 mil
10/13/2022	1012-1014 Main Street	\$580,000

SALES

continued on page 46

Agents of the Month in our Medway office!



**Top Listing Agent
September 2022**



Jodi Kairit

Realtor®

508-524-5890

Jodi@bhhsPagerealty.com

Jodi.bhhsPagerealty.com



**Top Sales Agent
September 2022**



Faina Shapiro

Realtor®

617-820-0600

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FainaShapiro.BHHSpagerealty.com

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A PLACE TO BE THANKFUL FOR.

Jodi Kairit, REALTOR®
508-523-5890
Jodi@BHHSpagerealty.com



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jodijohnson@kw.com
 Non-Intrusive Staging Included
 Client testimonials at www.jodijohnsonhometeam.com. Associate Broker of Keller Williams Boston Metrowest



HAPPY THANKSGIVING!



COMING SOON
 Call for Details
MILLIS



SALE PENDING
\$878,000
 8 Helen Lane
MILLIS



SOLD
\$865,000
 2 Woodside Way
FRAMINGHAM






SALES

continued from page 47

10/12/2022	199 Farm Street	\$549,900
10/11/2022	14 Pine View	\$359,900
10/04/2022	171 Plain Street	\$460,000
09/30/2022	94 Ridge Street	\$541,000
09/30/2022	44 Acorn Place	642,000
09/30/2022	83 Village Street	\$570,000
09/29/2022	90 Irving Street	\$735,000
09/29/2022	45 Bow Street	\$575,000
09/28/2022	43 Acorn Place	\$640,000
09/28/2022	144 Spring Street	\$525,000
09/27/2022	232 Causeway Street	\$801,000
09/21/2022	96 Middlesex Street	\$720,000

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

Stunning Home Sits Beautifully on 2.14 Acres



39 Granite Street, Medway



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UNDER AGREEMENT

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Recent Home Sale



199 Farm Street in Millis recently sold for \$549,900. Image credit: www.zillow.com

Over 430 homes sold!

NEW LISTING



118 Norfolk Road
 Millis - \$775,000

NEW LISTING



12 Sylvia Avenue
 Natick - \$659,900

SOLD



94 Ridge Street
 Millis - \$524,900

SOLD



24 Hollis Street
 Sherborn - \$900,000

SOLD



5 Fruit Street
 Norfolk - \$549,000

SOLD



124 Hartford Avenue
 Bellingham - \$393,000

I buy unwanted homes as-is, failed septic ok.



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 MICHAEL RAWDING
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YOUR HOMETOWN REAL ESTATE EXPERTS

Let our Experience, Professionalism & Knowledge Work for You





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Realtor®, CBR, Top Producer
 Life long Resident of Medway
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Janine Azzouz
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Jennifer Colella McMahon
Realtor®, Founder, Broker, ABR, SRS,
 CBR, LMC, CHS, CRB, BPOR, RENE
 Raised in & Lives in Millis
 MillisRealtor.com
 Jenn@NEsignature.com
DIRECT: 774-210-0898

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



SOLD
 \$815,000
 253 Orchard Street, Millis
 Jennifer McMahon



SOLD
 \$455,000
 203 Ridge Street, Millis
 Jennifer McMahon & Janine Azzouz



SOLD - BUYER SALE
 \$650,000
 132 Summer Street, Medway
 Laina Kaplan



SOLD
 \$551,000
 357 Village Street, Medway
 Laina Kaplan



SOLD
 \$715,000
 41 Auburn Road, Millis
 Jennifer McMahon



SALE PENDING
 \$599,900
 142 Holliston Street, Medway
 Laina Kaplan



SOLD
 \$345,000
 9 Hemlock Circle, Millis
 Jennifer McMahon



SOLD
 \$875,000
 8 Juniper Road, Medway
 Laina Kaplan



SOLD - BUYER SALE
 \$490,000
 17 Brook Street, Franklin
 Laina Kaplan



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



SOLD
 \$710,250
 28 Cleveland Street, Norfolk
 Jennifer McMahon



SOLD - BUYER SALE
 \$850,000
 33 Granite Street, Medway
 Laina Kaplan



SOLD
 \$430,000
 21 Charles Street, Medway
 Laina Kaplan



SOLD - BUYER SALE
 \$665,000
 244 Orchard Street, Millis
 Laina Kaplan



SOLD
 \$529,000
 2 Hemlock Drive, Medway
 Laina Kaplan



SOLD - BUYER SALE
 \$690,000
 123 Miller Street, Franklin
 Jennifer McMahon

Wishing you & your family a wonderful Thanksgiving holiday!

Client Testimonial for Laina Regan Kaplan:
 "We're so happy we chose to work with Laina Regan Kaplan as our listing agent to sell our home. Laina and her team were very professional, they gave us great tips, staged and photographed our home for listing and showings. Laina communicated with us well throughout the whole process, always answered her phone, emails, texted us back and showed up whenever we needed her. Laina was polite and kind to all potential buyers at showings and is truly a professional in her field. After just one weekend of open houses she was able to get multiple offers over asking price for our home. Choosing to work with Laina made the selling of our home a smooth process." – **Lisa & Bill Leland, Medway**