



Mrs. Lomuscio's first grade class share their "I am thankful for" projects with Medway & Millis News. Credit: Theresa Knapp

McGovern First Graders are Thankful

By THERESA KNAPP

The students in Mrs. Megan Lomuscio's first grade class at McGovern Elementary School in Medway are thankful for many things this holiday season.

"I am thankful for my school community because I care about the school community," said Addie, age six. "I liked it [the project] because I like drawing and I also like learning how to write new words."

This year, Addie and her classmates are thankful for their community, family, field days, friends, God, house, pets, school, teachers, Thanksgiving, and more.

To see more projects, visit us on Facebook @MedwayMillis-TownNews

McGovern Elementary first grader Addie is thankful for her school community. Credit: Theresa Knapp

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Letter to the Editor,

I wanted to take a moment and thank all the voters of Millis for participating in the recent election, regardless of who you may have supported or how you voted on the ballot initiatives.

I am honored by the outcome and significant support here in Millis in my race for State Representative, and look forward to getting to know the community better in the months and years ahead.

Thanks also to all those who ensure that our elections in Massachusetts are run with integrity, and for the countless hours spent by clerks' offices and poll workers in every town that help make our elections successful.

Over the next several months I intend to spend more time engaging constituents on substantive issues to continue to gather an understanding of where and how I can be helpful as State Representative. My priorities will flow in part from those community conversations. I have already had the opportunity to spend more

time in Millis and look forward to building on community relationships, and working with elected and community leaders over time. Once I am sworn in we will establish office hours in Millis and explore convenient meeting times, and our team will provide a variety of communication methods so we can be accessible and available to all residents of the district. As I mentioned several times in the campaign, in all my work as a legislator, I am committed to bringing the voices and perspectives of communities like Millis to Beacon Hill, and am honored to serve as your next State Representative.

James Arena-DeRosa
Representative-Elect
Massachusetts House of Representatives
Middlesex 8th District

Medway Business Council Holds Holiday Party for Business Owners



The Medway Business Council invites business owners and area professionals to mingle and be merry at the annual MBC Holiday Party. This year's holiday networking event will be held on December 7th from 5:30 p.m. to 7:30 p.m. at Mickey Cassidy's restaurant (116 Main Street, Medway). This informal and friendly celebration of 2022 recovery will feature hot hors

d'oeuvres and a cash bar, an easy Yankee Swap, and a chance to reconnect with Medway business owners and professionals in a festive setting. All are invited, whether or not you are a Medway Business Council member.

Once again, MBC is collecting gently used coats to support Coats for Kids, New England's largest coat drive. Please bring a gently used adult or children's

coat to be cleaned and donated to someone local in need.

Tickets are nonrefundable and are \$25 for members and \$30 for future members. Join MBC today and save on each holiday party ticket with lower ticket prices for members.

Register here: <https://medwaybusinesscouncil.org/register/>



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Colin Roberts attains rank of Eagle Scout



Colin Roberts of Medway with the golf equipment he collected as part of his Eagle Scout project. Courtesy photo.

Eagle Project included collecting golf equipment for GolfForAll

BY THERESA KNAPP

In November, Colin T. Roberts of Medway attained the rank of Eagle Scout, which was celebrated with friends and family plus state and local officials at a ceremony at The Thayer Homestead.

As part of the Eagle Scout process, scouts must complete an Eagle Scout Service Project.

Roberts' project included collecting donations of golf equipment, which was then donated to Golf for All in Wellesley, a group that is "dedicated to transforming the lives of all people facing emotional, physical and developmental challenges or who are experiencing traumatic/stressful hardships..." (golfforall.org).

Roberts said, "I chose this project because I wanted to provide opportunities to others to play the game that has given me so many opportunities to grow as a person over the years. I knew I could make a positive impact in people's lives if I made golf accessible to them."

Through many hours of hard work and perseverance, Roberts was able to collect and donate clubs, bags and gloves to the or-

ganization to benefit various programs for veterans, special needs camps and clinics, plus people enduring post-traumatic stress disorder, amputation and traumatic paralysis, Alzheimer's, and more.

The organization has many beneficiaries including the Carroll Center for the Blind, Helping Hands of Massachusetts, Jimmy Fund, Perkins School, and Special Olympics.

In his speech at his Eagle Scout Ceremony, Roberts said scouting had been an irreplaceable part of his childhood and it helped him learn skills of leadership, communication, and responsibility.

"This is a culmination of countless hours of hard work that I have dedicated over the past six years. The position is something I always viewed as honorable and impressive so it feels incredible to

now be an Eagle myself. The entire scouting journey has been a rewarding process and I am very thankful I got involved in scouting."

Roberts is a student at Medway High Student where he is a member of National Honor Society and a four-year varsity member (and two-year captain) of the golf team. He works for US Kids Golf.

Millis HS holds annual Veterans Day Interview Project



Twelve veterans participated in this year's Veterans Day Interview Project at Millis High School. Source: www.smore.com/sxzke

Last month in honor of Veterans Day, Millis High School saluted those who have served and continue to serve our country. Students were able to sit down with a group of veterans/active military members who volunteered their time to participate

in the annual Veterans Day Interview Project organized by Mr. Fallon.

In a note on their website, school administrators offered "a HUGE thank you to the 12 veterans/active military that came in to speak to our students.

We thank you for your service, and for enlightening our students on what you have done in your roles with our nation's military!"

For more photos, visit www.smore.com/sxzke

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Medway & Millis
Circulation: 8,644
households & businesses

Publisher
Chuck Tashjian

Editor
Theresa Knapp

Send Editorial to:
editor@millismedwaynews.com

Advertising Sales Manager
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur

Ad Deadline is the
15th of each month.

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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

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

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



like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

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

As for Medway and Millis in particular, Schadler says they are proud to have many repeat customers and friends in the area. Hidden Hill Farms in Millis does all the business's welding work, and Affordable Junk sponsors the local girls high school hockey team. The Schadler family's go-to candlepin bowling alley, Ryan Family Amusements, is also located in Millis.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships

Business spotlight

with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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

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FPAC to present *The Wolves*

The Franklin Performing Arts Company (FPAC) will present Sarah DeLappe's wildly popular play *The Wolves* January 6-8 at THE BLACK BOX. Directed by New York actress Ali Funkhouser, the all female-identifying cast of 10 is comprised of young professional artists, collegiate actors, and student apprentices from the Franklin School for the Performing Arts.

The Wolves follows a girls indoor soccer team. From the

safety of their suburban stretch circle, the team navigates big questions and wages tiny battles with all the vim and vigor of a pack of adolescent warriors. A portrait of life, liberty, and the pursuit of happiness for nine American girls who just want to score some goals.

The play will feature soccer movement directed by Franklin's Calen Frongillo. "One of the many intriguing aspects of this play is that we see the girls

Business spotlight

warm up and perform actual soccer drills over the course of the show," comments director Ali Funkhouser. "We're so lucky to have Calen's soccer expertise to train the 'team' and help the cast execute these moments on stage."

Known only by their numbers to the audience, the characters of *The Wolves* will be portrayed by NYC's Elena Doyno (#00), LA's Courtney Beyer (#46), University of Tampa Musical Theatre's Kelsey Breslin (#11), University of Connecticut's Caroline Wilkins (#25), University of Oklahoma Acting's Sami Goldman (#7), FPAC Apprentices Erin Belger (#2), Tzintli Cerda (#14), Anya Fox (#13), Madigan Wirkus (#8), and actress Hallie Wetzell (Soccer Mom).

A finalist for the Pulitzer Prize for Drama, *The Wolves* tackles mature themes including charac-



Top Row L to R: Elena Doyno, Courtney Beyer, Kelsey Breslin. Middle: Sami Goldman, Caroline Wilkins, Erin Belger. Bottom: Tzintli Cerda, Anya Fox, Madigan Wirkus

ters in honest discussions about relationships, politics, death, and more. Because of its subject matter and strong language, it is not recommended for children.

The Franklin Performing Arts Company at THE BLACK BOX is a professional Equity the-

ater producing musicals, plays, and more, featuring Broadway stars, professional and regional performers, and emerging artists.

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Medway's Buonaccorsi signs Letter of Intent to play lacrosse at American University

Bishop Feehan High School Athletic Director Christian Schatz is pleased to announce that 20 members of the Class of 2023 have signed their National Letters of Intent and will continue to compete in their respective sports in college.

Those students include Samantha Buonaccorsi of Medway who will play Division 1 Lacrosse at American University.

The letters were signed on Nov. 9, and Schatz expects more Feehan athletes to announce their college intentions formally on the spring day in just a few months.

"We are so thrilled for our student-athletes who signed their NLI today and for those yet to come, and very happy for their families who supported them



Bishop Feehan student athletes signed their National Letters of Intent on Nov. 9. These students included (1st row, 4th from left) Samantha Buonaccorsi of Medway who will play Division 1 Lacrosse at American University. Courtesy photo.

along the way," remarks Schatz. "Being a varsity student-athlete – especially one who takes that passion to the college level – requires an exceptional level of commitment, and the parental support

these students receive is crucial to their success."

For a full list of names, visit <https://bit.ly/3EiiL5Q>

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ing emergency funds availability, modeling for variables such as inflation on expenses as well as remaining true to your risk tolerance.

Sure, it's easy to bemoan things that's didn't go as planned with investments, like bonds not playing their role portfolio stability in 2022. But this too shall pass as Fed pivots away from their feverishly raising of interest rates next year. Can the same be said next year about an opportunity to lock in your mortgage under 3% or get your remodel done at 30-40% less?

There's still some good improvements you can do by year-end, if appropriate.

Roth Conversion. Have sizable Traditional IRAs? Think taxes are going up? You believe your holdings will rebound? With a strong handle on your sources of income and capital gains for 2022, consider modeling tax liability of different amounts converted to a Roth IRA.

Remember, unlike a few years ago, you can no longer undo a conversion via "recharacterization", so what's done is done.

Tax-Loss Harvesting. Sell investments for large gains earlier in the year? Sitting on sizable unrealized losses? Consider selling

to realize tax-losses that can offset current year gains or be carried forward against future year gains as well as write off up to \$3,000 against ordinary income.

Recall the IRS wash-sale rule prohibits selling an investment for a loss and replacing it with the same or a "substantially identical" investment across all household portfolios 30 days before or after the sale. So if you are going to sell and buy back, verify it's clean 30 days prior and then wait 31 days.

Last minute 401(k), 403(b) and 457 plan contributions.

Ideally, you'd be at \$20,500 maximum contributions limits (\$27,00 if 50 or older). If not, many plans allow online changes up to 50% of wages. Have a year-end bonus? Can forgo a paycheck or two? Act quickly as plans require a pay cycle for updates to take effect.

And if you're late to impact 2022, then see how long you go with higher contributions to front load towards 2023 contributions limits of \$22,500 (\$30,000 if 50 or older).

Still waiting for perfect, instead of executing on the good? Ok, there's this 30-year old "genius" that founded a crypto exchange in the Baha-

mas and issued their own coin for trading. In 3 years, he's worth \$25 billion and his firm's Marketing/PR includes Tom Brady, Stephen Curry, MLB, NBA, plus TV personalities call him a modern-day J.P. Morgan and has clout as 2nd largest US political donor in 2022.

Perfect, right?

Please note the sarcasm, and put the work in towards the good.

May you and those closest to you enjoy a happy and safe holiday season.

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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While 2022 has been a challenging investment environment, it has been a fantastic year to see the benefits of executing financial plans over the past few years.

Were all outcomes perfect? No, and they never can be. See by seeking the perfect opportunity or waiting for the perfect time, one prevents the implementation of good improvements.

Consider the good done by executing on a remodel or outdoor project in 2017-19 or refinancing your mortgage and/or auto loans in 2020-21. More recently, how about deleveraging variable debt, establishing access to equity, rais-

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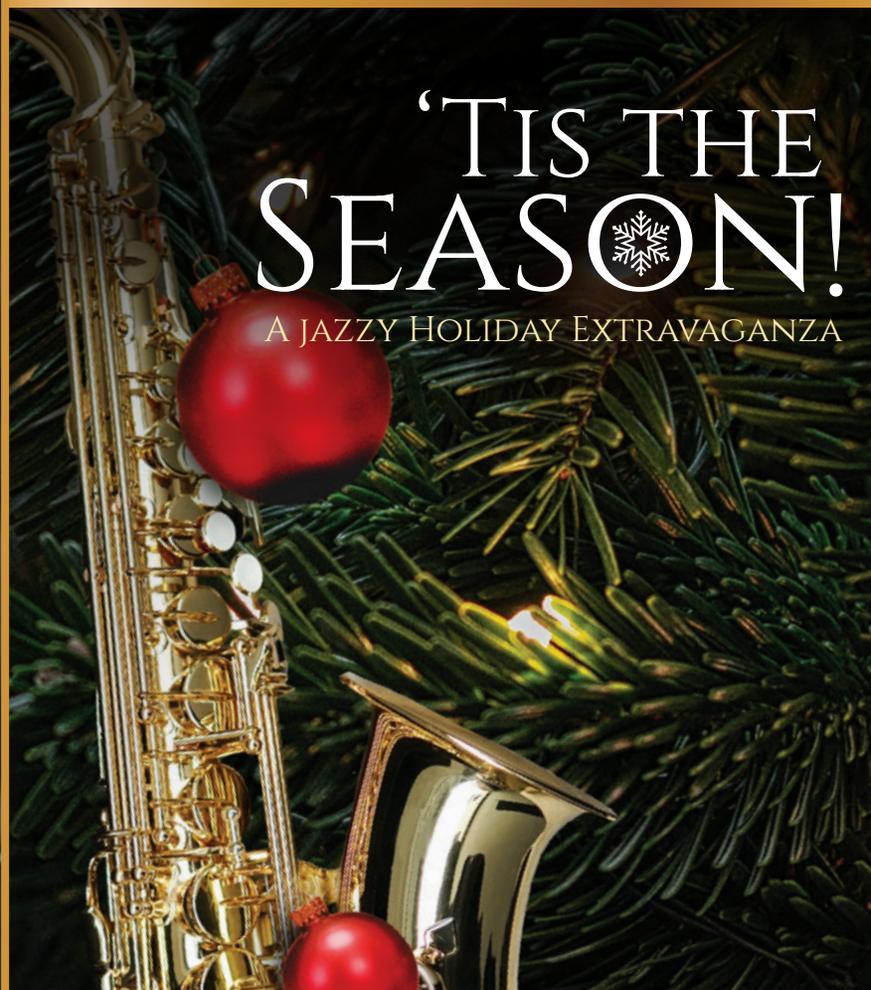
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Local Firefighter Graduates from State Fire Academy

Graduating class #BW22 includes Patrick Weaver of Medway

In November, State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy (MFA) leadership presented certificates of completion to 22 graduating recruits including Firefighter Patrick Weaver of Medway.

The ceremony took place at the Department of Fire Services' campus in Bridgewater.

MFA Class #BW22 represents the fire departments of Abington, Avon, Bourne, Centerville-Osterville-Marstons Mills, Dennis, Duxbury, Eastham, Harwich, Hingham, Medway, Norton, Orleans, Sharon, Truro, and West

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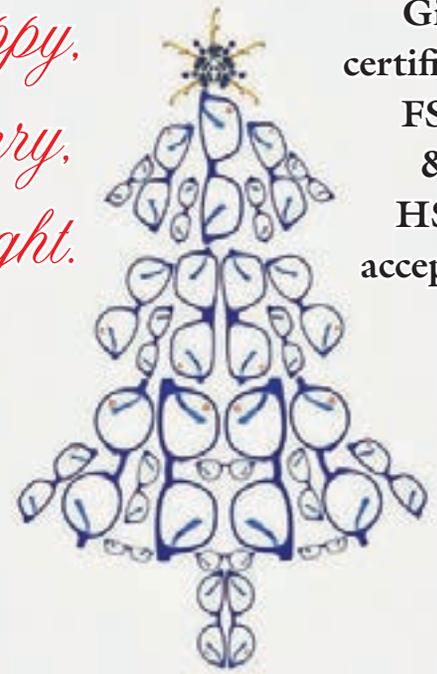
The view the video, visit <https://www.youtube.com/user/DFSOSFM>

The MFA (which marked its 50th anniversary last year) provides recruit and in-service training at three separate campuses and has graduated over 14,000 firefighters in more than 450 classes.



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Millis Middle/High School Dance Club presents The Nutcracker

The Millis Middle/High School Dance Club, Terpsichore, a nonprofit group in the Millis Public Schools, is presenting its 14th Annual Production of The Nutcracker. This 90-minute public school production is a great introduction to the beautiful score by Tchaikovsky and the Duke Ellington variations on The Nutcracker in his Three

Suites.

This production is an inclusive program where all students are welcome from those who have never taken dance before to those who dance at a studio seven days a week. This year, we have 135 students participating over the three performances (each show has a different cast).

Show Dates and Times include:

- Dec. 9 at 7 p.m.
- Dec. 10 at 2 p.m.
- Dec. 11 at 1 p.m.

All performances are at Millis High school and the cost is \$10 for adults, \$7 for students and senior citizens, and under 5 is free (if they don't mind sitting on a lap).



The Nutcracker cast from 2021. Courtesy photo.

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Medway's Williams inducted into the National Honor Society

In a ceremony held on Oct. 19, St. Sebastian's Headmaster Bill Burke, Assistant Headmaster Mike Nerbonne, and National Honor Society moderator Sean Albertson inducted 70 St. Sebastian's students into the Sr. Evelyn C. Barrett, O.P. Chapter of the National Honor Society.

Among those students was John F. Williams '24 pictured here with Burke.



Wishing you a happy

Holiday Season

and a wonderful *New Year.*

Please note our special holiday hours

Christmas Eve • Saturday, December 24th • Closed

Christmas Day (Observed) • Monday, December 26th • Closed

New Year's Eve • Saturday, December 31st • Open 9:00 am – 1:00 pm

New Year's Day (Observed) • Monday, January 2nd • Closed

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The b.LUXE *beauty beat*

GIFTING: 3 RULES TO SHOP BY

By GINA WOELFEL

Good gift-giving is an art! There's nothing like watching someone light up with joy when they open your gift! The perfect present can lift your mood, strengthen a relationship and even leave you feeling happier and healthier. Gift giving releases the "feel good" chemicals in your brain for an instantaneous mood-boost. Maybe that's why we feel so good around the holidays?

A gift can be many things and doesn't need to be big or expensive to be amazing. Giving with intent and keeping your gift choices relevant says "I see you" and "you're worth it". When we take the time to emotionally customize gift-giving it speaks volumes to its recipient and makes even the smallest gestures feel incredibly thoughtful.

Themes are a wonderful way to personalize a gift. A theme encourages you to think about who you're gifting and what they'd love to receive. You can choose a spa package and candle for a friend who needs a little "me-time" or how about a gourmet cooking basket of spices and specialty foods for your sister who loves to cook? There's a theme for everyone on your list!

Let's face it, gone are the days when Black Friday opened the holiday shopping season. The retail madness starts the day after Halloween and it's easy to get lost in the sea of holiday sales. With a little planning, though, you can manage this chaos like a boss and curate some amazing gifts with minimal (or at least enjoyable) in-person and online shopping.

Giftgiving: 101

Make a list and check it twice!

Break it down by order of importance. You'll have your first tier recipients like family and friends whose gifts you'll need to give the most thought to. It's important to consider their personalities, hobbies, and pastimes when choosing their gifts. Keeping it personal and recipient specific makes both you, the giver, and the receiver very merry! Your next tier of gifts will be for the people in your life who support, service, educate and soothe you. Now, you probably don't know your mailman or your kid's

teachers well enough to know their hobbies, but the holidays are an excellent opportunity to show your appreciation and an end-of-year gift certificate or tip is the perfect way to say thank you. Most of your favorite stores, salons and restaurants now offer gift cards online, so take advantage of this convenience! Light a fire, pour a glass of wine and with just a few clicks, your gift card shopping will be done and you can enjoy some holiday downtime!

Budget, budget, budget!

Nothing will ruin your holiday spirit more than stressing over your bank account! Keep things simple, know what you can spend and find ways to keep your purchases within those parameters. Sometimes, we may feel pressured to splurge beyond our means, forgetting that homemade and smaller gifts are just as special. Giving a \$5 Starbucks card might feel insignificant to you, but the gift of an afternoon coffee might be exactly the break someone needs. No gift is EVER too small when it's given with gratitude. Even a small bobble or stocking stuffer is a treasure when paired with a thoughtful card. And now in the time of texts and tweets, your hand-written words are more meaningful than ever.

Always remember to treat yourself!

There's no one who works harder than you to plan the perfect holiday. You've got this! So, stop, take a breath and give yourself the gift of grace (and maybe a spa facial package, too!)

b.LUXE is here to make your holiday shopping easier than ever with our huge selection of spa and beauty gifts!

We've also put together two specially priced spa packages that can be purchased online and delivered via email or purchased in person at the studio.

- Scalp Spa Package \$100 - \$120 value
- Facial Package only \$150 - \$195 value

Both are relaxing and rejuvenating.

Want to give the gift of healthy hair? Grab a b.LUXE Holiday Hygge Box! It includes our nourishing BEFORE Oil,



a super absorbent, eco-friendly hair wrap, a scalp massaging brush and a wide-toothed, static-free comb. It's only \$100 and can be shipped anywhere in the US for \$10.

If you're shopping on a budget, remember, it's the thought that counts! Our signature lip gloss trios, hair accessories, Soi brand soy candles and smaller retail items make lovely gifts, too!

And if you're not sure what to give, pick up a b.LUXE gift card!!

As we close out 2022, The b.LUXE family would like to wish you all peace, love and so much joy! We're truly blessed with this amazing community and hope the warmth of family, friends and festivities brings you all a well deserved and magical holiday season.

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A red graphic with white and black text. At the top, the word "Shop" is written in a cursive font. Below it is the b.LUXE logo. The main text reads "FOR THE HOLIDAYS" in large, bold, white letters. Underneath, it says "SPECIALLY PRICED SPA PACKAGES" and "BUY 3 GET 1 FREE RETAIL SALE". At the bottom, it says "HOLIDAY HYGGE BOX". The graphic is decorated with Christmas ornaments and candy canes.

RECYCLE THIS NEWSPAPER

An advertisement for Coan Heating & Air Conditioning. It features the company logo, which includes a red drop shape inside the letter 'O'. The text says "Keeping families comfortably cozy in their homes year-round for over 76 Years!" and "Happy Holidays from COAN HEATING & AIR CONDITIONING". Below that, it says "Specialists in Home Comfort & Energy Conservation". At the bottom, it lists services: "HEATING • AIR CONDITIONING • HOT WATER • INDOOR AIR QUALITY" and "Heating Service Plans, Heating Install and Repairs & More!". It also mentions "Coan Bioheat® Fuel Delivery" and "With significantly reduced greenhouse gas emissions & lower carbon footprint, it's the most environmental friendly heat fuel, and the safest." The address is "196 West Central St., Natick • 508-653-5050 • 800-262-6462 • coanoil.com". There are logos for Mitsubishi Electric and Bioheat.

Living Healthy

Glaucoma Treatment: DURYSTA

Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It affects us when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops targeted at lowering the eye pressure. There are patients who have problems remembering to use the drops and sometimes the preservative in the drop cause irritation, redness and intolerance to the drops. In other instances, one can be traveling and forget to carry the eye drops during the trip. In those instances, a novel treatment using DURYSTA glaucoma implants can help manage the pressure while reducing or eliminating the need for drops.

What is Durysta?

Durysta is a breakthrough in the treatment of open-angle glaucoma and ocular hyper-

tension with FDA approval. Durysta (made by Allergan) will be a game-changer for those patients who have difficulty taking daily medicated eye drops for glaucoma because it frees patients from having to apply drops altogether.

How does Durysta work?

Durysta is the first biodegradable sustained-release implant that continuously delivers Bimatoprost, a prostaglandin analog, within the eye that helps reduce and maintain healthy eye pressure levels. The preservative-free medication is housed within a tiny rod-shaped cartridge that is inserted in the eye's anterior chamber by an ophthalmologist during a safe 5-minute office procedure.

The implant comes pre-loaded with 10 mcg of Bimatoprost in a single-use applicator that your ophthalmologist uses

DURYSTA™
(bimatoprost implant) 10 mcg

Sustained Release Glaucoma Implant

to inject the implant directly into the front side of your eye. This means that the drug delivery system is a one-time use sterile applicator used on you and you alone.

The bimatoprost implant is biodegradable and breaks down naturally over time, so you do not require another procedure to remove the delivery system. It simply dissolves and is eliminated by your body. In fact, most patients continue to have controlled intraocular pressure levels even after Durysta has broken down.

How long does Durysta last?

The great news for patients with open-angle glaucoma and ocular hypertension is that the Durysta implant is designed to last up to 6 months. However, most patients continue to have



controlled intraocular pressure levels after Durysta has broken down. This means you'll continue to benefit from Durysta for months and sometimes a year or 2 later. Meanwhile, you'll be free from having to deal with inserting eye drops and worrying about whether the correct amount of medication actually got into your eye.

Who is a candidate for Durysta?

Durysta is indicated for people diagnosed with open-angle glaucoma and ocular hypertension. That said, not everyone is an ideal candidate for Durysta and it is contraindicated under the following circumstances:

- If you have an infection within or surrounding your eye
- If you have undergone a corneal transplant
- If you are diagnosed with corneal endothelial cell dystrophy
- If your posterior lens capsule is ruptured or absent
- If you are allergic to bimatoprost or to the components of the implant

What are the side effects of Durysta?

As with any medication, clinical trials have shown that some people can experience side effects from Durysta. However, the interesting thing about the Durysta trials was that patients who were randomized to receive Durysta actually experienced fewer side effects than the control group patients taking standard glaucoma eye drops.

It's highly unusual for a new medication to exhibit fewer side effects than the standard medicine it's being compared to, but that's exactly what happened with Durysta. The Durysta patients had fewer complaints and

tolerated the medication better than the patients using traditional glaucoma eye drops. Fewer side effects and better eye pressure control make for a compelling argument to consider switching to Durysta.

Some adverse events for Durysta patients can include:

- Eye redness
- Eye irritation
- Eye pain
- A foreign body sensation within the eye
- Light sensitivity (photophobia)
- Blurred vision
- Headache
- Conjunctival hemorrhage
- Iritis
- Increased intraocular pressure

This is not a complete list of side effects and others may occur. Also, the safety of taking Durysta during pregnancy has not been studied.

Is Durysta for me?

If you have tried other treatments for glaucoma, including eye drops and they did not work, or if you've found eye drops are challenging or you can't use them as prescribed, contact us. Eye drops are not always the best option for every patient, and Durysta may be a better solution.

At Milford Franklin Eye Center, Dr. Kaldawy was among the first surgeons in the area to offer Durysta. We perform the procedure in a state-of-the-art surgery center in Millis and closer to home. We can also offer the same in our procedure room in Franklin. With those centers available to you here in your backyard there is no reason to travel hours to have eye surgery and laser glaucoma surgery. If your eye provider is still recommending you travel far away to have eye surgery, we are available for a second opinion. We are proud to offer excellence in glaucoma management and surgery with world class outcomes and here is the great news: Closer to home than ever before!

For more details, see our ad on page 12.

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Medway Senior Center December Events

Balance Screening – Dec. 7, 10 a.m. to 11:15 a.m. - Back by popular demand! Sign up for your FREE balance screening conducted by Allison Bloom, PT from Personal Best Physical Therapy. Space is limited - reserve your spot today- space is limited.

Holiday Decoupage Plate – Dec. 7, 10 a.m. - Transform a plain glass plate into a beautiful Christmas plate. \$5.00 per person. Sign up ahead of time.

Festive Holiday Sweater Lunch – Dec. 15, 12 p.m. - Join in the fun by wearing your most festive sweater to lunch! Be sure to sign up to reserve your spot.

Jolly Holly Fair Celebrates 70 years

Church offers Christmas Dinner

Millis United Church of Christ, 142 Exchange Street, invites the community to participate in a variety of holiday activities during the month of December. Opportunities to deepen your spiritual life and opportunities to just have fun!

The 70th annual Jolly Holly Fair will be held Saturday, December 3rd from 9 am to 2 pm – a great place to get some holiday shopping done in a fun-filled environment. Silent Auction, fancy foods, handcrafts, children's room, candy, attic treasures and vendors galore. Breakfast and lunch will be served. Santa will be there.

Family-friendly worship services are offered every Sunday at 10 am during Advent; in-person and on Zoom. Special angel ornaments will be crafted and hung on the sanctuary tree each week. Special items will be collected each Sunday for donation to the Millis Food Pantry. Sunday School for children in grade 6 and younger is offered on December 11th.

A Blue Christmas Healing service will be offered in the sanctuary on December 19th at 7 PM. This service is open to everyone who needs a little calm and quiet in the midst of the hectic season. Also, for those who are not feeling

so jolly or who are experiencing grief and loss.

The Candlelight Christmas Eve Service will be held in-person and on Zoom at 6:30 PM on December 24th. All ages are welcome. Christmas Day worship is scheduled for 11:00 AM followed

by a community dinner. Reservations requested.

For information about any of these and other events, please visit the website: www.millisucc.org or contact the church office at millisucc@msn.com or 508-376-5034. Please leave a message.

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Scouting is alive and well in the town of Medway!

Scouting is critical to keeping our boys active and in the outdoors. Our Medway BSA Troops continue to provide our youth with opportunities to learn leadership, provide service and have fun. In 2022:

7 Scouts from our Medway

Troops achieved their Eagle Rank in 2022

Our units this past year have contributed over 1,000 volunteer hours to Medway

Collected over 1 ton of food for our food pantries in Medway

This summer we had 7 Scouts

experience the trip of a lifetime to the BSA Philmont Ranch, spending 10 days on a wilderness backpacking trek that presented them with multiple challenges while exposing them to vistas and experiences that cannot be duplicated elsewhere.

However, now more than ever, the youth in Medway need Scouting as a way to continue their journey to a lifetime of adventure. In order to keep these activities affordable, each unit's committee underwrites a portion of the cost. Whether it involves new uniforms and equipment,

monthly camping trips, financial support for a boy to attend summer camp, or by helping support a boy's once in a lifetime

Our annual fundraiser is the "Santa Breakfast" that brings together the Scouts in Medway to serve an amazing breakfast, complete with photos with Santa, games & crafts in Santa's Village, as well as a Silent Auction full of wonderful items from local businesses. Truly something for everyone! This year our event will be held on

Saturday, December 10th from 7:30 - 11:00 AM at the St. Joseph's Parish Center, 145 Holliston Street in Medway. Thank you for supporting Scouting in Medway!



Millis Recreation

Holiday Bash

Friday, DECEMBER 2nd
5:00PM-7:00PM @ Millis Memorial Gym

CRAFTS, GAMES, MUSIC, FUN
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GRADES K-5, \$20/STUDENT

Drop Off Event!

pre-registration required at millisrecreation.activityreg.com

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Our Lady of Fatima Festival of Lights 2022 will be open Dec. 8 to Dec. 27 from 5 p.m. to 9 p.m. each night. The event is wheelchair accessible, with a path that winds through the exhibit. Hot chocolate, donuts, and more will be available. Our Lady of Fatima Shrine is located at 101 Summer St., Holliston. There is no charge for this event.

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Steve Bullock

Concert to Benefit Millis Ecumenical Food Bank, Dec. 16

Niagara Coffee Haus at Niagara Station in Millis presents "A Holiday Benefit Concert for Millis Ecumenical Food Bank" featuring Little Jed & the Phat Daddies and Hobo Coat on Friday, Dec. 16, at 8 p.m. Doors open at 7:30 p.m.

Tickets are \$15 and can be purchased at www.eventbrite.com/e/468710424497 or at the door if it is not sold out. All proceeds go to Millis Ecumenical Food Bank.

Please bring non-perishable food items and canned goods to drop off at the Firehouse, 8 Exchange Street in Millis.

The event is sponsored by The Friends of Niagara and Millis Cultural Council.



Courtesy photo

SANTA'S PARADE TO THE BANDSTAND
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Millis Recreation Thanksgiving Food Challenge



Millis Lions Club President Ron Paulo and Secretary Mike O'Shaughnessy

On Oct. 29, Millis Recreation, through our Middle School/High School community service platform "Millis Rec. Serves," held the Thanksgiving Food Challenge food drive to benefit the Millis Food Pantry. Teams were pitted against each other to generate the largest number of designated Thanksgiving food items.

Team Lions Club came in first place and won \$350, which was sponsored by Ambassador, LLC. The Millis Lions Club generously donated their winnings back to the Food Pantry!



Team Nytro, MPD K-9 took second place and won \$150, which was sponsored

by Meaghan Quilop, Mary Kay Independent Beauty Consultant.

Team SAFE Coalition brought home third place and won \$50, which was sponsored by Steves Rentals.

Through healthy competition and community teamwork, we were able to collect 549 individual Thanksgiving food items for the Millis Food Pantry. We couldn't be prouder of our community!

Fall in Medway & Millis



Autumn swan at Choate Park in Medway. Credit: www.timricephoto.com



Autumn view of Prospect Hill Cemetery in Millis. Credit: www.timricephoto.com

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Town of Medway Receives Generous Donation to Enrich Community

David and Grace Hoag believed that volunteering your time to support a cause you are passionate about is something you will never regret. It will enrich your life. Staying true to their beliefs and their desire to enrich the community they so lovingly raised their five children in, the Town of Medway was recently notified of a generous donation from the Hoag Estate. A gift of over \$200,000 will be distributed amongst the Medway Historical Society, the Medway Library, the Friends of the Medway Senior Center, and the Medway Cultural Council.

This donation comes full circle as the Hoags were avid volunteers in the Town of Medway since they moved to Town in 1952. Believing in connecting to people while pursuing his interest in conservation, native plants and the environment, David was a charter member of the Medway Open Space Committee for which he compiled the original catalog of open spaces.

He was also a board member of the Upper Charles Conservation Land Trust, Inc. He was a Medway conservationist, environmentalist, and scientist, and an early proponent of Medway's open spaces. His hard work and vision were recognized in 2017 when the long boardwalk on the Chicken Brook boardwalk trail was dedicated in his name.

Grace was an enthusiastic volunteer, appreciator of people (especially children), and lover of both adventure and tradition. She volunteered as the school librarian at what was then known as the North School (now the McGovern Elementary school), a cub scout leader and numerous committees including the Medway Historical Commission, the Medway Historical Society, the Library Board of Trustees, the Friends of the Medway Library, and the Medway Cultural Council. In addition, she co-authored the book "Images of America Medway" along with Priscilla Howker.

"Both of my parents were very involved in the Town of Medway. It was a wonderful place to bring up their family and they wanted to help improve these Town agencies that offer so much enrichment to the community" says their daughter and Medway resident Becky Hoag Atwood.

Passionate about enriching the lives of others, Dave and Grace donated 15.9 acres of their land to the Upper Charles Conservation Land Trust. The land behind their home on Winthrop Street will be conserved and stay undeveloped and available for quiet hikes in the future.

In addition, the estate will donate to the Hill for Literacy Foundation with funds directed to the Medway district.

"The Town of Medway will forever be grateful to the Hoag Family for their gifts both in time and contribution. Their generosity will significantly impact generations to come". said Dennis Crowley, Select Board Chair

Energy Assistance Available

The Massachusetts Department of Housing and Community Development (DHCD) is now accepting applications as part of the annual Low Income Home Energy Assistance Program (LIHEAP). Applications are currently being accepted online, and income-eligible households may receive help from now through April 28, 2023.

Households must meet specific eligibility requirements to qualify for aid, which will be paid directly to their heating vendor.

With the cost of heating expected to dramatically increase this year, DHCD urges all eligible residents to apply.

For more information, and the application form, visit <https://bit.ly/3AMCZcj>

Are you feeling stressed out?

Mental Wellness During Stressful Times: Your Questions Answered!

Thursday, December 8 at 7pm via Zoom — For parents, caregivers, educators, and community members of all ages

SPARK Kindness has assembled a team of experts to help you survive and thrive during the hectic end of year season. Author and expert Ned Johnson, Licensed Mental Health Counselor Janine Halloran, and SPARK founder Christine Guthery will offer practical strategies

to support you and your loved ones. Everyone is welcome!

ASL Interpretation will be provided at this event.

Visit www.SPARKkindness.org to register for any of our FREE programs, discover additional resources, and get information about how to get involved with SPARK! You can show your support for SPARK by making a year-end gift to help ensure these programs and resources continue to be available for our community! www.SPARKKindness.org/donate Thank you!

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Dr. Peyman Beigi, DMD
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Dr. Beigi completed his undergraduate studies in California and earned his doctorate from Tufts University, School of Dental Medicine. He completed his residency at the New England Medical Center. He is certified in Invisalign, implant dentistry, and oral sedation. He focuses on oral surgery, root canal treatment, and gum surgeries. Dr. Beigi, too, is an FBI-trained forensic dentist.

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Millis Senior Center Events

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

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

Regular Events:

- **BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11:00-11:30.
- **Cribbage** Meets every Monday and Friday from 9:30-12.
- **BINGO** Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every

Thursday of the month.

- **Stretch & Flow Yoga** Every Friday at 9:30 in room 130. Cost is \$3.00 per class. Class will meet in room 18.
- **FREE BREAD AND PASTRY** is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaws, Country Kitchen and Blue Moon Bakery.
- **Nanak's Kitchen** The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Tuesday from 9-11 All are welcome.

December Events:

- **Christmas with Millis Police & Fire:** This year on Monday, December 12th at noon the Millis Police and Fire will be sponsoring a Christmas Feast at the Millis Council on Aging. Bossy's Catering will be serving lasagna, sausage and peppers, antipasto salad and dessert. This event is only open to Millis residents. Reservations are limited to 64 and are required by Tuesday, December 6th. Please

do not delay in calling ahead as this event will likely fill up fast. Come share in the Holiday fun with your neighbors and friends. Transportation is available.

- **Anthology of Millis** Jessica from Anthology of Millis will be discussing the first of two new communities in Massachusetts operated by Anthology Senior Living, which will offer Independent Living, Assisted Living and Memory Care options to Millis and surrounding areas. She will also discuss amenities, pricing and share photo renderings of the building that is set to open after the first of the year in 2023. They are currently taking deposits and renovations so anyone interested should join us on Monday, December 5th at 1:00. There will be an open Q&A session at the end of her presentation.

- **Podiatry:** Main Street Podiatry will be here Wednesday, December 21st from 9-11 to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. There may be charges from your insurance such as co-pays, deductibles, etc. Please check to see if a referral is required. Pre registration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

- **Extreme Weather** Last episode will be December 7th from 11-12:15. That day you will

explore Storm Surge and Hurricane Intensification as well as El Nino and Cycles of Extreme Weather. On December 14th from 11-12:15 Susan Steele will present Wild Weather—a documentary that features a series of ambitious, surprising and revealing experiments that will change the way you think about weather. Reservations are appreciated.

- **HOME SAFETY TIPS** for Fall Prevention More older adults are choosing to remain at home. Per the CDC, "Every second of every day, an older adult (65+) suffers a fall in the US," in fact, "One out of 4 older adults will fall each year." Come join Deb Froehlich, OTR/L, Clinical Liaison with Complete VNA, on Tuesday, December 13th at 11:00 as she shares some simple things one can do to help make their home setting safer, reducing the risk for falls. Deb has completed many home safety checks with her evaluations through the years, and is delighted to share some tips to help improve our safety. Deb will address common issues in various main rooms of the home, and review simple solutions, including review of durable medical equipment.

- **Boxwood Trees** with Eileen Boxwood Table Top Tree Eileen Muller will be here Friday, December 9th at 10:00 to walk you through making these beautiful Boxwood Table Trees. Boxwood trees last for months, it's not like a flower arrangement that will wilt. Reservations with \$10 payment must be made be-

SENIOR CENTER

continued on page 21



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Docket No. N022P2732GD

Norfolk Probate and Family Court
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CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF A GUARDIAN OF AN INCAPACITATED PERSON

In the matter of: Linda Kaiser of Millis, MA
RESPONDENT Alleged Incapacitated Person

To be named Respondent and all other interested persons, a petition has been filed by Willowbrook Manor Rest Home Millis, MA in the above captioned matter alleging that Linda Kaiser is in need of a Guardian and requesting that Kerina Silva, Esq. of Taunton, MA. (or some suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to make a determination that the Respondent is incapacitated, that the appointment of a Guardian is appropriate. The petition is on file with this court and may contain a request for certain 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 **11/30/2022**. 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: October 28, 2022

Colleen McBrierley
Register of Probate



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SENIOR CENTER

continued from page 20

fore December 1st. Non Residents \$20. * Thank you to our Friends group for sponsoring this program.

- **Pizza and Prevention with MFD** Monday, December 19th at 11 Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program. Reservations are appreciated.

- **Holiday Cookie Decorating** The holidays are here. Whether you celebrate Christmas, Chanukah, Kwanzaa, or New Year, it is a great time to decorate cookies. Outreach Coordinator Debbie Sand will provide supplies and tips for decorating cookies on Tuesday, December 6th at 1PM. Please RSVP for limited seating.

- **Boxing with Amy Gagne** You're never too old to try something new! Try this 30-minute boxing workout designed for

seniors who want to keep their bodies & minds strong after age 60. High-intensity workouts can be difficult as we age, and we each have our own physical limitations. Boxing workouts are especially beneficial for fitness lovers over the age of 60 because they can be adapted into low-impact routines. Benefits include improving hand-eye coordination, increase in cognitive abilities and alertness, and mind body connection. Gloves will be provided but if you prefer you can purchase your own at Walmart or Amazon. Classes will be held every Thursday from 11-11:30 in room 18. Cost is \$3 per class for Millis residents \$5 for out of towners.

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

will assist with explaining knitting patterns. Come and share your talents.

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

- **GRAB AND GO LUNCH** from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which

consists of a sandwich, chips, side salad, dessert, and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad. Please call the Center at 376-7051 by noon the Friday before to order.

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

The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the

class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset The class meets every Friday at 9:30. The cost is \$3.00.

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

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Sports

Jackson Eager to Lead Medway High's Boys Quintet

By KEN HAMWEY
STAFF SPORTS WRITER

Shane Jackson has the pedigree and the experience to be successful in his new role as Medway High's boys' varsity basketball coach.

The 38-year-old Jackson, a fifth-grade math teacher at Woodland Elementary School in Milford for the last 15 years, was 18 when he helped his father coach basketball at a summer camp. Jackson's father (John) is highly regarded in the Metrowest area, having coached basketball and softball at Dean College where he served for 28 years as the school's athletic director. He also played a major role in elevating Dean's sports teams from junior-college status to Division 3.

Jackson's pedigree is not only top-notch, but so, too, is his background as an assistant coach. He spent seven years as an assistant with Dean's women's basketball squad and five seasons in several roles with the boys' teams at Medway.

"I've always wanted to be a head coach and I'm very excited about the opportunity to direct the boys' team at Medway," Jackson said. "For the last five years, I've coached Medway's freshmen and jayvees and been a varsity assistant. When I coached at Dean, our women's teams won three regional titles. Our 2016 team at Dean won regional and district championships and was one of 16 teams in the national tourney."

Jackson lauds his father and the Mustangs' last two boys' coaches (Eric Copeland and Jason Rojee) for the positive way they've influenced and helped shape his coaching ca-



Shane Jackson is Medway's new boys varsity basketball coach.

reer.

"My father had lots of passion for athletics," Jackson emphasized. "He was a terrific coach who had a quiet competitive nature. I loved going one-on-one against him in basketball and am fortunate to have been able to learn so much from him. He's been a major influence in my life. I started at Medway High with Jason. He was very objective, able to show me his system, then ask my advice about specifics. Eric showed me how to run a program and how a program can be successful. I appreciate all three and the knowledge they offered."

Jackson also was a very capable athlete, playing three sports at King Philip Regional. He was a defensive end and a tight end in football, a forward in lacrosse. During his senior year, he was a captain in basketball and lacrosse, and a Hockomock League all-star in lacrosse.

Jackson, who is a native of Wrentham and earned his bachelor's and master's degrees at UMass-Amherst, isn't worried about his transition to head coach. It should be smooth.

"I think it will," he said. "As a varsity assistant, I connected with many of the players in a positive way. And the freshmen I coached are now seniors on the varsity. There won't be many changes and our major focus will be on defense. When I played at KP, I was a defender first. There's no doubt that a strong defensive squad solves a lot of problems."

Jackson has four goals he wants to achieve in his rookie season at the helm. "I want the boys to compete for the Tri Valley League Small Division

title, qualify for the tourney, get a high seed in the playoffs and improve daily," he emphasized. "Daily improvement builds confidence and creates a positive environment."

Jackson's playing style will depend on the opposition and how often adjustments are needed. "We want to do the things that make our opponents uncomfortable," he said. "I like pressure defense and being up-tempo at times on offense. But a deliberate style can be a plus because the more we move the ball the better we'll be."

Medway will open its season on Dec. 13 at Dedham.

Jackson inherits a team that lost six seniors to graduation (five were starters). The Mustangs also will be without Matt Childs, a talented player who decided to play football at Milton Academy.

Medway, however, has some capable competitors and the 2022-23 edition has a variety of valuable attributes.

"Our players have good basketball IQs, they're athletic, and coachable," Jackson noted. "Our technique and skills are developing, and our experience and depth will improve as the season moves along."

Senior Sean Anderson (6-4) and junior Jack Gould (6-5) will see duty at both forward and center. Both rely on a high basketball IQ.

"Sean is a hard-nosed player who's competitive and supportive of his teammates," Jackson said. "A good rebounder, he's got offensive skills and has the potential to be a scorer. Jack is a tough, strong rebounder whose post moves are improving. He's coachable and willing to be all over the floor."

Junior Branden McNamara and senior James O'Connor are ticketed for duty at small forward and power forward, respectively.

"Branden has strong inside moves," Jackson offered. "A slasher, he can shoot and mix it up. Relying on effective footwork, he's a very good on-ball defender. James is a fine utility player. He works hard to improve, is quick, a threat on

defense and tough to cover in transition."

Two candidates at point guard include junior Caden Reisman and sophomore Matt Parlon.

"Caden can also play the wing," Jackson said. "He sees the open man, is coachable, a skilled ball-handler who can shoot a jumper and he's instinctive. He's got good size at 6-1. Matt is promising. A solid defender, he moves well, can shoot and has great court vision. A tactful point guard, he takes care of the ball."

Junior Derwin Narcisse is a candidate at power forward. "Derwin is strong and athletic," Jackson noted. "He's focused on improving his footwork around the hoop and he's committed to learning the game."

Two of Jackson's assistants include Ryan Otto, a Medway health and wellness teacher who'll direct the jayvees, and Tim Corcoran, a former assistant at Millis who'll serve as varsity assistant. At Local Town Pages deadline, Jackson was hoping that Andrew Tiernan will return as the Mustangs' freshman coach. Tiernan has coached the frosh for the last four years.

Relying on an athletic philosophy that stresses reaching one's potential and enjoying sports, Jackson believes that, when those qualities are present, winning will be the by-product. He also advocates learning valuable life lesson through sports. "Players can learn how to overcome adversity and be a good teammate," he said. "Other lessons include how to be a leader and a quality citizen, how to set goals and how to develop a solid work ethic."

Last year, Medway went 13-9 and split a pair of games in the tourney. Shane Jackson was the varsity assistant then. Now he's the head coach and he's eager to get started.

Because of his pedigree and experience, it's very likely that the new coach will get positive results.



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Sports

Don't Let These 5 Misconceptions keep you from making a will



Have you put off making a will? If so, you're not alone. According to a 2020 survey conducted by Caring.com, only 32% of American adults have estate planning documents, like wills and living trusts, in place. 1

While preparing a will may not be the most pleasant way to spend an afternoon, it could be the most productive—especially for your heirs. Without a valid will, your assets could be tied up in probate court for months, possibly years. What's more, the court will be forced to make decisions that may not conform to your wishes.

Why are so many people reluctant to take this basic—but important—step? In many cases, it is the result of five common misconceptions:

1. I'm not wealthy enough to need a will.

If you consider the value of your car, furniture, and other worldly possessions, you may be worth more than you think. Plus, some items may have sentimental value to your heirs and will need to be distributed fairly. You can also use a will to make legal arrangements—such as naming a guardian for your minor children—that have nothing to do with your wealth.

2. My spouse will inherit everything.

Consider children from a previous marriage and discuss with your attorney how to include them in your estate planning. Plus, there's always a chance that you and your spouse could pass away at the same time. If so, the distribution of assets could get tricky. Also, be aware that assets with a designated beneficiary, such as life insurance, IRAs, or 401(k)s, goes to the designated beneficiary. So, check periodically to make sure your beneficiaries are up to date.

3. All my assets are jointly titled.

Legal titles, such as Joint Tenants with Right of Survivorship (JTWROS), can be helpful when it comes to transitioning financial accounts. In some cases, however, they can make things more complicated—especially if the joint owner has also passed away and no further instructions have been provided.

4. I don't have any heirs.

If you don't have any surviving family members, your assets can still be put to good

use. You can leave them to a trusted friend, to your alma mater, or to a favorite charity.

5. I'm not ready to set my final wishes in stone.

Updating a will is very common and, because circumstances can change, almost expected. Once the basic framework is in place, adjustments are relatively easy to make and can usually be done at a modest cost.

Please don't let these common misconceptions keep you from preparing a will. Given the vital role a will plays in distributing your assets, protecting your loved ones, and making sure your final wishes are carried out, now is the time to seek out a qualified attorney and make sure you have a legally viable will in place.

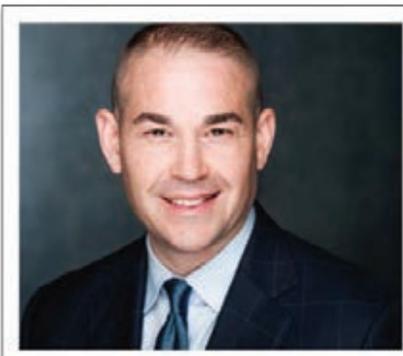
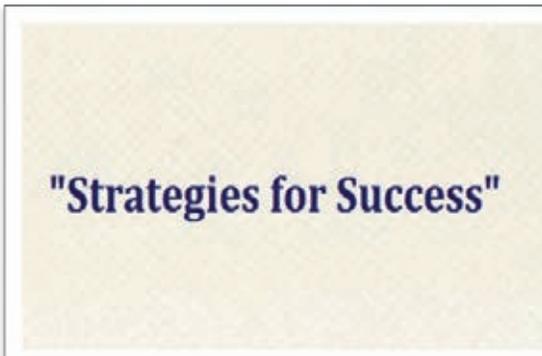
This educational third-party article is provided as a courtesy by Michael Damon, Agent, New

York Life Insurance Company. For information on life insurance for your estate planning needs, please contact Michael Damon at 508-321-2101.

Neither New York Life nor its agents provide tax, legal, or accounting advice. Please consult your own tax, legal, or accounting professional before making any decisions.



The McDonald's in Millis reopened in early November after months of renovation. Credit: Theresa Knapp



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Medway Lions Tree Sale Ongoing

And let the tree sale begin! The Medway Lions Club will, once again, hold its annual Christmas sale to benefit community activities and needs, Massachusetts Lions Eye Research and various other Lions charities.

The sale started on Nov. 26 and will run through the week leading up until Christmas, or until sold out. The Lions sale at Medway Plaza Shopping Center on Main Street in Medway will be open weekdays 3:30pm-8:00pm and Saturdays and Sundays 9:00am-8:00pm.

The Balsam and Fraser fir trees are from a tree farm in northern Maine and were unloaded by the Medway hockey team players. The trees range in size from 6-8 feet to the largest trees standing close to 14 feet tall. Tree Life, a preservative to keep the trees fresh, is also available for purchase.

The Lions will also be collecting adult and children's coats/jackets for the Coats for Kids program. A drop-off bin will be



available, and donations taken to Anton's Cleaners.

Lions' members and Medway High School peer counselors and other volunteers are available to answer questions, assist in providing a fresh cut to the trunk and trimming branches, as well as wrapping the trees, and helping to put/tie the trees either on top of/or in vehicles. Lions' members are also available to talk to if anyone is interested in joining the club.

Thank you to all who help support the Medway Lions!

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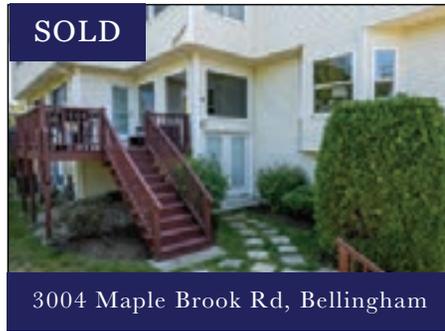
-Kristina

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Governor Baker Visits Tri-County Regional Vocational Technical HS

In October, Governor Baker visited Tri-County Regional Vocational Technical High School to see the interdisciplinary collaboration happening during STEM (Science, Technology, Engineering, and Math) Week. Baker attended a special presentation earlier in the month at Thermo Fisher Scientific, where Graphic Communications students from Tri-County were being recognized for their submissions to the smART creative science art Contest. Their artwork was prominently displayed at the company's new manufacturing facility. After seeing their impressive work, Gov. Baker reached out to Tri-County to see what other innovative projects the students were working on. Students and staff toured Governor Baker through several of the school's classrooms and programs to showcase the vital work our students are conducting.

"The governor's visit was eye-opening for the both of us, we

were excited and impressed to have him interested in what we do, and he seemed impressed to see what we do every day," said Lorcan Bergeron, Grade 12 Engineering student from Medway.

Governor Baker was presented with an official citation commemorating Oct. 20 as Governor Charles Baker Day at Tri-County Regional Vocational Technical High School from Dr. Maguire and the Tri-County School Committee.

"We hope that the next Governor, along with our legislature, will pick up where Governor Baker left off and allocate funds to assist our communities with new building projects. This is a concern across the commonwealth as many communities are trying to find ways to rebuild some of our 50-year-old vocational school facilities," said Dr. Maguire. Tri-County, built in 1977, is moving to the next steps in a proposed building project.

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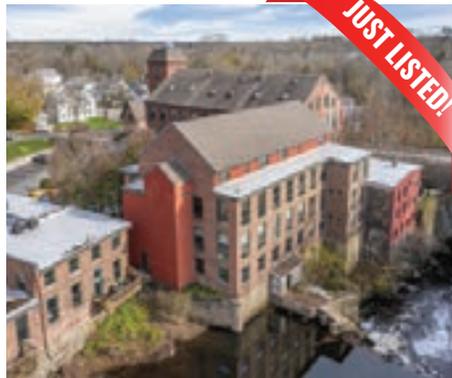
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Thank you to all my clients and Happy Holidays!*



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14 Sanford St. #20, Medway



SOLD!

2 Nirvana Way, Medway



SOLD!

28 Acorn Street, Millis*



SOLD!

12 Juniper Road, Medway



SOLD!

3 Iarussi Way, Medway



SOLD!

5 Independence Lane, Medway



SOLD!

28 Fairway Lane, Medway



SOLD!

27 Causeway Street, Medway



SOLD!

212 Maplebrook, Bellingham



SOLD!

3 Olde Surrey Lane



SOLD!

8 Freedom Trail, Medway



SOLD!

4 Stonyridge, Medway

For a free market report of your home's value: visit MedwayMillisValues.com



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*#1 in sales individual agent in Sales Volume in Medway for 2016-2021 YTD per MLSpin | *represented buyer



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Charles River Chorale to Perform at Medway High School

The Charles River Chorale will be presenting their Winter Concert on Sunday, December 4 at 2:00 p.m. at the Medway High School Auditorium. Doors open at 1:30 p.m. Tickets are \$20 for adults and \$15 for seniors and students. Children 5 and under are free. Tickets can be purchased prior to the concert by using the QR code below or by visiting our website at www.charlesriverchorale.com/tickets. Tickets can also be purchased at the door with payment by cash or check. No credit cards will be accepted at the door.

tor Ashley Nelson-Oneschuk, the Charles River Chorale is in its 39th year as a non-profit 501(c)3 chorale. Members continued to rehearse throughout the pandemic, bringing joy to ourselves and the greater community by meeting online and providing virtual concerts twice a year. Membership has grown and the chorale is very excited to be back on stage to present our joyful work to the greater community!

We hope you are able to join us! Getting together with the ones we love at this time of year to experience the spirit of the season is one of the best presents we can give each other.

The theme of this concert is Let's Cozy Up for a Movie! The concert will feature a wide variety of songs from some of your favorite holiday movies, ranging from "White Christmas" to "You're a Mean One, Mr. Grinch". Children will delight in selections from "Polar Express" and "Olaf's Frozen Adventure" while everyone will enjoy classic holiday favorites such as "Frosty the Snowman", "Rudolph the Red-Nosed Reindeer" and a jazzy rendition of "O Tannenbaum."

Under the leadership of direc-

Purchase Tickets



www.charlesriverchorale.com/tickets

Share the Warmth of the Season with Our Holiday Sharing Tree.

Take a mitten tag from our Sharing Tree.

Help bring some holiday cheer to a local child. Beginning November 21st, just take a "mitten tag," listing age and gift ideas for area children from the Sharing Tree in our lobby and return all wrapped gifts to us by December 12th. Lobby hours are Mon- Fri 8:30 to 4pm and Saturday 8:30 to 12:30pm. For more information call 781-762-1800 or email us at webmail@norwoodbank.com.

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 11 Central Street Norwood, MA 02062
www.norwoodbank.com 781-762-1800
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Tinkergarten Lantern Walk on Dec. 4

On Dec. 4, Tinkergarten will hold its 10th Annual Lantern Walk at 4pm in Choate Park, Medway. The purpose of the walk is to walk with homemade lanterns to welcome winter's darkness, celebrate, and connect. The event is free. To register, visit www.tinkergarten.com/lantern-walk.



Looking to advertise your business?

Contact Jen: 508 570 6544
Jenschofield@localtownpages.com

Real Estate Corner



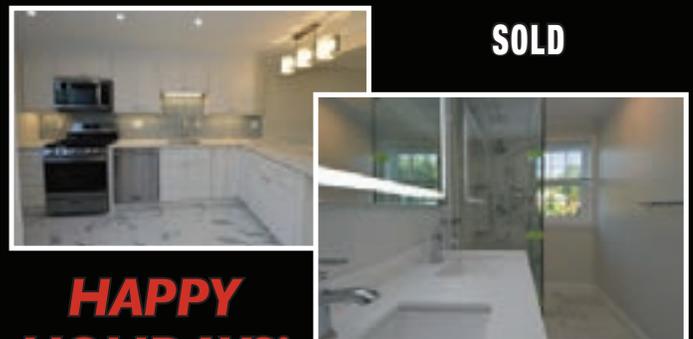
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SOLD



HAPPY HOLIDAYS!



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 Web: www.joleensellshomes.com

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Thank You For Your Support!



Greetings,

*With the Holidays upon us, I reflect upon another great year
 and just how blessed I am to have clients and friends like you!
 Your continued support is the keystone to my success.*

*I hope your celebration of the season is filled with peace and
 laughter with the ones you love.*

May the New Year bring you health, happiness and good times.

*Warmest wishes,
 Joleen Rose*

*Realtor, LMC, CBR • Multi-Million Dollar Producer
 ERA KEY Realty-The Bay State Group
 707 Main Street, Millis*

*Cell: 509-951-5909 • E Mail: joleenjrose@gmail.com
www.joleensellshomes.com*



Real Estate Corner

Carmignani wins Kodi Lee Gives Back scholarship

Medway resident one of 18 winners from the Flutie Foundation

The Doug Flutie Jr., Foundation for Autism (The Flutie Foundation), a leading non-profit in the Autism community that is dedicated to helping families affected by autism and other disabilities live life to the fullest, announced 18 autism self-advocates across the country as recipients of the Kodi Lee Gives Back Scholarship Grant.

Among the recipients is Anthony Carmignani, Jr. of Medway.

In collaboration with the legendary performer, singer, and autism self-advocate Kodi Lee, the Flutie Foundation will provide the grants, with a total disbursement of \$25,000, to autism self-advocates over the age of 13 who are pursuing music or fine

arts including Carmignani who is pursuing art.

Kodi Lee is a world famous blind and autistic musical prodigious savant who is a leader in the autism community. He is one of only approximately 25 in the world to possess his extraordinary abilities and was crowned the winner on Season 14 of the hit franchise "America's Got Talent". Now, he performs at the "America's Got Talent" Live Show in Vegas.

The Flutie Foundation has had the pleasure and honor of working with Kodi who has performed at the Flutie Foundation gala and collaborated with their own Spectrum of Sound autism supergroup. In honor of his contributions to the community, they were thrilled to announce the recipients of the Kodi Lee Gives Back Grant to help cover the costs of art and music therapies, lessons ranging from introductory to advanced, and facilitating career and business opportunities.

"Doug Jr. is mainly non-verbal, and these autism self-advocates give him and others who are nonverbal a voice," says Doug Flutie, President and Co-founder of the Flutie Foundation. "We are elated to partner with Kodi to give more people



Doug Flutie Jr. Foundation for Autism

with autism the opportunity to follow their passions and elevate and inspire more people with autism."

For more information about the Flutie Foundation or the Kodi Lee Gives Back Grant, visit <https://www.flutiefoundation.org>.

About the Flutie Foundation

Former NFL Quarterback, Doug Flutie, and his wife Laurie started the Doug Flutie, Jr. Flutie Foundation for Autism in 1998 after their son, Dougie, was diagnosed with autism at the age of three. Their personal ex-

perience of raising a son on the autism spectrum inspired them to help others on an equally long and challenging journey. Over its 20-year history, the Flutie Foundation has distributed over \$15 million to schools and organizations who provide clinical therapies, respite services, recreational programs, social skills training, job supports and more for people affected by autism. The Flutie Foundation also provides education technology tools, adaptive camp scholarships, safety equipment, and direct family support through its partnerships and special initiatives.



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

Thinking of Buying or Selling?



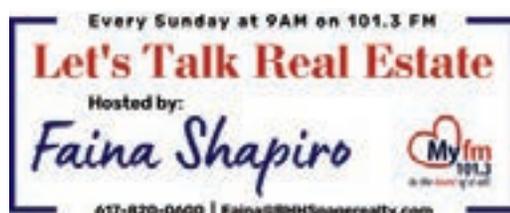
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Merry Christmas!



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190 Farm Street
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SALE PENDING
\$878,000
8 Helen Lane
MILLIS



SOLD
\$865,000
2 Woodside Way
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Recent Home Sales

Date	Medway	Amount
11/16/2022	142 Holliston Street	\$590,000
11/15/2022	14 Sanford Street #23	\$330,000
11/14/2022	260 Main Street	\$490,000
11/10/2022	10 Waterview Drive	\$668,000
11/08/2022	22 Franklin Street	\$500,000
11/07/2022	176 Main Street #3	\$445,000
11/03/2022	280 Village Street #K2	\$280,000
11/01/2022	12 Brigham Street	\$530,000
10/28/2022	7 Robin Circle	\$440,000
10/27/2022	6 Sterling Circle #12	\$543,847
10/27/2022	31 Cottage Street	\$498,000
10/24/2022	4 Winthrop Street	\$479,000
10/18/2022	362 Village Street	\$465,000

Date	Millis	Amount
11/16/2022	10 Bayberry Circle	\$385,000
11/16/2022	251 Village Street	\$360,000
11/09/2022	227 Causeway Street	\$975,000
11/07/2022	63 Spencer Street	\$407,500
11/04/2022	115 Middlesex Street	\$385,000
11/03/2022	72 Key Street	\$345,000
11/03/2022	39 Crestview Drive	\$771,000
10/28/2022	17 Helen Lane #155	\$667,995
10/26/2022	9 Helen Lane #158	\$705,000
10/25/2022	188 Pleasant Street	\$480,000
10/23/2022	84 Glen Ellen Blvd #45	\$853,956

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

Recent Home Sale



277 Causeway Street in Medway recently sold for \$745,900. Image credit: www.zillow.com

Over 430 homes sold!

PENDING



118 Norfolk Road
Millis - \$775,000

PENDING



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

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Warmest Holiday Wishes to you and yours!



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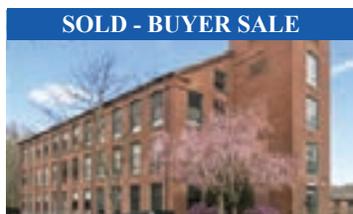


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Jennifer Colella McMahon
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SOLD - BUYER SALE

\$330,000
14 Sanford Street #23, Medway
Jennifer McMahon



SOLD

\$590,000
142 Holliston Street, Medway
Laina Kaplan



SOLD - BUYER SALE

\$345,000
72 Key Street, Millis
Janine Azzouz



SOLD

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



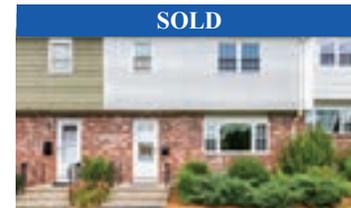
SOLD

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



SOLD

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



SOLD

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



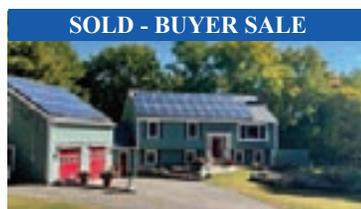
SOLD

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



SOLD - BUYER SALE

\$490,000
17 Brook Street, Franklin
Laina Kaplan



SOLD - BUYER SALE

\$650,000
132 Summer Street, Medway
Laina Kaplan



SALE PENDING

\$558,000
2 Williams Road, Norton
Jennifer McMahon



SOLD

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



SOLD

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



SOLD

\$499,900
106 Pond Street N. Attleboro
Jennifer McMahon



SOLD

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



SOLD - BUYER SALE

\$690,000
123 Miller Street, Franklin
Jennifer McMahon



We would like to thank our clients, friends and family for another successful year. We wish you and your family a wonderful holiday season and a very Happy New Year!

