

Goncalves wins Millis HS speech contest



In December, Millis High School speech students participated in the annual speech contest. The topic was "What is the most important issue facing America?"

Students participating in the contest included Jaime Conrad, Caleb Kyei, Manny Doodoo, Sam Goncalves (right), TJ Daniel, Mia Carr, Anthony Maestro, Andrew Butch, and Olivia Matthews. Sam Goncalves was named the winner.

Source: www.millisschools.org



Medway/Millis Cheer Now 3x National Champs

Two teams, 14U & 12U, of twenty-eight Medway & Millis athletes, from the Medway / Millis Youth Cheer program competed their hearts out earlier this month at the American Youth Cheer National Competition in Kissimmee, FL and brought home 1st & 2nd place trophies which is no easy feat!

14U, made up of twelve 8th grade athletes, brought home 2nd place of their division which concludes their youth experience as 2x National Champions, winning the top spot in 2019 & 2021. There was no season due to Covid in 2020. 12U comprised of sixteen athletes in grades 6-7th, took

home the #1 spot in their division, making them reigning 3x National Champions, 4x if the covid year, 2020, is included!

Each year, over 200 Cheer, Dance and Step squads, across

CHEER

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New Medway firefighter graduates from Academy



Firefighter Sarah Consolmagno of the Medway Fire Department graduated from the Massachusetts Fire Academy in November as part of MFA Class #306. Source: Massachusetts Fire Academy.

In late November, State Fire Marshal Peter J. Ostroskey and Deputy State Fire Marshal Maribel Fournier, acting director of the Massachusetts Firefighting Academy (MFA), announced the graduation of 24 firefighters from the 50-day Career Recruit Firefighting Training Program.

Among the graduates of Class #306 was Firefighter Sarah Consolmagno with the Medway Fire Department.

Other graduates represented the fire departments of Andover, Barnstable, Bellingham,

Hingham, Hudson, Lawrence, Medford, Milford, Plainville, Shrewsbury, Tewksbury, Walpole, Winthrop, Woburn, and Wrentham.

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

CHEER

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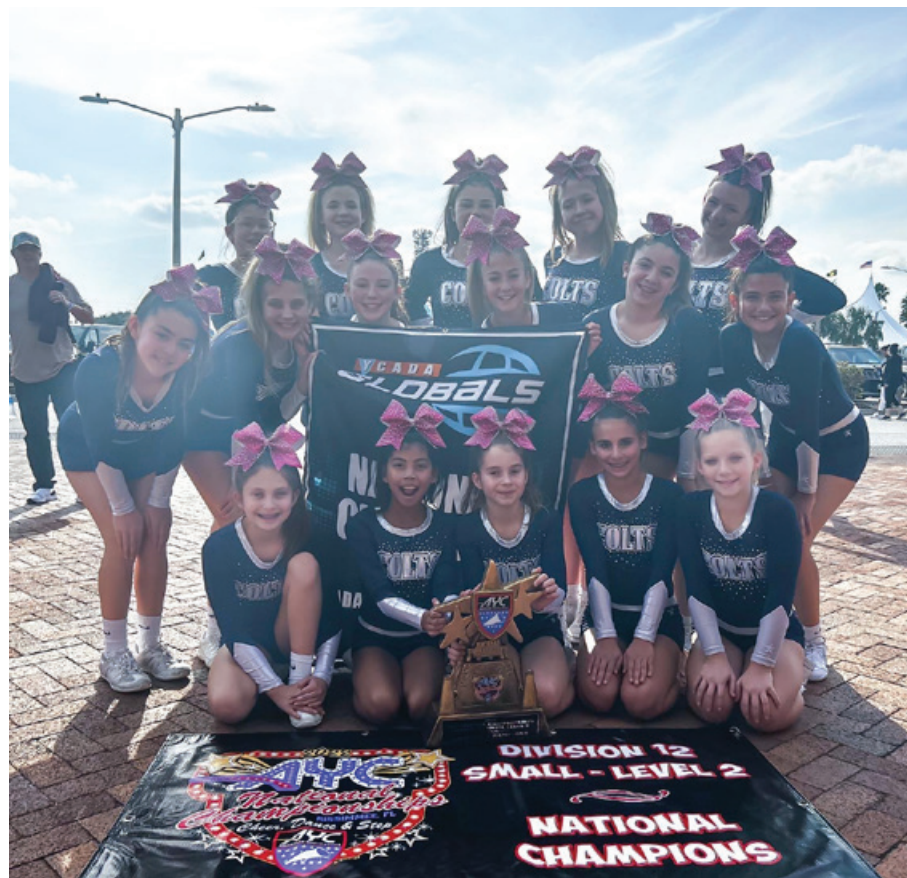
all American Youth Cheer divisions in the country compete for a National Championship Title in Kissimmee, Florida, home to Universal Studios & Disney World.

American Youth Cheer has eight regions including Desert Pacific, Mountain Northwest, Midwest, Southwest, Big East, Atlantic, New England, and Southeast. Each region hosts a regional competition, which is the qualifier for the National Championships. The top 3 teams in each division advance to compete for a national championship, which is exactly what these 2 teams did in 2019, 2021 and again this year the Saturday before Thanksgiving. In 2020, they held onto their national champion titles without competing due to competitions being canceled because of the pandemic.

The cheer excitement throughout the towns was celebrated first by the athletes fundraising at supportive local businesses, then the community celebrated them at the annual parade on a parade float built by parents and now they're being celebrated with personalized lawn signs highlighting

their accomplishment. We are so thankful to all the businesses and individuals that supported them and in turn, the program showed their support for many of them with signage on the parade float and sponsor t-shirts the athletes wore in Florida.

have given these athletes cheerleading skills which many will bring to the high school level, they have also given them life skills and confidence that when you have coaches who believe in you which in turn, belief in yourself, work hard, and stay focused,



The heart of these 2 teams hails from our outstanding Program Cheer Coordinator and head coach of both teams, Kayla Ober, a long time Medway resident, former captain of the Medway High School cheer team and current Head Coach for the Medway High School Cheer team. She is passionate, dedicated to the sport, to the athletes and a mentor for them. She, and all the coaches not only

anything is possible.

The Medway / Millis Youth Flag, Tackle Football & Cheer non-profit program serves youths who reside in the towns of Medway & Millis. The cheer and flag football programs are for children in grades K-8 and the tackle football program is for children in grades 2-8. Additional information can be found on our Facebook page, <https://www.facebook.com/MedwayYFC>.

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Change in Medway winter overnight parking ban

Unless snow removal is needed, vehicles can park on roads

Medway Chief of Police Bill Kingsbury is advising all Medway residents that the overnight parking ban is now in effect but, in a change from previous years, vehicles can be parked on the road overnight unless snow removal efforts are needed.

Vehicles parked on the public ways which impede snow removal will be ticketed and may be towed. There is no end date attached to the overnight parking ban as it will be in effect whenever snow removal needs occur.

MEDWAY POLICE

WINTER OVERNIGHT PARKING BAN

IN EFFECT WHEN SNOW REMOVAL EFFORTS ARE NEEDED

Medway Village Church Food Pantry fed 563 people and distributed gifts to more than 250 children in December

By THERESA KNAPP

On Saturday, Dec. 17, the Medway Village Church Food Pantry set a record when it fed 563 people (230 children, 310 adults, and 23 senior citizens) from 146 households, and distributed toys and gifts to more than 250 children and teens.

Food Pantry Director Susan Dietrich says that includes more than 1,100 pounds of produce from The Greater Boston Food Bank, Medway Community Farm, and Broken Fork Farm featuring Mel's Plant Stand.

"We used to have 35 families a week, 140 families a month; we just had 146 families in one day and that change has just happened over the last 12 to 18 months, since the height of the pandemic," Dietrich said, noting clients are mostly from Medway, Milford and Bellingham, but they also serve families from Hopedale, Millis, Upton, and beyond.

Toy and gift donations came from Cub Scout Pack 748, BSA Troop 367, the Saint Joseph Parish's giving tree, Vivint Home Security, Dollar Tree in Franklin, and several other private donors. The Saint Joseph Parish Middle School Youth Group also donated mason jar cookie kits for food pantry patrons.

The food pantry also gave out \$6,000 in gift cards, each valued at \$40 for either Shaw's or Stop & Shop.

Dietrich said the gift cards were provided by the Greater Boston Food Bank during previous months but local organizers decided to hold them until December when they realized Christmas fell on a Saturday,



Above, more than 30 volunteers (some pictured here) contributed to the success of this year's food and gift distribution at the Medway Village Church Food Pantry. Courtesy photo.



Left, Medway Village Church Food Pantry volunteers included Director Susan Dietrich, Jennifer Hammer Tomasetti and Marilyn Conley. Courtesy photo.

She noted the GBFB was able to give gift cards at Thanksgiving but was not able to do so at Christmas due to increased costs.

"We have seen tremendous inflation in what we have been spending in order to keep our shelves stocked," she said.

Pre-pandemic, they would pay approximately \$700 for 2,000 to 2,500 pounds of food from the GBFB twice a month; now they pay approximately \$2,500 for 4,500 pounds of food twice a month.

Medway Village Church Food Pantry relies on private donations plus state grants and programs

meaning the food pantry would be closed and their clients would have to go two weeks without visiting.

to stock its shelves. Dietrich said some programs are ending at a time when community demand is increasing.

"For several families, it is a devastating moment for them to walk through the door because they can't believe they're here," Dietrich said. "We work hard to make them feel welcome and comfortable, and that's one of the reasons our pantry is set up to be 100 choice. It is a 'shopping' experience, it is not 'here is a pre-packed bag of goods;' they get to choose what they need."

The Medway Village Church Food Pantry is now accepting donations to restock its shelves, particularly personal hygiene items (toothbrushes, toothpaste, larger sized diapers, baby wipes), paper towels, toilet paper, laundry detergent, etc.

For more information, visit them on Facebook @Medway Village Church Food Pantry.

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Medway High School Senior Destiny Ojukwu Recognized by Massachusetts Association of School Superintendents for Academic Excellence



Medway High School senior Destiny Ojukwu pictured with family members and Superintendent Armand Pires (back) after being presented with the Massachusetts Association of School Superintendents Award of Academic Excellence. (Photo courtesy Medway Public Schools)

MEDWAY – Superintendent Armand Pires and Principal John Murray are pleased to announce that Medway High School senior

Destiny Ojukwu has been presented with the Massachusetts Association of School Superintendents (M.A.S.S.) Award of Academic Excellence.

Ojukwu was nominated by the faculty and staff at Medway High School and was presented with the award in November.

The M.A.S.S. Award of Academic Excellence is presented by the superintendent to a deserving student in each school district throughout Massachusetts. To be considered for the award, the student must be a member of

the senior class with a cumulative GPA that places them in the top fifth percentile of their class. The nominee must also consistently demonstrate traits of leadership, social responsibility, respect for their fellow students and involvement in various aspects of the school community.

Ojukwu will graduate from Medway High School in June 2023. Upon her graduation, she will have taken 14 Honors level courses and 11 Advanced Placement courses.

She has particular interest in the STEM field. She has participated in an online MIT Office of Engineering Outreach Program within the School of Engineering, a Health Professions Recruitment and Exposure Program through Harvard Medical School, and the Summer Academy of Math and Science through Carnegie Mellon University.

Ojukwu is described by her Medway High School teachers as a leader and a mentor. She serves as a Peer Counselor and is a member of the 40% Club of Happiness and Joy. During the opening school year ceremonies held for all staff members, she served on a student panel where she represented peers and offered advice to faculty and staff about how they can support students,

specifically those who may be seen as different.

Ojukwu is also committed to social responsibility and has been recognized as the Jennings Family’s Social Responsibility and Global Impact Award recipient.

“Destiny is a determined, responsible, highly motivated and intelligent student. She is intrinsically motivated and this has proven true time and time again

through her stellar academic and extracurricular accomplishments,” Superintendent Pires said when presenting Ojukwu with the award. “Destiny embodies the core values of the Medway Public Schools, and we are proud to recognize her as the recipient of this year’s Superintendent’s Award of Academic Excellence.”



The Medway Business Council held its annual MBC Holiday Party on Dec. 7 at Mickey Cassidy’s restaurant. The informal and friendly celebration included a Yankee Swap, pictured here. Courtesy photo.

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Published Monthly
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Medway & Millis
Circulation: 8,640
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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 tech-



niques. "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."

Business spotlight

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 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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Glenn Brown

Making New Year's resolutions to improve your financial wellness in 2023?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: *Need to start buying "X" to grow my money.*

If you started 2022 with FOMO (Fear Of Missing Out) or based new investments chasing 2021 performance, how did that work?.

Yes, momentum, innovation, social & macro themes, niche', value and/or low-beta (risk) could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning performance, can you articulate why you own X and when wouldn't own X?

Better Resolution: *Need to save ____% and take ____ risk with investments to reach ____ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards your established goal, not an investment benchmark or The Joneses.

Bad Resolution: *Pay down debt.*

Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and depreciation ensure all debt is not equal.

Better Resolution: *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% or lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing those rates over time.

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with expenses in retirement. You'll es-

tablish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

Now ask yourself, are your resolutions the same as last year?

What different actions are you going to take to make a difference?

Know what Einstein said about doing the same thing over and over and expecting different results.

Maybe it's time to socialized your goals, set monthly action items to create fresh start mo-

ments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2023 resolutions happen.

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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In December, more than 125 Millis Public School students from pre-Kindergarten to grade 12 performed in their annual production of The Nutcracker. Seniors performing for the last time included from left, Lindsay Suereth, Maddie Miga, Jack Burns, Patrick Sennott, Mia Braccio, Amany Ferrimy, and Cynthia Arguijo. Source: www.millischools.org

What’s next for Natick’s historic dam?

Four of a five-member Select Board voted in November to remove the structure, a milestone moment in a process that’s been considered and contentious. For those who have favored repairing and keeping the dam, a certain cultural currency is considered among the cost of removing it. The dam has historical value, they argue, has served as a cornerstone for the town for decades. The controversial process and product will be a likely preview

of battles to come - ones wherein towns, cities, states and countries will have to make some tough decisions in the context of increasingly-salient climate change. As storms become more frequent and fierce, the south Natick spillway has come under more scrutiny, especially from the state. Massachusetts regulators had designated the dam as high risk in terms of potential failure, an event that could threaten the safety of people and property.

Built during the Great Depression, the structure is approaching its centennial, and showing its age. You never know what you’ve got until it’s gone, goes the refrain. It’s a wise truism to keep in mind when contemplating decisions of consequence. It’s a thought experiment of sorts, one that forces the decision-maker to imagine unconsidered outcomes that may develop downstream. That sentiment is echoed on Savenatickdam.org, a site founded

and maintained to advocate for retaining the structure as a fixture of the town. Yet for many residents, the dam deliberations of late have been an opportunity to learn about the spillway before it’s gone. That education has come in the form of structural and environmental inquiries that have sought to inform policymakers and the public about the implications of the dam’s future - stay or nay. These studies have trained a spotlight on how the dam may be detrimental to wildlife, the natural flow and lifecycle of the river, the consequences should the dam fail. The Select Board’s recent vote sets in motion a robust series of further studies, ones greater in depth and breadth that its chair Paul Joseph said would bear on the structure’s future. The vote also served as an answer to Massachusetts authorities, bodies that had been awaiting an official response since they designated the dam as high risk. Part of what guided the board’s deliberations is cost. Repairing the dam would come with a significant price tag, and involve the expense of maintenance in perpetuity. A

repaired dam, furthermore, would come with no guarantee of resilience against failure and floods. Removing the dam, while certainly not free, would be a one-and-done affair. Those who favor retaining the dam cite its aesthetic attributes and cultural value. In contrast, advocates for removal have put forward plans of what the river might look like, restored to some semblance of its former self. A redesigned riverside park is among the potential points of interest in those early plans. “There are a lot of options in front of us,” said Joseph. “We could always convene and make a different decision,” if salient facts come to light. Some residents have asked why the issue wasn’t put to voters in the form of a ballot measure. For the dam to be or not to be, answered Joseph, was too complex a question in its implications to be offered in a ballot measure. “Essentially, water will find its natural level. What we’re going to end up with in five or ten years is still to be determined.”



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New Members Welcome to Charles River Chorale Open Rehearsals in January

MILLIS - The Charles River Chorale will begin rehearsals for its spring 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, January 17 from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Three additional open rehearsals will take place on January 24, 31, and February 7 to allow interested new members an opportunity to explore what the chorale has to offer.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River

Chorale is in its 39th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 7th year with the Charles River Chorale, is also the choral director for Medway High School. She 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.

Charles River Chorale members hail from many area communities, and they range in age from high school students to octogenarians. The group typically holds winter and spring concerts, with the spring 2023

concert planned for Sunday, May 4.

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 charlesriverchorale.com. Sponsorships and advertising opportunities are available.

State grants \$5 million to fire departments for safety gear

Medway received \$19k and Millis received \$15k

In December, the Baker-Polito Administration announced \$5 million in grant awards to 308 fire departments from the FY23 Firefighter Safety Equipment Grant Program. The program provides local fire departments with a variety of equipment that makes the dangerous job of firefighting safer. This is the third year that funding has been awarded for this purpose as part of a five-year, \$25 million bond bill filed by the Administration to support firefighter safety and health in the coming years.

The Town of Medway received \$18,968 and the Town of Millis received \$15,402.

"We ask so much of our firefighters, and no matter how dangerous or difficult the situation, they always do whatever it takes to help," said Governor Charlie Baker. "This program is an opportunity to make sure they are properly protected every time they answer a call for help."

"The decision to become a firefighter is one of the bravest, most selfless choices a person can make," said Lt. Governor Karyn

Polito. "I am so thankful to the men and women who have dedicated themselves to this calling. In every city and town, these heroes drop what they're doing and rush to help – even when it puts them in harm's way."

Fire departments in Massachusetts were able to apply to this program for 121 different types of eligible equipment, including ballistic protective clothing, thermal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment, communications resources, hazardous gas meters, fitness equipment, and more. In many cases, the purchase of this equipment will help departments attain compliance with Occupational Safety and Health Administration or National Fire Protection Association safety standards.

Source: Massachusetts Department of Fire Services

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'Medway Gives Back' raises money for local causes

Has raised over \$20,000 since 2002

By THERESA KNAPP

What started 20 years ago as a neighborhood holiday party has steadily grown into an annual fundraiser that supports local causes.

In 2002, Susan Rozak and Janet Jackson – both residents of “the neighborhood across from the High School” – started an annual gathering to celebrate the holiday season. Each year the event grew and organizers decided to give any proceeds, after expenses, to various local families and causes. Around 2010, Rachael Peterson and Cindy Slayton became involved with the committee now known as ‘Medway Gives Back.’

Slayton said, “We thought, ‘Why don’t we try to make this a fundraiser and hold a raffle and a silent auction for families who are in need around the holidays’, and we’ve raised more than \$20,000 for local families and local charities through the years.”

As of press time, the committee did not have a final tally from its 2022 event, but the 2021 event raised \$5,000.

The December event was held at the Franklin Elks Lodge and included dinner, dancing, and raffle prizes.

All profits go right back into the community to help neighbors in need, according to organizers. In the past Medway Gives Back has supported the Maddie Lamson Scholarship Fund, Medway Children’s Memory Garden, Medway Family Shelter, Medway Food Pantry, Medway Holiday Fund for Families, Ryan Harvey Foundation, and more.

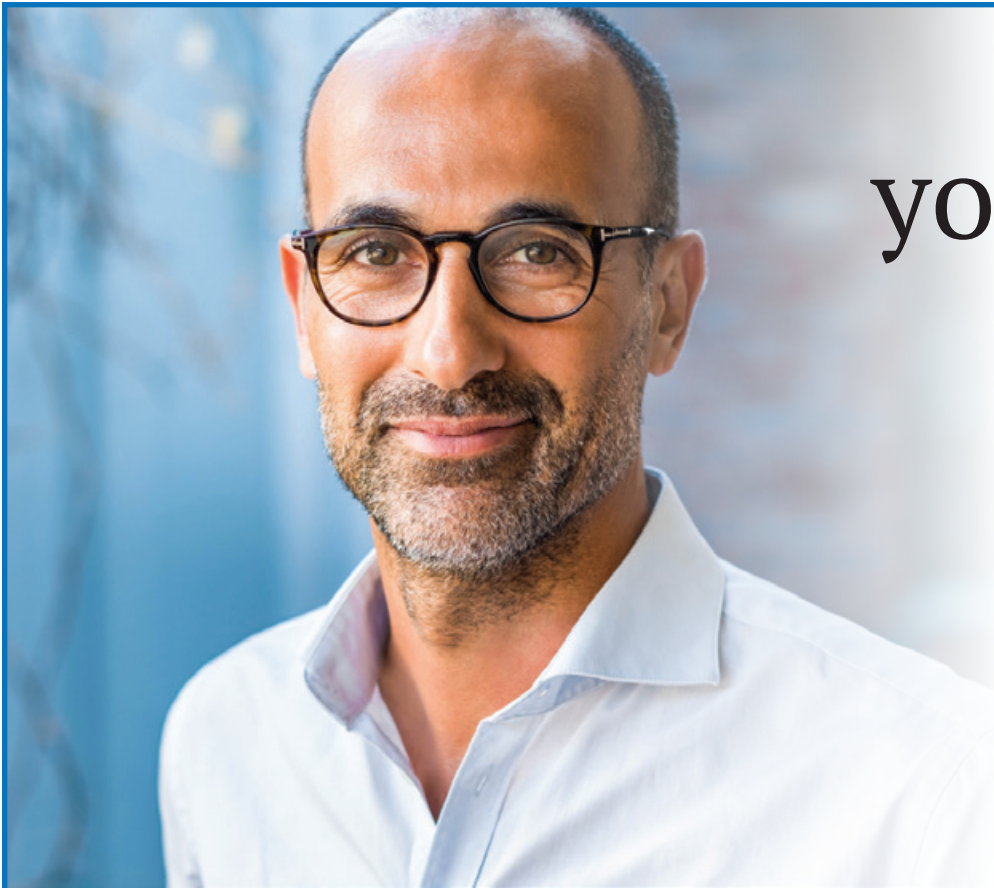
Guests were also encouraged to bring a canned food item for the Food Pantry, and they received an extra raffle ticket if they did so. Raffle items included gift certificates for personal services, home improvements, home goods, restaurants and other area businesses, auto services, concert



From left: ‘Medway Gives Back’ current committee members Katie Ann McDermott, Lauren Alessi, Angela Herbert, Susan Rozak, Cindy Slayton, and Tonya Green. Courtesy photo.

tickets, electronics, and much more.

Recently, a new committee was named and includes Katie Ann McDermott, Lauren Alessi, Angela Herbert, Susan Rozak, Cindy Slayton, and Tonya Green. For more information on the group, visit @Medway Gives Back on Facebook.



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The b.LUXE *beauty beat*

2023: Small Pivot, Big Results...

BY GINA WOELFEL

Happy New Year! We hope your holidays were amazing! The last few months of the year are always a wonderful time to reconnect and celebrate with the things that bring you joy.

Now that the festivities have come to a close and the onset of winter is fully upon us, we might be feeling the effects of our end-of-year indulgences. I know I was! For the first Beauty Beat of 2023, I was tempted to go down the familiar path of the New Year's resolution. "I'll lose weight, exercise or find more 'me' time." Does this sound familiar? As optimistic as we all may be with the goals we set, the fact is, more often than not, they fall flat as soon as the champagne has lost its fizz.

Quick, what were your New Year's resolutions last year? If you're scratching your head, you're not alone.

Why do we set ourselves up for failure with grand promises of change? What if we took the whole idea of the resolution and tossed it out with the New Year's trash and instead, chose small, daily habit changes to jump-start our goals? Could bite-sized portions of change be easier to swallow? Maybe if we worked smarter, not harder, our chance of success would skyrocket.

Since we're a beauty column, let's talk shop and discuss a few simple ways to amp up your glamor game and add that daily dose of self-care we all crave. No resolutions here! Just a few daily habit changes to slowly, but surely ensure better beauty results!

Hair - Create a routine that you'll stick to. Pick two to three mornings a week to wash and condition with salon quality products and leave time for a deep conditioning mask (It's only 60 seconds, ladies! You and your hair deserve that extra minute!) Check that your styling products contain a heat protectant for blowouts, curls and straightening. This will prevent heat damage and extend the life of your color services. Try to book hair appointments for at least two months in advance and priori-

tize this time. Your hairdresser's an artist who does not want to rush their masterpiece. Booking ahead relieves the stress of having to crunch in a last minute appointment and keeps this time relaxing and enjoyable for both of you.

Skin - As the temperature drops, it's not just more moisturizer that's needed to keep skin healthy. For a happy epidermis, stick to a good four-step regime and wash, tone, treat, and moisturize. Five minutes, twice a day is all it takes for vibrant, younger looking skin. To start, use a moisturizing cleanser that doesn't strip your skin of its natural oils. Micellar water is okay in a pinch, but when used on a regular basis, can leave skin under-nourished and not properly cleansed. Use a gentle exfoliant each week to buff away dry, dead skin cells. An exfoliated skin surface better absorbs products for high-impact results. Ditch low-quality moisturizers that just sit on the skin's surface and switch to reparative serums and moisturizers that contain such beneficial ingredients as hyaluronic acid, vitamin C or Bakuchiol. Targeted skincare products are meant to penetrate the skin and hydrate its deepest layers. Booking a monthly (or bi-monthly) facial is a key step to finding your best skin. Letting the pros extract and exfoliate on a regular basis helps stay one step ahead of acne, fine lines and wrinkles. Their professional grade peels and masks work wonders to revive dull, winter skin. Regular aesthetic appointments prioritize self-care and allow you an invaluable moment to shut down, relax and renew.

Coming soon! February is the perfect time to schedule yourself a little "me-time." For the entire month of February, b.LUXE is bringing back our "Red Envelope Event!" Every client with a booked facial or spray tan in the month of February receives a red envelope on the day of their service and every envelope's a winner! (*must be redeemed that day) See photo for details!

For a winter pick-me-up, don't miss our January WINTER RE-



b.LUXE
hair & makeup



scan for more info

FRESH EVENT in cooperation with the Medway Business Council at our Medway studio on Thursday, January 11th from 6 - 8PM. Pre-registration required. Light refreshments will be served.

Our b.LUXE experts will be on-hand with demonstrations, for both men and women, on how to battle the effects of the cold, blustery weather. We'll chat about new therapeutic skin care services, as well as DIY recipes you can make at home. All are welcome to this networking event. Special: 10% OFF coupons, swag bags and a chance to win a spa gift basket! Pre-registration required *See photo for details!

Happy New Year, everyone!

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Thursday, January 11th 6-8PM

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- Chat about new therapeutic skin care services and products
- DIY skincare remedies you can make at home
- Special 10% OFF coupons, swag bags and a chance to win a spa gift basket

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Red Envelope Event

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Every client with a booked facial or spray tan in the month of February receives a red envelope at appointment & every envelope's a winner!

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Scan to book your appointment

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Living Healthy

Decades of Service to the Community Welcoming 2023

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that we have grown to a dedicated group of 8 physicians and Optometrists in our state-of-the-art medical offices in Franklin, Milford and Millis. We are a group of eye physicians/ surgeons and optometrists offering the latest in comprehensive and surgical eye care for the entire family. 2023 is here and we would like to welcome the entire community to our offices and surgery center.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology prac-

tices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Three experienced eye physicians/ surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel faraway to secure eye treatments, call us for a second opinion.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents

in Ophthalmology. Some of his trainees are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious academic programs in the US and around the world including University of New York, Stanford University and University of Wisconsin, Madison. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in the area to offer bladeless laser-assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser



Surgery Center of Milford.

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

Dr. Bryan Hong is our practicing vitreoretinal specialist. Dr. Hong is a graduate of Yale College and Yale School of Medicine. He completed his ophthalmology residency at the University of Southern California Eye Institute and the Doheny Eye Institute in Los Angeles, CA. He then went on to complete an intensive vitreo-retinal disease fellowship at the Wills Eye Hospital in Philadelphia, PA. Dr. Hong will be providing retina care in our practice starting September 2022,

and specializes in eye surgery, laser surgery, and diseases of the retina, including macular degeneration, macular diseases, vitreo-macular interface abnormalities, retinal vascular diseases, diabetic retinopathy, trauma, retinal detachments, uveitis, and cataract complications. His research interests include retinal imaging, novel surgical techniques, and medical cost-efficacy analyses.

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

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

Dr. Donald L. Conn is a comprehensive optometrist offer-

EYES

continued on page 13



MILFORD - FRANKLIN EYE CENTER

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EYES

continued from page 12

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

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

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

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry

from Indiana University in 2018. She moved to Massachusetts from the Midwest after getting married. She is a comprehensive optometrist with solid experienced in providing optometric and medical eyecare to patients of all ages. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We have surgical results that rival those of major centers in Boston- we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 AM if there is a need for our care. Our focus is you, your vision and excellent results. We are available, in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. We offer after-hours, same day emergency appointments and Saturday appointments. We

have great management focused on quality customer care. 90% of our staff has been with us for over 5 years! Excellent retention of staff means outstanding loyalty and training. Eight providers dedicated to the best in eye medicine and surgery closer to home. Is your eyecare provider still recommending you travel hours to other

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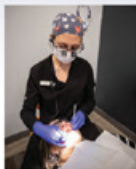
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Millis Senior Center

**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.

January Events:

7 Worlds, 1 Planet Each

continent has its own distinct terrain, its own climate and its own animal life. Take this journey around the world by visiting a continent each week. The series is narrated by David Attenborough. Sessions will be held on Wednesdays from 11AM-12:15PM on January 4, 11, 18 & 25th and February 1, 8 & 15. Further sessions to be announced. Hosted by Susan Steele. Sign-ups are appreciated.

Mary Kay Events It is time to pamper yourself in the new year. We are hosting a Winter Skincare Event on Wednesday, January 11th at 1PM. Come and experience Mary Kay skincare treatments for the winter months. Fresh cleanse, deep moisturizer and protection from the New England weather. Learn tips to keep your skin healthy and strong.

Scams And Fraud With The District Attorney District Attorney Michael Morrissey will discuss scams and fraud, how to prevent becoming a victim, and how to recover from scams, fraud and identity theft. On Tuesday, January 17th at 1PM, empower yourself with knowledge by joining him and a member of his staff for an informative, important and interesting presentation. Refreshments will be provided.

Reservations are appreciated.

State Rep Office Hours Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding office hours in Room 19 on Thursday, January 19th from 11AM-1PM. Bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome, appointments are encouraged.

Pizza And Prevention With Millis Fire Department Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program on Monday, January 30th at 11AM. Reservations are appreciated.

Nanek's Kitchen Food Bags 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 morning. Days may vary.

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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Steve Bullock



Bishop Feehan HS announces first quarter honor roll

In December, Bishop Feehan High School released its first quarter Honor Roll which is a recognition of high performing students based on the student's overall average in any given quarter, regardless of the levels of their classes.

Bishop Feehan has three levels of Honor Roll: First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher; Second Honors is grade 90.00 or higher; and Third Honors is 85.00 or higher, with no individual grade below 80.

Local students include Medway residents Camille McCurdy (grade 9), Elaria Cherubmin (grade 10), Jillian Conlon (grade 11), and Ananya Aggarwal (grade 11); and Millis resident Allison Chase (grade 11).

Millis High School 2022-23 Quarter One Honor Roll Announced

Congratulations to the following students for making the 2022-23 Millis High School Honor Roll for Quarter One. Students earning High Honors carried all grades of A- or better, while students earning Honors carried all grades that were A's and B's.

Grade 12 High Honors

Abraham, Leah Hanna
Antony, Lillian Barbara
Arguijo, Cynthia Nmn
Arian, Mirola Hany
Bennett, Luke Gerard
Borst, Jackson Walker
Bouret, Joseph Robert
Braccio, Mia Sofia
Burns, John Patrick
Cassidy, Lilly Elizabeth
Catalano, John Patrick
Cruz, Jose Gabriel
Fabian, Eva Cathryn
Ferrantino, Shea Matthew
Ferrimy, Amany Maritza
Heredia, Adrian Francisco
Hockman, Ava Katherine
Howley, Brooke Nicole
Jurgelewicz, Nora Ann
Leone, Ryan Charles
Lyons, Daisy Rosemarie
Mahoney, Aiden Brian
McHugh, Graceanne Raffa
McKersie, Alexa Marie
Pasquantonio, Daniel William
Spies, Elise
Sugrue, Norah Gertie
Walsh McCarter, Kayla Marie
Zangari, Brian Douglas

Grade 12 Honors

Ashiagbor, Abena Acheampoma
Avakian, Lily Grace
Azzouz, Aden Sammy
Chandler, Carlie Elizabeth
Connors, Jane Ryanne
Costa, Lauren Marie
Cyr, Maryn T
Daniel, Timothy Joseph
Daron, Austin Chase
DiBartola, Connor Michael
Hall, Alandra Marie
Hockman, Olivia Maurita
LaDuke, Katherine Olivia
Lauria, Danielle Rose
Maher, Alexander Patrick
Miga, Madeleine Rose
Molinari, Mia Marie
Orrico, John Anthony
Pardi, Juliana Patricia
Petrush, Ryan Ferguson
Pizzarella, Francesca Lucia
Sanborn, Emily Anne
Skerry, Jack Robert
Sullivan, Mackenzie Katherine
Sumner, Olivia Christine
Tessler, Leah Brook
Whelan, Brooke Hope

Grade 11 High Honors

Bassett, Hailey Rose
Blanchette, Troy David
Carr, Amelia Dorothy
Copice, Wilson Sydney
Dulac, Kayla Marie
Kale, Manasi Amod
Legere, Ava Nanine
Sisto, Lucy Ana
Steiner, Emily Rose

Grade 11 Honors

Athanasi, Antonio
Barisano, Dominic Joseph
Berube, Ryan Dennis
Breslau, Ryan Ward
Chansky, Malachi Franklin Louis
Charlebois, Grace Catherine
Doherty, Isabella Frances
Ferzoco, Mark Richard
Figueroa, Genesis Vanessa
Giardi, Beckett Michael
Gordon, Andrew James
Hastings, Lucian Merelina
Herrlein, Marissa Elizabeth
Jakubowski, Jacey Marie
Jehu, Cian
Jewett, Isabelle Rose
Johnson, Arijus Timothy
Keomorokot, Thidavanh Anna
Kyei, Caleb Kwasi
Leussis, Emilia Bianca
Ludwig, Aidan Joseph
Mathews, Olivia Florence-Jean
McCarthy, Benjamin Nathaniel
Miller, Andrew Christopher
Pillai, Aditya Sethumadhavan
Powers, Abigail Rose
Rice, Kyra Evelyn
Roy, Julianne Nmn
Rubalcaba, Sophia Julianne
Ruggeri, Scarlett Snow-Angel
Ryan, Jack Joseph
Schneiderat, Macy Mcguiggin
Scolponeti, Jennifer Marie
Skerry, Emily Florence
Villacis, Adriana Michelle
Wasselley, Joyce Milad Ayad
Works, Julia Fay
Zarnofsky, Paige Alena

Grade 10 High Honors

Breslau, Ramsey Leigh
Briones, Isabella Marie
Conroy, Shealin Irene
Cyr, Macy T
Doherty, Margaret Elizabeth
Ferguson, William James
Fiala, Andrew Marc
Fong, Olivia Elizabeth
Goldstein, Johanna Chihiro
Kiggen, Henry Joseph
Loer, Addison Campbell
Manning, Logan Patrick
Medvedeva, Vera Nmn
Richards, Kaitlyn Marie
Rollag, Anne Elizabeth
Sparks, Daniel Joseph
Stapels, Amelia Danielle

Grade 10 Honors

Adams, Madison Claire
Aten, Ashley Julia
Barber, Rian Paige
Chandler, Emma Grace
Covitz, Avery Nicole
Delaney, Daniel Kenneth Van
Delaney, Kiyra Rowena Ruth
DiSciullo, Chloe Nicole
Duggan, James Constantine
Dulac, Briana Camille
Fabian, Luke Edward
Gerasimov, Alexander Dmitrievich
Grattan, Lindsey Rose
Heredia, Kaylee Gessie
Hohman, Nicholas James
Johnston, Ryan Forrester
Lopes, Thaynara Silva
Mahoney, Conor Jackson
Malaquias, Lauren Elizabeth
McGhee, Nathaniel David
Molinari, Tessa Jean

Molloy, Norene Elizabeth
Morse, Andrew John Lamb
Nutile, Layla Grace
O'Toole, Taylor Emma
Oliveira, Nathalya Carolina
Ortiz, Devan Sachin
Powers, Emma Jane
Ruo, Emily Sophia-Eileen
Ryan, Declan Philip
Scolponeti, Nicholas Anthony
Sellers, Vincent Ray
Silva, David Joseph
Sugrue, Aidan James
Sullivan, Kevin Michael
Sullivan, Riley Elizabeth
Vasta, Michaela Patricia
Wallace, Abigail Grace

Grade 9 High Honors

Arian, Marina H
Avakian, Alexandra Kate
Cranton, David Brian
Ensminger, Rylee Marie
Ferguson, Mia Grace
Higgins, Grace Anne
Krauss, Timothy John
Krusz, Devan Paul
Mazenkofski, David Nmn
McGuire, Dylan Francis
O'Connell, Chace Thomas
Schaad, Isabella Rose
Silvia, Rylee Shaye
Steiner, Madeline Paige
Streck, Taryn Mackenzie
Tobin, Michael Roland
Young, Mia Dorothy

HONOR ROLL
continued on page 17

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Millis Recreation Upcoming programs January 2023

Registration is now available at https://millisrecreation.activityreg.com/selectactivity_t2.wcs

If you have any questions, please contact Kris Fogarty, Director at kfogarty@millisma.gov or 508-376-7050.

PRESCHOOL PROGRAMS THE MAKERS CLUB — Autumn Richard

These classes will be filled with sensory activities for kids from 1-5 years old. We will be doing themed classes where they can get messy, use paint and be kids. Make sure to wear clothing that can get dirty. Parents can drop off or stay and play. Sign up for one or all of these amazing classes.

Saturday, 1/7: "Winter Treats": Make hot cocoa cloud dough, create a popsicle stick hot cocoa mug, and have fun with peppermint paintings.

Saturday, 1/14: "Arctic Winter": Play in an arctic winter themed sensory bin, make your own polar bear, and make your own penguin houses.

Saturday, 1/21: "Build a Snowman": Make a snowman out of popsicle sticks, make a snowball shooter, and play in a snow filled sensory bin.

Saturday, 1/28: "Winter Wonderland": Make your own snow globes, make winter slime, and paint with multicolored snow.

Saturday, 2/4: "Snowflakes and Cupcakes": Make your own snowflakes, play in a cupcake sensory bin with edible snowflakes, and paint cupcake frosting.

Saturday, 2/11: "Valentines Crafts": Play in a valentines themed bin, make valentines themed sensory bottle, and make some exploding hearts,

Veterans Memorial Building,
Rm. 18
Ages: 1-5
Saturdays, 10-11 a.m.
Fee: \$25/Class or \$125/6 week session

YOUTH PROGRAMS:

CHESS WIZARDS – Chess Wizard Staff

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone grades first through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!

Veterans Memorial Building,
Room 130
Grades 1-5
Thursdays, 1/19-3/16 (no class 2/23)
8 weeks
6-7 p.m.
Fee: \$175

ENGINEERING & ELECTRICITY - Wicked Cool for Kids

Wicked Cool Engineers will learn about the engineering and design process to build a sail car that rides the wind. Design a sys-

tem to protect a passenger from flying out of a car when it crashes and take the Wicked Cool survivor engineering challenge. Build basic circuits and experiment with insulators and conductors as we shift our focus to electricity. Make a holiday light circuit and experiment with LED mini lights. Minimum 8/maximum 14.

Veterans Memorial Building,
Room 130
Ages: 6+
Tuesdays, 1/24-3/7 (no class 2/21)
6 weeks
3:30-4:30 pm
Fee: \$165

SUPERHERO SCIENCE - Wicked Cool for Kids

What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets and morph into the world of superheroes using the science that could make superheroes a reality. Minimum 8/maximum 14.

Veterans Memorial Building,
Room 130
Ages: 6+
Thursdays, 1/26-3/9 (no class 2/23)
6 weeks
4-5 p.m.
Fee: \$165

TEEN PROGRAMS:

ATTENTION TEENS AND PARENTS!!!

On January 23rd through the 25th, the Millis Police Department will be hosting a Teens Self Defense Class, instructed by officers of the MPD.

The class will be an opportunity to learn and practice hands-on self defense techniques that will equip students with the basic knowledge of how to protect themselves.

Topics include sexual assault, risk reduction and avoidance, situational awareness and trusting your intuition.

If you or your teen would like to register for this class, please find the link to secure your spot here: <https://bit.ly/3Pp1W3j>

January 23rd & 24th, class will be held from 5-8pm and on the 25th, from 5-7pm. The class will take place at the Millis Recreation Department.

This is such an amazing class and is highly recommended!!! Instructor: Officer Zitoli is awesome and will be happy to answer any questions at czitoli@millisma.gov! Space is limited so register today at <https://millisrecreation.activityreg.com/selectactivity...>

TEEN YOGA - Drift & Oak Yoga

Yoga is meant to connect mind and body. In this series, we will focus on the foundational yoga poses as well as introducing breathwork and meditation. This is a chance for students to learn techniques to manage stress and anxiety as well as providing a safe space for them to move their body to gain flexibility and strength. Taught by Bianca Fantoni, founder of Drift + Oak Yoga Studio. She first started practicing yoga as a teen as a way to cope with health issues, anxiety and to supplement her athletic endeavors. She is passionate about sharing her experiences and expertise with teens today. No experience is required. Please, wear comfortable clothing and bring water. If you have a yoga mat, please bring one, although we have some to lend out if needed. Space is limited, max capacity 15 students.

165 Main Street Suite 211,

Medway

Ages: 13-18

Fridays, 1/6 - 2/10

6 weeks

5-6 p.m.

Fee: \$180

INTRO TO CLAY – Artworks Studio

This class offers an opportunity for teens to discover two different techniques. Students will gain basic knowledge of clay while creating a slab textured, small platter. Time will also include half an hour of pottery wheel time to create a bowl or a cup. All items will be glazed by students. Pieces will be available to pick up three weeks later. (Max: 12)

108 Mechanic Street Unit 17, Bellingham

Ages: Middle School/High School

Saturday 2/11

1 Day Event

4-7 p.m.

Fee: \$50

ADULT PROGRAMS: ADULT DANCE CARDIO - Exhale Dance

Adult Dance Cardio is a fun way to get your heart rate up and body moving! No dance experience required! This class uses fun, upbeat music and easy, repetitive choreography for a new way to shake up your exercise routine! Maximum: 15

Exhale Dance Studio, 65 Holbrook St., Norfolk

Adult

Thursdays, 1/12-3/2 (no class on 2/23)

7 weeks

6:15-7:15 p.m.

Fee: \$80

TRIPS/EVENTS: 90's THROWBACK PARTY

Enjoy a night out of music, light refreshments and fun! 90's attire strongly encouraged. Cash bar. Must be 21+

Millis Amvets, 404 Village St. Saturday, January 28th

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RECYCLE THIS NEWSPAPER

CRG files new application for 555 Hopping Brook Road

Application promises to adhere to Medway noise bylaws

By THERESA KNAPP

CRG Integrated Real Estate Solutions has filed for a new Special Permit to build a 550,000 square foot warehouse at 555 Hopping Brook Road.

This is a scaled-back version of the CRG building the Planning Board denied last year. That facility had an 820,000 square foot footprint, was 52 feet high, had two parking fields, 180 truck dock spaces, and 278 trailer parking spots. During the previous planning process, the building was altered in some ways but was still referred to as a “monstrosity”

in many public comments. That building had been reported by the Metropolitan Area Planning Council to be a planned Amazon Distribution Center, but CRG representatives said Amazon would not be the tenant.

That application was denied in July 2021 and CRG filed an appeal. A new Special Permit application was filed in November and the Planning Board will hold a hearing on Jan. 12, 2023.

The new application proposes a 550,000 square foot warehouse that (a) shall not be exceed 40 feet in interior height with a

minimum of 36’ clear interior height; (b) will be a minimum of 400 feet from the rear set back line; (c) will have a 30 foot berm at the boundary on the Medway side of the property as a visual and sound barrier; additional fencing and evergreens are also proposed; (d) will have no more than 110 dock doors or 160 truck parking spaces; and (e) “shall not exceed the Holliston and Medway bylaws for noise and not exceed MassDEP decibel standards.”

The application says the average daily vehicle trips will be 958 and the average daily truck trips will be 258, and “funds will be provided to the Town for enforcement of these trip numbers.” It further says that trucks

associated with the project shall be restricted to only using Route 16 from the site entrance to and through Milford to access Route 495, restricting trucks to take a left turn out of the Hopping Brook Industrial Park.

No trucks will be allowed to

use South Street in Holliston.

For more information, including all documents related to this project, visit www.townof-holliston.us or <https://bit.ly/3jbT2Ku>.

HONOR ROLL

continued from page 15

Grade 9 Honors

Banks, Corinne Michaela
DiIorio, Reagan Grace
Fletcher, Virginia Marie
Fournier, Jason Banks
Fuentes, Leyna Therese

Ghobrial, Fady Asem
Gordon, Alivia Lorraine
Gregg, Liam Ryan
Halloran, Patrick Christopher
Hasenfus, Jason Daniel
Judkins, Luca Jeffery
Kerstens, Simone Nmn
Koronios, Nicoletta Savina
Lauria, Nicole Hallie
Lebak, David John-Paul

Maguire, Kevin Patrick
Mulkern, Keara Ann
Parikh, Aaron Advait
Silva, Phoenix Elizabeth
Smith, Charles Wallace
Sparks, Zoe Elizabeth
Tavarez, Kristina Elvera
Towle, Haley Ryan
Trusevitch, Ash Gianna
White, Sophia Isabel

JANUARY 2023


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RISK REDUCTION AND AVOIDANCE
SITUATIONAL AWARENESS
TRUSTING YOUR INTUITION

JANUARY 23RD + 24TH FROM 5-8PM
JANUARY 25TH FROM 5-7PM

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- Information Session I: April 11, 2023, 5:30–6:30 p.m.
- Information Session II: May 3, 2023, 6–7 p.m.

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Sports

Molinari Gives Millis Quintet A Presence In The Paint

Power Forward a Co-captain, TVL All-star

By KEN HAMWEY
STAFF SPORTS WRITER

Mia Molinari is a top-notch basketball player but what makes her really special are her priorities — she's not afraid to do the gritty things that often make a difference.

The 5-foot-8 power forward, a senior co-captain and a two-time Tri Valley League all-star at Millis High, excels in the paint where grit and guile are the keys for survival.

Molinari would rather grab a rebound than score a basket, and she'd prefer to drive to the hoop instead of taking a shot on the perimeter. She's not afraid to establish position to corral a rebound and her mind-set is focused on defense.

The 18-year-old Millis native is the kind of basketball player the late 'Red' Auerbach (Boston Celtics legendary coach/general manager) would have admired greatly. Auerbach once said, "A great rebounder is more valuable than a great shooter because you can't score without the ball."

"There's a lot of things to like about being a power forward," Molinari offered. "I enjoy battling for position, rebounding and getting second-chance points. I also like driving, then pulling up for a mid-range shot. My style is to be aggressive and do the gritty things under the boards. Reading defenses is another key for success."

Last year, Molinari averaged

10.5 points and 9.5 rebounds, helping the Mohawks compile a 13-9 record that led to a quarterfinal-round appearance in the tourney. Millis bowed after

and compete for a state title. Her other team goals are to battle for the TVL Small Division crown and to improve daily.

"My individual goals are to repeat as a league all-star, be the best captain I can be and strive to post double-doubles every

mires Molinari's work ethic, her leadership and her willingness to do the unsung things that make a difference.

"Mia has lots of energy and a high basketball IQ," Fallon said. "She's athletic, strong, has good hands and finishes strong

Millis."

If recruiters saw Molinari last year against Bellingham, they would have seen her at her best. "I scored a career-high 19 points, had 13 rebounds, 2 blocks and 2 three-pointers," she recalled. "I drove well and was able to ex-



Above, power forward Mia Molinari is a force for Millis around the basket. Molinari will be playing Division 2 college basketball in Albany, N.Y., at the College of St. Rose.

two playoff triumphs, losing to Taconic Regional.

"That was disappointing," Molinari said. "We were hoping to advance to the semifinals but that setback has motivated our team."

One of Molinari's team goals is for the Mohawks to qualify for the tourney, make a deep run

game," she said. "I also want to expand my game, taking more outside shots."

Molinari believes her goals are realistic. "Playing in the TVL against teams in Division 3 and 4 is great preparation for the playoffs," Molinari emphasized. "We've also got talent, experience and team chemistry."

The Mohawks opened their season with a 2-1 record, defeating Lunenburg and Blackstone Valley Tech and losing a two-point decision to Dover-Sherborn. Molinari scored 25 points and had eight rebounds in three quarters against Lunenburg, sitting out the final period in the 51-26 victory. She averaged 18.3 points and 8.6 rebounds in the three games.

Millis coach Dave Fallon ad-

around the hoop. A captain who shoots well from mid-range, she's a quality leader and a great ambassador for her school and her community."

College recruiters pursued Molinari early because of her team-first approach. She earned a scholarship for academics and athletics from the College of St. Rose, a Division 2 school in Albany.

"I'll major in health sciences then go to nursing school," said Molinari who has a 4.1 GPA and is a two-year member of the National Honor Society. "I had offers from some Division 3 colleges in the Northeast but I really liked the coaching staff at St. Rose. The coach, Whitney Edwards, saw me play about seven times for my AAU team and for

pand my game in a winning effort."

Molinari's most thrilling game, however, was against Tyngsboro as a freshman in the state tourney. "I didn't play much as a freshman but I did play in that tourney game," she said. "I guarded a key player, performed well in pressure situations and showed I was reliable. With a minute to go, we were down three but we rallied and won, 50-45. They missed a shot, we got a steal and Abby Miller hit four free throws. I didn't score but I was pleased with my effort."

Molinari, who leads by example and is communicative and

MOLINARI

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Sports

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As Americans, we can take pride in the fact that we are a nation of givers. And as the economy improves, charitable giving is on the rise. In fact, according to the National Philanthropic Trust in 2020 total charitable giving from U.S. individuals, corporations, foundations, and bequests exceeded \$471 billion with 69% coming from individuals.¹

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- **Donate an existing policy**—If you already have a policy and no longer need the death benefit, you can gift the policy to your desired charity, which may give you some tax

benefits. The charity will receive the full benefit amount when you die.

- **List the charity as a beneficiary**—As the owner, you remain in control of your policy and can leave money to as many beneficiaries as you like: children, grandchildren—even multiple charities. Or, you can name a single charity the sole beneficiary, and it will receive the entire amount.
- **Purchase a separate policy**—There are times when it makes sense to have separate policies: one for loved ones and one for charitable gifts. This technique can prove especially helpful if you would like to retain ownership of one policy, but not the other.
- **Create a Charitable Remainder Trust**—While this planned-giving tool is designed to shelter appreciated assets such as

stocks and real estate, you can also incorporate life insurance if it's set up properly. Be sure to consult a trusts and estates advisor before pursuing this approach.

Giving life insurance can be a lasting legacy to support causes dear to you. Depending on the method you choose, it may also offer a variety of tax benefits.

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.

*1 "Charitable Giving Statistics," National Philanthropic Trust, 2021.
<https://www.nptrust.org/philanthropic-resources/charitable-giving-statistics>*

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MOLINARI

continued from page 18

supportive as a captain, likes the efforts of senior co-captain Lily Avakian and junior Kyra Rice.

"Lily plays on the wing and is one of our hardest workers," Molinari noted. "She strives to improve and is a great leader. Kyra is a versatile point guard who's a play-maker, has good moves to the hoop and can shoot a three-pointer."

Fallon also gets high praise from Molinari. "Coach Fallon is a fantastic motivator who's always prepared," she said. "He's optimistic and really invested in the team's welfare."

Calling her parents (Carlo and Lynn) and her grandmother (Bev Damigella) role models for their support and encouragement, Molinari relies on an athletic philosophy that stresses winning, reaching one's potential and having fun.

"Winning and improving are very important but you must have fun," she said. "And valuable life lessons that I've learned from sports include how to overcome adversity, how to lead and be a

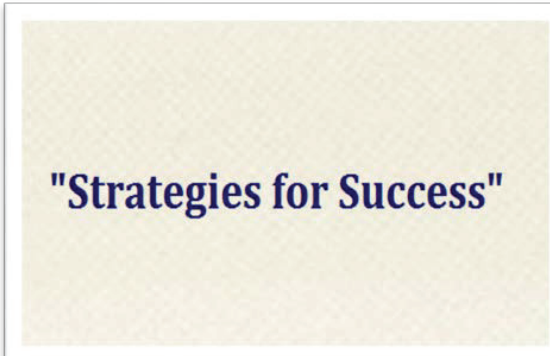
good teammate, and how to trust the process. Trusting the process means trusting your coach and teammates and understanding that success takes time. I didn't play much as a freshman, but I eventually became a starter, a captain and an all-star."

Molinari, who also runs track for Millis (sprints/long jump) is acutely aware that her transition to college ball will be smooth if she commits to several factors. "I've got to be physically and mentally tough, improve my skills, get faster and quicker, and appreciate any opportunities that come my way," she emphasized.

One activity Molinari enjoys that speaks volumes about her leadership ability is being a student ambassador for the MIAA (Mass. Interscholastic Athletic Association). "I represent Millis High at meetings," she said. "We make suggestions and find ways to enrich our teams."

Mia Molinari is an all-around talent — in the classroom, in the athletic arena and in extracurricular activities. Her future should be bright.

And successful.



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Sports

Medway High School Celebrates Successful Fall 2022 Athletics Season

Athletic Director Jeff Parcells and Principal John Murray wish to congratulate Medway High School's student-athletes on a successful fall athletics season.

MHS offers seven sports for students during the fall season. Teams compete in the Tri-Valley League (TVL) as part of the Massachusetts Interscholastic Athletic Association (MIAA).

"Our student-athletes had another very successful fall season at Medway High School. I congratulate all of our teams, players and coaches on these achievements," Director Parcells said. "Our teams are fortunate to receive a lot of support from their

Boys Cross Country

The team went 3-2 overall and in the TVL. The team was a MIAA State Divisional Race Qualifier. Mark Murphy was named a TVL All-Star and was an All-State Meet Participant. AJ Bonarrigo, Matthew Montana, and Ryan Shaughnessy were Honorable Mention All-Stars. The team also won the TVL Small Sportsmanship Award.

Murphy and Shaughnessy were the 2022 team captains.

Girls Cross Country

The team went 1-4 overall and was a MIAA State Divisional Race Qualifier. Sophie Heiden



Above, the MHS girls soccer team went 11-6-4 overall and 9-3-4 in the Tri-Valley League. The team received the 15th seed in the state tournament, and made it to the Round of 8 in the tournament. (Photo Courtesy Medway Public Schools)



Left, the MHS cheer team placed third in the TVL, second at Regionals, and was a State Championship Qualifier. (Photo Courtesy Medway Public Schools)

peers and the Medway community, and I'd also like to thank all those who came out to watch and support our students at their various athletic events throughout the season."

The following is a run-down of fall sports at MHS this year:

Cheer

The team placed third in the TVL, second at Regionals, and was a State Championship Qualifier. Meredith Peterson was named a TVL All-Star.

Elyse Hetzel and Erin Weafer were the 2022 team captains.

and Stella Lafferty were named TVL Honorable Mention All-Stars.

Mimi Bonarrigo and Meredith O'Mara were the 2022 team captains.

Field Hockey

The team went 8-7-3 overall and 5-4-3 in the TVL. The team received the 14th seed in the state tournament and made it to the Round of 16. Maggie Monaghan and Shae O'Neill were named TVL All-Stars. Elizabeth Kenney, Olivia Melanson, and Ava Tucker were named Honorable Mention All-Stars.

Abby Bacchiochi, Julia Evers,

Monaghan, and Tucker were the 2022 team captains.

Football

The team went 2-9 overall and 1-4 in the TVL. Brett Curran, Luke Frauton, and Michael McNeil were named TVL All-Stars. Henry Comras, Noah Der Garabedian, and Brendan McNamara were named Honorable Mention All-Stars. The team also received the TVL Small Sportsmanship Award.

Curran, Frauton, and McNeil were the 2022 team captains.

Coed Golf

The team went 5-11 overall and 3-8 in the TVL. Colin Roberts and Zach Nielsen were named Honorable Mention All-Stars.

Jackson Horan and Roberts were the 2022 team captains.

Boys Soccer

The team went 12-5-3 overall and 10-3-3 in the TVL. The team was seeded fourth in the state tournament and made it to the Round of 16. Ben Martin, Thomas Neves, and Marco Perugini were named TVL All-Stars. Connor Gray and Seeber Pierre-Louis were named Honorable Mention All-Stars. Neves and Perugini were also named to the Eastern Mass Coaches All-Star Team.

Gray, Martin, Neves, Perugini, and Pierre-Louis were the 2022 team captains.

Girls Soccer

The team went 11-6-4 overall and 9-3-4 in the TVL. The team received the 15th seed in the state

tournament, and made it to the Round of 8 in the tournament. Callahan Cottone and Shannon Mejia were named TVL All-Stars. Ellie Mahan was named a Honorable Mention All-Star. Mejia and Cottone were named to the Eastern Mass Coaches All-Star Team, Mejia as 1st Team and Cottone to 2nd Team.

Reagan Chiplock, Delaney Condon, Cottone, Alise Higgins, Mahan, and Mejia were the 2022 team captains.

Volleyball

The team went 12-9 overall and 10-4 in the TVL. The team received the eighth seed in the state tournament and made it to the Round of 8. Samantha Fleming, Bridget Haddigan, and Mary Keating were named TVL All-Stars. Hannah Blenkhorn and Delaney Suttill were named Honorable Mention All-Stars.

Fleming, Haddigan, and Keating were the 2022 team captains.

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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 Med-

way 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 Elemen-



tary 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



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Martin Luther King, Jr. Community Celebration

Monday, 1/16/23


10am at Kennedy Middle School in Natick
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Medway High School Recognizes John and Abigail Adams Scholarship Recipients

Superintendent Armand Pires and Principal John Murray are pleased to announce that 52 seniors at Medway High School are among seniors statewide to receive a John and Abigail Adams Scholarship this year.

"the seniors receiving this distinction have demonstrated outstanding academic achievement, and we are proud to see them recognized for their dedication and hard work through this scholarship program," Principal Murray said.

The scholarship can be applied to the four undergraduate institutions of the University of Massachusetts, all nine state universities, and all 15 community colleges. The award amount differs based on students' chosen school.

This scholarship is available to students whose MCAS performance puts them in the top 25% of their district. To be eligible, students must either score Advanced on the English, math



Fifty-two Medway High School seniors are among those statewide to receive a John and Abigail Adams Scholarship this year. (Photo courtesy Medway Public Schools)

and science exams, or Advanced on one exam and High Proficient on the other two. Students take the MCAS tests in the spring of their sophomore year.

The following Medway High School seniors have earned an Adams Scholarship:

Isabelle Basso, Andrew Bennett, Gabrielle Beyzerov, Hannah Blenkhorn, Annie Bomfim, Amelia Bonarrigo, Isabella Buenrostro, Andrew Bugbee, Reagan Chiplock, Noah DerGarabedian, Julia Evers, Kathryn Fanelli, Samantha Fleming, Julia

Francis, Luke Frauton, Kathryn Gage, Olivia Gallerani, Amber Graham, Connor Gray, James Guagenty, Bridget Haddigan, Mary Keating, Nora Kempner, Emmet Knowlton, Zhiwen Liu, Sarah Longval, John Mann, Sydney Maurer, Maeve McKean, Charles McKeown, Mark Murphy, Kelly Nicklas, James O'Connor, Destiny Ojukwu,

Graham Patin, Lola Paulette, Meredith Petersen, Arni Potnis, Camryn Raymond, Jack Reynolds, Colin Roberts, Charles Ross, Ryan Shaughnessy, Lile Simmons, Sophia Souza, Nora Sullivan, Rebecca Tarbox, Erin Weafer, Olivia Webb, Julia Whitehouse, Megan Yuen, Bianca Zufriategui



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Legislature Passes Bill to Prevent Student Loan-related License Revocation

Bill will prevent individuals with outstanding student loan debt from having their professional licenses revoked

(BOSTON – 11/21/2022) On Monday, November 21, the Massachusetts Legislature passed legislation to prevent individuals who default on their student loans from having their license or professional certification revoked as a result. As of Fall 2022, approximately one million Massachusetts residents hold a combined total of nearly \$31 billion dollars in federal student loan debt, with an average debt of \$34,146 per borrower.

"Student loan debt disproportionately affects young,

low-income individuals who are making the kinds of investments in their future that we should be encouraging," said Senate President Karen E. Spilka (D-Ashland). "Revoking professional licenses that they obtained with a student loan does nothing to solve the problem of loan defaults, and it actively makes the problem worse by preventing new professionals from having the means to pay off their loans. I want to thank Senator Eldridge for his attention and determination in seeing this common-sense bill over

the finish line."

"I am proud to announce that the Senate has passed the license revocation ban bill, known as an act prohibiting license revocation for student loan default. Nearly one million Massachusetts residents are struggling because of student loans. As the federal moratorium approaches its end, we must recognize Covid-19's continuous impact on employment and borrowers' financial situations," said Senator Jamie Eldridge (D-Acton), Senate Chair of the Joint Committee on the Judiciary. "The bill will ensure that borrowers, who are heavily

LEGISLATURE

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425 Maple Brook Road, Bellingham



12 Juniper Road, Medway



28 Acorn Street, Millis*



115 Village Street #2, Medway



28 Fairway Lane, Medway



27 Causeway Street, Medway



212 Maple Brook Road, Bellingham



29 Marilyn Drive, Douglas



14 Sanford Street #20, Medway



4 Stony Ridge Road, Medway

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Real Estate Corner

Good Deeds: Holiday Trivia and Greetings

By WILLIAM P. O'DONNELL
NORFOLK COUNTY REGISTER OF DEEDS

Another year has gone by, and yes, they do seem to pass faster and faster with every passing year. The holidays are upon us, and I wish all the joy and happiness of the season for you and your families.

All year long, the Norfolk County Registry of Deeds releases numbers and statistics that help readers get a picture of the real estate market. However, the air is thick with the spirit of the holidays, so the numbers can wait for another day.

There have been many trivia challenges given to each of you in past "Good Deeds" articles. Trivia has involved history, such as naming the former Presidents of the United States who were

born here in Norfolk County. In the past, you have been tasked with identifying residents of Norfolk County and their hometowns who were Norfolk County notables from history, sports, and culture.

Other times, given all the television shows and movies like "The Judge" and "I Care a Lot" that were filmed at the Norfolk County Registry of Deeds building in Dedham, there was movie trivia.

So, with Santa and his elves getting ready for Christmas, see if you can answer the following Christmas trivia questions. I hope you will enjoy this trivia, and you might find it useful at a work holiday party or family gathering. Sit back, relax, make a cup of eggnog or hot chocolate, and put your holiday knowledge to the test.

Trivia Questions

- # 1: What is the name of the town in the classic Christmas movie "It's a Wonderful Life"?
- # 2: What is the most streamed Christmas song of all time?
- # 3: Who wrote the poem "Twas the Night Before Christmas"?
- # 4: In what city do the Griswolds live in the movie "National Lampoon's Christmas Vacation"?
- # 5: What real-life department store is "Miracle on 34th Street" based on?
- # 6: What is the name of the elf who wants to be a dentist in the movie "Rudolph the Red-Nosed Reindeer"?
- # 7: How many gifts were given, in total, in the song "The Twelve Days of Christmas"?
- # 8: What famous actor voiced five separate characters in the movie "The Polar Express"?
- # 9: In which century was the term "Xmas" coined?

- # 10 In what decade did NORAD (North American Aerospace Defense Command, formerly CONAD) start tracking Santa on Christmas Eve?
 - # 11: What controversial Christmas song's birthplace is currently contested?
 - # 12: Complete the quote from the movie "Elf": "The best way to spread Christmas cheer is ____."
- I cannot promise you a grand prize or that I can get you on the "Nice List" if you did well answering these trivia questions. However, I certainly hope Santa Claus is good to you. I wish everyone a joyful and happy holiday season.

Answers at [Good-Deeds-Holiday-Trivia-Answers.pdf \(norfolkdeeds.org\)](http://www.norfolkdeeds.org).

Register William P. O'Donnell
Norfolk County Registry of Deeds

email: registerodonnell@norfolkdeeds.org
phone: 781-461-6116
web: <http://www.norfolkdeeds.org>

LEGISLATURE

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burdened by student loans, can still continue their career and work towards repayments of their educational loans. Thank you to Representative Higgins for her leadership on filing and fighting for this legislation. Congratulations to the hard-working advocates, and staff."

Under current Massachusetts law, residents can have their licenses or professional certification revoked, denied, or refused for renewal as a result of defaulting on their student loan debt. Massachusetts is one of only 14 states with such a law. The bill does away with the law and blocks any state agency or board of registration from denying or revoking any license or professional or occupational certificate or registration based on an individual's default on an educational loan.

The bill does not change the state's ability to use traditional loan collection tools.

Having previously passed both the Senate and the House of Representatives, the bill goes to the Governor for his consideration.

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Recent Home Sales

Date	Medway	Amount
12/15/2022	11 Waterside Run	\$699,900
12/13/2022	14 Waterside Run	\$719,900
12/13/2022	33 Clark Street #R (land)	\$25,250
12/13/2022	35 Clark Street (land)	\$32,250
12/13/2022	1 Autumn Road	\$549,000
12/13/2022	13 Hunter Lane	\$920,000
12/12/2022	197 Village Street	\$450,000
12/09/2022	2 Villa Drive	\$810,000
12/08/2022	46 Village Street	\$780,000
12/06/2022	48 Clark Street	\$384,000
11/30/2022	14 Sanford Street #9	\$320,000
11/18/2022	14 Sanford Street #32	\$250,000
11/17/2022	16 Waterside Run	\$719,900

Date	Millis	Amount
12/15/2022	215 Ridge Street	\$575,000
12/09/2022	190 Farm Street	\$502,000
12/08/2022	34 Timberline Road	\$670,000
12/02/2022	33 Ticonderoga Lane	\$550,000
11/29/2022	8 Helen Lane #165	\$855,995
11/28/2022	233 Plain Street	\$566,000
11/18/2022	6 Crestview Drive	\$702,500

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

Recent Home Sale

33 Ticonderoga Lane in Millis recently sold for \$550,000. Image credit: www.zillow.com

Over 430 homes sold!

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118 Norfolk Road
Millis - \$775,000

SOLD
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Natick - \$659,900

SOLD
94 Ridge Street
Millis - \$524,900

SOLD
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Sherborn - \$900,000

SOLD
5 Fruit Street
Norfolk - \$549,000

SOLD
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Bellingham - \$393,000

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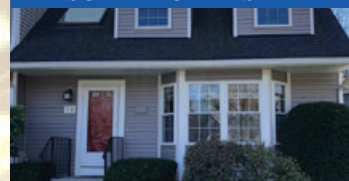
SOLD



\$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

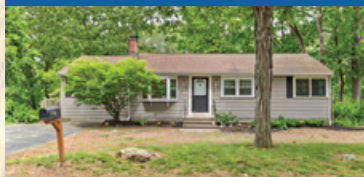
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\$715,000

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
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SALE PENDING



\$558,000

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Jennifer McMahon

SOLD



\$815,000

253 Orchard Street, Millis
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SOLD



\$430,000

21 Charles Street, Medway
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SOLD



\$499,900

106 Pond Street N. Attleboro
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\$529,000

2 Hemlock Drive, Medway
Laina Kaplan

SOLD - BUYER SALE



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123 Miller Street, Franklin
Jennifer McMahon

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