

## Millis ambulance dubbed "Emilia"

*Baby Emilia Johnson was delivered by MFD in October*

By THERESA KNAPP

The Millis Fire Department's newest ambulance, which joined the fleet in July, was dubbed "Emilia" after the MFD deliv-

ered baby Emilia A. Johnson at home on October 18, 2022.

Emilia was delivered by Lt. Rob Conrad and paramedic Chris Emswiler who were assisted by FF/EMT Brandon

Greene and Lt. Chuck Bishop. She was 19 inches long and weighed six pounds and 12 ounces.

Emilia's family, including parents Christina and Mark, and big sister Ava (age two), stopped by the fire station in January to thank the department in person and properly introduce Emilia.

"This is a big occasion for us," said Fire Chief Rick Barrett. "We love to celebrate calls like these. The members deal with so much sadness and terrible calls that it is important to celebrate such an exciting event."

Each member of the MFD delivery team received a stork pin to commemorate the event, and the family received one as well.

The Johnsons expressed their gratitude as the family posed for photos with the team that delivered their healthy baby girl on a



Millis Lt. Chuck Bishop, Lt. Rob Conrad, Christina Johnson and Emilia, Mark Johnson and Ava, FF/P Chris Emswiler, FF/EMT Brandon Greene. Credit: Theresa Knapp

**EMILIA**

*continued on page 2*

## Two Medway Community Members Receive 2022 Light the Spark Award



Superintendent Armand Pires and Director of Student Services Ryan Place are pleased to announce that two members of the Medway community were recently honored with the Light the Spark Award.

The award acknowledges community members who are not professional educators or school staff but who see and celebrate the spark in children and families and help it to shine more

brightly, benefiting the child, their family, their peers and the Medway community. The nominators are families with students with exceptional needs, on an IEP or 504, to recognize those individuals (non-educators) who have made a difference.

The award is in honor of

**SPARK**

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## EMILIA

*continued from page 1*

Tuesday afternoon while neighbors started to gather at a nearby bus stop.

"It's quite a story, everyone is shocked," said Christina who had just finished a work call and was feeling 'uncomfortable.' "By the time he [Mark] put our bags in the car, it was time...Labor began at 2:15 p.m. and she was born at 2:35 p.m."

"We wouldn't have made it to the hospital. From start to end, it was 20 minutes," said Mark, who carefully affixed an official stork sticker to the ambulance during the event.

Chief Barrett said, "We want to recognize how amazing these parents were. Mom did all the work and was so relaxed and calm, and Dad stayed calm and only worried about his wife and then Emilia. We all felt amazing being in the back of the ambulance with Mom and Dad holding Emilia and her being so responsive and everyone smiling and laughing and celebrating her birth."

Chief Barrett says the MFD responds to approximately "four



**The Johnson family stopped by the Millis Fire Department in January to thank them for delivering baby Emilia at home in October. Pictured here with Emilia are parents Christina and Mark Johnson and big sister Ava. Credit: Theresa Knapp**

to six labor calls per year, but true deliveries are rare; this is only the second in the last 10 years."

After the event Christina said, "I think the ambulance being named after her is such a sweet gesture and something I am sure she will enjoy when she is older. Ava keeps talking about the stork on the ambulance and it's funny that she points out the ambu-

lance every time we drive by the fire station. It'll be a great story to tell Emilia when she's older and we'll always think about her safe delivery and how great the team was every time we see an ambulance drive by."

*For more photos and video, visit us on Facebook @MedwayMillisTown-News*

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According to [www.cradlestocrayons.org](http://www.cradlestocrayons.org), their most-needed items include clothing (youth sizes 0-20, and adult sizes small & medium), winter coats and jackets, shoes (infant/child sizes 5-13 and adult sizes 1-10).

They also accept new socks and underwear; new pajamas; books, especially baby board books; new arts and crafts/school supplies, unopened diapers and training pants, and new hygiene items.

They do NOT accept toys or

baby gear of any kind (stuffed animals, play structures, strollers, car seats), bathing suits, costumes, bedding, bicycles or ride-on toys, books and clothing with family-related messaging ("I Love Mommy," "Daddy and I"), cribs of any kind, DVDs/CDs/VHS tapes/computer games, electronics, furniture and household goods/items, and more. For a full list (including what to do with items C2C cannot accept), visit <https://bit.ly/3Ie5aW6>.

Area bins can be found in Bellingham, Dover, Medfield, Patriot Place and Wrentham Village. Please do not leave donations outside of donation bins even if the bins are full.

For more information, including donation guidelines, visit [www.cradlestocrayons.org/boston](http://www.cradlestocrayons.org/boston)

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# Medway Middle and High Schools Offering New 24/7 Online Tutoring and Homework Support Program for Students

Medway High School Principal John Murray and Medway Middle School Principal Amanda Luizzi are pleased to announce that the schools have partnered with Paper.co to offer 24/7 online tutoring and homework support to students.

Paper is a secure, online tutoring service that provides students with unlimited, 24/7/365 academic support. The partnership was initiated in response to

feedback from the community indicating that additional support outside of the classroom with homework and writing assignments would be valuable for students.

Through the service, students are able to get help with homework assignments and studying for tests, as well as have tutors read and make suggestions on written essays. Tutors are available virtually to

assist students in over 200 subjects and in English, Spanish, French and Mandarin.

When students log in to start a session, they are instantly connected with subject-matter experts in a secure, chat-based platform who guide them through problems step-by-step. The service is free to families, and there is no time limit on students' sessions.

Medway teachers also have

accounts and can review activity to see what students are working on and provide more targeted instruction as needed.

"It is our hope that students take advantage of all Paper has to offer," Principal Murray said. "The service is an added resource for our students during the school day, and is especially valuable for students outside of the school day when they may not have access to a teacher."

"We are excited to offer this new service to our students," Principal Luizzi said. "The 24/7 assistance is a unique aspect of Paper and allows students to learn on their own time. The variety of subjects available also ensures our students will have additional support in the areas they need most."

To learn more about Paper.co, visit <https://paper.co/>

## SPARK

*continued from page 1*

Kathleen B. Thomsen, the late grandmother of three Medway students who never failed to recognize and celebrate the spark in those around her and who — with what seemed the smallest of gestures — helped it shine more brightly for all to see.

It was first given out in 2019 and is sponsored by the Danielewski-Thomsen family whose children have been supported at the Medway Public Schools. In particular, one of their sons had several challenges and staff, working with the family, made the student's middle school years manageable.

On Dec. 15, Jay Golden and Todd Johnson were presented with the Light the Spark Award. Nominees Aileen Keaney, Chris

McKnerney and Stacey Ward were also recognized.

"Our community members have an important and lasting impact on our students of all ages, and we are pleased to celebrate those who make a remarkable difference with the Light the Spark Award," Superintendent Pires said. "These community members show kindness, selflessness and generosity, and their actions benefit many students directly and indirectly."

### About the Recipients:

Golden works at Hopkinton High School. He is the Medway Challenger League baseball and basketball coach. According to his nominator, Golden has done a lot for the special needs community in Medway and has given special needs children a chance to play sports. Playing sports allows

the children to be a part of the community and make friends, as well as learn to play and be the best they can be.

Johnson works at Mass Elite Carpentry and is a Scout leader. According to his nominator, Johnson was very welcoming to her son when he decided to join the Boy Scouts. His nominator went on to say that Johnson helps families in Boy Scouts feel welcomed and aids them with meetings, badges and the camping process. He is always willing to lend a helping hand

and is a great role model for the community.

### About the Nominees:

Keaney runs the St. Joseph's Middle School Youth Group and is said to balance schedules, activities and leading the youth group with a warm smile. She is very giving of her time volunteering with the children, organizing volunteer opportunities and acting as a role model for the community.

McKnerney is Scoutmaster of Troop 748. His nomina-

tor explained that McKnerney spends a great deal of time and energy making Medway Scouts a wonderful experience for all of the kids involved and will often take extra time to work with individuals to make sure they get all of the help they need.

Ward is a school psychologist at McGovern Elementary and was described as often going above and beyond to help parents and students with their needs.



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SCAN ME

# Larger-than-life painting dedicated to Spencer, official dog of the 126th Boston Marathon

**Cancer returns, owners hope dog can attend in April**

By THERESA KNAPP

Spencer, the beloved official dog of the 126th Boston Marathon, now has a larger-than-life sized painting in his honor.

Spencer, who turned 13 in July, had been fighting cancer off and on in recent years and owner Richard Powers of Holliston says the cancer has returned and it is terminal.

"We learned in the fall that Spencer's cancer had returned and we wanted to create something to immortalize him, and have something to inspire at the Marathon this year to mark the 10-year anniversary of the tragedy," says Powers, referring to the marathon bombings of 2013.

Spencer, and his now 10-year-old niece Penny, both Golden Retriever therapy

dogs, rose to fame during the coronavirus pandemic when Powers was posting near-daily "pupdates" on his "Spencer & Penny" Facebook page @Spencerpowers and other local town pages. The pupdates continue today.

Spencer has been cheering on Boston Marathon runners at his post in Ashland since 2015. The rendering entitled "Celebrating Spencer" depicts the pup in the center of the frame wearing a Boston Marathon medallion around his neck and holding a pole in his mouth. On the left side of the pole is a flag with a heart on it and on the right side hangs a "We Are Boston Strong" flag.

The painting is 5 feet wide and 5.5 feet tall and hangs in Powers' home though he plans to loan it out during the week of the marathon "to be displayed to continue to inspire and give hope to runners and attendees."

Powers commissioned the painting from artist Tom Mosser Design based in Pittsburgh. It took about two months to complete and was unveiled in January at Boston's Fairmont Copley Plaza where Spencer is the hotel's "honorary canine ambassador."



Courtesy photo. Credit: www.thehenrystudio.com

A video of the ceremony can be found on Holliston Cable Access at <https://bit.ly/3ZSbysu>. Powers hopes Spencer can

attend this year's marathon in April, where he and Penny typically greet thousands of runners, but it would be a short visit.

"It is our hope he will be with us but, even if he is with us, he would not be able to attend in his traditional role, it would be too much for him," says Powers. "But we would love to bring him for a quick moment so could feel the energy one more time."

In the meantime, Powers reports his "angel on earth" has been "comfortable and relatively active."

"Sadly, he's terminal and there is nothing more we can do with any treatment. We are just managing his care and comfort. His days have been mostly good so far but we are monitoring him very closely as we know it can change very quickly."

As for his owners, Powers says, "We are taking it day by day. Anyone who has lost a dog understands that he is not just a dog, he is a family member and they know the emotional roller coaster we are experiencing. Every day is a gift with him. He is an amazing dog and has beaten the odds so many times, and we are thankful for the extra time we have had."

Powers thanks everyone who has supported Spencer over the years. They have raised more than \$4,000 for canine cancer research and he encourages others to donate to the cause at <https://bit.ly/2InCwzJ>.

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[editor@millismedwaynews.com](mailto:editor@millismedwaynews.com)

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Jen Schofield  
508-570-6544

[jenschofield@localtownpages.com](mailto:jenschofield@localtownpages.com)

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing east-

## Business spotlight

ern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable



Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted

things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.take-awayjunk.com](http://www.take-awayjunk.com).

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Secure Act 2: Electric Boogaloo?



Glenn Brown

Sometimes it's best to not have a sequel.

Still, Congress delivered us one with "Secure Act 2.0" in December.

The original Secure Act was released three years ago. It began with 417-3 House vote in May 2019, advanced by the Senate cramming into the 2020 budget and concluded with Congress cheerleading the delay of Required Minimum Distributions (RMDs) by 18 months to age 72 and providing greater access to 401(k) for part-time employees.

Those are good things, but hidden in plain sight was the dismal plot - the death of 'stretch' IRA and creation of the 10-Year Rule, which included liquidating inherited non-spousal (children) Roth IRAs.

See Congress had wanted to speed up tax revenues. What better way than forcing a 25 year old, regardless of financial situation, to liquidate mom or dad's inherited IRA or Roth IRA by age 35 instead of during their retirement years.

How does this help secure retirement for future generations? Or benefit hardworking Americans who sacrificed, saved, planned and proactively paid taxes years, in some cases, decades sooner than needed?

So, with this precedent, how does their latest Secure Act 2.0 look?

In a word: better.

Here are some early awards:

**Most Widespread Impact**

- RMDs from retirement accounts increase to age 73 from 72 beginning January 1, 2023. It will increase to age 75 in 2033. That said, just because you can delay doesn't mean you avoid being required to take greater amounts later. In fact, it can accelerate and put some into

higher tax brackets without planning.

**Most Significant Benefit**

- Roth, Roth, and more Roth. These changes all appear to be good news for those seeking planning opportunities.

Creation of SEP Roth IRAs and SIMPLE Roth IRAs as well as employer contributions (aka 401(k) match) will be permitted to deposit matching and/or nonelective contributions to employees' designated Roth accounts. There is a caveat, the match would be included in the employee's income in the year of the contribution. Ditto for amounts deposited into SEP Roth IRAs and SIMPLE Roth IRAs. Still, great to have choice.

**Surprising 2024 Newcomer**

- In 2024, "high wage earners" will be required to use Roth option for catch-up contributions to 401(k), 403(b), and 457(b) plans, but not for IRAs.

What's Congress's definition of a high wage earner here?

\$1,000,000?

\$400,000?

Nope, here it's \$145,000.

A caveat if you're self-employed individual (sole proprietors and partners) it is specific language of wages (which you don't earn), thus it appears can

still make pre-tax catch-up contributions if income from self-employment is over \$145,000.

**Future Star** - After 15 years of a 529 plan being opened, unused assets can be rolled over to a Roth IRA for the beneficiary (child). Now, it is subject to annual Roth contribution limits and an aggregate lifetime limit of \$35,000. Still, this is a great idea, as you can help a young adult grow a Roth IRA, while they use funds for other savings or pay off liabilities.

**Closing Credits** - Secure Act 2.0 has dozens for nuances and benefits for student loans, emergency savings in DC plans, automatic enrollment, annuity options, qualified charitable distributions, solo 401Ks, surviving spouse benefits and more. Best to consult your Certified Financial Planner to learn more.

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

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

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Millis children eligible for vaccine clinic

Children of Millis are eligible to receive childhood vaccines at the Ashland Board of Health weekly childhood vaccine clinic. This regional clinic was created to provide vaccines required by the state for school-aged children who are uninsured or underinsured. Residents must reside in Millis, Ashland, Framingham, Hopkinton, Hudson, Maynard, Milford, or Natick to attend this clinic, which has vaccinated more than 237 children so far in the region.

A public health nurse is present at every clinic to provide the following vaccines for children and teens: DTap, HPV9v, HepB, IPV (Inactive Polio Virus), MCv4 (Meningococcal), MMR, Td (Tetanus and Diphtheria), Tdap (Tetanus, Diphtheria and Pertussis), and Varicella.

A Community Health Worker is also available during clinics to translate (for Portuguese speakers) if needed, and to connect

clients with resources. If you would like your child to attend the next clinic, please call 508-733-3005 (for the Public Health Nurse) or 978-875-5384 (for Community Health Worker).

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## Millis to hold Junior College Planning & Admissions Panel Night on Feb. 8

Millis High School's Counseling Office will hold its Junior College Planning & Admissions Panel Night for junior students and parents on Wednesday, Feb. 8, starting at 6:00 p.m. in the High School Auditorium.

The school counselors will begin the night with a brief presentation on the college planning process followed by a college admissions panel presentation. Representatives from Boston College, Suffolk University, UMass Amherst, Quinnipiac University, and Massachusetts Bay Community College are expected to be on hand to discuss

the college admissions process and take questions from parents and students.

For those unable to attend, a recording will be provided following the event in the School Counseling area of the Millis High School website.

This promises to be a great night you don't want to miss, where both parents and students will take away a host of useful information as juniors begin the college process. Please contact the Millis School Counseling Office at 508-376-7010 with any questions.

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## Tri-County RVTHS' Early Education Program Opening Preschool Registration

*Hands on Learning is an integral part of vocational high school and we are excited to open preschool registration for Fall 2023-2024*

January 2023— Hands-on education is a critical part of vocational high schools and we are looking forward to welcoming a new group of children to the Tri-County Children's Center.

The Early Education Program prepares high school students for various careers working with young children. The ability to work directly with preschool children within the on-campus facility located in Tri-County Regional High School in Franklin at 147 Pond Street allows students to acquire skills and confidence in teaching.

Tri-County Children's Cen-

ter is led by three highly qualified teachers in the Tri-County Early Education Program and assisted by students in the Early Education Major. The preschool sessions are Tuesday, Wednesday, and Thursday from 8:50 to 11:20 a.m. for the three-day program. Class size is limited to 30 children and tuition is \$36.00\* per week (\*subject to change).

Placement is limited to the residents of the 11 towns within the Tri-County District: Franklin, Medfield, Medway, Millis, Norfolk, North Attleboro, Plainville, Seekonk, Sherborn, Walpole, and Wrentham. Admission is decided through a

random draw which will take place on Monday, March 6th, 2023. Names not selected in the drawing will be placed on a waiting list.

Registration begins on Monday, January 23, 2023. Applications will be accepted through Friday, March 3, 2023. Registration is limited to children who are at least 3 years of age by September 15, 2023. Birth certificates for children being registered must accompany all registration forms. Enrollment is limited to two years or part of two years for the preschool program, as long as the child is age eligible. For more information about Tri-County's Preschool Registration, please visit <https://tri-county.us/tri-county-childrens-center/>

For more information contact: Michelle Reardon (508) 528-5400 [reardon@tri-county.us](mailto:reardon@tri-county.us)



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- Information Session II: May 3, 2023, 6-7 p.m.

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2. JULY 30-AUG. 4, 2023

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# Medway High School Recognizes 2022-2023 Student Advisory Board's Ongoing Collaboration with School Committee

Superintendent Armand Pires and Principal John Murray are pleased to recognize the members of the 2022-2023 Student Advisory Board for their ongoing collaboration with the Medway School Committee.

The Student Advisory Board includes the following Medway High School students: freshman Claire Mullen, sophomore Palak Yadav, junior Ella Vargas and seniors Destiny Ojukwu, Noah Der Garabedian and Charlie McKeown.

Under state law, School Committees must meet regularly with an elected body of students. Medway's Student Advisory Board meets with a member of the School Committee once per month during the school year. The students serve as the voice of their peers, gathering information regarding the concerns and needs of the study body to share with the School Committee.

Yadav also serves as an ex officio, non-voting member of the School Committee. In this role, she attends each Medway School Committee meeting and is able to ask questions and offer feedback from the student perspective.

"After the disruption we all experienced with the COVID-



School Committee Chair Susan Dietrich (back left) with Student Advisory Board members and Medway High School students. From left: Palak Yadav, Sophia Mercier, Ella Vargas, Claire Mullen and Destiny Ojukwu; back, from left: Zach Smith, Noah Der Garabedian and Charlie McKeown. (Photo courtesy Medway Public Schools)

19 pandemic, the School Committee is thrilled to engage with our students in a more active and dynamic way this year," School Committee Chair Susan Dietrich said. "Students are central to the work that we do, and we value the perspective they bring."

Added Principal Murray, "The student voice is important to the continued progress and success of Medway High School and the district as a whole, and the Student Advisory Board is a great opportunity for students to share their feedback with the

School Committee and have an impact on issues that affect them."

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# Niagara Coffee Haus collected donations for local food pantry

*Holiday concert raised \$727 and non-perishable food*

On Friday, Dec. 16, the Niagara Coffee Haus presented local music favorites Little Jed & the Phat Daddies in a sold-out holiday benefit concert for the Millis Ecumenical Food Pantry. Always a class act with a nostalgic nod to the 1970s, the Dads spread lots of Christmas cheer with their roots rock, country-style pop, and Americana stylings. The finale of “Wagon Wheel” turned into a rollicking double band sing-a-long with Haus band, Hobo Coat, who opened the show with their rough ‘n’ ready, crowd-pleasing tunes.

A check for \$727, representing all the proceeds, was presented to the Food Pantry along

with three bins of canned and non-perishable foods donated by concertgoers. The food bank officially serves 70 families in Millis so this was perfect timing for the season. The event was sponsored by Friends of Niagara and Millis Cultural Council. The Niagara Coffee Haus family thanks everyone for your support and generosity.

The Millis Ecumenical Food Pantry has been in continuous operation since November of 1991 with the mission to provide non-perishable food items to their clients every week. They are housed in the Church of Christ and rely on the residents, churches, civic organizations, school groups, and

companies of Millis for funding and food donations. The pantry is open every Saturday from 10 a.m. to noon, and the first and third Wednesdays from 10 a.m. to noon. If people want to volunteer as a worker, they can start by emailing the Pantry at [MEFPantry@gmail.com](mailto:MEFPantry@gmail.com). A volunteer coordinator will contact you about opportunities.

You can visit Niagara Coffee Haus Concerts on Facebook. Stay tuned for their 2023 concert season with more popular performers gracing the Niagara stage. Their next musical event features two keyboard-based solo acts, Boston music legend, Rick Berlin and rising star, Jodie Heights on February 24th. All tickets are on sale at Eventbrite. <https://www.eventbrite.com/e/510239810007>



Niagara Coffee Haus Founder, Rob Zammarchi (l) and Friends of Niagara Chairman, Nate Maltinsky (r) present a check and bins of donated food to Millis Food Pantry Director, Elizabeth Derwin.

## Medway Senior Center updates

Lunches are available every Tuesday and Thursday for \$4.00. The menus can be found in our monthly newsletter or by calling/stopping by the center. We ask that you call in advance to sign up for a meal. Breakfast is being served every Wednesday from 8:00 am til the grill shuts down at 9:30 am. Breakfast is also \$4.00

and is made to order. Every meal includes free fruit, coffee and homemade cinnamon rolls. No need to sign up in advance! Just come join us!

**LUNCH AND A MOVIE-** Come join us for lunch @ 12:00 pm and then stay for a movie. We will be celebrating Black His-

tory month with a showing of the film Hidden Figures Thursday, February 9th @ 1:00 pm. On Thursday, February 23rd we will be showing the movie Loving @ 1:00 pm. Sign up in advance to reserve your spot.

**SENIOR TECH AND TEENS** - Tuesday, February

21st from 10:00 am to 11:30 am. This session is an easy and casual way for seniors to learn about their phones, social media, and computers! Call to sign up for a spot to meet with our knowledgeable teens and get all your questions answered.

**SHOPPING TRIPS-** Would you like to do some shopping and need transportation to get there? We have two local shopping trips planned for Monday, February 6th to Milford Home Goods/TJ Maxx plaza and Monday, February 27th to the Franklin plaza. Pick-ups begin at 12:00 pm. You **MUST** call the center to sign up ahead of time!

The Outreach department

offers assistance with many types of benefit applications including fuel assistance and SNAP (formally known as food stamps). Call the center and speak to the Outreach department to inquire about income guidelines and supporting documentation requirements.

Want to receive our monthly newsletters so you are up to date on the happenings at the center including special events, exercise schedules, card game offerings and trip information. Contact the center or stop by to fill out a registration form. Fee is just \$10.00 annually for Medway residents and \$15.00 for anyone out of town.



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# The b.LUXE *beauty beat*

## Galentine's Day - February 13th

BY GINA WOELFEL

February 13th is National Galentine's Day! Ok, ok...not officially, but UNOFFICIALLY, Galentine's Day is celebrated on February 13th, the day before Valentine's Day.

February is the month of love and Galentine's Day fits right in! We shower our significant others with gifts and cards on the 14th, but 24 hours earlier is all about our equally important relationships: our girlfriends! Galentine's Day brings together the ladies in our lives we love and lean on the most - our ride or die BFF's (you know who you are...)

You may recall that last year's Beauty Beat focussed on self-care. Well, we've made the executive decision that hanging with your besties is the best self-care there is!

We were actually inspired to write a Galentine's Day Beauty Beat when two best friends recently booked a facial day together at our b.LUXE studio. Estheticians, Colleen and Monique took such great care to pamper and beautify these two lovelies, the smiles on their faces said it all. They'd thoroughly enjoyed a day of self-care made all the more amazing by doing it together.

This holiday is the perfect opportunity to indulge in the YOU-time you need with the people who always have your back, the people who keep you laughing and who never let you down. Whether you're single or in a relationship, the best things in life are better with friends, and isn't that worth celebrating?

As much as we'd love to, not all of us are in the position to book a crazy girls trip to Paris (sorry SJP) or even a weekend away, but there are many fun and unique ways to celebrate your friendship that, with a little planning, can be almost as fabulous as Paris!

Here are a few ideas for you and your queens to kick up your heels and celebrate!

- Mimosas and pancakes - Have all the toppings and break out the crystal!
- Slumber party - Tell the gents they need to scoot and queue up your favorite films.
- Plan the perfect hike - Map out a new and exciting route and pack a lunch of your favorite munchies to snack at the summit.
- Zoom Happy Hour - No time to go out? Put the kids to bed and dial in!
- Friends Facial Day - Well, of course this is a b.LUXE favorite!! Our spa loves when friends book together! Facials are so great, why not bring a friend?? Tandem facials are a double shot of fun and leave you feeling like you're taking care of yourself, as well as your bestie!

### POP UP PROMO ALERT!

On February 13th, for one day only, get a \$50 Galentine's Day Spa Gift Card for only \$40! 12 hours only, from 9AM - 9PM, online purchases only. Buy as many as you like, but only one Galentine's Spa Gift Card per appointment. Scan QR code to be brought to our website and click "E-Gift Cards" from the menu to purchase.

Read on about our other spa special that's happening for this month!

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(\*Red Envelope prizes must be used on the same day as your booked service, they're non-transferable, and have no cash value.)

Now, of course we haven't forgotten about you, February 14th! Our gift cards are always available for easy purchase online and are the perfect way to say Happy Valentine's Day to all your special someone's. You all know how much your wives, mothers and significant other's LOVE them! So, grab your honey the gift they really want. Hint! Hint!

We hope Galentine's/Valentine's Day finds you celebrating with all the people and things that you love and wish you a joy-filled February filled with love, light and magic! (And pancakes and mimosas...)

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# Living Healthy

## Home Remedies for Simple Eye Problems

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

Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

### Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack, use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak or other raw meat on your eye.

Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat poses a high risk of infection.

### Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan. This usually involves antibiotic eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handkerchiefs or cosmetics. Change pillowcases frequently. Wash your hands often.



### Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your allergy — whether it's pollen, pets or mold — can help relieve symptoms. If

you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.

### Stye (also called hordeolum)

While a stye may look nasty, it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times, up to four

times a day for at least a week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your contact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

### Eye strain

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

### EYES

continued on page 13



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EYES

*continued from page 12*

Bags under the Eyes

What we often call “bags under our eyes” is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the puffy appearance.

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few minutes, applying very gentle pressure. Do this while sitting upright. Make sure you get enough sleep. Sleep with

your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or don’t go away, or if your vision is affected.

Some eye problems you should never treat on your own.

If you experience any of these, you should seek medical attention right away: Blurriness. Double vision. Pain in your eye. Serious eye injuries.

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the community, most of us live in the community and our focus is to serve the community. As with any medical problem, the sooner you seek medical help, the better the chances are of a good outcome. 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. Eight providers dedicated to the best in eye medicine and surgery. We are here to help.

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# Millis Senior Center Events

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

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

## Regular Events:

**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11:00-11:30.

**Cribbage** Meets every Monday and Friday from 9:30-12.

**BINGO** Thursday at 12:15 in room 21. **SUPER Bingo** (the last pot is worth \$25) is every Thursday of the month.

**Stretch & Flow Yoga** Every Friday at 9:30 in room 130. Cost is \$3.00 per class. Class will meet in room 18.

**FREE BREAD AND PASTRY** is available on a daily basis every day in room 21 courtesy of Shaws, Country Kitchen and Blue Moon Bakery.

## February Events:

**YMCA ENHANCE FITNESS** is a physical activity

program comprised of three 1-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises, while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis. The group will meet every Monday & Friday at 9AM and Wednesdays at 10AM in the gym starting Monday, February 6th from 9-10AM. The 16 week course is \$125 payable to the Friends of Millis COA. We will be doing 2 FREE trial days Wednesday, February 1st at 10AM & Friday, February 3rd at 9AM. No class February 20th, 22nd & 24th.

**PODIATRY** Main Street Podiatry will be here Wednesday, February 22nd from 9-11AM to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre-registration for appointments will be

required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

**VALENTINE'S DAY BRUNCH** The Millis Council on Aging will be serving a wonderful Brunch on Tuesday, February 14th at 10:30AM. We will be serving scrambled eggs, sausage, hash browns, English muffins, and fruit. Please make a reservation with payment of \$4 before Thursday, February 9th.

We are also hosting a Valentine's Chocolate and Roses Mary Kay Makeover on Wednesday, February 15th at 1PM. This celebration will start with a fresh face and end with a soft color look with pinks and browns for a sweet Valentine look perfect for a lovely afternoon out with your best friends or a romantic night out with your sweetheart. Free of charge. Reserve your spot. Space is limited.

**COOKIE DECORATING & HOT CHOCOLATE WITH DEBBIE**

Valentine's Day cookie decorating with Debbie. Debbie supplies the cookies, hot chocolate and all the embellishments, you supply the talent. Join us in a fun filled afternoon on Tuesday, February 7th at 1:00PM. Reservations are appreciated.

**LEGAL CONSULTATIONS WITH ATTORNEY BETH MURPHY**

Thursday, February 9th from 11AM -12PM for 15 minute consultations. If Beth cannot help you she will refer you to someone who can.

**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, February 27th 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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# Community Concert Band recruiting new members

## No “anxiety-inducing” audition required

By JANE LEBAK

A fixture of the local music scene is reaching out to potential new members as it launches the 2023 season.

John Crowley says, “We are the Southeastern Massachusetts Community Concert Band. Since 1976, we’ve been very active, performing eight to ten concerts a year.”

In 2022, the SMCCB performed in Ashland, Medway, Franklin, Wrentham, Hopkinton, Bellingham, Millis, and Attleboro.

The band consists of woodwinds, reeds, brass, and percussion instruments.

“We’re all local musicians from the surrounding towns,” says Crowley, a percussionist. “Our members range in age from people in their twenties to people in their eighties. We have people who played in high school or college and then put the instrument away, and we

have people on the other end who have been professional music educators for their career.”

Laura Logan plays tenor sax, and her husband Mitchell Schwartz plays trombone. She joined the band in 1990. Logan says, “This band is a wonderful, comfortable, safe and welcoming place for musicians to come together to create music. I’ll play there until I can’t play anymore.”

The band plays a wide variety of music. “Big band music, show tunes, patriotic music, a lot of popular music, even soundtracks from movies,” says Crowley. “Every concert in the summer starts with The Star Spangled Banner, and ends with The Stars and Stripes.”

As a testimony to how much fun and community the band members have with one another, some of the band’s founding members are still participating. “It’s an enthusiastic group,” Crowley says. “We

have members who’ve been in it from day one.”

Their conductor for the past ten years is Bruce Houston, who has directed bands in the Massachusetts public schools for the past thirty-five years. He himself plays trombone professionally, and holds degrees from Syracuse University, Harvard University, and Southern Oregon University.

Crowley says of Houston’s conducting, “Every rehearsal, it’s like two hours of instruction. He’s familiar with everything.”

The band members are all volunteers. Crowley says, “We do it for the love of music.” Moreover, all the concerts are free to the public. “We’re hired a lot by the towns to play in their summer concert series. We play in the gazebos and town squares, and we also do a fair amount of playing in senior centers.” This past December, the band gave three holiday concerts.

Band member Julie Samia has been playing flute and

piccolo with the SMCCB since 1988. Samia says, “The SMCCB is special to me because it is a place where every musician is accepted regardless of musical ability. There is no anxiety-inducing audition process, and we don’t deny anyone based on full sections. Members have a commitment to provide live, free, good-quality, wholesome entertainment at a time when so little of that exists anymore.”

Crowley encourages anyone who has a clarinet (or a trumpet, or a saxophone, or a flute...) aging in the closet to consider dusting it off and reviving their musical skills. “I don’t want anyone to shy away from it just because they haven’t played in twenty years. The bulk of us are people who played long ago and then decided they want to get back to it.”

Anyone on the fence about joining can call ahead and attend a rehearsal as a test run.

Crowley says, “I love music. I think our audiences appreciate hearing a large repertoire

of familiar tunes. They’re out there, stomping their feet, and everybody knows the tunes. It’s a shared experience for us performing it and for the people listening to it.”

Logan adds, “You can tell that people really enjoy live music. At one concert last summer, I noticed a lot of chair dancing. I’m also the announcer, so when I got up to announce the next piece, I said—clearly and dramatically—‘The dance floor is open.’ And that’s all it took. Two women came up to dance. They didn’t even know each other. They started dancing, which encouraged other people to let loose and come up and dance. At the end of the concert, they’d made new friends. Music does wonderful things.”

Rehearsals take place on Monday nights at the Medway Community Church. For more information about performances or joining the band, call 508-877-0635 or visit their website at <https://smcws.org>.



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# Local towns receive nearly \$6k in fire safety grants

In January, the outgoing Baker-Polito administration announced that 266 municipal fire departments would receive \$1.9 million in grants to fund fire and life safety education for children and older adults, setting a new record for the Student Awareness of Fire Education (S.A.F.E.) and Senior [citizen] SAFE programs. The previous record of 253 communities was set in FY 2018.

Both the Medway Fire Department and the Millis Fire

Department received a S.A.F.E. grant of \$3,781 for child education, and a Senior SAFE grant of \$2,077 for educating senior citizens.

“For more than 25 years, the S.A.F.E. grant program has provided hundreds of thousands of Massachusetts students with fire and life safety lessons that last a lifetime,” said then-Governor Charlie Baker. “We are glad that this year’s awards will support consistent, statewide, professional

safety education in a record number of communities.”

The average number of children who die in fires annually has dropped by nearly 80% since the S.A.F.E. program began in FY 1996, and Massachusetts recently went nearly three years without losing a child to fire. The Senior SAFE program was launched in FY 2014, funding fire safety education for another vulnerable population – seniors, who face a disproportionate risk

of dying in a fire at home.

The S.A.F.E. and Senior SAFE grant programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. A full list of recipient departments and their awards is attached. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.

### Emergency Kit Checklist



3 days of nonperishable / non-cook food  
water (1 gal. per day per person), medication



flashlight, battery operated radio, extra batteries



first aid kit, cash, cell phone and charger



ID cards, information: (Dr., meds, allergies), family / friends  
contacts, toothbrush / toothpaste, blanket and washcloth



clothes and baby or pet supplies if you need them

DISASTER PREPAREDNESS: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparation done today. This list may help you get through the first 3 days, after a disaster. It is a starting point, as individual needs vary depending upon circumstances. For additional information, visit: [www.Ready.gov](http://www.Ready.gov), & [www.mass.gov/mema/ready](http://www.mass.gov/mema/ready)



Region 1, SOS Secrets of Survivors



## Shining a Light on the Winter Blahs

### Rental space is available in Millis

Millis United Church of Christ, 142 Exchange Street, is a congregational church, which means that the congregation governs itself, making all major decision by a vote of the congregation. The congregation will gather in retreat on February 5th to deepen connections and care, while learning new skills in decision-making.

The church’s mission is to worship God and to reach out to everyone with compassion, respect and love. It seeks to align its financial and building decisions with this mission. Several rooms are available for rent by families, community

groups and non-profits. If you are interested in renting space, please contact the church office. The building currently holds the Happy Hours Day School and the Millis Ecumenical Food Pantry.

“Shining a Light on the Winter Blahs” is the theme for February worship. Worship services at Millis UCC include all ages and are offered every Sunday at 10 am with fellowship following. Sunday School for children in grade 6 and younger is offered on February 12th. Children will learn about St Valentine and practice spreading love.

The season of Lent begins on February 22 with Ash Wednesday and continues through Easter, April 9th. Lenten worship and other activities will guide folks as they consider and feast on what is life-giving and identify and let go of things or actions that are hindering growth. There is the potential of a community dinner during school vacation week.

For information about any of these and other events, please visit the website: [www.millisucc.org](http://www.millisucc.org) or contact the church office at [millisucc@msn.com](mailto:millisucc@msn.com) or 508-376-5034.

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	Flea and tick products Rodent bait Mothballs Fly bait Lead Liquid potpourri	Compost Gasoline Oil Pesticides Fertilizer Pools and hot tubs



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# Sports

## Medway High Hockey Team Striving To Improve

### Mustangs Adjusting To New Coach

By KEN HAMWEY  
STAFF SPORTS WRITER

When Bill Link replaced Derek Harrington as Medway High's hockey coach last October, he listed four objectives for his players and none of them involved winning a league title or qualifying for the state tourney.

"I told our kids I wanted them to have fun, be better players at the end of the season, become better human beings and to be integrated into the Medway community," said Link who's coaching his first high school varsity squad. "I didn't mention anything about winning the Tri Valley League Small Division title or making a deep run in the state tourney."

The 45-year-old Link should be commended for his high-caliber goals that should build character and lead to future success. He's comfortable leaving playoff berths to a pair of hypotheticals.

"If you win the shifts, then you win the period," he offered. "And, if you win the periods, you win the game."

So far, Link's forces have struggled, posting a 1-7-1 record at Local Town Pages' deadline.

"Although we're not off to an ideal start, the team continues to build its identity and gain confidence in each other," Link said. "While varsity hockey may be a new experience to the majority of this team, they're all hockey players who've competed at high levels. Once we settle in and get more reps together, the results will take care of themselves."

When Harrington decided to leave coaching, the Mustangs turned to Link, who spent

two years coaching in the King Philip/Walpole youth league and seven seasons coaching club hockey.

A native of Acton, he played two varsity seasons at forward and defense for Acton-Boxboro High where he was a captain and earned all-star honors from the Boston Globe and Boston Herald. He also was a two-time all-league choice in the Metro Valley and Dual County Conferences. Playing three varsity seasons at Holy Cross, he was selected Athlete of the Year as a freshman for excelling in hockey and golf. And, as a freshman in hockey, he tied for the lead in scoring.

"When I graduated from Holy Cross (2001), I played professional golf on a variety of tours in Florida," he noted. "I later worked in the golf industry. Currently, I own a hockey business (High Performance Skills) that schedules camps and clinics and offers private sessions and consulting services."

Link's on-ice style combines an up-tempo offense with puck possession and an active defense. "We're about capitalizing on turnovers and being effective in transition," he emphasized.

Relying on a competitive philosophy that stresses learning from mistakes and having fun, Link says "winning will be the by-product of progressing and our hockey IQs will improve by learning from mistakes."

The team's captain, senior Luke Fauton, is an appropriate starting point when listing Medway's key components.

"A first-line center, Fauton is the prototypical three-zone player who is positionally responsible and has the ability to

create instant offense by how well he sees the ice and reads the flow of the game," Link said. "He's the glue that holds this first line together. Luke is a captain who leads by example with his attitude, effort, and support of his teammates."

A pair of first-line wings — senior Alex Rudnicki and junior Henry Eaton — complement Fauton.

"Rudnicki is a pure goal scorer," Link said. "He's big (6-feet) and is a smooth skater whose quick release will lead to goals. Rudnicki has the ability to play heavy in the dirty areas creating second and third scoring chances, and he uses his size and skill to cleanly beat defenders on one-on-one battles."

"Eaton has the top end speed and finishing ability around the goal to be a top league scorer this year. Usually the fastest player on the ice, his north-south speed creates offensive opportunities that can change the outcome of a game. Eaton can play equally heavy during board battles and has become stronger at winning one-on-one battles." Through eight games, he led the team in goals with nine.

Junior Cam Condlin, a second-line center, and senior wing Jackson Bridges are competitors Link will be counting on.

"Condlin's hockey IQ and vision are what allow him to be such a good passer and playmaker," Link noted. "Winning defensive zone faceoffs is becoming a specialty, and he is one of the most reliable forwards we have in the defensive zone. His compete level is always high, and his positive attitude during tough games helps the team."

"Bridges has shown offensive prowess in practice. A speedster like Eaton, Bridges is another north-south player who can tilt the ice offensively for an entire shift. With offense in short supply early in the season, we've relied on him to add an instant spark to the lineup."

Seniors Thomas Creonte and Kaweh Bahery are alternate captains who'll handle much of the chores on defense.

"Creonte is one of the toughest defenders to play against due



**Although Medway's hockey team is off to a slow start, coach Bill Link is optimistic the Mustangs will gain confidence and build team chemistry.**

to his physicality and vision," Link offered. "He has the ability to make a momentum-swinging hit in a tight game and he anchors our penalty kill. He's also one of our most vocal players, and holds everyone accountable for their play, especially himself."

"Bahery returns to Medway for his senior year after playing last season at the American Hockey Academy. Bahery is the prototypical, puck-carrying, strong-skating defenseman who can go from defense to offense in a split second. Bahery will be relied on for heavy minutes with Creonte because our defensive core is unproven and inexperienced." Through eight games, Bahery led the team in assists with eight.

Because Link has no returning goalie with varsity experience, his roster includes two sophomores — Trevor Walmsley and Shawn Fauton. "Both are aggressive, athletic, and have solid puck-tracking ability," Link said. Walmsley has

been the Mustangs' starter. Through the team's first eight games, Walmsley had a save percentage of .903 and a goals-against average of 3.13.

Life lessons can always be learned from athletics and Link believes that the most important one his players can learn is accountability. "Our players will be accountable for what they do, what they say, how they prepare and how they treat each other," said Link who lives in Walpole with his wife (Robyn) and two children (Will (15) and Brynn (13)).

Medway finished last season with a 17-3 record then lost in the tourney quarterfinals, 2-1, to Hanover, the eventual Division 3 state champion.

The transition to a new coach is taking time and Medway's team chemistry is still developing. The new coach and his players will be striving for successful results this month and hopefully get the program into a winning groove.

4

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# Sports

## The Importance of Valuing and Re-Valuing your Business

As a business owner, you probably know everything about how your company works. But maybe not what it's worth. If so, that might create problems in the eventual sale or transfer of your business, especially if the sale or transfer is sudden.

Proper valuation of your business helps you better protect your interests and the welfare of your family and heirs; it also eases the transition. By taking the guess work out of the valuation process you can avoid disagreements between the different parties.

Subsequently, valuation may help you in planning and saving taxes. Since valuation helps the IRS determine estate taxes and the tax basis for any future sale, with proper planning you may be able to put financial strategies in place that may save you money in the long run.

Now, even if a sale or retirement is years away, understanding what your company is worth today can have multiple pay-offs;

it's information that can help you secure financing or make decisions on whether to expand or stay the course. Valuation serves as an important management tool that can give you insights on how to reposition your business to enhance its marketability.

So how do you determine the value of your business? There are generally three approaches used to calculate a business valuation. The asset-based approach is balance sheet-focused using the difference between a company's assets and liabilities to determine its value. The second is the market approach which values the business, based on pricing multiples derived from the sale of comparable companies. And finally there's the income approach, which establishes a figure from capitalizing or discounting the company's projected economic benefit stream.

Remember that as your business changes so might your valuation, so be sure to keep it

up-to-date. The best way to do that is to make it a standard part of your annual financial review. For instance, you can make it a habit to have your valuation reviewed by a specialist each year right before you meet with your agent to review your insurance policy. That will also help you ensure that you maintain just the right amount of insurance coverage for your business.

Valuation is a simple idea but one that's complex to execute. Certified financial experts



who specialize in valuations are uniquely qualified to determine which valuation methods will deliver an accurate assessment for a given industry. They take the emotion out of the calculation but instill peace of mind.

Business owners have many complicated issues that they need to navigate day in and day out. The sooner you address the needs of your business, the better off you'll be.

*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.*

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## Medway Friends of Performing Arts Musical Bingo Night

The Medway Friends of Performing Arts (MFPA) is hosting a Musical Bingo Night on February 16th at the Medway Middle School Cafeteria. This fun night is a family-friendly event that is open to all. Gather your friends and see how quick you can identify great music. Mr. Doug Herbst from the Medway Middle School will be our Bingo Caller!

The fundraiser donation minimum is \$5/person or \$25/family.

Doors open at 6:00 pm and

music will start at 6:30 pm.

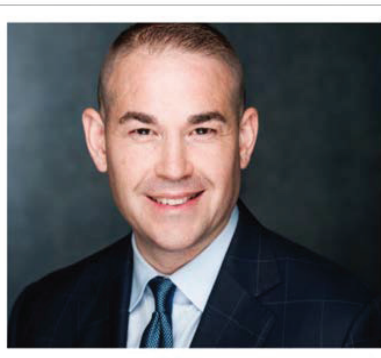
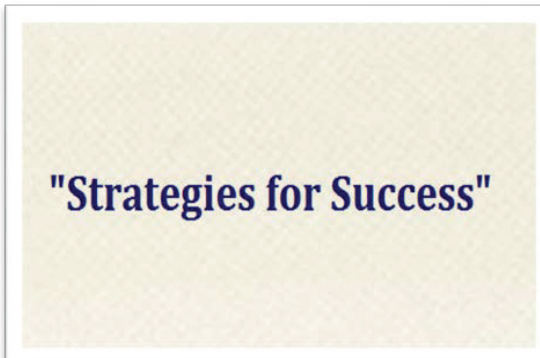
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Pre-registration is required.

Use this link to register until February 15th (or until spots run out): <https://conta.cc/3Hf40Ze>



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# Medway Business Council Unveils 2023 Event Calendar for Networking, Professional Development and Advocacy

**Next event: Feb. 8th Small Business Crime Prevention "Coffee with the Chief" at Thayer House, 9-10a**

The Medway Business Council invites all business owners to kick off 2023 by increasing your business' visibility and getting involved to support Medway's business community. The following events have been planned for Wednesdays throughout the 2023 spring season and all are invited to register in advance if you would like to attend, both MBC membership and future members:

- Wed. February 8, 9-10 a.m.: "Coffee With the Chief" and a Q&A about Small Business Crime Prevention (and a chance to ask your questions to Medway Police Department's

top cop, along with time for networking and free coffee and refreshments at the Thayer Homestead at Choate Park (2B Oak Street, Medway)

- Wed. March 18, 5:30 p.m.: "Headshots and Handshakes" at Tim Rice Photo Studio, 19 Lincoln Street – get a new headshot and meet a new colleague from the town's most dedicated photographer
- Wed. April 26, 1-4 p.m.: MBC Volunteer Day at Medway Community Farm – Small business employees welcome from all businesses to join together to help Medway's incred-

ible community farm in the field and in the greenhouse (kids welcome). The farm is located at 50 Winthrop Street.

- Wed. May 17, 5:30 p.m.: MBC 2023 Annual Meeting at Restaurant 45 (45 Milford Street) with a special guest speaker and open discussion on employee retention and recruitment. The evening will also include networking opportunities, the election of officers and board of directors, and a delicious dinner.

The event is open to any business owner in Medway and surrounding communities. You don't have to be a member to attend.

Register online at [www.medwaybusinesscouncil.org](http://www.medwaybusinesscouncil.org) five days prior to each event.

# Massachusetts State Treasurer's Office Launches Small Business Toolkit and Resource Map

**Provides access to comprehensive resources for small business owners**

Massachusetts State Treasurer, Deborah B. Goldberg, recently announced the launch of the Treasurer's Office's newly designed Small Business Resource Toolkit website. The toolkit provides access to comprehensive resources and materials for small business owners and future entrepreneurs in Massachusetts.

Under the direction of Treasurer Goldberg, the toolkit was designed to provide a range of relevant, important information, often needed, when facing the enormous challenge of starting a small business for the first time. Typically, it has been impossible to easily find the resources and advisors that can help lead to success. This website offers valuable educational materials on how to plan, maintain, and grow a successful small business.

"By collecting relevant resources in one place online, we are providing an understandable road map for people as they begin to develop and open their own businesses," said State Treasurer Deborah B. Goldberg. "One of my top priorities has been to ensure that everyone has equal access to the tools and information they need to succeed. And by supporting the growth of independent small businesses, we not only positively impact their own development, but also our local communities and the state's economy, in many positive ways."

To help ensure that small businesses thrive, this toolkit provides additional information about banks, community development financial institutions (CDFIs), and community partners available across the Commonwealth.

"Successful small businesses are critical generators

of wealth, they are the backbone of the economy," said State Senator Lydia Edwards (D-Boston). "I am so thankful to Treasurer Deborah Goldberg and her team for creating a website that serves as a one-stop-shop for small businesses new and old. I look forward to sharing this new resource with my constituents."

"The State of MA Treasurer's Office has taken yet another step to actively support economic empowerment for entrepreneurs and small businesses throughout the Commonwealth," said Samilys Rodriguez, Director – Eastern Massachusetts Center for Women & Enterprise. "The Center for Women & Enterprise Women's Business Centers are just one of many business resources in the Treasurer's new Small Business Resource Toolkit, which can provide additional support and guidance for clients to achieve their next business milestones."

"Congratulations to the Office of the Treasurer's team for their hard work and dedication in creating a website that connects and provides resources for business owners in Massachusetts," said Aliesha J. Porcena, City of Boston Director of Office of Economic Opportunity & Inclusion. "At the City of Boston, we are committed to working across agencies, to make sure business owners have the resources and tools to start, grow, and build a business in Boston. As we work to address the many hurdles that businesses face, and build a community of support for businesses, this tool is an effort in that direction."

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# Millis Cultural Council funds 14 projects for \$8,456

By THERESA KNAPP

As part of its 2023 grant cycle, the Millis Cultural Council has awarded the following grants for a total of \$8,456 in funding.

“One of the significant differences this year is we granted a few awards to our [high school] seniors and, to the extent we could diversify our offerings, we tried to do that,” says Jen Zarutskie, Chair of the Millis Cultural Council.

The recipients, and their projects, include:

- Amy Adams, Painting Venus
- Cynthia Arguijo, Mural Senior Project
- Davis R. Bates III, A Celtic Celebration: Performance for Seniors
- Charles River Chorale

- Inc., Charles River Chorale Spring Concert
- Charles River Sinfonietta Inc., Performing Chamber Music for Millis Cable TV stations and live concerts at Millis Public Library
- Amany Ferrimy, Screen Printing Senior Project
- Friends of Niagara Firehouse Inc., Niagara Coffee Haus 2023 Concert Series
- Scott Martell, Magic Show by Scott
- Pamela Means, Pamela Means presents The Power of the Protest Song: Our Shared History and Present Day
- Theatre Group of Millis Inc., Spring Broadway Musical – Mary Poppins
- Town of Millis, Paint Party with Tatiana Keating

- Town of Millis, Summer Concert Series
- Kayla Walsh, Selkie (Senior Project to Support METG Competition)
- Robert Zammarchi, Yellow 45

Programming will take place throughout 2023 and will kick off with a magic show at the library on Feb. 21 during public school vacation. Other town-wide events will include the annual art show, sponsored by the Millis Cultural Council, in June.

“The Cultural Council is important to the community because it brings arts and culture programs to our kids and our seniors [citizens]...and we provide additional funding where there might not be any,” says Zarutskie. The Millis Cultural Council



is currently seeking board members. If interested, email [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com).

According to [www.mass-culturalcouncil.org](http://www.mass-culturalcouncil.org), in Massachusetts, public funding for the arts, humanities, and sciences is provided through a central state agency, the Mass Cultural Council, and through a network of Local Cultural Councils that serve every city and town in the state. LCCs also receive support

for programs from donations, fundraising events, and their local municipality. The Local Cultural Council (LCC) Program was established in 1982 and was overseen by the Massachusetts Arts Lottery Council until 1990 when it merged with the Massachusetts Council on Arts and Humanities to form the Mass Cultural Council.

# Register O'Donnell Wraps Up 15th Annual Toys for Tots Drive

Norfolk County Register of Deeds William P. O'Donnell and Registry Staff delivered donations from the Registry's Annual Toys for Tots drive to Staff Sgt. Fetrow, Sgt. Ponte, and Cpl. Silveria, representing the 1st Battalion, 25th Marines, during a pickup event on Dec. 7th.

With the help of the local community, business owners, and staff, the Registry collected more than 100 gifts during the drive.

“I would like to thank everyone who generously donated to the Registry's 15th Annual Toys for Tots Drive. We are grateful for the service of all veterans past and present and are, as always, honored to partner with the U.S. Marine Corps Reserve in their annual toy drive, which helps make the holiday brighter for so many,” said Registrar O'Donnell.



The Registry of Deeds has collected over 1,600 donations for Toys for Tots since 2007.

“We can't possibly do this without the support of the local community, and seeing people come out to donate means everything,” said Staff Sgt. Andrew Fetrow. “By doing an event like this, you get to witness the best side of people and know that these donations are going to give children, who might not otherwise have

had the opportunity, a happy Christmas.”

This year marks the 75th anniversary of Toys for Tots. The U.S. Marine Corps Reserve Toys for Tots program's mission is to help less fortunate children experience the joy and happiness associated with Christmas. The program operates in more than 800 cities and towns throughout all 50 states. Since 1947, the national program has delivered more than 627 million toys.

Register O'Donnell ex-

pressed his gratitude for the generosity of county employees, title examiners, attorneys, and residents from across Norfolk County in contributing to this year's Toys for Tots Drive.

To learn more about these and other Registry of Deeds events and initiatives, “like” us on Facebook at [facebook.com/norfolkdeeds](https://facebook.com/norfolkdeeds). Follow us on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/norfolkdeeds).

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

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# Tri-County Regional Vocational Technical High School Names Valedictorian and Salutatorian for the Class of 2023

**Sabra Flanagan of Franklin named Valedictorian and Jennifer Kalick of North Attleboro named Salutatorian**

The Tri-County Regional Vocational Technical High School District is pleased to announce the Valedictorian and Salutatorian for the Class of 2023. Sabra Flanagan, of Franklin, has been named Valedictorian, and Jennifer Kalick, of North Attleboro, has been

named Salutatorian. Tri-County's Valedictorian, Sabra, is a Legal and Protective Services student and maintains the highest cumulative GPA of 4.457. Sabra has challenged herself throughout her high school career by including both Honors and Ad-

vanced Placement (AP) courses in her academic schedule. Since her junior year, she her schedule has included one-hundred percent honors and AP level classes. During her junior year, Sabra was awarded with the Certificate for Academic Excellence in Science and a Certificate in Vocational Excellence in Legal and Protective Services. In addition to mastering rigorous academic classes, Sabra can be found playing Varsity Soccer in the fall and as the



From left: Jennifer Kalick, Karen Maguire Director/Superintendent, Sabra Flanagan.



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Captain of the Varsity Lacrosse team in the spring. She also interns at the Clerk's Office at the Wrentham District Court to gain hands-on experience in the Legal and Protective Field. Sabra is looking forward to pursuing a degree in Political Science from the University of Massachusetts Amherst. Tri-County's Salutatorian, Jennifer Kalick, maintains a cumulative 4.43 GPA as a Health Careers student. Jennifer secured her spot on the High Honor Roll for both freshman and sophomore year and the Honor Roll her junior year. She also serves as a National Honor Society member since her junior year. Jennifer received the Certificate for Academic Excellence in Social Studies her junior year. While maintaining a demanding academic schedule, Jennifer has earned real-world experience at The Village at Willow Crossings as a Resident Care Associate in Mansfield, MA. Here her numerous

certifications which include: Certified Nursing Assistant (CNA), COVID-19 Caregiver, Alzheimer's Association Person Centered Dementia Care, American Heart Association Heartsaver First Aid CPR/AED help her excel in her position. Jennifer plans to pursue a degree in Nursing from Penn State University. "Sabra and Jennifer embody the Tri-County motto, 'Work Hard, Today Counts.' They strive for excellence each day whether in the classroom or in the community. We are proud to recognize their hard work and dedication which has earned them top spots in their class," said Karen Maguire, Superintendent. As Valedictorian and Salutatorian, Sabra and Jennifer will lead the graduation procession and are scheduled to address their classmates at the Commencement Ceremony scheduled for Thursday, June 8, 2023.

## RESOURCES

*continued from page 20*

There are several organizations and community partners across the state that help business owners with technical assistance and business counseling. The Treasurer's Office's website has identified these or-

ganizations and placed them by county and category on a Small Business Resource Map. This map will be updated on a regular basis. To learn more about the Treasurer's website and to watch the launch event, please visit <https://www.smallbusinessma.org/>.



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PENDING



104 Summer Street, Medway

PENDING



48 Lovering Street, U6, Medway

SOLD



178 Holliston Street, Medway

SOLD



34 Prior Drive, Framingham

SOLD



3 Crestview Avenue, Medway

SOLD



149 Tahattawan Road, Littleton

SOLD



17 Mate Drive, New Bedford

SOLD



23 Pond Street, Medway

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# Real Estate Corner

## Register O'Donnell's "Suits for Success" Program Donates to United Parish's Thrifty Threads

Norfolk County Register of Deeds William P. O'Donnell donated 12 winter jackets, 10 full suits, and more than 45 other articles of business attire to United Parish's Thrifty Threads through the "Suits for Success" program last month.

The often-taken-for-granted suit or dress clothes hidden away in the back closet and only occasionally seeing the light of day may seem to some like an unfortunate necessity. However, for those struggling on the path to success, the cost of a suit can be an unsurmountable barrier.

"It's hard to move forward if you don't feel good about yourself, and this gives people a chance to look good, feel good, and grow as an individual," said

Louise Bowler, Thrifty Threads Team Leader.

Thrifty Threads provides inexpensive clothing to anyone who needs quality attire. Proceeds from the thrift store support United Parish's outreach and social justice programs. The organization also passes on more than half of the donations it receives to non-profit organizations working directly with people in need.

Register O'Donnell remarked, "We're happy to assist Thrifty Threads. I thank all those who donated to our 'Suits for Success' program, and I hope other local residents and businesses will consider making a clothing donation. The program is truly needed, and it's a



Register of Deeds William P. O'Donnell shows Louise Bowler, Thrifty Threads Team Leader, one of the suits being donated through the "Suits for Success" program, last month.



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great resource for the community."

The "Suits for Success" program, developed by Register O'Donnell, partners with groups like Father Bill's & MainSpring, Needham Community Council, Suits and Smiles, Interfaith Social Services, InnerCity Weightlifting, VA Boston Healthcare System, Voluntary Service Program, New Life Furniture Bank of Massachusetts, and United Parish's Thrifty Threads. The mission of "Suits for Success" is to collect donations of suitable clothing to be distributed to individuals who may need appropriate attire for employment interviews.

Since the Registry started the "Suits for Success" program in February 2009, it has collected more than 9,000 articles of

clothing.

"Receiving donations like this means a lot and it's important," said Bowler. "This may give someone who is looking for a job now the confidence they need to take the next step."

Thrifty Threads is located within United Parish, is open Fridays and Saturdays, 12 p.m. to 3 p.m., and is fully operated by a team of dedicated volunteers.

"During the past decade, we have learned that programs like 'Suits for Success' work," said O'Donnell. "This program has given many people a valuable resource to help them on the path to success and may ultimately help them achieve self-sufficiency."

To learn more about Registry of Deed's events and initiatives,

like us on Facebook® at facebook.com/NorfolkDeeds or follow us on Twitter® at twitter.com/NorfolkDeeds and Instagram® at Instagram.com/NorfolkDeeds.

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## Medway Market Update

2022 VS 2023 SALES\*

\$1.175 M

Highest Sale Price  
2021: \$1.1 MILLION ( ↑ 7% )

119

Total Properties Sold  
2021: 135 listings (12% ↓ )

\$635,671

Average List price  
2021: \$558,217 ( ↑ 14% )

\$661,153

Average Sales price  
2021: \$596,028 ( ↑ 11% )

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\*sales from 1/24/22-1/24/23 vs 1/24/21-1/24/22

# Real Estate Corner

## Register O'Donnell Reports on 2022 Annual Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for 2022 indicate a shifting real estate market, where the year started off strong and ended with significant drops in mortgage activity and average property sale price as compared to 2021.

In 2022, there were 130,051 documents recorded at the Norfolk County Registry of Deeds, a 33% decrease from 2021.

"The real estate market is feeling the effects of inflation and steadily rising interest rates, which is limiting how much money customers can save," said Register O'Donnell. "The total number of documents is much lower in 2022 than it was in 2021, but the change from month to month is less pronounced. The number of recorded deeds, which is one mea-

sure of document volume, shows a drop in real estate sales from the previous year."

The number of deeds for 2022, which reflect real estate sales and transfers, both commercial and residential, was 17,398—a decrease of 17% from 2021.

Sale prices for 2022 appear to have increased slightly compared to 2021. The average sale price for all of Norfolk County, both commercial and residential, this year was \$1,173,256, a 10% increase from 2021. However, the total dollar volume of commercial and residential sales is down, decreasing 10% from one year ago.

"With the average sales price showing increases for the year as a whole and the total volume of sales decreasing, indicates that in 2022 there were fewer homes being sold, but at a higher price," said Register O'Donnell.

According to numbers from the Consumer Financial Protection Bureau, the median interest rate of a 30-year fixed-rate conventional loan started at 4.14% in January 2022 and grew to 6.61% by December 2022, a more than 63% increase.

"The increasing cost of living and rising interest rates that the country is currently experiencing have an effect on the local real estate market," noted O'Donnell. "With interest rates more than double what there were at the start of 2022, consumers appear to be less inclined to borrow, and the decline in average sales prices suggests sellers are lowering pricing to compensate."

Overall lending activity showed a continued downward trend. A total of 23,265 mortgages were recorded at the Registry in 2022, 50% fewer than a year earlier.

"This year, month to month, the registry figures show significant increases in the number of pending foreclosures, with as many as 40 in one month," said O'Donnell.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In 2022, there were 68 foreclosure deeds recorded as a result of mortgage foreclosures taking place in

Norfolk County, whereas in 2021 there were 52 recorded. However, in 2022, there were 308 notices to foreclose, the first step in the foreclosure process, significantly more than the 141 recorded in December of 2021.

"The substantial increase in the number of notices to foreclose is troubling. This suggests that more of our neighbors may have financial difficulties in the future," said O'Donnell. "We have seen this number more than double this year and will continue to monitor these figures in 2023."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," said Register O'Donnell.

Register O'Donnell concluded, "Inflation in the US has

been increasing since mid-2021, and it hit a 40-year high exceeding 8% in September 2022. The Federal Reserve raised interest rates many times in 2022 in an effort to slow the rise in inflation. As a result, borrowing money now costs more. This year, mortgage rates have doubled, which has led some buyers to pause their home searches, and, on average, fewer offers are being made to sellers."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

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# Recent Home Sales

Date	Medway	Amount
01/13/2023	9 School Street	\$434,000
01/05/2023	37 Granite Street	\$1.18 mil
01/04/2023	178 Holliston Street	\$625,000
01/03/2023	3 Harmony Lane	\$741,915
12/30/2022	16 Barber Street	\$375,000
12/29/2022	14 Sanford Street #20	\$299,900
12/23/2022	6 Brookside Road	\$355,000
12/20/2022	15 Waterside Run	\$709,900
12/20/2022	4 Franklin Creek Lane	\$920,000
12/16/2022	402 Village Street	\$470,000

Date	Millis	Amount
01/12/2023	2 Helen Lane #162	\$837,238
01/15/2023	5 Key Street	\$350,000
01/04/2023	12 Himelfarb Street	\$560,000
01/03/2023	9 Bayberry Circle	\$335,000
12/29/2022	252 Union Street	\$570,000
12/27/2022	15 Hemlock Circle	\$321,000
12/20/2022	34 Beech Street	\$1.05 mil
12/16/2022	118 Norfolk Street	\$750,000

Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages

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# Recent Home Sale



**37 Granite St., Medway recently sold for \$1.18 million.** Image credit: [www.zillow.com](http://www.zillow.com)

# Over 430 homes sold!

SOLD



118 Norfolk Road  
Millis - \$775,000

SOLD



12 Sylvia Avenue  
Natick - \$659,900

SOLD



94 Ridge Street  
Millis - \$524,900

SOLD



24 Hollis Street  
Sherborn - \$900,000

SOLD



15 Hemlock  
Millis - \$309,000

SOLD



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<div>SOLD</div>  <p>\$715,000 41 Auburn Road, Millis Jennifer McMahon</p>	<div>SOLD</div>  <p>\$875,000 8 Juniper Road, Medway Laina Kaplan</p>	<div>SOLD</div>  <p>\$455,000 203 Ridge Street, Millis Jennifer McMahon &amp; Janine Azzouz</p>	<div>SOLD</div>  <p>\$345,000 9 Hemlock Circle, Millis Jennifer McMahon</p>
<div>SOLD - BUYER SALE</div>  <p>\$490,000 17 Brook Street, Franklin Laina Kaplan</p>	<div>SOLD - BUYER SALE</div>  <p>\$650,000 132 Summer Street, Medway Laina Kaplan</p>	<div>SOLD</div>  <p>\$576,400 2 Williams Road, Norton Jennifer McMahon</p>	<div>SOLD - BUYER SALE</div>  <p>\$330,000 14 Sanford Street #23, Medway Jennifer McMahon</p>
<div>SOLD</div>  <p>\$430,000 21 Charles Street, Medway Laina Kaplan</p>	<div>SOLD</div>  <p>\$499,900 106 Pond Street N. Attleboro Jennifer McMahon</p>	<div>SOLD</div>  <p>\$529,000 2 Hemlock Drive, Medway Laina Kaplan</p>	<div>SOLD - BUYER SALE</div>  <p>\$690,000 123 Miller Street, Franklin Jennifer McMahon</p>

Wishing you a Happy Valentine's Day!

Client Testimonial for Laina Kaplan:

"Laina was our realtor for the sale of our Family Home, which had been in the family since it was built in 1952. The home was a beautiful landscape with a view to the Charles River. We had many fond memories and Laina was so supportive through the entire selling process. She conducted a thorough review of other homes and recommended what value we should list our Family home. Our entire family is so grateful for Laina's thoughtful and expert opinion through the entire selling process. We definitely would recommend Laina for you!" – Mark & Penny Kelley, Medway