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## Mirola Arian of Millis named candidate in U.S. Presidential Scholars Program

Mirola H. Arian, a graduating senior at Millis High School, has been named one of more than 5,000 candidates in the 2023 U.S. Presidential Scholars Program. The candidates were selected from nearly 3.6 million students expected to graduate

from U.S. high schools in the year 2023.

Inclusion in the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating high school seniors. Scholars are selected on the basis of superior academic

and artistic achievements, leadership qualities, strong character and involvement in community and school activities.

The U.S. Presidential Scholar Program was established in 1964 by Executive Order of the President to recognize some of our nation's most distinguished graduating seniors for their accomplishments in many areas: academic success, leadership, and service to school and community. It was expanded in 1979 to recognize students demonstrating exceptional scholarship and talent in the visual, creative, and performing arts. In 2015, the program was expanded once again to recognize students who demonstrate ability and accomplishment in career and technical fields. Annually, up to 161 U.S. Presidential Scholars are chosen from among that



Millis High Scholl senior Mirola H. Arian. Photo submitted.

### SCHOLARS PROGRAM

*continued on page 2*



In February, Medway Middle School students participated in the school's 15th annual science fair. Courtesy photo.

## Medway holds 15th annual Middle School Science Fair

In February, the Medway Middle School held its 15th annual Science Fair at which 23 7th and 8th grade students presented 14 different projects to the judges.

This year's winners include:

1st Place – Kathryn Baio with “Bird Brain” – Research (Behavioral Science)

2nd Place (a three-way tie)

- Rishi Gupta with “I’m Attracted to You” Magnetism Research (Physical Science)
- Parker Levasseur & Scott Feeney with “Muscular Mindfulness” - Scientific Investigation (Life & Behavioral Science)

### SCIENCE FAIR

*continued on page 3*



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SCHOLARS PROGRAM

continued from page 1

year's senior class, representing excellence in education and the promise of greatness in America's youth.

A distinguished panel of educators will review these submissions and select approximately 600 semifinalists in early April. The Commission on Presidential Scholars, a group of up to 32 eminent citizens appointed by the President, will select the finalists, and the U.S. Department of Education will announce the Scholars in May.

U.S. Presidential Scholars are honored for their accomplishments during the National Recognition Program each June. To commemorate their achievement, the Scholars are awarded the Presidential Scholars Medalion.

Mirola is the child of Hany Arian and Matilda Louis.

For more information about the U.S. Presidential Scholars Program, parents and students can email the U.S. Presidential Scholars Office at PSP@scholarshipamerica.org or call 507.931.8345.

# Medway secures environmental monitoring firm for testing at former Medway Block

By THERESA KNAPP

In January, the Medway Select Board approved a contract with Tetra Tech to provide environmental monitoring at 120 Main Street, an eight-acre parcel purchased by the town in November for \$4,515,000. The sale became final in December.

The town was advised, before Town Meeting voted to buy the land, that there had been a "release of hydraulic oil on the property many years ago [1999], and that oil has been detected below the ground's surface," according to the Frequently Asked Questions document related to the Town Meeting vote.

While preparing for the sale, the town hired Tetra Tech to review the site and State findings "and we are confident that the material, located primarily below the existing processing building, is stable and not an immediate threat," according to the FAQs sheet.



Town Manager Michael Boynton told the Select Board

at its Jan. 3 meeting, when it agreed to the contract, "Based on what we were told by this consultant before purchasing, it was pretty clear that it is an excavation-type cleanup. You can't do the cleanup until the building is gone because the processing building sits on top of it, so the reality is that it should be a, I don't want to call it a 'simple' cleanup, but it should be a complete cleanup."

The cost to remediate the site is estimated at "a manageable cost of \$300,000 to \$400,000."

But remediation is not in the immediate future as the previous owner has until November 2023 to vacate the premises, and the town has yet to decide how to utilize the property.

Because the town now owns the property, it is obligated to keep testing the site until the contamination is removed, which is what prompted the Select Board to secure the services of Tetra Tech at \$29,000 per year.

Boynton estimated the cost would likely be closer to \$10,000 between now and June 30. He also said there could be Brownfield grant funding available to help with future costs, but there is preliminary work the town must do to be able to

apply in August and this monitoring will help in that regard.

The parcel of land at issue is at 120 Main Street and consists of 8.309 acres that border Main Street to the south, Pond Street to the west, the Drybridge Crossing Building to the east, and residential abutters to the north.

The town was interested in the parcel because it is "one of the anchor sites for our Main Street Business District, an area that many Medway residents wish to see become our future 'Downtown,'" says the FAQs sheet. "Being an owner in this area, particularly at this location, allows the Town to serve as a primary stakeholder in what that future Downtown will look like, what its design elements will be, and the scale and timing of when and how that future development will occur."

Suggested uses for the land include "anything from a Public Safety facility to a new modern and full-service Town Hall, to added green space common areas, or any combination of the above as examples," per the FAQ sheet.

For more information on the issue, visit <https://bit.ly/3xrTrfZ>

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# 2023 Town Census/Annual Street Listing

Massachusetts General Laws require that cities and towns conduct an annual census of its residents as of January 1 of each year. The local census is used to maintain voting and jury lists as well as aid in school enrollment projections, public safety, and senior citizens' needs and for certain privileges such as veterans' benefits and proof of residency for state colleges and universities. The census information does not register anyone to vote, but fail-

ure to answer the census may result in a voter's name being removed from the voter's list.

If you have misplaced your Street Listing/Census form, you can find a blank one at <https://bit.ly/3EchyTp>. Please fill out and return by emailing it to [census@townofmedway.org](mailto:census@townofmedway.org), dropping it off at Town Hall, or mailing it back to Town Hall, 155 Village Street.

For a copy of the 2022 street listing, visit <https://bit.ly/3JJIAO>



Source: [www.townofmedway.org](http://www.townofmedway.org)

# Why do farms have CSA programs and where did CSAs start?

The dawn of Community Supported Agriculture in the United States is most commonly attributed to Indian Line CSA (South Egremont, MA) and Temple-Wilton Community Farm (Wilton, NH), both founded in 1986. While these two farms largely contributed to the popularization of CSA programs in the United States, they are not the first in our country to have thought of the economic model. The modern CSA originated in Japan in 1971.

Today, MCF uses the CSA model to help cover our operational costs. We sell the shares early in the year well before a seed hits the dirt. The CSA is an investment in the farm and your investment is returned to you during the season with farm fresh produce and local goods. Many farms that have grown past the need for a CSA to help cover operational

costs now consider it advertising. They move crop coverage into their CSA and hope to get

and small farmers, as well as the community. Investment in the farm keeps money in the local economy. In times like this, when we are still seeing shortages in the box stores and food prices increasing, local farms are filling a key role in the local food system and more and more are showing they are more stable than the box stores.

A MCF CSA not only locks in pricing but also helps MCF grow out farm programs. Farm stand sales help the farm operations, our education department, and the free community programs we offer. As an educational, working farm, we are here for the long game to grow your minds and feed your soul with healthy, local produce.

Source: [www.medwaycommunityfarm.org](http://www.medwaycommunityfarm.org)



CSA members into their brick and mortar location to buy more items that are not in the weekly CSA. This is a win for both large

## SCIENCE FAIR

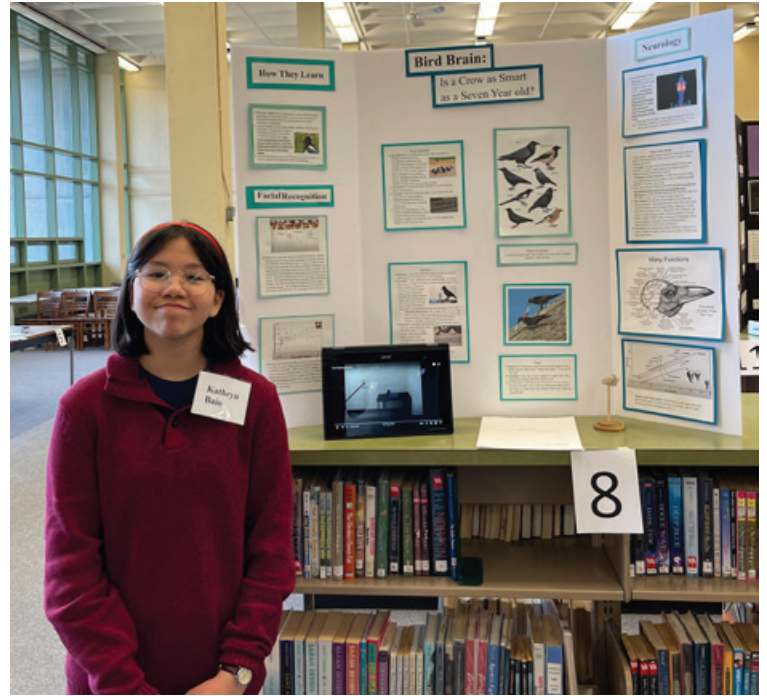
continued from page 1

- Elizabeth Mafuleka with "In Your Head" Mandela Effect Research (Behavioral Science)

3rd Place - Geetika Seethamagari with "Introverts vs. Extroverts" (Behavioral Science)

For more photos, visit us on Facebook @MedwayMillisTownNews

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



Kathryn Baio won first place in this year's Medway Middle School Annual Science Fair. Her research project was in behavioral science and was entitled "Bird Brain." Courtesy photo.

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# Millis seeks members for Enterprise Advisory Committee

The Town of Millis is seeking individuals to serve on a new three-person committee to advise the Select Board on matters related to water, sewer, and stormwater. The Enterprise Advisory Committee will meet regularly to review, discuss, and advise on issues as outlined in the "Charge" of the Committee attached below.

This is an independent committee and members should not also be members of the Select Board, Planning Board or Finance Committee

What are Enterprise Funds? An enterprise fund is considered the best practice to promote and maintain long-term financial sustainability for water, sewer and stormwater activities. An enterprise fund is a separate accounting and financial reporting mechanism for which revenues and expenditures are segregated into a fund with financial statements separate from all other governmental activities. An enterprise fund identifies the total direct and indirect costs to provide the service and the sources and amounts of revenues

that support the service for which a fee is charged in exchange for service. Direct costs generally consist of personnel services, expenses and capital outlay, which are budgeted and accounted for

in the enterprise fund. Indirect costs are expenditures budgeted and accounted for in the general fund on behalf of the enterprise fund, which are allocated to the enterprise fund for funding.

Examples of indirect costs are central service department costs (accounting, treasury, collections, law and the like), insurances and fringe benefits that are not budgeted and accounted for in the

enterprise fund.

For more information, including an application and the committee charter, visit [www.millisma.gov](http://www.millisma.gov). Source: <https://bit.ly/3XNqVA0>



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# Tri-County Announces Term 1 Honor Roll

Tri-County Regional Vocational Technical High School has released its Term 1 Honor Roll. The following are the Medway and Millis students who made the list.

### Medway, Grade 9

Avary Cosme, High Honors  
Joseph Gillett, High Honors  
Colleen Layton, High Honors  
Sophie Anderson, Honors  
Alyssa Furbush, Honors  
Rey Heney, Honors  
Ronald Kerr, Honors  
Aiden Lum, Honors  
Larissa Machado, Honors  
Jesse Mispilkin, Honors  
Luke Smith, Honors

Kyleigh Weddeke, Honors  
Gavin Wise, Honors

### Millis, Grade 9

Matthew Pinto, Honors

### Medway, Grade 10

Madisyn Downs, High Honors  
Cecilia Sprague, High Honors  
Corey Ball, Honors  
William Chenette, Honors  
Alicia Hall, Honors

### Millis, Grade 10

Ephraim Aday, High Honors  
Isabella Carmichael, Honors  
Robert Geddes, Honors  
Connor Girouard, Honors

Loatchwel Joseph, Honors  
Julia Welby, Honors

### Medway, Grade 11

Sinead Bergeron, High Honors  
Emma Fontecchio, High Honors  
Emma DeGregorio, Honors  
Zachary Lawrence, Honors  
Breann MacMillan, Honors  
Nathan McCurdy, Honors  
Makenna Phelps, Honors  
Brenna Stewart, Honors  
Quinlan Anderson, High Honors

### Millis, Grade 11

Dominic Scannell, Honors

### Medway, Grade 12

Sophie Chrisom, High Honors

Lorcan Bergeron, Honors  
Zachary Blenkhorn, Honors  
Hayden Briggs, Honors  
Isabella Hamblin, Honors  
Connor Joy, Honors  
Micah Scott, Honors  
William Weddeke, Honors

### Millis, Grade 12

Jack Barrett, Honors

Ryan Blanchette, Honors  
Paige Chambers, Honors  
Grace Crowell, Honors  
Ryan Ferdman, Honors  
Thomas Ford, Honors  
Aidan Juhl, Honors  
Jaiden Taiste, Honors  
Matthew Taylor, Honors  
Coleman Walsh, Honors

# Niagara Coffee Haus Features Willie Laws

On March 25th, Niagara Coffee Haus features Willie Laws, the Last Prophet of the Funky Texas Blues with Bruce Mattson. Opening will be blues soul stirrer, Cindy Lou Trio. Niagara Coffee Haus is located at 8 Exchange Street, Millis, MA, 02054. Doors open at 7:30. Show starts at 8pm. This event is sponsored by Middlesex Savings Bank.



Brian Roche.

Please email niagaracoffeehaus@gmail.com for any questions in regards to special seating for the disabled. Brought to you by Friends of Niagara and Millis Cultural Council.

of-the-funky-texas-blues-tickets-551600159927

Our next Community Open Mic Night is on Tuesday, March 14 from 7pm to 9:30pm. Free admission. Hosted by Keyboardist,

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# Medway Lions Club annual events in March and April

On Sunday, March 12<sup>th</sup>, the Medway Lions Club will hold their annual Sweetheart Dance from 1-4PM. Taking place at the Medway High School cafeteria, this fun event costs \$7 per person and includes music by DJ Larry Falk and Bob Costello, games and refreshments. There will be a 50/50 raffle and Tim Rice Photography will be on hand to record your memories.

On Sunday, April 2<sup>nd</sup>, the Easter Bunny will join the Medway

Lions Club in hosting their annual "all you can eat" Pancake Breakfast at the Medway High School cafeteria, from 8AM – 12noon. The cost is \$10 for adults and \$7 for senior citizens and kids under 10. The menu will include pancakes, scrambled eggs, Joe's "famous" quiche, bacon, sausage and ham, baked beans and juice, coffee, tea and milk. Tim Rice Photography will be on hand for photos with the Easter Bunny.

# The Millis Cultural Council Presents The Art of Living Festival

**SAVE THE DATE! Saturday, June 17, 2023**

Calling All Local Visual and Performing Artists!

If you would like to share your visual or performing art, fill

out this form at:

<https://tinyurl.com/MCC-Art-of-Living-Festival>

All ages and talent levels wel-

come! Forms are due by June 10th

Email questions to: [millisculturalcouncil@gmail.com](mailto:millisculturalcouncil@gmail.com)

## The Labyrinth of Life

The journey from birth to death has many twists and turns. The goal of our living is not to reach that inevitable destination. Our goal is to live fully each of our days and to appreciate and honor ourselves and the world around us.

This is the focus of Church of Christ in Millis during the month of March and the season of Lent. They will be offering a variety of activities that utilize labyrinths to help bring focus to the conscious and spiritual life. The public is invited to attend these events and to utilize the labyrinth that can be found in the back yard of the church.

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 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, the Millis Ecumenical Food Pantry, the Charles River Choral and the Millis Fund. It is also used by a variety of Scout troops.

On March 12th, Sunday School will be offered for chil-

dren in grades 6 and younger. At 11:30a a group of families with younger children will be engaging in a meal and activity together. The public is invited.

March 19th will be the ingathering of the One Great Hour of Sharing offering that benefits folks around the world who suffer from war and natural disaster.

Worship services at Millis UCC, that include all ages, are offered every Sunday at 10 am with fellowship following.

For information about any of these and other events, please visit the website <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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## Medway Senior Center News

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 till 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 History 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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Your Money, Your Independence

# Dividend Investing - Navigating Hype and Pitfalls To Get Results.



Glenn Brown

the attraction on a relative basis.

Unfortunately, due diligence by many investors buying or selling dividend stocks is based on yield and a story with a catchy headline. They ignore a company's business model, free cash flows, payout ratios, dividend growth, stock appreciation and other key factors.

Even worse is mantra of "I don't care about the stock price, as long as I get my dividend".

Here's a few considerations I use to avoid pitfalls and manage a Dividend Growth & Income portfolio.

**1. Be diversified across industries.** Far too often see self-directed investors own 20 companies and think they're diversified. Problem is 15 are in the same sector (i.e. today it's energy, 5 years ago REITs, 17 years ago financials). Be across at least 5-6 sectors to reduce portfolio volatility throughout economic cycles.

**2. Seek total return approach.** Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

**3. Growth of dividends.**

Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less today. Given this, these are ignored by income investors. Huge mistake, let me explain via concept of Yield-On-Cost (YOC).

**4. Yield-On-Cost (YOC).** Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example. Five years ago software company is yielding 1.0%, today through dividend increases YOC is 2.8%. Meaning your initial investment 5 years ago now pays out 2.8% annually even though current yield still ~1%. Bonds can't do this,

they're fixed. But there's more... add 216% stock appreciation and you see the mistake of only selecting high dividend yields.

Other examples:

- Managed Care: 1.3% yield, 5-year YOC 3.9% + 131% total return.
- Environmental Industrial: 1.7% yield, 5-year YOC 3.9% + 134% total return.
- Semiconductor: 0.8% yield, 5-year YOC 3.8% + 380% total return.
- Pharmaceutical: 1.3% yield, 5-year YOC 5.3% + 394% total return.

**5. Balance with consistently boring.** Boring is reliable. Boring is necessary. This can include companies increasing dividends each year for 25 years (just 64) or 50 years (only 37). Additionally, this is also where you can add some slow

growth, high-yield opportunities to help increase overall portfolio income. Again business model matters, debt matters, visibility matters.

Dividend investing can play a part in your investment and/or income distribution strategy, but it's more than yield with a story if you want results to stay invested over economic cycles.

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

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

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With headlines like these, who needs enemies?

Dividend stocks are getting a lot of attention given how as a group they outperformed the S&P 500 Index which declined -18.1% in 2022. Witness leading dividend ETFs (exchange traded funds) from Schwab, Vanguard and iShares (BlackRock) ranging from -3% to -9% for the year, keeping 10-year annualized returns still above 10%. Add US bond market index down -13.1% due to rising rates, you can see

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# Porthouse Tax Advisors Offers Individualized Approach to Your Tax Needs

Are you prepared to handle issues with the IRS on your own? Do you have a lien, levy or garnishment on your wages? Are you a business with unpaid payroll taxes? Or are you just a procrastinator who's let things go way too long?

If you find yourself in a tax predicament, head to Porthouse Tax Advisors in Medway, Mass. They are a team of experts located at 166 Village Street across the street from the town hall.

Dawn Porthouse, a long-time Bellingham resident, started Porthouse Tax Advisors five years ago, with her main goal being to help people. She has an MBA from Babson College, an MPA from Framingham State University and a business degree from UMass Dartmouth. With nearly 20 years of experience in the financial world, you're in great hands if you go to her with your tax issues.

Porthouse Tax Advisors is a boutique firm which specialize

in helping individuals and business owners deal with tax problems. They help people who owe significant amounts to the IRS navigate the IRS maze. "I speak government," Porthouse says. "We are local and very methodical." The first steps to helping are pulling transcripts and analyzing the severity of the situation.

Porthouse Tax Advisors does not use a "one size fits all" approach. Instead, they will use an individualized approach, where they assess your situation in stages. According to Dawn, "Everyone's tax situation is different. No two are ever the same and require different solutions."

Porthouse states she loves "helping people navigate the complexities of taxes." Her employees are from local communities, and they do not outsource the work. Porthouse Tax Advisors is open year-round, with their busiest season being from February through May. Their



hours of operation are Monday through Friday, 9:30 a.m. to 4:30 p.m., by appointment only. This way they can ensure each client receives the time and attention they deserve, and no one is sitting around waiting to be helped.

Porthouse also gives back to the community. She is commonly known for doing reduced tax returns through her Liberty Tax office in Franklin, Mass. for members of the Franklin Senior Center.



If you are in need of tax assistance, have any questions, or would like more information on how they can help you, con-

tact Porthouse Tax Advisors by phone at (774) 613-2600.

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# Millis Senior Center Happenings

*\*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.

## March Events:

### ST. PATRICK'S DAY FEAST & ENTERTAINMENT

On Wednesday, March 22nd at 12 Noon, singer and storyteller Davis Bates will provide a Celtic Celebration with tales and songs from Ireland, Scotland and Wales. There will be stories of seal folk and wee folk, and sing-alongs.

At 1 PM, we will be feasting on homecooked corned beef and cabbage with all the traditional fixings and Patty's famous ice cream pie.

Please make a reservation with payment of \$7 before Monday, March 13th to join us for lunch. Entertainment is free.

### BASKET WEAVING BEGINNER CLASS

An introductory class to basket weaving and structure, designed for the individual who wants to try without feeling overwhelmed. You will learn basic basket structure and tips on handling weaving materials. Each student will complete a small, round basket with glass beads. All supplies provided but

bring an old hand towel to work with wet materials. The class is on Tuesday, March 14th, 1-4PM. Cost is \$10 for Millis residents and \$25 for non-residents. The class is limited to 10

### WORLD HERITAGE SITES-ARMCHAIR TRAVEL

Come with us on a travel adventure as we explore 24 outstanding UNESCO World Heritage Sites through a Great Course. These sights highlight masterpieces of creative human genius, archeological sites, religious architecture, monumental sculpture and painting, classic urban landscapes and masterpieces of architecture and engineering. We will also explore some of our planet's most significant natural features, physical and biological formations and areas of noteworthy beauty and scientific value. Some of the sites to be included are the Taj Mahal, the Great Barrier Reef, the Canadian Rockies, Angkor Wat and Virunga National Park. Sessions will be held on Wednesdays from 11AM-12:15PM and will explore 2 sites per week. Weekly classes from March 1st through May 17th. No class on March 22nd. Hosted by Susan Steele.

**ELDER DENTAL** Please join a Dental Hygienist from Hope Health Community VNA on Monday, March 6th at 10AM. She is coming to talk about how to best care for your teeth or dentures. She will provide a presentation on oral health, an overview of adaptive aids to care for your teeth, a new toothbrush and/or denture brush, and listen to your particular concerns.

### SENIOR CIRCUIT BREAKER SEMINAR WITH REPRESENTATIVE JAMES ARENA-DEROSA

On Monday, March 6th at 11AM. You may be eligible for this tax credit even if you owe no income taxes! Come to the seminar for more information.

The Senior Circuit Breaker is a tax credit that is triggered when property tax payments exceed 10% of a senior citizen's annual income. If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year. Seniors who rent their

homes can also qualify for this dollar-for-dollar tax credit if 25% of their annual rent exceeds 10% of their annual income. The eligibility for this credit:

MA resident, age 65 by the end of the tax year you are filing.

Must own or rent property in MA as your primary residence

For 2022 must have an annual income of: \$64,000 or less (single filer), \$80,000 or less (Head of Household filer), or \$96,000 or less (joint filers)

To apply, you must file a 2022 MA state income tax return by April 19, 2023. The 2022 credit is capped at \$1,200. If you are eligible, complete Schedule CB with your MA state income tax return.

### OPTIMIZING YOUR TAX STRATEGY & GAIN CONTROL OF YOUR TAXES IN RETIREMENT

Keep More of Your Hard-Earned Money in Retirement. Do you have a plan to ensure you won't pay more than your fair share to the IRS? With NEW legislation that may increase tax rates, a growing national debt, market volatility and uncertainty around future Social Security benefits, there are a lot of unknowns and risks in retirement to consider. Is your existing strategy strong enough to survive? Join us on Monday, March 13th at 1PM, for an informative workshop to learn about the latest strategies to help preserve your assets, maximize your retirement income, reduce market risk, and potentially lower your taxes. Reservations are appreciated.

**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, March 27th at 11AM. Reservations are appreciated.

**BOARD GAMES WITH DEBBIE** This has been a great success! Debbie will be hosting on Monday, March 27th, 1-3PM. Come on down and enjoy some friendly competition with your neighbors.

Needle Workers Group Come

## SENIOR CENTER

*continued on page 10*

*Dare to be different!*



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**SENIOR CENTER**

*continued from page 9*

meet some new and old friends as you help each other with needle-working 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 primar-

ily 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 move-


ments 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!



## Why Choose Rock optiX?

Dr. Teresa Hrach is an experienced optometrist dedicated to improving the vision and lives of her patients. She has received multiple awards for her excellence in the field, including:

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## Stopping the Cycle of Anger:

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Register and learn more at  
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**SPARK Kindness presents**  
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For information or to pre-register contact  
Jen Donehey 508-667-4326 [millisbeautificationday@gmail.com](mailto:millisbeautificationday@gmail.com)

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Parents/guardians need to sign permission slip at registration.

Everyone needs to sign waiver at registration as required by the Town of Millis.

# The b.LUXE *beauty beat*

## PAWSitively Amazing!

BY GINA WOELFEL

Everyone knows that our beloved four-legged friends bring us so much joy and love, but did you ever stop to think about how they make us look and feel? Our canine companions are always loyal, warm, and wildly goofy – all qualities that help them shine as the incredible furry friends we know and love. But it’s more than just their lovable personalities that keep drawing us back in; there is a real science behind why man’s best friend can quickly become our favorite confidant. Let’s take a closer look at why exactly our dogs make us look good, feel great, and smile even wider!



Our pets give so much more than just their company. Owning a pet may decrease stress, improve our heart health, and even boost our mood. Pets keep us moving and specifically, dogs, increase our activity levels with daily walks, play and cleaning up all those doggy toys! Exercise on its own is great, but exercise with a pet adds an added layer of fulfillment and social support.

At b.LUXE, we’ve always maintained that beauty starts from within. Sure, a fresh cut and color can make you feel great, but a happy heart radiates true beauty and for the b.LUXE ladies, nothing makes us feel more beautiful and joyful than our pups (and cats, horses, guinea pigs and chickens!)

If you haven’t guessed already, we’re animal people, so our PAWSitively Amazing fundraiser this month to benefit PAWS New England is an important one for us! Read on for details...

**PAWSITIVELY AMAZING FUNDRAISER:** For the entire month of March, b.LUXE Hair and Makeup Studio is donating 10% of our retail sales to PAWS New England! For every hair, skincare, makeup and tanning product sold, 10% goes directly to our friends at PAWS!

Leading the way in all this pooch affection is b.LUXE owner, Heather Cohen, who’s been a canine advocate and dog fosterer with Paws New Eng-

land for the past 20 years. She’s always said, “Dogs are my favorite people” and judging from her house full of them, we believe her!

Heather first started her rescue journey with Joanne Hutchinson, one of the three original founders of PAWS New England. I recently interviewed Joanne and she shared with me how PAWS began and where they are today.

“Paws New England started with a small group of women who saw the need for adoptable dogs in the New England area and an abundance of dogs in our southern shelters who were being euthanized for space only, a practice that’s, surprisingly, still in use today. Rescue was in its infancy 20 years ago, so we followed the lead of some of our predecessors and began rescuing dogs from the Memphis, TN area. We rescue abandoned, neglected, and abused dogs from high-kill shelters and desperate situations and provide them with vet care, behavioral training, boarding, food, medications, and anything our dogs and foster families need to succeed! We then bring them to New England where we place them in safe, loving homes.

Joanne shared with me a picture of “Jackson” (featured above), a Golden Retriever mix who came to PAWS with a severely injured leg in need of amputation. Through PAWS, Jackson received the care he needed and was placed in his forever home this past year. These are the kinds of stories that melt our hearts. Nothing compares to the feeling of coming home

b.LUXE  
hair & makeup



to our loyal, tail-wagging friends and their unconditional love. Heather Cohen and I have both adopted our pups from PAWS and there’s no denying how much joy they bring to our lives.

Joanne further explained just how far PAWS has come: “Fast forward to 2023 and we’re now sending approximately 10-15 dogs per week to adopters or foster homes, which are a critical part of our organization. We’re a volunteer operation and well known for accepting dogs who’ve been injured and abused into our program and, as such, donations are the only way we can continue to assist those dogs who need us the most. 98% of every dollar donated goes directly to our dogs. We even share our tax documents right on our website.”

b.LUXE wants every dog to have an amazing home where they feel safe, loved and adored.

We know you feel the same way about your beloved pooches and hope you’ll stop in this month and grab a few beauty products to help support PAWS New England!



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# Living Healthy

## Cataract Surgery in 2023: Questions and Options

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

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

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



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

**2. What is my cost?** Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we

are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.

**3. What type of anesthesia am I going to get?** With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

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

**5. What is the rate of infections in your center?** Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to

travel to. In our center this rate is close to zero percent.

**6. What type of technology is available at your surgery facility?** Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!

**7. What type of implant am I going to get?** Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.

### EYES

*continued on page 13*



## MILFORD - FRANKLIN EYE CENTER

### GREAT NEWS!

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**EYES**

*continued from page 12*

**8. Will my need to wear glasses be reduced?**

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

**9. Will I have stitches?**

It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

**10. What will be my vision on day 1 after the surgery?**

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

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and Vivity lens implants. We have trained local and out-of-state surgeons on how to perform cataract surgery. We offer bladeless laser cataract surgery. We implant high quality pre-

mium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No longer need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and 2 other locations in Milford and Millis. Over 30 thousand procedures performed and 7 providers with your interest in mind offering the best cost-efficient surgical care in an ambulatory surgery center closer to home.

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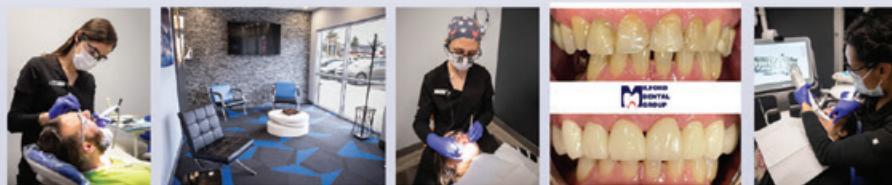
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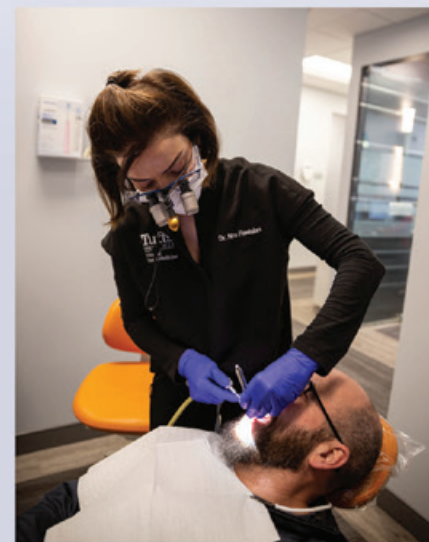
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# \$100,000 donation to fight Alzheimer's in Mass. and New Hampshire made by Operating Engineers Union

The International Union of Operating Engineers Local 4 made a \$100,000 donation from their charitable foundation to the Alzheimer's Association Massachusetts/New Hampshire Chapter today to support research, treatment, and advocacy for those affected by Alzheimer's disease and other dementia. The funds were raised by union members and partners through their union's annual golf outing.

Since its formation in 2018, the Operating Engineers Local 4 Charitable Foundation, Inc. has contributed to numerous causes throughout the region. This contribution continues the union's long history of supporting organizations across New England and recognizes the Alzheimer's Association's leading role in research, advocacy, and care.

"We're immensely proud to help advance the fight against Alzheimer's disease," said Local 4 Business Manager William McLaughlin. "Through life-changing research on treatments, prevention, and more, the Alzheimer's Association is bringing us closer to winning the fight against a disease that has affected far too many families. This donation allows our members to sup-

port the organization's incredible work."

In addition to industry-leading research, the Alzheimer's Association provides care and support infrastructure for those affected by Alzheimer's disease and dementia. The organization is the largest nonprofit contributor to Alzheimer's research and aims to ultimately develop a cure.

"This donation is going to make a real impact," said Jim Wessler, CEO of the Alzheimer's Association Massachusetts/New Hampshire Chapter. "Millions of people are facing Alzheimer's disease, and this generous gift brings us one step closer to a cure. Thanks to the support from the members of Local 4, the Alzheimer's Association will be able to provide much-needed care and support services for families, as well as fund critical research."

According to the Centers for Disease Control, in 2020, as many as 5.8 million Americans were living with Alzheimer's disease. Younger people may get Alzheimer's disease, but it is less common. The number of people living with the disease doubles every five years beyond age 65. This number is projected to



Business Manager William D. McLaughlin and the leadership team of the International Union of Operating Engineers Local 4 and the Alzheimer's Association Massachusetts/New Hampshire Chapter celebrate the \$100,000 donation. Courtesy photo.

nearly triple to 14 million people by 2060.

This contribution follows Local 4's extensive track record of charitable giving to organizations across Massachusetts and beyond. For decades, the union

has been able to advance the work of charitable causes where their membership lives and works. In addition to their most recent contribution, Local 4 has supported veterans, cancer treatment and research, substance

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For more information about Operating Engineers Local 4's charitable contributions, visit <https://www.iuolocal4.org/about-us/charitable-contributions/>.

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# Rep. Vaughn Files Commonsense Legislation in First Term

As the new year legislative session gets off to a start, Representative Vaughn has filed over 30 pieces of legislation in his first term, building upon some of the work done by Representative Dooley and spearheading some initiatives of his own. Representative Vaughn has a number of priorities this legislative session, all of which are common sense ideas to help make the Commonwealth a better place to live. These are the Top 5 bills the Representative is hoping to push hard for this legislative session.

**HD1079** – An act relative to electronic security for the commonwealth

This bill seeks to protect the commonwealth and our citizens from cyber security threats from the Chinese government (CCP) as well as other malicious actors and foreign adversaries. This bill would ensure that any entity that receives state funding; municipalities, agencies, contractors, grant recipients, etc. be barred from using products made by the CCP or other foreign adversaries. This bill will also require that an entity that receives state

funding that currently has CCP made products or devices, have a plan in place within 90 days of this legislation going into effect to remove/replace said devices and products, and then enact said plan within 6 months of the plan being presented. The goal of this bill is to ensure that we as a Commonwealth are secure and are not leaving any aspect of our infrastructure at the whims of a hostile foreign power.

**HD1077** – An act relative to MSBA school funding

This bill is a study that will look at the current funding structure that the MSBA uses and propose recommendations for how this funding structure can be updated to ensure that the money we spend on education is best allocated. The needs of Primary, Secondary, and technical education are different. As we see an increased need for technical education and expertise, we should ensure that we are funding these schools appropriately. Technical schools often require more expensive and specialized equipment than secondary schools and the mechanism by which they are

funded should reflect those needs. **HD1489** – An act relative to establishing a grant program to increase the presence of mental health counselors in schools

This bill seeks to provide a grant program to schools/school districts to increase the number of credential service providers. These will include mental health counselors and other professions that will be brought into the schools with the goal of improving and uplifting student mental health. As evidenced through the pandemic, student mental health has declined significantly and that is deeply concerning. This bill seeks to build on the Mental Health bill that was passed last session and provide schools with the ability to give their students what they think will be best to help them.

**HD2049** – An act relative to pill press machines

This bill imposes a \$25,000 fine or 1 to 5 years in prison for possession, purchase, transportation, etc. of a Pill Press Machine. These machines can be purchased online for a few hun-

dred dollars and allow the person who has them to make pills/tablets/capsules that are virtually indistinguishable from the name brand and generic drugs/medication you get from the pharmacy. Nefarious actors who use these machines can lace these pills/tablets/capsules with whatever they want including fentanyl. Someone may think they are purchasing some sort of opiates and the pills look identical to their original prescription and they have no way of knowing that these pills are not at all what they are expecting to get. This legislation is just one piece of the puzzle in this complex fight against the opioid crisis and the sad and tragic overdoses that occur all too frequently.

**HD3124** – An act relative to billboard advertisements for cannabis

This bill gives the Cannabis Control Commission (CCC) the final stamp of approval over Cannabis dispensary billboard advertisements. So many of our state routes and highways are now plastered with Cannabis advertisements, especially Rt. 1. And many of these advertisements do

not have the proper warning language on them that is required by law or if they do, the print is so fine it is impossible to read from the road while driving by. By giving the CCC final approval over these billboards we can ensure that the proper warnings are placed on the billboards and that the warnings are visible and legible from where the intended audience is viewing them from.

“I am proud to have filed each of these pieces of legislation. Each of these bills takes a step in the right direction to make our Commonwealth more secure, equitable, and safe” Representative Vaughn said. “I am looking forward to working with my colleagues on Beacon Hill to push forward solutions to the many issues that lay before us. These are just a few of the many bills that we will deal with this year and my hope is to be a voice of common sense and reason for the people of the 9th Norfolk District.”

Please contact the office of Representative Vaughn with any questions or concerns at (617) 722-2263 or [Marcus.Vaughn@mahouse.gov](mailto:Marcus.Vaughn@mahouse.gov).

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# Mary Poppins comes to Millis

Theatre Group of Millis in consortia with Millis High and Middle Schools, presents the Disney and Cameron Macintosh's musical MARY POPPINS on March 24, 25, 31 and April 1 at 7:00 p.m. at Millis High School Auditorium, 245 Plain Street, Millis.

The musical is based on the books of P. L. Travers and the classic Walt Disney film, and has delighted Broadway audiences for over 2,500 performances.

The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family how to value each other again.

Some of the most memorable songs ever written for a

musical including "Spoonful of Sugar", Chim Chim Cher-ee" and "Supercalifragilisticexpialidocious" and others with choreography are fun, and not to be missed. The musical is directed by M.S. AtKisson, Music Director Mark Femino, and Choreography Stephanie Copice.

Tickets are available online at [www.millistheatre.org](http://www.millistheatre.org) – Adults \$17.00, Seniors and students \$10.00. At the door ticket prices are \$20.00 for Adults, Seniors and students are \$10.00. For further information and tickets go to [www.millistheatre.org](http://www.millistheatre.org).

This program is supported in part by a grant from the Millis Cultural Council, a local agency supported by the Mass. Cultural Council, and is also sponsored in part by Middlesex Savings Bank.

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# Sports

## MacGowan To Coach Millis Varsity Softball Team

By KEN HAMWEY  
STAFF SPORTS WRITER

Brett MacGowan is Millis High's new varsity softball coach but he's no stranger to the program or the girls he'll be directing.

The 55-year-old MacGowan was the Mohawks' junior-varsity coach for the last eight years and all 11 of Millis' returning players competed for him during his reign at the jayvee level. The East Longmeadow native, who lives in Bellingham, has plenty of softball experience, especially at the grassroots level.

"When my daughters were old enough to compete, I coached in the Bellingham Youth League for 12 years and also served on the association's board of directors," MacGowan said. "I was secretary, vice president, and for seven years I served as the umpire scheduling director. I also coached club softball for 16 years and umpired for USA Softball for five seasons."

MacGowan's three daughters (Taylor, Kaleigh and Kasey) all played for Bellingham High's varsity and Taylor was a starting outfielder on the Blackhawks' state title team in 2014.

Hired by Millis' new athletic director (Derek Phinney) last November, MacGowan jokingly said, "I'm the first coach Derek's hired, so I guess there'll be some pressure." Acutely aware that the role of a sub-varsity coach is to teach and prepare players for varsity duty, MacGowan still managed to produce winning records in seven of his eight seasons as a junior-varsity coach.

MacGowan inherits a team that former coach RJ Maturo

guided to a 12-10 record last year before Millis lost to Turners Falls in the Division 5 state tourney quarterfinals. MacGowan's primary goal for the 2023 campaign is "to be successful."

"Success includes growing as players, building team chemistry and qualifying for the playoffs," said MacGowan, who has worked for the last nine years at Millis High in the special education department. "In terms of enrollment, we're the smallest school in the Tri Valley League, but we'll strive to be the smartest. We're always limited in numbers. We want to get to the tourney and once there we'll let the chips fall where they may."

A firm believer that pitching and defense come first, MacGowan's coaching style will also emphasize that being aggressive on offense matters.

MacGowan's returnees have a variety of strengths. He likes their softball IQs and their technique, experience and versatility. "Our softball IQs are good but they can improve," he said. "We've got players who can compete at different positions and we've got veteran experience. With only 11 players back, we need to build depth."

The Mohawks' captains — senior catcher Frankie Pizzarella and juniors Abby Powers (outfield) and Izzy Jewett (infielder) — are top-notch leaders and very capable in their roles.

"They're quality leaders who will be role models, especially for the girls at the youth level," MacGowan offered. "Frankie is a field general who's very intelligent, can hit for power, has a cannon for an arm and is aggressive on the bases. Abby is fast, covers lots of ground, has

a high softball IQ and is a great bunter. Izzy is physically and mentally tough, can play all four infield positions and also catch."

The pitching chores will primarily be left to Riley Caulfield, a junior right-hander. Sophomore Ashley Aten is a dependable back-up. "Riley has good control and mixes her pitches well," MacGowan noted. "She's intense, never gives up, and always smiles. She's also calm and cool in key situations. Ashley throws hard, has a good assortment and her control is good."

Two junior outfielders who'll be counted on are Kyra Rice and Liv Mathews. "Kyra likely will play centerfield," MacGowan said, "She's capable of playing all positions. She's intelligent, has great range and is calm and cool. Liv is another intelligent player who's very coachable."

Four sophomores who'll be key contributors are Isabella Briones (utility), Lindsay Gratton (infielder), Michaela Vasta (utility) and Emelia Leach (catcher/third base).

"Isabella is smart and fearless," MacGowan added. "Lindsay can play any infield positions. She's intense, powerful and coachable. Michaela can play anywhere and she hits for power. Emelia was injured last year but she can be a difference-maker. She makes plays with her bat and in the field."

Relying on an athletic philosophy that includes winning, reaching one's potential and having fun, MacGowan says that if his players give 100 percent, "then winning will occur and winning creates fun."

Life lessons can be learned in sports and MacGowan lists



**Brett MacGowan, the junior varsity softball coach at Millis High for eight years, now is the school's varsity coach.**

four he hopes his players will embrace.

"Sports can help players build confidence and develop team-first attitudes," he emphasized. "Athletics also help kids to realize the value of giving back and being good citizens. Players also learn how to overcome adversity that arise from injuries and mistakes, and they can learn how to be quality leaders."

After MacGowan graduated from East Longmeadow High, he earned a bachelor's degree in education from Fitchburg State. Before joining the Mil-

lis High faculty, he worked for the YMCA, the Whittin Community Center in Whittinsville and was Recreation Director in Sharon. He and his wife Kristen have called Bellingham home for three decades.

MacGowan is optimistic his transition to a head-coaching position will go smoothly. "The girls know me well," he said. "They've played for me as jayvees, they know my style and what I emphasize."

Millis opens its season on March 31 at home against Norfolk Agricultural School.

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# Sports

## Protecting your business and employees

If you have employees, you know firsthand that the loss of a key employee can have a profound impact on business operations. When an employee leaves, customers who dealt directly with that person may worry about receiving their goods or services in a timely manner; suppliers may be concerned about getting paid for their deliveries; and staff morale can also take a dip as remaining employees worry about assuming a heavier workload.

That's why it's important to make sure that your business is prepared to deal with the unexpected departure of a key employee which usually happens for one of three reasons: the employee chooses to resign, the employee becomes disabled, or he or she passes away.

While life insurance cannot protect against employees choosing to leave, it is often used as a tool to help incentivize them to stay; deferred compensation plans are powerful vehicles for doing just this. Deferred compensation arrangements allow you to provide retirement income to select employees. The way it works is that you and the selected employee enter a contract that specifies the compensation you will pay out to him or her in the future. Since you may not set up a specific reserve fund in which a participant has a vested right, a life insurance policy is uniquely suited to informally finance a deferred compensation plan. The future of your business depends on attracting and retaining the right talent with the right tools.

It's also important to protect your business against the economic losses it may face as the result of a top employee's death with the use of key person insurance. The way it works is that the business applies for and becomes the owner and beneficiary of a life insurance policy covering the key employee. If the insured employee dies, the business receives the policy proceeds.

Deferred compensation and key employee insurance are ben-







efits that are related exclusively to your top employees, but New York Life also has options that you can offer your entire team to help cultivate a rewarding work environment, such as life and disability insurance. These benefits can provide employees and their family's peace of mind and added financial security, which can go a long way toward attracting and retaining valuable employees.



As a business owner, you've worked hard to get where you are today. Having a contingency in place will allow you to focus on making the best possible decisions for the future your business.

*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 508321-2101*

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# SALMON Senior Living Announces New Executive Director in Medway

## Jeff Sellers to Oversee Operations at SALMON's Newest Community

SALMON Senior Living has hired Jeff Sellers as new executive director of SALMON at Medway, a senior living community offering independent living, assisted living, memory care, and enhanced care.

Most recently serving as executive director of SALMON's The Willows at Worcester, an independent living community, Jeff Sellers started with SALMON in 2020. In Worcester, Sellers successfully oversaw all community operations and established positive relationships with residents and staff, contributing to more effective operative processes, communication, and satisfaction rates.

Sellers attributes his success as executive director to his experience in hospitality, where he oversaw several successful boutique and hotel conversions and established better staff train-

ing and business processes to enhance guest experiences and consistently earn top-rated assessments.

"My time in hospitality taught me the importance of customer service, staff training, and the ultimate hospitality goal: making a space, whether temporary or permanent, the best place it can be for guests and residents alike," says Sellers. "I look forward to bringing this hospitality approach to Medway, enhancing the resident experience and exploring opportunities to provide additional concierge services and a la carte care options to Medway residents."

Sellers' transition to Medway's 57-acre campus will have him oversee multiple care levels in the senior living space, including independent living. The property features a number of amenities that align with Sell-



ers' hospitality background, including a kayak launch, campus trails, arcade room, ice-skating rink, and hydroponic gardens.

"Jeff's skillset, experience, and personality make him an ideal fit for Medway given the cam-

pus' extensive offerings," says Andrew Salmon, Chief Future Officer and third-generation owner. "Jeff's transition to Medway is the perfect example of SALMON's commitment to hire and retain top talent, position-

ing SALMON team members in roles where they may grow and utilize their expertise."

To learn more about current job opportunities with SALMON Senior Living, please visit the Jobs page.

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# Envisioning Future Holliston to showcase consultant on March 1

## Five-year strategic plan expected to be complete by year-end

BY THERESA KNAPP

The Envisioning Future Holliston Committee will hold its strategic planning kick-off meeting on March 1 at 7 p.m. The meeting will take place in the Holliston Select Board room at Town Hall and can also be accessed via Zoom.

The public is welcome to arrive between 6:30 p.m. and 7 p.m. to meet and mingle with representatives from BerryDunn, the consultant chosen to

develop “a community-based 5-year town-wide strategic plan, including a community vision for 2030,” as stated in the town’s Request for Proposals.

At this meeting, Waltham-based BerryDunn will lay out their plans including a timeline. The language in the RFP states the strategic plan should be completed within 10 months from the award date.

The full RFP can be found at <https://bit.ly/3Eamc4A>

Also on the meeting agenda is

a review of the results of the latest Envisioning Future Holliston survey which asked residents to share views on various aspects of life in Holliston including water resources & open space, community character & design, housing, town services, age-friendly services, climate resiliency and sustainability, economy, connectivity, public recreation, schools and library.

For more information, including previous survey results, visit [FutureHolliston.com](https://FutureHolliston.com)

For meeting details, including the agenda and Zoom link, visit <https://bit.ly/3YC4bEp>

# 37 Fire Service Leaders to Graduate from Management Training Program

## Four-Month Program Geared Toward New Chiefs, Rising Officers



In January, more than three dozen fire service leaders from across Massachusetts graduated as part of the 28th class of the Massachusetts Firefighting Academy’s Chief Fire Officer Management Training Program.

Deputy Chief Michael Fasolino of the Medway Fire Department was one of those graduates.

The four-month program for new chief officers and chief officer candidates is delivered jointly by the Massachusetts Firefighting Academy and the University of Massachusetts Edward J. Collins Jr. Center for Public Management. Through classroom instruction and out-of-class assignments, the course delivers

intensive training in the non-fire suppression aspects of managing a municipal fire department.

The 2022-2023 graduating class was drawn from the fire departments of Acushnet, Barnstable, Belmont, Billerica, Bridgewater, Chelsea, Easthampton, Everett, Fitchburg, Framingham, Grafton, Granby, Halifax, Hanover, Holyoke, Hyannis, Ipswich, Lakeville, Maynard, Medway, Methuen, New Bedford, Newton, North Andover, North Attleboro, Oakham, Palmer, Pelham, Russell, Seekonk, Sturbridge, Tewksbury, Three Rivers, Truro, West Brookfield, Westport, and Worcester.



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104 Summer Street, Medway

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48 Lovering Street, U6, Medway

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34 Prior Drive, Framingham \*

**SOLD**



3 Crestview Avenue, Medway

**SOLD**



149 Tahattawan Road, Littleton \*

\*Buyer

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# Real Estate Corner

## Register O'Donnell Reports on January 2023 Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of January 2023 indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity and the average property sale price as compared to the January 2022 numbers.

In January, there were 7,461 documents recorded at the Norfolk County Registry of Deeds, a 36% decrease from January 2022 and a notable decrease of 21% from December 2022.

"The real estate market is still feeling the effects of inflation,

even as it eases slightly. High food and energy costs are limiting how much money customers can save," said O'Donnell. "The number of recorded deeds, which is one measure of document volume, shows a drop in real estate sales from the previous year."

The number of deeds for January 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,034, a decrease of 24% from January 2022 and a decrease of 19% from the previous month of December 2022.

Sale prices for January appear to have dropped significantly

compared to January 2022. The average sale price in January was \$850,396, a 41% decrease from January 2022 and a 9% decrease from December 2022. The total dollar volume of commercial and residential sales is down, decreasing 62% from one year ago and decreasing 38% from last month.

"Consumers appear to have not adjusted to the spike in interest rates and are less inclined to borrow at higher rates," noted O'Donnell. "Consumers may be hoping for lower interest rates even as the average sales price falls."

Overall lending activity showed a continued downward trend for the month of January. A total of 1,001 mortgages were recorded this month, 57% less than a year ago at the same time, and down 2% from last month.

"According to the data, we are recording significantly fewer mortgages, which could be the result of several factors that the country is currently experiencing, including the increasing cost of living and spike in interest rates," noted O'Donnell. "These aspects of the economy can have an effect on the

local real estate market."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In January 2023, there were 9 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in January 2022, there were only 7 recorded. Additionally, in January 2023, there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 18 recorded in January 2022.

"The substantial increase in the number of these notices is troubling. It suggests that more of our neighbors may have financial difficulties in the future," said O'Donnell. "We will continue to monitor these figures."

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, "Property sales prices appear to be declining as a result of consumers' unwillingness to purchase property with mortgage rates above 7%. With consumers paying a larger percentage of their paycheck on housing, we remain concerned about the trend of increasing notices to foreclose."

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.

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



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## Medway Market Update

JANUARY 2022 VS. JANUARY 2023\*

14	4
SF Listings YTD VS. 2022: 0 LISTINGS	Sold Listings YTD VS. 2022: 12 LISTINGS
\$797,475	\$735,000
Average List price VS. 2022: \$618,732	Average Sales price VS. 2022: \$642,984



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\*MLSpin sales data as of 1/31/22 vs 1/31/23

# Real Estate Corner

## Most expensive real estate sales in 2022

Norfolk County Register of Deeds William P. O'Donnell reported that in 2022, twenty properties, a mix of commercial and residential, sold for more than \$20,000,000 with a median price of \$61,249,500.

The prices on the property to follow concern real estate sales during the period of July 1st, 2022, through December 31st, 2022.

The twenty properties were:

20. 495 Turnpike Street, Canton, a 93,000-square-foot warehouse facility on 14 acres, sold in July for \$419,750,000.

19. 7 Taunton Street, Plainville "Willow Trace," an 88-unit apartment complex, sold in September for \$20,100,000;

18. 418-444 Walpole Street, Norwood, the 98,000-square-foot multi-tenant retail shopping center on 8 acres sold in October for \$20,890,000;

17. In July, the same 98,000-square-foot property at 418-444 Walpole Street, Norwood, sold for \$21,000,000;

16. 30 Dan Road, a 134,800 square foot, two-story office building on 9 acres, intended to be redeveloped into a life science office and industrial facility, sold in August for \$21,000,000;

15. 2 Edgewater Drive, Norwood, a 98,000-square-foot, two-story office building on 7 acres, tenanted by Siemens Healthcare Diagnostics, sold in August for \$24,500,000;

14. Stoughton's 200 Shuman Avenue, a 160,000-square-foot manufacturing and warehouse distribution facility on 18.5 acres, sold for \$42,000,000 in November;

13. 1 Arboretum Way, Canton, the "Woodfield Commons," a 156-unit apartment complex, sold in August for \$50,000,000;

12. 1440 Beacon Street, Brookline, a 136-unit apartment complex located

near Coolidge Corner, sold in February for \$52,900,000.

11. 130-150 Nahatan Street, Norwood, a 108,981-square-foot retail complex known as "Norwood Plaza," sold in May for \$57,749,000;

10. 2500 Avalon Drive, Sharon, the "Wren at Sharon," a 156-unit apartment complex, sold in October for \$64,750,000;

9. 300 Financial Park Drive, Franklin, a 300,000-square-foot warehouse and distribution facility, sold in April for \$73,600,000;

8. 235 Gould Street, Needham, a senior and assisted living facility known as the "Wingate Residences at Needham," sold in January for \$73,848,192;

7. 135 Old Post Road, Sharon, a 192-unit apartment building known as "The Point in Sharon," sold in January for \$74,500,000;

6. 1000 Marriott Drive, Quincy, the "Marriott Boston Quincy Hotel," sold in March for \$82,200,000;

5. 95 West Squantum Street, Quincy, a twelve-story apartment building known as "Gamma North Quincy," sold in April for \$90,000,000;

4. 160 Mechanic Street, Bellingham, a 345,000-square-foot, newly renovated distribution center, sold in April for \$96,700,000;

3. 100 Rustcraft Road, Dedham, a 421,924-square-foot office and warehouse complex, adjacent to Legacy Place, sold in July for \$134,100,000;

2. 250 Station Circle, Dedham, the "Avens at Dedham Station", a 282-unit apartment complex sold in September for \$142,250,000;

1. 96-114 Worcester Street, Wellesley, the Sun-Life Assurance office park sold in June for \$202,000,000;

The top sales appear to have been a combination of residential units, retail

space, industrial and warehouse space, and distribution facilities.

"This development bodes well for the Norfolk County economy, both in terms of employment and revenue," said Register O'Donnell.

Excise taxes from these 20 sales totaled more than \$6.2 million for the state and county.

"Despite a reduction in the residential real estate sector, the commercial real estate market in Norfolk County remains active," noted Register O'Donnell.

In total, there were 17,398 property sales recorded in the Norfolk County during 2022, with an average price of \$1,173,256.

"As we head further into 2023, we hope to see similar real estate activity, time will tell."

To learn more about the Registry of Deeds, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

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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## Congratulations to Faina Shapiro

Berkshire Hathaway HomeServices Page Realty is pleased to share the exciting news that Real Estate Agent Faina Shapiro, has been named an RISMEDIA 2023 Real Estate Newsmaker. This prestigious honor is a recognition of her outstanding achievements and contributions to the real estate industry.

RISMEDIA, the leader in U.S. real estate news and information services, announced its more than 300, 2023 Real Estate Newsmakers on Feb. 1, in both an online directory on RISMEDIA.com and in the February issue of its flagship publication, Real Estate magazine.

RISMEDIA's 2023 Real Estate Newsmakers were nominated in 2022 by RISMEDIA readers and editors and are showcased in the following categories: Influencers, Trailblazers, Futurists, Achievers, Crusaders and Luminaries. RISMEDIA will honor this year's Real Estate Newsmakers, including the 2023 Hall of Fame, at RISMEDIA's Newsmakers Reception & Dinner, being held Sept. 6 at the Mayflower Hotel in Washington, D.C., in conjunction with our 2023 CEO & Leadership Exchange.

Being named an RISMEDIA 2023 Real Estate Newsmaker is a major accomplishment, and it highlights Faina's exceptional leadership skills and innovative approach to real estate. Her dedication to her clients and her community has made her an asset to Berkshire Hathaway HomeServices Page Realty and has helped to build a strong reputation for our company.

Faina Shapiro's success is a testament to her exceptional work ethic, commitment to her clients, and her ability to stay ahead of industry trends. Her passion for real estate and her dedication to delivering the best possible service have earned her a reputation as one of the top real estate agents in the industry. Her ability to understand the unique needs of each of her clients and find them the perfect property has made her a go-to choice for many looking to buy or sell real estate.

Congratulations to Faina!

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## Recent Home Sales

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02/16/2023	1 Applegate Road	\$1.05 mil
02/10/2023	45 Village Street	\$608,000
02/10/2023	235 Main Street	\$385,000
02/07/2023	28 Clark Street	\$275,000
01/30/2023	48 Lovering Street #6	\$310,000
01/27/2023	11 Short St. (1.01 acres)	\$158,000
01/26/2023	9 Azalea Drive	\$706,000
01/25/2023	Lot 8 Sterling Circle #16	\$754,895

Date	Millis	Amount
02/03/2023	3 Jameson Drive #239	\$971,638
01/31/2023	3 Plimpton Farm Rd #307	\$989,888
01/12/2023	2 Helen Lane #162	\$837,238

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

## Recent Home Sale



2 Helen Lane in Millis recently sold for \$837,238. Image credit: www.zillow.com

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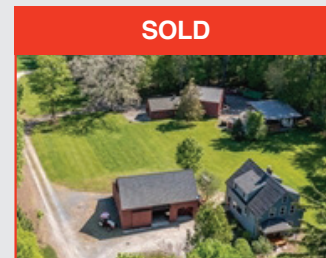
12 Sylvia Avenue  
Natick - \$659,900



94 Ridge Street  
Millis - \$524,900



118 Norfolk Road  
Millis - \$775,000



24 Hollis Street  
Sherborn - \$900,000



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**SOLD**



\$181,000  
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 Jennifer McMahon

**SOLD**



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

**SOLD**



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**SOLD**



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**SOLD - BUYER SALE**



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**SOLD**



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**SOLD**




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