



Erin LeBlanc, Teen Program Coordinator; Sharon Locke, Recreation Committee Vice Chair; Kris Fogarty, Millis Recreation Department Director

Millis and Medway Recreation Departments receive state awards

Both the Millis and Medway Recreation Departments receive awards at the Massachusetts Recreation and Park Association (MRPA) annual state conference in March.

Millis Recreation Department received the “Regional

Community Impact of the Year” award. This award is given to a town or city that is a member of MRPA that has provided outstanding service and dedication to their community. The town or city will be nominated by someone in

their MRPA region. Each region will be represented and will have a town or city given an award. Congratulations

AWARDS

continued on page 2

Roy represents Millis as Project 351 Ambassador

In November, Nicholas Roy, an eighth grade student at Millis Middle/High School, was having a normal school day when he was called down to the main office.

“That was concerning and nerve-racking, and I was confused at what it could be about,” says Roy, thinking back. “When I made it to the office, I was congratulated on my nomination for Project 351 and told about the inspiring project.”

Before then, Roy says he was not aware of the statewide project that seeks to tap eighth grade students from all 351 municipalities in Massachusetts who can be described as “unsung heroes and quiet leaders.”

Roy says he has always tried



Nicholas Roy is the Project 351 Ambassador from Millis. During one of his service projects, he collected 43 bags of clothing.

to be a quiet leader.

“Ever since I was little, I would always try to help my

AMBASSADOR

continued on page 2



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AWARDS

continued from page 1

to Kris Fogarty, Director and Erin LeBlanc, Teen Program Coordinator.

Julie Harrington, Director of Medway Parks and Recreation received the "Community Professional of the Year" award. This award is given to a member of MRPA that has provided outstanding service and dedication to their community and continues to improve the field of park and recreation. This person can serve in any specialty area within the park and recreation industry.

Julie Harrington, Director Medway Parks and Recreation Dept.



AMBASSADOR

continued from page 1

classmates, friends, and family with anything they needed whether it was schoolwork, chores, or personal problems. Being a quiet leader doesn't always mean a person who strives to control everything in a particular moment or project, it means a person who is able to help others to the figurative 'finish line' when they might not be able to do it themselves."

When he heard about the project, he immediately knew he wanted to participate.

"I thought the cause was amazing, and we do service projects all throughout the year focusing on different problems: clothing insecurity, pollution/preservation of the earth, and even one of our choice. This was a way I could make a difference in my small town community," says Roy.

To date, he has completed a service project called "Spring Service" in which he organized a clothing drive in Millis for Cradles to Crayons.

"After many hours of planning, decorating, and collecting I accumulated 43 (13-gallon) bags full of clothing which I quality sorted. Forty-three bags of clothing is equal to clothes for approximately 129 little kids, which I found really exciting! I look forward to more of these impactful projects in the future."

Future service projects will include a "Hope and Gratitude Weekend," leadership reunion, 9/11 tribute service, and a Campaign to End Hunger project.

Millis Middle School Civics teacher Michele Lanah says Nicholas was chosen by his 8th grade teachers out of 103 students as the Project 351 Ambassador.

"He is a responsible, motivated, organized, bright, kind and social young man who is the ideal candidate to represent our school," says Lanah.

Project 351 began in 2011 by then-Governor Deval Patrick as a way to focus on "young people and community," according to project351.org.

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Millis Town Election to be held on May 8

This year's annual town election in Millis will be held on Monday, May 8, at the Veterans Memorial Building from 7 a.m. to 8 p.m.

There are no contested races. The ballot includes:

Moderator:
Robert A. Cantoreggi, II*

Town Clerk:
Lisa Jane Hardin*
Select Board:
Erin T. Underhill*
School Committee (2 seats):
Denise D. Gibbons*,
Shayna Ann Canestrari
Board of Health:
Jaikaur LeBlanc*
Library Trustee:

Jennifer White Farrar*
Planning Board:
Richard D. Nichols*
Constable (2 seats):
Helen R. Kubacki*,
Nathan R. Maltinsky*

**Candidate for re-election
For more information, visit bit.ly/MillisVote*

Millis Annual Town Meeting will be May 3

Articles include additional money for schools, union contracts, plastic bag bylaw, citizens' petition regarding radio frequencies

Millis Annual Town Meeting will be held on Wed., May 3, at 7:30 p.m. in the Millis Middle/High School Auditorium.

The warrant consists of 20 articles related to funding unpaid bills; setting the FY24 operating budget; making transfers (\$938,000) to the school district; transferring funds to sewer enterprise fund, water enterprise fund, and stormwater enterprise fund; transferring \$35,000 for the Oak Grove Farm Trail Improvement Project; borrowing for the lease or purchase of up to six buses for the Millis Schools (\$614,605) and/or one police cruiser (\$66,911); developing a Net Zero Action Plan intended to decrease gas emissions in town by 2050; and ratifying union contracts.

There is an article to transfer the amount of \$658,757 to fund various capital items, including a dump truck with plow and sander (\$95,527), heavy duty 10-ton trailer (\$23,000), library building repairs (\$30,500), school wireless upgrade (\$68,000), sewer enterprise infiltration and inflow investigation (\$137,630),

water well #3 PFAS final design (\$272,900), water chlorine/PH analyzer replacement (\$31,200), and to authorize the board to dispose of old vehicles or equipment; transfer money to the town's unemployment insurance fund; establish a Special Education Stabilization Fund; and transfer money for the Stabilization Fund.

There is a "consent article" to see if the town will vote to adopt amendments to the Millis Personnel Plan; authorize the Board of Health to appoint any of its members to another town office or position for which it has appointment authority; establish spending limits for various revolving funds; and/or make various appropriations from the Community Preservation Fund, totalling approximately \$225,000.

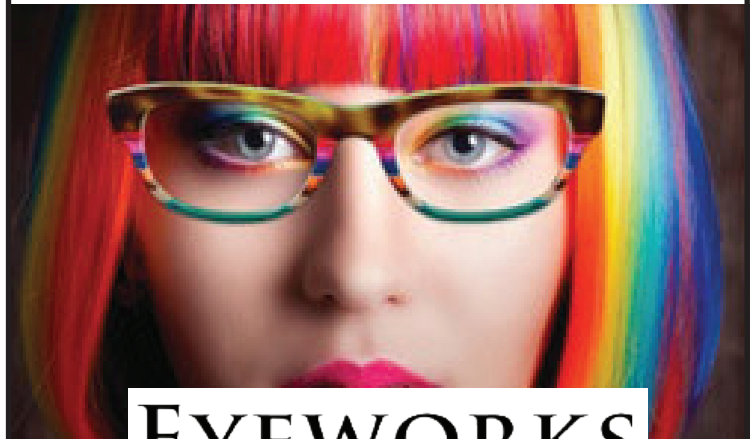
The Board of Health is asking the town to amend its bylaws with a "Plastic Bag Reduction" bylaw, the purpose of which is "to eliminate the usage of plastic checkout bags by all stores in the Town of Millis and to promote the use of reusable bags."

There is also a citizens petition related to radio frequencies which asks "that the Town of Millis pro-actively advocate for

its residents, supporting similar efforts in Pittsfield, MA," by sending correspondence to various state officials and governing bodies indicating Millis residents have "urgent concerns regarding the safety of wireless infrastructure for human health and the environment."

For the full text of the warrant, visit bit.ly/MillisATM2023.

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Medway High School Band and Choir Ensembles Perform in MICCA Statewide Festival

Principal John Murray is pleased to announce that the Medway High School Concert Band, Treble Choir and Concert Choir Ensemble performed at the Massachusetts Instrumental and Choral Conductors Association (MICCA).

The statewide festival was held the weekend of March 31- April 1 at Hopkinton High School and featured all members of the Medway High School choir and band ensembles. In total, 152 bands and orchestra school ensembles and 80 chorus ensembles participated in this year's event.

The groups performed three pieces of repertoire for three adjudicators who then scored the ensembles against a rubric of standards. After the performance, the ensemble received a private clinic with one of the adjudicators and was awarded a medal of participation, merit, bronze, silver or gold.

The Concert Choir and Treble Choir received silver medals.



Clockwise from above: Medway High School Concert Choir at the MICCA Festival, Medway High School Treble Choir at a MICCA Festival Clinic; Medway High School Concert Band at a MICCA Festival Clinic. (Photos courtesy of Medway Public Schools)

The Concert Band received a bronze medal.

“Our students' dedication, hard work and passion truly show in every performance, just

as it did at the MICCA Festival. It's wonderful to see our students recognized for their musical talents at the state level as they have committed much of their time

and effort into making each performance a success,” said Principal Murray.

Members of the MHS Concert Band performed pieces by Karl King, James Swearingen and Balmages. The choirs presented pieces by Ogura, Mendelssohn, Thomas, Telemann, Ginsberg and Caldwell.

“I am so very proud of all the hard work shown by the ensemble during this concert season,” said Performing Art Teacher Amanda Webster.

At the statewide MICCA Festival, the performances last about 20-30 minutes. MICCA encourages and supports the development of elementary, middle and high school performing ensembles. The festivals include performances by marching bands, soloists and ensembles.

Members of the Medway Public Schools faculty, students, families and community members also attended the Festival to show their support.

localtownpages

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

Publisher

Chuck Tashjian

Editor

Theresa Knapp

Send Editorial to:

editor@millismedwaynews.com

Advertising Sales Manager

Jen Schofield
508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry
Kim Vasseur
Wendy Watkins

Ad Deadline is the
15th of each month.

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LETTER TO THE EDITOR

Millis asked to amend the 2019 plastic bag reduction bylaw

On May 3 residents of Millis will be voting on Article 16, which proposes replacing the Plastic Bag Reduction bylaw with revised language that clarifies the difference between a single-use plastic bag, paper bag and encourages the use of reusable bags.

Millis joined over 140 municipalities in Massachusetts in banning plastic bags in 2019. The effort was led by the Millis Plastic Reduction Initiative, who did extensive community and retail-store outreach and gained broad support for the bylaw.

Not surprisingly, the plastic industry created a 4 mil. thick-film "reusable" bag made of low-density polyethylene (plastic) that was distributed across numerous communities in the Commonwealth, including Millis. Fortunately, the Millis bylaw was clear that "a

reusable checkout bag may not be constructed of polyethylene or polyvinyl chloride," and cease and desist orders were issued. As far as retailers are concerned, the Bylaw remains the same, in that all retail stores cannot distribute "any film" plastic bags.

Banning plastic bags frees our waterways, sewer grates and beautiful trees of these non-biodegradable eyesores that litter our community, asphyxiate our local wildlife, and interfere with recycling machinery. I applaud our Town elected officials for amending the plastic bag reduction bylaw and for understanding the value of reducing plastic pollution in our beautiful community.

*Nancy Downes,
Millis resident*

Medway Memorial Day Parade will be May 29

The Medway Memorial Committee is preparing for the 2023 Memorial Day parade and ceremonies to be held at Matondi Square on May 29.

This year they will be honoring John Larney, posthumously. John was a US Navy, Vietnam Veteran, an active Medway Post 1526 VFW member, served as its Quartermaster for a number of years, and most recently served as the Massachusetts VFW Quartermaster. He was quite active in his community, especially with the Boy Scouts, serving actively with the Old Colony Council of Boy Scouts of America headquartered in Stoughton. John was a member of the Medway Memorial Committee since its inception many years ago.

The Memorial Day parade will leave from the Medway VFW on May 29 at 10 a.m. promptly and proceed to Matondi Square for ceremonies honoring John and the men and women who so valiantly gave the ultimate in service to our nation.

The parade will consist of the Worcester Kiltie Band and the Medway High School band along with color guard from the



police department, fire department, and the VFW. In addition, community organizations such as the Boy Scouts, Girl Scouts, Lions Club, etc. are invited to

march in the parade.

Mustering will take place at the VFW with all participants asked to be organized and ready to step off at 9:45 a.m.

Service members are encouraged to participate in the parade; a float and vehicles will be provided for those who do not wish to march.

The throwing of candy, etc. is not allowed.

For more information, visit www.townofmedway.org.

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Entrust Your Home to the Hands of a Mom

The Moms Painting Company brightens up your walls and cabinets

By JANE LEBAK

In the era of work-from-home and online meetings, homeowners want to make their homes brighter, more beautiful, and more comfortable. An often overlooked aspect of a home's beauty is interior paint.

Says Melinda Currul, "That's when you need to call The Moms Painting Company."

The Moms Painting Company combines attention to detail with an appreciation for interior design. Their team consists of four moms and two dads, and they give their customers the care that the "mom" title implies.

"Whether we're painting a room or repainting the cabinets, we strive to put the client at peace in their own home," says Currul, who founded The Moms three years ago. "We make our clients comfortable having us work in the house. We've even had clients leave their children with us!"

One of the Moms, painter Courtney DeLuca, emphasizes the personal touch. "I really enjoy making someone's home what they want it to be. Seeing the final creation

Business spotlight

brings me joy."

While most homeowners think of "painting" in respect to the walls, the Moms have found a better way to spruce up a home: painting the cabinets and woodwork.

"A lot of older homes have wooden cabinets, but that look is really out," says Currul. New cabinets cost tens of thousands of dollars, though, so homeowners resign themselves to oak or maple. Currul adds, "They don't realize, our painters can make those cabinets look brand new for a quarter the price."

Cabinet work freshens up the look of an entire kitchen. Currul explains, "The cabinets come down, and we remove all the hardware, labeling everything precisely." This is where attention to detail is very important. "We'll sand, degrease, and apply two coats of a special bonding primer. We then apply a self-leveling paint that works to acquire a superb



Before photo (above), After photo (below).



evenly coated cabinet."

Currul experimented with several bonding primers before identifying the best. Additionally while some painters spray the cabinets for efficiency, Currul achieves unique results using a special roller. "Our rollers work to attain a solid finish with absolutely no brush marks. All of these aspects together, along with our talented painters provide the homeowner



with a beautiful, like new set of cabinets without the high cost of installing them brand new."

Currul's team also updates wooden trim.

"These same homes often have brown trim at a time when everyone wants to go to white. To get it done right, we use all the same steps as with cabinets. We need to use the right primer, and then we caulk and fill all the holes in the woodwork."

Updating a home's appearance is an investment in the home's value. Currul says, "Where times are tight, people still want to feel happy in their homes, but without having to do a complete renovation. Painting their cabinets or their brown trim white will immediately increase the value of the home."

Of course, homes are not just investments. They're the stage for our lives. Moms painter

Irena Cascella says, "I've had a long relationship with a paintbrush. It's an honor for me to make your walls a beautiful backdrop for your memories."

Melinda Currul started Moms Painting after years of community involvement in Medway and the surrounding towns. When her children were smaller, she volunteered on community boards, coached cheerleading, and organized the MEPTO road races.

With her children older, she leveraged those organizational skills to start her own company. "A mom is a person who can multitask, and our business taps into that. We return calls within hours. We arrive when



we say. We complete work in the scheduled timeframe, and if something comes up, we let you know right away."

Moms Painting guarantees 100% satisfaction. Currul stresses, "If someone's had a call back for a touch-up, we're right there."

This attention to detail pays off. Currul says, "I started the business small, but because of word-of-mouth and repeat business, we've increased sales five hundred percent."

Currul says, "It's amazing the changes you can accomplish with paint. No one—and I mean no one—gets a job done like a mom."

Ready to learn more about The Moms Painting Company? You can find The Moms at <https://www.momspaintingcompany.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call (617) 304-6654 to jumpstart your home's brand-new look.

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Medway Annual Town Meeting to be held on May 8

Will be preceded by Special Town Meeting

The Medway Annual Town Meeting will be held on Mon., May 8, at 7:30 p.m. at the Medway High School. It will be preceded by a Special Town Meeting at 7 p.m.

At press time, the warrants had not been finalized but a draft was available on the Select Board's webpage and indicated the following:

Special Town Meeting

The Special Town Meeting warrant includes 8 articles related to prior year bills; free cash transfers; sewer enterprise retained earnings transfer to address inflow and infiltration (\$75,000) and to replace a truck (\$90,000); water enterprise retained earnings transfer to replace a truck (\$90,000); allocation of Community Preservation Fund money; and to repurpose \$260,000 for various school projects.

Annual Town Meeting

The Annual Town Meeting

warrant includes 38 articles related to various topics including establishing the FY24 budget; setting spending limits; allocating Community Preservation funds; and making money transfers for various projects (including \$6,000 to purchase "CPR mannequins with feedback"). The various projects voters will be asked to fund include \$2.7 million for "capital and other items" ranging from chimney stack replacement at the Memorial School (\$5,000) to roads and sidewalks (\$750,000). In a separate article, voters will be asked to appropriate an additional \$800,000 for roads and sidewalks.

There are also 22 articles that seek to amend the zoning bylaws as they relate to the Central Business District; electric vehicles; dimensional regulations; Agricultural Residential III; groundwater protection; home-based businesses; construction contracting services; solar; fire

department terminology; repairs to private ways; fire lanes; fuel leakage; general administrative housekeeping (changing "Town Administrator" to "Town Manager"); and more.

Voters will be asked to adopt a new "Tree Preservation Bylaw" and to delete the current dog bylaw and "inserting in place thereof a new bylaw addressing a wide variety of dog-related issues, including the dates by which annual dog and kennel licenses must be obtained, updating annual and late fees for individual and kennel licenses, prohibiting dogs from being unleashed onto the property of another or on Town public property, requiring that dog owners promptly remove dog feces..."

For more information and final warrants, visit www.townofmedway.org

Medway Annual Town Election to be held on May 16

The annual town election in the town of Medway will be held on Tues., May 16, 2023. Voting will take place at Voting will take place in the old gymnasium of the Medway Middle School at 45 Holliston Street (Door 8).

As of press time, the ballot included:

Seats and Offices Available:

Select Board (1 seat): Glenn Trindade

Board of Health (1 seat): mie Rotondi, Cristina St. Pierre

School Committee (2 seats): Melissa Greenfield, Preston Gales

Parks Commission (1 seat): John Farrell

Library Trustees (2 seats):

Lisa Sheehan, John Scott Smith

Water/Sewer Advisory Board (1 seat): Steven Burke

Housing Authority (1 seat): Rita Larrabee

Planning and Economic Development Board (two 3-year seats): Andy Rodenhiser, Charles Myers, John Parlee

Planning and Economic Development Board (one 2-year seat): Tim Harris
Redevelopment Authority (1 Seat): Michael Griffin

Source: bit.ly/MedwayElection2023

For more information, visit www.townofmedway.org

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Medway Lions Club Shred-It Event on May 6

The Medway Lions Club is again pleased to bring a “no-cost” shredding event to Medway Middle School on Saturday, May 6, from 9 am to noon (or until the trucks are full) for Medway residents. Two secure shredding trucks will be available. Residents can either remain in their vehicle, and someone will remove their items, or they can physically bring their bags/boxes to the truck. Although COVID guidance has recently changed, participants should continue to be mindful of the times in which we now live. SHRED IT! Bring all sensitive paperwork that includes account numbers, birth dates, passwords, PINs, signatures, and Social Security and/or driver’s license numbers. To protect your privacy, consider other items that include names,

addresses, phone numbers, and email addresses. When in doubt, shred it! Please note: Only paper items can be shredded, BUT there is no need to remove staples or paperclips. This event is for residential patrons only, with a limit of 8 boxes/bags per person. Your documents will be shredded on-site, and you will have peace of mind knowing you have taken an essential step in the fight against identity theft and fraud. Receptacles for returnable bottles and cans will also be available on-site.

Medway Lions thank those who participate in the club’s monthly bottles & cans drive or shed drop off. The money gained from the bottles & cans collections help support town endeavors such as this shredding event.

Millis students visit Galapagos Islands for April break

A Millis High School trip to the Galapagos Islands returned this year after a three-year hiatus due to the COVID-19 pandemic. For April school break, 56 students and 8 staff members headed to Ecuador, first to visit the capital city of Quito then to the islands where the students enjoyed one of the world’s foremost destinations for wildlife-viewing. The Galapagos Islands’ isolated terrain shelters a diversity of plant and animal species, many of which can be found nowhere else on the planet.



To hear what students had to say as they were leaving for the trip, visit us on Facebook @MedwayMillisTownNews to

hear what they were most excited about for the trip.

Source: Millis Public Schools

<https://youtu.be/DIDYxsqNzaQ>

Millis Cultural Council’s “The Art of Living Festival”

Saturday, June 17, 2023, 1-4 p.m., Millis Public Library

Come enjoy the local fine art, performance groups, and join in with art projects like Tie Dye and a community mural!

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 welcome! Forms are due by June 10th

Email questions to: millisculturalcouncil@gmail.com

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“Hey, I showed this last year, do something!”, Sincerely Your Tax Returns.



Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You’ve had some separation, it’s time to return for an honest conversation. Maybe even bring in some outside help.

A CFP’s goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce

liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

Exercising Restricted Stock Units (RSUs) - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

Adjust your W-4 - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Track Your Side Hustle - Government announced Venmo

and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you’ve always been obligated to report income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

Revisit Work Benefits - You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a HSA funding, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can’t happen until open enrollment (and impact 2024), don’t forget if you have a life event - new child, spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

Minimize Taxes In Retirement

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

Before Retirement - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 ½ and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

During Retirement - Distribute funds in certain years that you claim large deductions, such as the breaks for medical expenses or charitable gifts that temporarily lower your tax rate.

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) mar-

ket corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn’t need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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 Plan-Dynamic, 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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Getting Rid of Ants, The Most Common Home Invader

WPC Pest and Termite Control reminds families that ants are more than a nuisance pest.

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest Control is reminding homeowners to be on the lookout for one of the most prevalent pests – ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustra-

tion and concern for homeowners.

“Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or inside the home,” says Jim Maz-zuchelli, Owner at WPC Pest and Termite Control. “In some cases, the only way to completely remediate an ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests.”

Jim from WPC Pest Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.
- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial heating sources like baseboard heaters and ovens.
- **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.
- **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit www.nobugnopests.com or call 508-366-1820 to talk with Jim.

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Flea Market, Craft Fair, Electronic Recycling and more

No matter who you are or where you are on life's journey you are welcome at Millis United Church of Christ, Congregational, 142 Exchange Street. All events are open to the public.

Flea Market, Craft Fair and Electronic Recycling on Saturday, June 3rd; 9:00 AM - 2:00 PM Rain or Shine

Calling vendors, crafters, and yard sale sellers. Reserve your 10x10 spot for \$20. Tables included, if needed. For reservation forms visit www.millisucc.org, and select “News & Events”.

Green Day Electronic Recycling:

All electronics, appliances, items with a plug and/or batteries, bicycles in any condition will be accepted and recycled.

Cost to You:

- \$5 each for Computers, Laptops, Video Game Consoles, DVD Players, VCR's, Small Printers, Radios, Speakers, Table Lamps, Fans, Hair Dryers, Curling Irons, Projectors, Drills, Cameras, Clocks, Trophies, Frying Pans, Holiday Lights, Other Small Electronics.
- \$10 each for Vacuum Cleaners/RoboVac, Toaster Ovens, Ceiling Fans, Floor Lamps, Air Fryers, Electric Grills, Hot Plates, Small Radiators, Keyboard Pianos, Coffee Makers, Ice Makers, Small Household Appliances
- \$15 each for Flat Screen Computer Monitors, Small Microwaves
- \$20 each for CRT Comput-

er Monitors, TVs up to 24,” Dorm Sized Refrigerators, Dehumidifiers, Air Conditioners, Water Coolers, Large Printers/Copiers, Heat Lamps, Heaters, Propane Tanks (Empty), Range-Top/Large Microwaves

- \$25 each for TVs between 25” and 31,” Washing Machines, Dryers, Stoves, Dishwashers, Large Appliances, Outdoor or Grills, Treadmills, Exercise Equipment, Snow Blowers, Lawn Mowers, Rototillers, Power Washers, Large Yard Equipment, Water Tanks
- \$30 each for TVs between 32” and 35,” Large Refrigerators, Ride-On Lawn Mowers
- \$35 each for TVs over 36”
- \$40 each for Projection TVs
- NO CHARGE or cash donation: Cell phone, Bicycles in any condition, Wires, Cables, Chargers, Car/Household Batteries, Keyboards, Tablets.

All towns are welcome. Computer hard drives will be destroyed. Cash preferred, checks (over \$30).

Rental Space

Need a location for a family party? No home office? Consider renting the Parlor, Fellowship Hall or an office space available.

For more information please visit the church's website: www.millisucc.org or the church office: millisucc@msn.com; 508-376-5034. Office hours T-F 8:30 a.m.-1:30p.m.



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The b.LUXE *beauty beat*

Get Ready to Glow!

BY GINA WOELFEL

Although June 21st is technically the first day of summer, we Bostonians know that Memorial Day Weekend is the true *summah* solstice. If it's sunny and 70°, we're heading to the beach!

Summer in New England is synonymous with fun. Whether you're swimming, biking or gardening, summer is the perfect time of year to relax and bask in the glow of the sun (safely, please).

The b.LUXE esthetics team wants you looking and feeling your best, so let's get your skin warm-weather-ready with these 3 essential tips for feeling confident no matter the temperature.

Summer Skincare Essentials

1. AM & PM skincare routine
2. Sunscreen (Well, duh)
3. Regular facials

Wait, what? No crazy, cutting-edge treatments? No miracle in a bottle? That's right! Say it with me now - Cleanse, protect, treat and repeat! That's it!

Unfortunately, there's no one treatment that can protect your skin or reverse sun damage, but keeping your skin healthy throughout the warmer months is easier than you think.

Summer's heat and humidity can increase sebum production. Sebum is the sticky, oily substance produced by your sebaceous glands that helps to protect your skin. Although some sebum is essential, an overproduction of it can trap heat and moisture,

which leads to congestion, blackheads, and an unhappy complexion.

You wouldn't go an entire day without washing your hands, so why are you ghosting your face? Dust, allergens, sweat and makeup, SHOULD NOT be lingering about when your head hits the pillow. These freeloading particles deserve the boot! Washing your face in the morning and night with a gentle cleanser and mid-temperature water is the foundation for all solid skin care routines. We also recommend a toner, a targeted serum and an AM & PM moisturizer. But more on that in a bit.

Recommendation #2 - Arm your skin with a great **SPF 50 - Broad Spectrum Sunscreen**. The letters SPF stands for Sun Protection Factor and an SPF 50 blocks 98% of the sun's harmful UVA and UVB rays. In general, the SPF number on your sunscreen refers to the amount of time you can stay protected in the sun without burning, compared to unprotected skin. SPF 50 allows you to stay in the sun fifty times longer than you would if you weren't wearing sunscreen.

According to skincancer.org, "Unprotected exposure to UVA and UVB damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging." Yikes! Remember, skin can burn within 15 minutes of sun exposure, with sun being strongest between 10 AM and 4 PM during the summer months. Apply sunscreen 30 minutes before sun exposure and reapply

b.LUXE
hair & makeup



Scan To Learn More

after swimming or strenuous exercise. You'll also need to reapply throughout the day to maintain UV protection. No SPF can offer 100% protection, so for maximum gorgeousness and the ultimate in sun-safety, our esthetics team also recommends wearing a hat, polarized sunglasses and covering up with UV protective clothing. And if a summer tan is your ultimate goal, try an organic spray tan. They're quick, easy and in as little as 3 hours, your skin will have a natural-looking, bronzy glow.

And lastly, in our opinion, nothing promotes and enhances cell turnover and skin tone quite like a monthly facial. Short of cosmetic surgery, regular, professional facials are the best way to maintain your skin's health.

As if the relaxation of a monthly facial wasn't reason enough, scheduling and prioritizing this service will deeply cleanse and exfoliate your skin. Your esthetician will perform a full-skin analysis and determine your problem areas and goals. They'll also recommend products tailored to your specific needs. Picking these with your esthetician allows for the utmost in custom-



May Specials

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ization when selecting targeted, high-impact products like serums and moisturizers. The biggest benefit to having a monthly skin care routine: the deep exfoliation of a regular facial allows for those skincare products to actually do their job post-facial and penetrate your skin for maximum performance.

This month, b.LUXE is celebrating healthy skin and of course, Mother's Day with two specials that will get your skin glowing and ready for summer! (See images for details.)

Wishing you a happy Memorial Day with so much sunshine and outdoor fun – you deserve it.

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Living Healthy

iStent Inject and Microgoniomy for Glaucoma

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

What is glaucoma and how is it treated?

Glaucoma is a chronic disease defined by characteristic optic nerve damage. It is a multi-factorial disease with over 300 different anatomic variations and affects over 40,000,000 people worldwide. Glaucoma is a slowly progressive and irreversible disease and, in most cases, causes a painless loss of eyesight. It is, in short, "the silent sneak thief of sight". The damage to the optic nerve is commonly caused by a fluid imbalance, or pressure, in the eye, as well as possible alterations in the blood flow to the optic nerve. It is well established that lowering the intraocular pressure can slow the process of optic nerve damage. The degree of pressure lowering necessary to prevent optic nerve damage is individualized for each person and each optic nerve. The greater the optic nerve damage, the

lower the intraocular pressure is needed to achieve stability and prevent further optic nerve damage and further visual field loss.

If glaucoma is left untreated you may experience vision loss and eventual blindness. Treatment strategies for glaucoma are individualized to achieve the greatest lowering of the intraocular pressure with the least amount of risk to the individual's eyesight and well-being. Commonly, in the United States, topical medications are used as a first line of treatment. In many situations, multiple medications are tried to achieve the desired pressure level. Unfortunately, there can be difficulties with compliance, cost and side effects with many of these medications and laser therapy is commonly substituted as a first line of therapy.

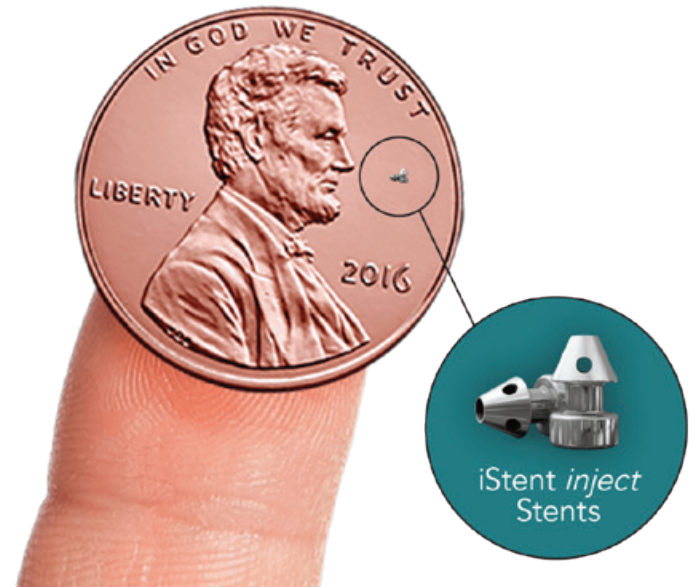
What is the iStent® trabecular micro-bypass stent?

Minimally invasive glaucoma surgical procedures, so-called MIGS involve alterations of the

drainage area that are performed inside the eye. The iStent® trabecular micro-bypass stent is a surgical therapy for patients who have mild to moderate open angle glaucoma and have been tried possibly on topical medications or laser therapy. It is designed to improve the aqueous outflow to better lower the intraocular pressure and reduce the need for medications. The iStent® is the smallest medical device approved by the FDA to date. It is placed in the eye into the drainage area, so-called Schlemm's Canal through the trabecular meshwork. The iStent® is an elective procedure. The iStent® is potentially beneficial in helping to reduce the number of glaucoma medications and drops needed to control this condition.

What is microgoniomy surgery?

Microgoniomy surgery (using the iAccess trabecular trephine device from Glaukos) is another type of MIGS. This procedure provides control of the



eye pressure at lower risk than more traditional glaucoma surgeries. It alters the eye's drainage system to lower the eye pressure and reduce the need for medications. Microgoniomy can be done standalone or combined with iStents during cataract surgery in a tissue sparing fashion to improve resistance to outflow in glaucoma. This tissue-sparing procedure can help lower the pressure even more compared to implanting iStent alone. During this procedure and ophthalmologist (Eye MD/ surgeon) will make 3 trephination cuts in a part of the eye's drainage system called the trabecular meshwork. This will allow fluid to leave the eye much easier.

Benefits (how the surgery can help)

The goal of the iStent and microgoniomy surgery is to lower your eye pressure and help preserve vision. It will not bring back vision already lost from glaucoma. After implantation, many patients are able to better control their eye pressure with fewer medications.

Risks

As with any surgery, there are risks with the iStent and microgoniomy procedure. The surgery may not lower the eye pressure or control the glaucoma even when it is properly performed. In addition, sometimes there can be complications that do not appear in the early post operative period but may develop days, months or years later. Further treatment or surgery to treat those complica-

tions may be needed. As with any intraocular surgery, there may be loss of vision, blindness, loss of the eye, as well as bleeding, infection and injury to the eye or nearby body parts.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens. We also offer laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. Are you still being referred to Waltham and Attleboro for your eye surgery? Call us for a second opinion! We were among the first surgeons in New England to introduce this new technology and we offer stellar outcomes closer to home. With 21 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care and now the iStent inject /microgoniomy for treatment of glaucoma closer to home than ever before.

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Millis Senior Center May Calendar

**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.

May Events:

Spring Luncheon We will be celebrating spring and hopefully beautiful weather. Come join us on Wednesday, May 17th, at 12 Noon, for catered lunch of lasagna, meatballs, salad, garlic bread, and dessert. Everyone is welcome. Please make reservations with payment of \$7 before Tuesday, May 9th.

Millis resident Jane Simpson will be entertaining us with songs on her ukelele.

HUGE JEWELRY SALE AT CANDY'S CORNER Come find a treasure at the Millis Council on Aging on Wednesday, May 24th, at 9:30AM-1PM. There are earrings, necklaces, rings, bracelets, and much more. The jewelry was donated and is second hand. Everything is priced at \$1. Come take a look.

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 Inca Estate of Machu Picchu, Iceland's Great Assembly at Thingvellir, Afghanistan's Lost Bamiyan Buddhas, the Acropolis of Athens, and the Redwood Forests of California. Final sessions will be held on Wednesdays, May 3rd, May 10th, May 24th, and May 31st from 11AM-12:15PM and will explore 2 sites per week. No class on May 17th. Hosted by Susan

EMERGENCY PREPAREDNESS TRAINING DA Michael Morrissey is proud to sponsor with the Commonwealth to bring you Emergency Preparedness to help seniors be prepared for natural hazards and emergencies. Learn safety and coping skills and how to be personally prepared to survive. Each participant will receive a free backpack with survival supplies and learn the purpose and multi-purposes of the items. Each bag is valued over \$75. One bag per household. Supplies limited. Contact the Millis Council on Aging to register for this important event on Tuesday, May 2nd at 10AM.

MARY KAY EVENT Time to get ready for Summer! We are hosting Summer Skin Preparation on Wednesday, May 3rd, at 1PM. This skincare class will focus on making sure you have everything you need to protect your skin from Sun and Help your skin recover from summer fun.

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, May 22nd at 11AM. Reservations are appreciated.

BOARD GAMES WITH DEBBIE This has been a great success! Debbie will be

hosting on Monday, May 22nd, 1-3PM. Come on down and enjoy some friendly competition with your neighbors.

SUPER BINGO EVERY THURSDAY!!! Held on Thursdays at 12:15PM in room 21. The last pot is worth \$25. Come and try your luck!

Needle Workers Group Come 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 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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Medway High School Teachers Win Annual MFE Trivia Bee (Again)

Contest Raises More Than \$4,000 for School Programs

A team of Medway High School teachers once again won the “Medway Trivia Bee,” an annual team trivia contest sponsored by The Medway Foundation for Education (MFE), a non-profit, volunteer support organization for Medway Public Schools.

The winning teachers were sponsored by local law firm Kenney & Kenney. The team consisted of Andy Nassiff, Chris Borden, Karl Infanger, Eric Wolven, and Kevin Treggiari. The teachers competed with 12 other teams in this fun and competitive fundraising event. They were presented the winning trophy before a crowd of more than 80 people at the Memorial School on March 7th. This year’s event raised more than \$4,000, which will be used later this year to fund teachers’ grant requests. The competition was strong this year, with several teams in close contention before the final round. In the top

five were The Soccer Guys, a group of former Medway soccer coaches that have won the trophy in years past; Team Spilka (Senate President Karen Spilka’s Office team), the Medway High School Alumni Association, and the McGovern School Teachers (Peggy’s Ladies), a team sponsored by Needham Bank.

Participants were tested on their trivia knowledge with Master of Ceremonies Bob Verdolino providing a selection of songs where the lyrics, titles or artists provided some form of clue to each answer. Teams of up to six entered the competition by contributing a \$300 tax-deductible team donation. Bob and his official scorekeeper and brother, Dave Verdolino, provided a fun, exciting atmosphere for this challenging trivia contest.

For example, just one team, thanks to participant and State Representative Jeffrey Roy (D-Franklin), knew that “Instant



Karma” by John Lennon was the song that competed for space on the charts in 1970 with the Beatles’ “Let it Be.”

Brian Gray, MFE’s volunteer President, said, “Our wonderful team sponsors, supporters and all of the team players made this another successful evening for MFE and Medway’s schools. We are grateful to all teachers, students, parents and local businesses that participated. The response shows you what a great community we have here in Medway. The money raised will go directly to grants that help our students and teachers innovate and excel in their educational pursuits across Medway Schools.”

The other teams competing in the contest were Middlesex Savings Bank, Charles River Bank, Needham Bank sponsoring The McGovern School Teachers, Medway Lions Club sponsoring the Middle School

Teachers, Medway School Committee (aka the In-Quiz-Ition Committee), the Gray, Stotz & Selby families of Medway, Club Z! In-Home Tutoring sponsoring a team of Medway National Honor Society (NHS) students, and Joanne Rojee pulled in the Medway High School Alumni Association Team for their fifth year of competition.

The following organizations were generous in donating raffle items, services and/or refreshments: Landry’s Bicycles, Starbucks Medway, Molly’s Apothecary, Avalena’s, and the Happy Hatter Diner. Medway Oil & Propane also donated to support the event.

Formed during the summer of 2002, the Medway Foundation for Education (MFE) is a non-profit organization charged with raising capital to fund innovative, educational projects and programs throughout Medway’s public schools.

Using money generated from community events, contributions, and corporate sponsorships, MFE allocates funds through a grant process to teacher and parent-sponsored projects that dramatically impact the quality of education that students, and sometimes parents, receive. The volunteer MFE Board occasionally works with other supporting organizations like MSPTO and Medway THRIVE to bring these innovative programs to Medway. In December 2018 for instance, these three organizations came together to bring Chris Herren back to Medway for his program “Unguarded: A Conversation with Chris Herren,” which was very well received by both students and parents who have concerns about addiction in today’s society.

2023 marks the year in which MFE will have funded over \$380,000 in grants since inception. The Foundation is also on path to building an endowment fund so that future generations of students and teachers can continue to benefit. MFE raises funds through the Trivia Bee event, but also through several other fundraisers during the year and the textile clothing bins located at each school and the Town recycling center.

For more information on MFE and its grants in action, visit www.mfeducation.org/

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Info about the Pixie Festival@ MedwayCulturalCouncil.org

'SUP Medway Prevention Coalition Launches First Community-wide Campaign 'Building Bright Brains'

Director of Wellness Dr. Ryan Sherman and 'SUP (Substance Use Prevention) Medway Coalition Program Coordinator Stephanie Simeon are pleased to announce the recent launch of the coalition's first community-wide campaign.

Though the majority of Medway youth do not drink alcohol, which is shown consistently in student survey data from 2008 to present, focus groups conducted by the 'SUP Medway coalition have revealed that drinking among high-school age youth is

21. Getting alcohol from home with their parents' knowledge is another top way Medway youth access alcohol according to the MetroWest Adolescent Health Survey and focus groups of Medway students.

"It is concerning that many teens are getting alcohol from home," said Carolynne Benedetto, a resident, parent, 'SUP Medway coalition member, and president of the Medway Secondary Parent Teacher Organization (MSPTO). "Also, young people don't understand that drinking alcohol can be dangerous even when they're not planning to drink and drive."

"We've gotten the sense that some parents may tolerate underage drinking if they think their child will not be driving drunk,"

Simeon said. "Yet science shows us that the dangers of consuming alcohol before the age of 21 can include impairment to brain functions and increased risk of addiction to alcohol."

The campaign's first initiative is to raise awareness and share information through a series of Facebook posts, followed by engaging residents by tabling at community events. 'SUP Medway is also working toward bringing in a professional speaker and launching an online educational module for adults that will include practical information about brain development and how that information can help with parenting.

To learn more or support these local prevention initiatives, visit SUPMedway.com and share

the #buildingbrightbrains campaign posts on Facebook at facebook.com/SUPMedway/.

About 'SUP Medway:

'SUP Medway is a youth substance use prevention coalition of town personnel, students, parents, and community professionals from various industries. The coalition's mission is to engage the full Medway community to prevent the use of alcohol, drugs and tobacco among Medway youth. The work of the coalition is intended to be a broad and long-term look at aspects and influences within the community and changes that could be made community-wide to further prevention work



The "Building Bright Brains" campaign is a series of initiatives that will be rolled out throughout the year. Through the campaign, 'SUP Medway aims to share the message with parents and adolescents that brains continue developing until age 25 and choices made during youth can change the structure of the brain for better or worse.

The goal is to empower both teens and their parents with tips on what "boosts" the brain and facts on what to avoid so as to not "bust" -- or hinder -- brain development. "Boosts" may include eating meals together as a family, reading, and drinking water. "Busts" are activities that are risky to the structural development of young brains, including harmful and addictive drugs like alcohol and nicotine.

Building Bright Brains was created after 'SUP Medway assessed local resources and challenges and set strategic goals. The group identified that many people seem to recognize and take action to prevent the dangers of drinking and driving, yet it may not be as widely understood that alcohol is dangerous even when not behind the wheel, especially for young people.

considered "normalized." According to data from the 2021 MetroWest Adolescent Health Survey, Medway youth who reported drinking alcohol were most likely to get alcohol from parties, yet a 'SUP Medway Parent Survey from the fall of 2022 showed that 9 out of 10 Medway parents are not okay with their child drinking alcohol at others' homes before they turn

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Ross attains rank of Eagle Scout

Eagle Project benefits middle school track and field program

MEDWAY - When Charlie Ross was in middle school, he made a promise to his middle school track coaches that, if he were to earn the rank of Eagle Scout, he would build them an equipment shed for track equipment that would be closer to the middle school track.

And a few years later, he did just that.

Ross, 18, a lifelong Medway resident and scout for 12 years, is the 71st Eagle Scout from Boy Scout Troop 367 in Medway.

“Scouting has given me life and leadership skills I wouldn’t have gotten anywhere else; scouting is a great program, particularly in Medway,” says Ross. “Eagle projects like these help fill in gaps where this is a need, but no funding. Boy Scouts gives you skills for a lifetime. Once an Eagle, always an Eagle.”

For this project, Ross, who has participated in track for several years, “fundraised \$2,175 and renovated a storage shed for the Medway Middle School Track and Field Team...It was a long process. I put together the proposal, got it approved, fundraised, renovated the shed

and then painted it. I started in May (2022) and finished at the end of September.

Ross says he received help from family, friends, and the community.

“My parents and the leaders and scouts of Medway Boy Scout Troop 367, as well as several Eagle Scouts who have graduated, all helped out. Even my older sister Abby helped paint the shed. Mr. Doug Wahl, one of our former troop leaders, was particularly generous with his construction expertise.”

Ross also worked with Medway Public Schools Superinten-



dent Armand Pires, as the project sponsor, and MPS Athletic Director Jeff Parcels.

“Several local businesses such as DiCicco Overhead Doors, Medway Lumber, Rocky’s Ace Hardware, K & K Mulch and Loam, and Home Depot in Bellingham also generously donated materials or gave discounts on supplies which greatly helped keep the rising building costs on or below budget,” says Ross.

Due to some additional material donations, he was able to donate an overhead garage door

and carpentry supplies, plus \$800 from the project fundraising to the Middle School Track and Field program, which Ross says they will likely use for additional track and field equipment.

In addition to being an Eagle Scout, Ross is the president of the Class of 2023, a U.S. Presidential Scholar Nominee, Team Captain of the MHS Indoor and Outdoor Track Teams, and a sprinter and a hurdler. He plans to attend Boston College in the fall to major in physics and/or math.

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The Whole Kids Foundation Connects Kids with Food at Medway Community Farm

If you had been at the farm last week, you would have spotted a large group of people donning dark green baseball caps. If you were lucky enough to get an up-close view, you would have quickly noticed they were from Whole Foods. This fun and adventurous group was on a “field trip” to view the new garden learning spaces built through their Garden Grant Program funding.

The Whole Kids Foundation awarded the farm a grant in the amount of \$3,000 in 2021. Although there were some challenges to constructing these new spaces, with some clever thinking, Todd Sandstrum, Farm Manager, and Medway High School students recently completed constructing eight outdoor spaces (see the graphic attached).

With all the students in mind, the farm’s goal was to build enough education beds for each grade at the elementary level to have a learning garden. As the process began and supply prices skyrocketed, it became apparent that building the project within budget would take some creativity. To start, lumber costs are incredibly high. “We used our contacts and sourced the lum-



ber through a local connection that brought the wood down from Maine. We also used a method called hugelkultur that involves a layering effect within each bed. We start with partially decomposed compost of small logs and branches, then a layer of hay, green compost, finish unscreened compost, then soil. As the logs break down, they will add bacteria and help build a strong soil web in each bed,” said Todd Sandstrum, Farmer.

The students are planting early-season greens, radishes, and herbs—quick turnaround vegetables. The vegetables have been produced and are growing in the greenhouse in anticipation of when the students are ready to plant them. The goal is for the students to be able to plant and harvest within sixty days and then sell what they grew and harvested to their par-

ents at the farm stand!

The mission of the Whole Kids Foundation is that kids know and feel connected to their food. The more curious they become about how things grow or taste, the more willing they are to try new foods.” The Whole Kids Foundation

“Visiting the farm and seeing how the Whole Kids Foundation grant has helped them was an amazing experience. Seeing how much Carol and Todd are helping the community and how much they are teaching kids is phenomenal. Part of Whole Foods Markets core values is to give back to the community as much as they can, and that is also what the Medway Community Farm is doing as well.” said Whitney Moore.

For more information on the Whole Kids Foundation and the Garden Grant Program, please visit <https://www.wholekidsfoundation.org/programs/school-gardens-grant>.



A NIGHT OF JAZZ & A CAPPELLA MUSIC

WEDNESDAY, MAY 3, 2023
MEDWAY HS AUDITORIUM
DOORS 6:30PM, CONCERT 7PM

Join the Medway High School Music Department for an evening of pop and jazz music. Swing ‘n’ Sing will be premiering this new annual event on Wednesday, May 3rd at 7 pm in the Medway High School Auditorium. Tickets will be sold at the door (Venmo or cash) at the price of \$5 for students/seniors and \$8 for adults.

Medway Community Farm will host its annual seedling sale on May 13 and May 14 from 9A – 4P. Although the pre-order online sales have closed, Todd Sandstrum, Farm Manager of MCF assures us that there are plenty of seedlings available for the physical sale. He’s planted over 170 different varieties of seedlings from vegetables, herbs and flowers all started at the farm. The greenhouse is packed with lettuce, tomatoes, beets, lemon grass, sage and even dahlias this year. Proceeds from the seedling sale help to support MCF’s education programs, food access initiatives and donations to both of Medway’s food pantries.

The farm is also preparing for its annual BBQ and Cornhole tournament on June 3rd. Tazz’s BBQ will be back for his third year for another great BBQ meal. In addition, Mark T Small of American Roots Music will be at center stage with live music, which you can enjoy under the beer tent or while tossing your best shot in the cornhole tournament. Get your team together and come join in the festivities.

Save the dates! More info @ <https://www.medwaycommunityfarm.org/>.

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Sports

Resilient Panasuk Aiming For Some Millis Victories

Winless Mohawk Nine Captured Playoff Win

By KEN HAMWEY
STAFF SPORTS WRITER

Stu Panasuk and his Millis High baseball team aren't unique, but they sure are resilient.

Last year, his first season as the Mohawks' varsity coach, didn't unfold the way he expected, but he and his players turned a negative situation into a positive ending.

The situation could also be labeled "amazing or unbelievable." Here's what occurred:

The baseball squad finished its season winless at 0-18, playing mostly against the powerful teams in the Tri Valley League. But, because of the new tournament format where teams are ranked and chosen based on strength of schedule and margin of defeat, the Mohawks amazingly were seeded No. 26 in the Division 5 playoffs.

When they faced Nashoba Valley Tech (seeded 39th), they won, 6-5, thanks to a two-run single in the bottom of the seventh inning. Next up was No. 10 seed Bourne. In the sixth inning, with Millis striving to continue its David vs. Goliath approach, it trailed 2-0. But Bourne flexed its muscles and rolled to a 10-0 triumph.

The loss ended the Mohawks' brief tourney experience, but their season was one for the Mass. Interscholastic Athletic As-

sociation's history books.

"We were competitive in about 13 of our losses and had only five blowouts," Panasuk recalled. "There were a few games where we could have won but we fell apart in the later innings. We were always overmatched because we had nine freshmen (six of whom were starters), three juniors and two sophomores."

To Panasuk's credit, he kept the team together and managed to get them ready to compete day in and day out. "We lost only one player who quit at the start of the season," he said. "After a loss to Norton, the Lancers' coach said: 'Great job for keeping the team intact.' For the most part, teams in the TVL were respectful. Our kids weren't ridiculed."

Millis earned points for its rank and tourney berth by playing competitive games against top-notch teams. "Our losses to Norwood (5-2) and Westwood (11-7) were like victories in the ranking system," Panasuk noted.

Now that the Mohawks' second season with Panasuk is underway, the coach, who directed Millis' jayvees for seven years, doesn't see any signs of his players going through the motions with an eye towards another surprising tourney invitation.

"I'm not worried about any complacency," he emphasized. "The kids give their best. The competitive fire is still burning bright with our group. They want to win and they're not quitters."

This year's contingent is older and Panasuk admires their grit. "No one graduated so we've got some experience," he offered. "The returnees have a strong work ethic, they're coachable and our team chemistry is good. They're all on the same page and they support one another."

Panasuk has three goals this season. "We want to improve as the season moves along, continue to give 100 percent, and develop some momentum (victories) as the tourney approaches," he said. "Our hitting needs to improve and we have to shore up our defense in some spots."

At Local Town Pages' deadline, Millis was 1-5 after six games. They beat Dedham and lost to Oxford, Medway, Norton in extra innings, Dover-Sherborn and Weston. "The win over Dedham was bittersweet," Panasuk said. "We finally got a regular-season victory but there's five losses to go with the triumph. We're hoping for a turn-around."

The Mohawks started the season with a key player on the injured list. Nick Hill, a junior who can hit and was slated to be the No. 2 pitcher, is dealing with a knee injury. "Nick could be out for the entire season," said Panasuk.

Millis' captains are all seniors who Panasuk says "lead by example on and off the field." They are pitcher-infielder Jack Catalano, centerfielder John Orrico, and shortstop Shea Ferrantino.

"Jack, who throws a fastball, change-up and a curve, is our No. 1 starter," Panasuk said. "A hard-nose competitor who gives 100 percent, Jack got the win over Dedham. He's also a quality fielder. John is fabulous on defense, always getting a good jump on the ball. His arm strength is top-notch. Shea is a solid fielder. As our leadoff hitter, he's our table-setter."

Panasuk is optimistic that four of last year's nine freshmen will play key roles in their sophomore campaigns. They include pitcher-third baseman Talon Sheppardson, pitcher-outfielder Nick Hohman, catcher-pitcher Andrew Morse, and catcher Aidan Sugrue.

"Talon is our No. 2 pitcher," Panasuk said. "He throws a good



Coach Stu Panasuk is hoping his Millis baseball team will develop some momentum by winning some games this season.

fastball and his control is fine. He's also an outstanding hitter. Nick's arm is strong and he can be a dependable pitcher. He got the save in the Dedham game. Nick is fast in the outfield, solid on defense and also a capable hitter.

"Andrew is a catcher who sees action on the mound and in the outfield. He didn't pitch last year but he could be a starter. A team-first kid, he'll play where needed. Aidan is a hard-nose competitor. His arm is strong, he's got quick feet and he does a good job as a hitter."

Sophomore first baseman Kelan Riggs is adjusting well in his second season. "Kelan, who's a good fielder, is capable at the plate," Panasuk said. "He had two hits, including an RBI double, in our 12-10 loss to Norton."

The 63-year-old Panasuk, who previously was head coach at Randolph High for two years, works as a sales rep for Peets Coffee and also umpires Babe Ruth and Little League games during the summer on the South Shore.

Relying on a competitive phi-

losophy that focuses on his players reaching their potential and enjoying their athletic endeavors, Panasuk believes winning will follow. He also hopes his forces take some valuable life lessons from sports. "Overcoming adversity is one life lesson we learned last year," he said. "Kids can also learn to be resilient, to be good teammates, good citizens and strong leaders," he emphasized.

"I'm not expecting any miracles this year," he said. "We were young last year and we're young this season. A five-win record would be a good outcome. It's realistic because the players want to win and there're no quitters here."

Panasuk deserves lots of credit for keeping his Mohawks upbeat and mentally ready to compete last year.

A winless record is never easy to stomach, but Stu Panasuk has the demeanor, the perspective and calming nature to lead the Millis baseball program.

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Sports

Does your employer offer adequate life insurance?

If your workplace offers life insurance at a low cost (or no cost) to you, you may assume it provides sufficient coverage for your family—and not bother to give the subject a second thought. According to the 2021 Insurance Barometer study, 57% of U.S. workers rely on their workplace for life insurance.¹ But you owe it to yourself, and your family, to make a careful assessment. You may find that the coverage offered by your employer, welcome as it is, won't actually cover your family's future needs.

Here's how to figure out whether your employer offers adequate coverage for you:

First, find out how much coverage is offered.

Your workplace's group life insurance may be included in your benefits package—and you may be automatically enrolled—which makes it very convenient. However, it's worthwhile to do a careful review of the coverage. The amount your employer offers may start at \$25,000 and range up to your annual salary. And it probably will not take care of your life insurance needs.

Second, assess your family's long-term needs.

Once you get married—or if you have dependents—you will probably want to increase your coverage. So that \$25,000 policy may not seem like much once you sit down to do the math and figure out your needs

five, 10, or 20 years down the line. You'll probably want to make sure there's enough coverage to pay off a mortgage, send your kids to college, or help your spouse comfortably retire. (It is often recommended that insurance coverage be five to 10 times your annual salary.)

Even if you're single, the group policy through your workplace may not be enough after you consider the potential total of your final expenses. Furthermore, if you have a co-signer for a mortgage, car loan, or student loans, remember that the burden will probably rest with your co-signer should something happen to you.²

What happens if you change jobs?

Long gone are the days when people expected to stay at the same job for 30 years. A study from IBM's Institute for Business Value found that 1 in 5 employees voluntarily changed employers in 2020.³

But if you job hop, you'll lose your workplace insurance when you leave the company. And while you may be able to convert the group life insurance policy from your old employer into an individual policy, the cost of that coverage could go up significantly.

Look into options to supplement your coverage. If you find your employer's group life to be insufficient, you may want to add supplemental coverage.

Does your employer offer adequate life insurance?

Concerned that you can't afford it? According to LIMRA, more than half of Americans estimate that life insurance will cost three times as much as it actually does.⁴ You'll need to balance your family's needs with the cost of insurance. But if you look into your options for a supplemental policy, you may find that life insurance is more affordable than you think.



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.

September 2021.

²Ashley Hubbard, "Life insurance facts and statistics 2021," Bankrate, April 28, 2021.

³Samantha Subin, "Millennials, Gen Z are job-hopping, but contrary to popular belief, maybe not enough," CNBC, February 28, 2021.

⁴"Life Insurance Barometer Study," LIMRA and Life Happens, 2021.

¹"LIMRA's Facts About Life – Workplace Benefits," LIMRA, Sep-






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Michael T. Damon
Financial Adviser*
Damon Financial, LLC**
45 Milford Street, Suite 3
Medway, MA 02053
(508) 321-2101
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May programs at Niagara Coffee Haus

On Sat., May 13, Niagara Coffee Haus presents Danielle Miraglia & the Glory Junkies, the New England Music Award Winner 2021 Blues Act of the Year. Local folk-rock quintet, Hobo Coat will open in support. Niagara Coffee Haus is located at 8 Exchange Street in Millis. Doors open at 7:30 p.m. Show starts at 8 p.m. Advance tickets are \$20 on sale at Eventbrite or at the door, if still available. <https://www.eventbrite.com/e/614589352297>. This event is sponsored by Middlesex Savings Bank. Please email niagaracoffeehaus@gmail.com regarding seating for the disabled.

On Thurs., May 18, Niagara Coffee Haus presents Open Mic Millis. Doors open at 6:30. The event is from 7 to 10 p.m. Free admission. Hosted by Brian Roche.

Sports

Medway High School Hockey Senior Haley MacLeod Recognized for Sportsmanship by MIAA and Boston Bruins

Superintendent Armand Pires, Principal John Murray and Athletic Director Jeff Parcels are pleased to share that Medway High School student-athlete Haley MacLeod was recognized with a Boston Bruins-Massachusetts Interscholastic Athletic Association (MIAA) Sportsmanship Award.

MacLeod was honored on Tuesday, March 21, at an on-ice ceremony during the second intermission of the Bruins' home game against the Ottawa Senators at TD Garden. MacLeod was one of 31 students honored at the event — all of whom were given tickets and invited to a pre-game reception.

MacLeod, a senior, is captain of the Medway/Ashland High School Girls Varsity Hockey Team. The team finished this season with a 9-9-3 record.

As part of a note submitted for the award, Head Coach Karl

Infanger said, "Haley is a senior captain who has been an inspiration to the entire Medway community. After suffering burns in a cooking accident that covered 60% of her body, her positive attitude, hard work and determination to get back on the ice for her senior year was nothing more than extraordinary."

For the past 21 years, the Bruins and the MIAA have teamed up to honor high school hockey players from across the Commonwealth who best demonstrate leadership qualities on and off the ice. When selecting the winners for this award, a statewide committee of principals, superintendents and athletic directors looks for student-athletes who have:

An exemplary record of complying, both in spirit and letter, with all league and MIAA rules and regulations during the season

A demonstrated record of re-

spectfully accepting the rulings of game officials

A record of conduct on and off the ice that brings honor to one's self, team, school and community

A commitment to teamwork by providing all members with recognition of their talents

A demonstrated respect for opponents before, during and after games

For more information about the MIAA and Boston Bruins Sportsmanship Awards, visit <https://miaa.net/bruins-sportsmanship-awards/>

Source: Medway Public Schools

Senior Haley MacLeod pictured with Boston Bruins player Trent Frederic at the Boston Bruins-Massachusetts Interscholastic Athletic Association (MIAA) Sportsmanship Award event on Tuesday, March 21. Source: Medway Public Schools



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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 17th to benefit The Angel Fund

Mike Timlin and family will be on hand for race

This year marks the 20th year for the Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) which will be held on Saturday, June 17th at Hopkinton High School.

The popular road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Timlin who was diagnosed with ALS (Amyotrophic Lateral Sclerosis,) a disease better known as Lou Gehrig's Disease, in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"As a family, we are so thankful to have supported the Angel Fund through the Sharon Timlin Memorial 5K run," Mike and Dawn said. "The support of the

town of Hopkinton has meant the world to us and we look forward to seeing you as we continue this fight against ALS. In this time, we have seen the impact of our contributions to Dr. Brown at UMass Chan Medical School in his research. We are just so thankful for all the support we have received over a 20- year period. We hope you will join us on Saturday, June 17th, 2023."

The course is a fully supported USATF certified 5K racecourse, with timed mile markers. The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, and other activities from 8:30 to 12 noon. A Kids Color Run will held as well

Participants can register at <https://sharontimlinrace.org>. Registration is limited to 1,800 registrants and online registration closes when capacity is reached, or at 11:59pm on June 16, 2023.

The 5K race fee is \$40 for runners who register on or before May 29, 2023. Registration is \$45 after May 29, 2023. Registration for the virtual option is \$25 plus shipping. The first one thousand race participants will receive a



commemorative race T-shirt and can enjoy post-race food and Family Fun Day.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15 -19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards.

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra mile and fundraise by setting up their own personalized fundraising page.

"Proceeds from this event



benefit The Angel Fund for ALS Research and the UMass Chan Medical School, where worldwide groundbreaking research is being done daily," Rich Kennedy, President of The Angel Fund added."To date, thanks to you, we've raised over \$2 million for critical research for this devastating disease where there is no treatment or cure."

For information about the Sharon Timlin Memorial 5K Race to Cure ALS, visit the website www.sharontimlinrace.org

In addition to the Angel Fundraising Challenge, donations in Sharon Timlin's memory are also welcome and would be greatly appreciated. Donations can be made online at <https://sharontimlinrace.org>, at The Angel Fund website at www.theangelfund.org, or by sending a check made payable to The Angel Fund and mailed to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748.



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Tri-County Welcomes 8 New Inductees to the Hall of Fame

Tri-County Regional Vocational Technical High School restarts the Athletic Hall of Fame tradition this year with a strong group of eight new members. Inductees were nominated by the public and over fifty nominations were received. A selection committee reviewed the nominees and selected the following eight new members: Joseph Pedro's commitment to the Tri-County community stretched over three decades. He was a teacher, a coach and an avid supporter of his athletes, students, and colleagues. (Science Teacher 1981 – 2015, Varsity Girls Volleyball Coach, Junior Varsity Softball Coach), Howie King's tenure at Tri-County included coaching at least one sport in every single year that he was at the school. Three decades of athletes and coaches were mentored by him. (Physical Education Teacher 1977 – 2013, Varsity Volleyball Coach, Freshmen and Junior Varsity Boys Basketball Coach, Junior Varsity and Varsity Girls

Basketball Coach, Varsity Baseball Coach, Junior Varsity and Varsity Softball Coach), William Blenkhorn Class of 1990 as an Auto Body Repair Major. Bill led by example in his dedication to his teams and his humility and sportsmanship. He worked with his peers to resurrect the wrestling team and epitomized the characteristics of a captain. (Soccer 1988 – 1989, Wrestling 1989 – 1990, Baseball 1988, Outdoor Track and Field 1989 – 1990), Jennifer (Estey) Lewis Class of 1997 in the Nursing Major. In track, Jen ran circles around her competitors, won a plethora of races, set numerous course records, earned several League All-Star and MVP awards, and she also led the Girls Basketball team in scoring several seasons. (Cross Country 1993 – 1996, Basketball 1994 – 1997, Outdoor Track and Field 1994 – 1997), Matthew Udell Class of 2002 in the HVAC&R Career Major. Matthew shone brightest on the diamond, hitting one of the lon-

gest home runs in TC history and compiling a .396 career batting average. He was a two-time Mayflower Athletic Conference MVP in baseball and was an All-Star numerous times. (Soccer 1998 – 2001, Wrestling 1999 – 2002, Baseball 1999 – 2002), Michael Cavanaugh Class of 2009 from Plumbing. Mike tallied 245 career goals and 137 assists, which are both school records that his former Coach doubts will ever be broken. On the mat, his record is equally impressive, as he finished fifth in the sectionals as a junior and second as a senior. (Football 2006, Wrestling 2006 – 2009, Lacrosse 2006 – 2009) Molly Marcotte Class of 2012 as a Plumbing Major. Molly was a league All-Star numerous times in both Softball and Volleyball. She was a leader who energized her teammates and demonstrated a dedication to honing her skills every day both at practice and in competitions and encouraged others to do the same. She made everyone around her better, and

her teams excelled because of it. (Volleyball 2008 – 2011, Basketball 2009 – 2010, Softball 2009 – 2012), and Morgan Gould Class of 2016 from Medical Careers. Morgan's physical gifts and intellectual prowess drove her to be the best athlete possible no matter the task, and no matter the opponent. One of her coaches said "she was the most tenacious athlete that I ever coached; male or female." (Volleyball 2012 – 2015, Basketball 2013 – 2016, Softball 2013, Boys Lacrosse 2014, Outdoor Track and Field 2015 – 2016).

The new members will be inducted on April 12th at Tri-County RVHS at 147 Pond Street, Franklin, MA at 6:00 PM. The ceremony is open to the public and will include dinner. Tickets can be purchased on the Tri-County website for \$25. "We look forward to restarting the tradition and welcoming new inductees every two years. The Hall of Fame is an excellent way to recognize stellar athletes and the dedicated individuals who helped them succeed," said Sara Martin, Director of Athletics at Tri-County.

For more information Contact: Scott O'Brien - 508-528-5400 x127, obrien@tri-county.us

The 6th New Life 5k Trail Run - May 13th

New Life Furniture Bank is excited to host its 6th annual 5k Trail Run and Kids Fun Run, on Saturday, May 13th on the Medfield State Hospital grounds (at Hospital Rd. & Service Dr., Medfield, MA). The route winds through the beautiful Charles River Reservation, and the event is open to runners, walkers and everyone in between. Bellforge Arts Center will host a live DJ, food trucks, and fitness activities.

Trail Run registration is open at newlifefb.org/5ktrailrun. An "early bird" discount of \$25 is available until April 29; after that registration will be \$30 until May 11; and \$35 on race day. On-site Kids Fun Run registration will be \$5. There is a \$5 group discount for teams of four or more when the registrations are made at the same time. On-site registration opens at 9:00 am on race day. Children ages 4-10 are invited to join us for the Kids Fun Run at 10:00 am, and the Trail Run starts at 10:30 am, with live music to follow. The first 250 people to register will receive a t-shirt on race day.

The Trail Run benefits New Life Furniture Bank of MA and its mission to provide gently used household furnishings to individuals and families transitioning out of homelessness.

The Medfield-based non-profit organization operates a Walpole Donation Center and serves the MetroWest and Greater Boston area. New Life provides a meaningful option for folks who are downsizing, renovating or disposing of a loved one's property.

Those interested in being a sponsor, volunteering, donating home furnishings, or making a financial contribution are encouraged to visit www.newlifefb.org.

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. BR23P0214GD

Bristol Probate and Family Court
Office of Register Suite 240, 40 Broadway, Taunton MA, 02780

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

In the matter of: **Joyce Santos of Medway, MA**
RESPONDENT Alleged Incapacitated Person

To be named Respondent and all other interested persons, a petition has been filed by Southcoast Behavioral Health of Dartmouth, MA in the above captioned matter alleging that Joyce Santos is in need of a Guardian and requesting that Michael Kochansky of Ipswich, MA (or some suitable person) be appointed as Guardian to serve on the bond.

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

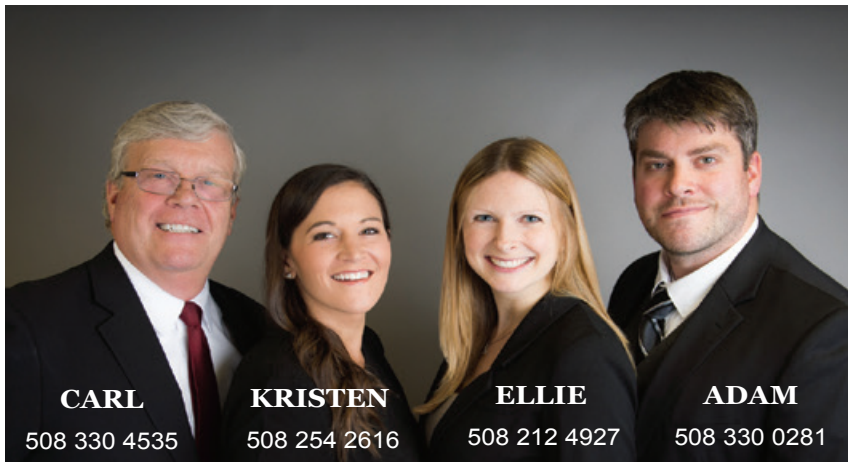
You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **05/12/2023**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

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

WITNESS, Hon. Katherine A Field, First Justice of the Court
Date: April 04, 2023

Thomas C. Hoye, Jr
Register of Probate



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104 Summer Street, Medway

SOLD

25 Fuller Place, Franklin *

SOLD

48 Lovering Street, U6, Medway*

SOLD

34 Prior Drive, Framingham

*Buyer

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Real Estate Corner

GOOD DEEDS: Community Preservation Act

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

Dear Friends of the Registry, Registry Stakeholders, and Norfolk County Residents, I wanted to take a moment and share with you some history and information about the Community Preservation Act that I think you might find interesting.

The Community Preservation Act (CPA) is the result of more than two decades of work to create legislation that would provide all 351 Massachusetts cities and towns with a tool to preserve their most unique natural, community, and physical infrastructures in the face of rapid expansion and development.

The CPA allows cities and towns to establish a Community Preservation Fund to preserve open space, historic preservation, affordable housing, and outdoor recreation. The CPA Act also creates a statewide Community Preservation Trust Fund, which is managed by the Department of Revenue (DOR)

and makes annual contributions to municipalities that have signed on to the CPA.

The Community Preservation Act was signed into law on September 14, 2000. Today, there are 194 Massachusetts communities that have adopted this act. Of the 28 communities that make up Norfolk County, 19 communities have adopted the law. As of December 31, 2019, fees collected for the Community Preservation Act were increased to \$50.00 for most land documents recorded and \$25.00 for municipal lien certificates. The Registry of Deeds, at no additional cost to the Commonwealth or local communities, collects these revenues once a land document is recorded and forwards the monies to the Massachusetts Department of Revenue on a monthly basis. The funds forwarded to the Commonwealth are then redistributed back to the communities that have adopted the Community Preservation Act.

The fees for the CPA are set by the State Legislature on land

documents recorded here at the Norfolk County Registry of Deeds. The following chart provides an illustration of the funds generated by the CPA in your community based on recorded real estate filings for that community during the 2022 calendar year.

The Norfolk County Registry of Deeds, which is located at 649 High Street, Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, genealogists, municipalities, and others with a need for secure, accurate, and accessible land record information. For assistance, please contact our Customer Service Center at (781) 461-6101, or visit our website at www.norfolkdeeds.org.

I hope you find this data informative and helpful. In the meantime, if I can be of assistance to you, please do not hesitate to contact me at 781-461-6116 or by email at registerodonnell@norfolkdeeds.org.

COMMUNITY PRESERVATION ACT (CPA)

Surcharges By Town For Calendar Year 2022

TOWN.....	TOTAL
AVON	\$44,675.00
BELLINGHAM	\$157,250.00
BRAINTREE	\$243,450.00
BROOKLINE.....	\$359,250.00
CANTON.....	\$212,950.00
COHASSET	\$96,525.00
DEDHAM	\$191,825.00
DOVER.....	\$59,400.00
FOXBOROUGH	\$139,125.00
FRANKLIN.....	\$233,800.00
HOLBROOK.....	\$89,150.00
MEDFIELD	\$103,400.00
MEDWAY.....	\$112,750.00
MILLIS	\$86,175.00
MILTON.....	\$205,950.00
NEEDHAM.....	\$248,625.00
NORFOLK.....	\$99,300.00
NORWOOD.....	\$184,975.00
PLAINVILLE.....	\$71,050.00
QUINCY.....	\$528,000.00
RANDOLPH.....	\$233,800.00
SHARON.....	\$136,800.00
STOUGHTON.....	\$224,400.00
WALPOLE.....	\$189,500.00
WELLESLEY.....	\$222,225.00
WESTWOOD.....	\$122,875.00
WEYMOUTH.....	\$426,750.00
WRENTHAM.....	\$110,325.00



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Register O'Donnell Reports on March 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 March 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 March 2022.

"Spring has arrived, ushering in a new home-buying season, which is reflected in March's rise in real estate activity over the

previous month," said Register of Deeds William P. O'Donnell. "As compared to last year, however, we are still seeing significant decreases in the number of documents filed."

The Norfolk County Registry of Deeds recorded 8,541 documents in March 2023. This was 31% less than in March 2022 and 27% more than in February 2023.

"Despite easing inflation, high food and energy costs are

still limiting customers' ability to save money," said Register 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 March 2023, which reflect real estate sales and transfers, both



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Real Estate Corner

REAL ESTATE

continued from page 24

commercial and residential, was 1,250, a decrease of 17% from March 2022 and an increase of 29% from the previous month of February.

“Although home prices have fallen significantly, they are still higher than pre-pandemic averages, with March 2023 home prices 34% higher than March 2019.” O’Donnell went on to say, “The lack of available real estate inventory is likely one reason why property prices are still higher than they were before the pandemic, along with the desire to live in local communities.”

Sale prices for March appear to have dropped compared to March 2022. The average sale price in March was \$886,486, a 21% decrease from March 2022 and a 6% decrease from February 2023. The total dollar volume of commercial and residential sales is down, decreasing 38% from one year ago and increasing 34% from last month.

“A continued decline in the number of deeds and mortgages recorded at the registry may indicate that homeowners who took advantage of lower interest rates in 2020 are hesitant to make moves with average mortgage interest rates above 6%.” O’Donnell added, “Although average sales prices are declin-



ing, current homeowners and first-time buyers may be holding out hope for lower interest rates.”

Overall lending activity showed a continued downward trend for the month of March. A total of 1,280 mortgages were recorded this month, 47% less than a year ago at the same time and up 41% from last month.

“According to the data, we are recording significantly fewer mortgages than in the past, which can be attributed to a number of factors that the country is experiencing right now, such as the rising cost of living and a spike in mortgage interest rates,” explained O’Donnell.

“These aspects of the economy can affect the local real estate market.”

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In March 2023, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in March 2022, there were 5 recorded. However, in March 2023, there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 11 recorded in March 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, “The limited inventory of available property on the market and the high demand for homes are likely factors in keeping property values above pre-pandemic levels, while the decrease in prices may be due to homebuyers’ reluctance to take out mortgages at current interest rates.”

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.

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. 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.

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Recent Home Sales

Date	Medway	Amount
04/14/2023	8 King Phillip Street	\$585,000
04/14/2023	3 Wamesit Street	\$410,000
04/06/2023	160 Holliston Street	\$1.25 mil
03/31/2023	253 Main Street	\$395,000
03/27/2023	7 Sun Valley Drive	\$760,000
03/23/2023	33 Milford Street #A	\$720,000
03/21/2023	7 Williamsburg Way	\$217,264
03/17/2023	146 Village Street	\$749,900
03/17/2023	146 Village Street	\$749,000
03/14/2023	83 Main Street	\$499,900

Date	Millis	Amount
04/13/2023	275 Orchard Street	\$500,000
04/06/2023	2 Blueberry Lane	\$1.12 mil
04/03/2023	6 Rivendell Lane	\$1.28 mil
03/31/2023	22 Bullard Lane	\$875,000
03/31/2023	5 Walnut Hill Road	\$870,000
03/23/2023	177 Plain Street	\$400,000
03/23/2023	13 Richardson Dr #261	\$874,879
03/23/2023	41 Acorn Place	\$600,000

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

Recent Home Sale



6 Rivendell Lane in Millis recently sold for \$1.28 million. Image credit: www.zillow.com

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SOLD



118 Norfolk Road
Millis - \$775,000

SOLD



24 Hollis Street
Sherborn - \$900,000

SOLD



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\$280,000
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 Jennifer McMahon



\$775,000
 121-123 East Union Street, Ashland
 Jennifer McMahon & Janine Azzouz



\$749,900
 38 Eaton Road, Framingham
 Laina Kaplan



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 253 Main Street, Medway
 Laina Kaplan



\$590,000
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 Laina Kaplan



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Client Testimonial for Laina Kaplan:
 "Laina was very professional. She was very informed about the market. She was able to find a buyer quickly. She facilitated all negotiations that included the buyers comfort. She is straightforward, honest, hard-working, a pleasure to work with." – **Keith Sansoucy., Medway**