Millis Elementary School Building Project (ESBP) Moves Forward

By J.D. O'Gara

On January 20, the Millis Elementary School Building Committee (MESBC) held an interactive workshop for Millis residents, inviting feedback from residents on their hopes and concerns for an updated facility to house elementary students in the Millis Public Schools. The community workshop, the first of three planned to invite residents’ input, followed another held specifically for educators on January 15th. Another meeting is scheduled March 2 to present various alternatives to townspeople and solicit their input on those options.

Millis has been working with the Massachusetts School Building Authority since June of 2014. In March of 2015, the MSBA invited Millis to enter the feasibility stage of the process, which required approval and financial commitment by the town. At a special election in February and a special town meeting in March, Millis committed $1 million for a feasibility study and schematic design (subject to up to 51% reimbursement from the MSBA).

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Committee Holds Public Workshops, Creates Website

On January 11, a Medway incident brought to light the importance of having operating CO detectors in our homes and buildings, when Medway firefighters found elevated levels of CO (due to a malfunctioning boiler) at the Christ Episcopal Church at 14 School Street, home of Back to Basics Preschool.

Back to Basics owner Wendy Kilty, who rents space from the church, explains that upon arrival in the morning, she detected an unusual smell. She alerted building owners and off-duty Medway firefighter Lt. Matt Anzivino, a parent of two of her preschool students, who then accompanied her to the boiler room to investigate. After discovering a malfunction with one of the boilers, Anzivino suggested Kilty call the Medway Fire Department to come conduct an air quality test. The preschool evacuated students as a precaution, and when firefighters came at about 7:40 a.m., they did discover an elevated level of CO in the building.

CO detectors in the building were functional at the time, says Kilty, sounding at about the time firefighters came. That, she says, was probably a function of the heat not coming on in the building until 7 a.m. Kilty thanks Lt. Anzivino, as well as all of the local neighbors who offered to open their homes to the temporarily displaced students. Kilty adds that since the incident, the preschool has installed three additional CO detectors to better streamline the detection process in the future.

Medway Fire officials stressed that this incident was serious. The event occurred soon after State Fire Marshal Stephen D. Coan issued a warning last month in the wake of the Milford fatal carbon monoxide (CO) poisoning where there were no working carbon monoxide or smoke alarms in either apartment. Coan discussed Nicole’s Law, which requires carbon monoxide alarms in homes that
SCHOOL
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Manager (OPM) and Tappé Associates as the Architect.
Wayne Klocko, Chair of both the Millis Permanent Building Committee and the Millis Elementary School Building Committee, explains that the funding approved last spring will yield a lot more than just a study. The feasibility study is just the first part of this process, in which a set of options will be considered and the committee will make its decision on its preferred option. This study, says Tim Bonfatti, of Compass Project Management, should be done by March.
At that point comes the schematic design, the second part.
“This is a fairly developed set of documents that allow for a fairly accurate cost estimate, a developed and robust design package prepared by engineers,” says Charles Hay, of Tappé Associates. Two different independent engineers will then estimate the cost of the project. “Those get reconciled, so you end up with one proposed budget that has multiple contingencies to accommodate changes,” says Hay. “It will be a reliable and responsible budget number.”

The MESBC will make its decision on the best permanent solution to present to Millis voters jointly with the MSBA, following an MBAS-prescribed process up to that point, says Klocko.
“It’s a partnership,” says Steve Catalano, chair of the Millis School Committee and member of MESBC. “The MSBA doesn’t want to force alternatives on us, but they want to make sure we’re making the right decision.”
“We have to consider the options of both new construction and renovation within the parameters the MSBA has set forth for us,” says Klocko, who says a host of sites are being considered. Klocko adds that plan includes moving Millis fifth graders back to the elementary building.
In addition to the existing Clyde Brown school site, some of the Millis locations being considered for an elementary school building include the Cassidy Farm property, at the intersections of Routes 113 and 27, the privately-owned former GAF site at 1075 Main Street, and a private property behind Ridge Street.
“The soccer fields behind Clyde Brown and the playing fields in front are also options,” says Klocko, adding, “Educators feel the campus setting of having both facilities nearby helps facilitate teachers and educational opportunities.” That option would involve using or swapping some land, says Klocko, for playing fields.
Participation in the MSBA process allows Millis to move beyond outdated facilities.
“Had we had no MSBA contribution, we’d be faced with almost the same cost just to maintain the facilities for the inadequate programming, but with the MSBA putting us in the program with a significant contribution from the state, we’re able to really add the most important thing, which is the educational plan for our children,” says Klocko.
Catalano says immediate physical problems of the building would cost $4 to $5 million just to patch and bring up to code in the short term.
“The process is not about the age of buildings or maintenance bricks and mortar. It’s about the educational plan for children, and how that’s going to be served now and for the next 50 years,” says Klocko. “This facility is inadequate as of today for that purpose. Twenty-first century learning is a lot different. The MSBA wants to spend money on a school that really is going to be an excellent school. They won’t accept shortcuts.”

The Millis Elementary School Building Committee (MESBC) has created a website (www.millschoolproject.org) to keep Millis residents informed. The website presents information about upcoming events, announcements, a timeline and documentation regarding the project as well as the District’s educational plan and an overview of the project need. The group also has a Facebook page at https://www.facebook.com/millisschoolproject/ and Millis residents are invited to email questions or suggestions about the project to schoolproject@millis.net.

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Steve Bullock
Millis HS Senior Goes to the Extreme for Millis Food Pantry

By J.D. O’Gara

Extreme couponing? What’s that? Carolyn Hayes can tell you. The Millis senior is on a mission, well, actually on a senior project, to get a whole lot of items for the Millis Food Pantry using coupons, store flyers and a little ingenuity.

“Extreme couponing is not just using coupons per se. A lot of people don’t realize you can use multiple coupons on one item,” says Hayes. She combs circulars for sales, checks limits and uses as many coupons, with some stores doubling the coupons, as she can. “It’s a way to get stuff really cheap. It’s a huge money saver,” Hayes says. 

“I just saw it and thought, ‘Wow, those women are crazy,’ and who knew a few years later I’d be one of them,” she laughs. Hayes works as a cashier and says a lot of people save money with coupons.

“I zero in on them whenever I see them,” she says, noting that CVS and its Extrabucks program has also been a bonus to her effort.

Roche Bros. in fact allows Hayes to take the extra coupon pages from newspapers that haven’t sold. Hayes also asks local folks to donate their coupon flyers to a box at the Millis High School office.

In all, the high school senior spends at least an hour a day, seven days a week looking for sales, checking limits and using as many coupons as possible. "I think clipping them takes up the most time."

Hayes says she was looking for a unique idea for her senior project, and so far, it has paid off.

“I have little files I have to organize, by expiration date. It makes it easier to go in and get exactly what I need, says the student, who also keeps a big spreadsheet of everything she’s bought. “I think clipping them takes up the most time.”

Hayes says she was looking for a unique idea for her senior project, and so far, it has paid off.

“I think I’ve spent $50 on about $400 worth,” says the senior, who hopes to attend Assumption College next fall. “I’m hoping to get $1,000 worth of items by the end of the project.”

If you have coupons you’d like to donate to help Hayes in her project, you can drop them off at the Millis High School office at 245 Plain Street in Millis.

EMERGENCY continued from page 1

use any fossil fuel, burn wood, or have enclosed parking areas

“Take a minute to make sure you have working CO alarms in your home,” said Coan, who says a working CO alarm must be on every level of residents’ homes. “Test them and replace the batteries if need be. And, if the alarm is more than 5-7 years old, the entire may need to be replaced.”

Breathing CO makes people feel nauseas, dizzy, headachy, and tired like having the flu. It poisons the body by removing oxygen in the blood stream, slowly suffocating victims. It makes it hard to think clearly, and sleeping people will not wake up without an alarm.

Heating equipment is the leading cause of CO incidents. It can also come from hot water heaters, gas stoves, gas dryers, barbecue grills, fireplaces, and from cars, lawn mowers, snow blowers or generators running inside the garage – even with the door open. A large number of CO incidents take place between the months of November and February and between 5 p.m. and 10 a.m. This is the time when most heating equipment is being used at home.

In 2014, Massachusetts fire departments responded to almost 15,000 CO incidents and in over one-quarter, or 4,200 incidents, elevated levels of CO were detected.

With the arrival of snow, homeowners should take a few minutes to make sure that the vents for their heating units are cleared properly.

For more information on carbon monoxide safety go to www.mass.gov/dls and type “Carbon Monoxide Safety” in the search box, or contact your local fire department.
Eight Local Grants Awarded by Millis Cultural Council

Jodie S. Garzón, chair of the Millis Cultural Council, has announced the award of eight grants totaling $4,557, for cultural programs in Millis in 2016. The 2016 Millis Cultural Council grant recipients are:

- Henry Lappen, Henry the Juggler Show: $425;
- Steve Hurbut, Jumpin’ Juba concert: $300;
- Millis Reads, Millis Reads 2016 – Isabella Stuart Gardner Museum Heist: $1,300;
- Erin Cheney, Millis High School Garden: $297;
- Patricia Divver, Millis MS/ HS Librarian, Literary Arts Cofee House: $941;
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The 2016 Millis Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community. Each year, local councils award more than $3 million in grants to more than 3,500 cultural programs statewide. These include school field trips, after-school programs, concerts, festivals, lectures, theater, dance, music, and film. LCC projects take place in schools, community centers, libraries, elder care facilities, town halls, parks, and wherever communities come together.

Decisions about which activities to support are made at the community level by a board of municipally appointed volunteers. The members of the Millis Cultural Council are: Jodie Garzón, Chair; Michele Kelly, Treasurer; Stephanie Copice, Clerk; Peter Themistocles, Patrick Neville; and Arlene Lagos. The Council is seeking additional members from Millis interested in enhancing the quality of life in Millis through the funding of local arts and cultural projects in Millis. In the coming year, the Millis Cultural Council will be looking to partner with other arts and culture groups in town to provide a comprehensive calendar of cultural events for Millis in 2016. Anyone interested in joining the Millis Cultural Council can download a volunteer form on the town website or send an email to millisculturalcouncil@gmail.com for more information.

MBC looks to the Future with Design Review Guidelines update

On February 17, from 5-7 p.m. at Restaurant 45, Medway Business Council will host Tom Gay, Clerk of the Medway Planning and Economic Development Board and representative to the Design Review Committee, who will present information on the recently updated Design Review Guidelines. The Design Review Guidelines establish and define minimum expectations for the aesthetics and functionality of building and site design for development in Medway. The Guidelines are a useful and informative document to assist land developers, property owners, architects, and site engineers prepare site design and building elevation plans that are consistent with Medway’s community vision.

In response to requests for a more streamlined design review process, the new Guidelines are designed to be clearer and more user friendly. The new Guidelines were developed by a task force comprised of citizens, representatives of the PEDB, DRC and Town Staff, and guided by The Cecil Group, a Boston based urban design consulting firm with extensive experience in developing community design guidelines and standards. MBC has held previous meetings on the topic of design review and development and is pleased to have the Medway PEDB share information about the newly updated Guidelines with members of the business community.

Also at the meeting MBC will unveil its newly redesigned website. John Haddad, owner of Bisinet Technologies, will walk attendees through the features of the new site, which he developed in coordination with members of the MBC Board.

Registration fee for the meeting is $15/members and $20/non-members. Register and reserve your spot online at www.medwaybusinesscouncil.org by February 10. Appetizers and cash bar will be available. The event is OPEN TO ALL AREA BUSINESS in Medway and surrounding communities.
The bakery,
the hardware store, the barber shop...

the florist, the place you get coffee, the playground, the ice cream
stand, the church, the town common, the little restaurant in the middle of the
block...

These are the places, people and things that make a community. That
make you glad you live where you live.

We’ve pretty much always had a
place in the community. We know
the people who live here. We shop
in the same stores. We’re not huge
in an impersonal way. Or small in
an ineffective way. The way we
describe it is this: community bank
values, big bank products.

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with a full menu of unique lending
products and the kind of technology
that lets you bank how you want,
when you want, wherever you want.
With our checking account we’ll also
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what ATM you use. No matter where
in the world.

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you, think about opening a checking
account with us. We’ll actually come
to your house or to your work and
fill out the paperwork if you would
like.

Or you can stop by, next time
you’re out getting muffins, a gallon
of paint, a haircut, an ice cream
cone...etc..

It’s a wonderful bank.
Deadline to Sing in this Charles River Chorale Season Feb. 2

On Tuesday, January 12, 2016 the Charles River Chorale began its rehearsals for its thirty-first Spring Concert, “Fire and Rain,” with director Ashley Nelson again directing. Rehearsals are held every Tuesday night from 7:30 to 9:30 p.m. at the church of Christ, 142 Exchange St (Route 115), Millis, MA 02054, and the concert will be performed on May 7, 2016 at the Millis High School. The Chorale will also be joined by the Charles River Children’s Choir.

The Chorale sings four-part vocal arrangements of a wide variety of music. It is a non-audition chorus open to all persons wishing to join by the February 2, 2016 rehearsal. This is a firm cut-off for new members to join for the coming spring season. If you have questions, please feel free to call Brooks Corl at (508) 376-9492.

Members pay dues and purchase their own music. The Chorale also welcomes non-singers as members to assist in essential roles such as business, stage and house management.

The Chorale’s selections this year will include:
- Keep Your Lamps Trimmed and Burning, Traditional Spiritual; arr. Andre Thomas
- Famine Song, Culloton
- Juego a Que Me Quemo, Traditional Columbian; arr. Julian Gomez Giraldo
- The Spark of Creation (from Children of Eden, Stephen Shwartz), arr. Mac Huff
- A Little Fall of Rain (from Les Miserables) - duet
- Singin’ in the Rain (from Singin’ in the Rain), Freed/Brown; arr. Mac Huff
- Africa, Paich/Portaro (Toto); arr. Roger Emerson
- Fire and Rain, James Taylor, Arr. Greg Gilpin
- Selections from the oratorio, Elijah, Mendelssohn
  o Thanks Be to God
  o Be Not Afraid
  o It is Enough - Elijah
  o See, Now He Sleepeth
  o Lift Thine Eyes
  o He Watching Over Israel - chorus
  o Then Did Elijah - chorus
  o Then Shall the Righteous
  o And Then Shall Your Light Break Forth

Millis Seniors Enjoy Luncheon Courtesy of Police & Fire

The Millis Police and Fire Department sponsored a holiday luncheon for the Millis Senior Center. Guests enjoyed a delicious meal at Primavera in the Grand Ballroom. Thank you to the Millis Police and Fire Union for your thoughtfulness.

Mid-Winter at Medway Community Education

It’s mid-winter and there are plenty of classes available for you at Medway Community Education. Join us for some of our popular classes like Paint & Sip and Ladies Night Out as well as new offerings in Cooking, Event Planning and Financial Planning for adults. Teens can get started on their college essays or take a First Aid & CPR class that might be needed for a summer job. These classes start in February or March; more details and registration information is available by visiting www.medwayce.org or calling (508) 533-3222, option 4.

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Visit Medway’s Newest Park at Mechanic Street

An overgrown vacant lot used as a bus stop at the intersection of Main and Mechanic Streets has been transformed into a beautiful pocket park by the Town of Medway Department of Public Services (DPS). The Route 109 Design Committee initiated the project. In October 2015 the DPS Environmental Services Division began work on the project, clearing the lot. The project was completed in collaboration with local supporters, including Fasolino Landscaping, Jefferson C. Bailey Masonry, Medway Gardens, National Association of Realtors, TC Scoops, and the Bellingham Home Depot and was formally dedicated on Friday, December 18, 2015.

Special thanks are extended to DPS Environmental Services Managers Fred Sibley and Steve Carew for design and project management. Gratitude also extended to the Route 109 Design Committee, which includes: Selectman Dennis Crowley, Selectwoman Maryjane White, Mr. Matthew Buckley, Mr. Daniel Hooper, and Mr. Paul Yorkis.

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Medway Public Library Receives STEM Programming Grant

The Medway Public Library was recently awarded a grant by the Institute of Museum and Library Services, which is administered by the Massachusetts Board of Library Commissioners. The grant addresses the shortage of workers entering STEM fields in Massachusetts as well as in other states. The Medway Public Library can be a valuable partner in offering programs which will increase children's knowledge of STEM concepts and encourage their interest in STEM careers.

The Library is also offering workshops for children in grades 5 through 8, using the Science Quest manual and a variety of science kits and other materials. The Library is offering nine hands-on workshops led by a science educator and monthly staffed workshops for children in grades 5 through 8, using the Science Quest manual and a variety of science kits and other materials. The Library is also offering eight family STEM programs, and additional programming in collaboration with Massachusetts 4-H and community organizations. The Library also plans to update and expand its collection of STEM books, DVD's, and kits.

Upcoming workshops:
1. February: Genetics - part 1 (focused on heredity and crosses)
2. March: Genetics - part 2 (focused on DNA; will include doing an extraction)
3. April: Physics/Engineering (focused on boat and plane design)
4. May: Agricultural Science/Biotechnology
5. June: GIS (online mapping and geocaching)
6. July or August: Forensic Entomology*

*This activity is brought to you in part with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.

Medway Public Library February Youth Events

Toddler Jam
Every Tuesday and Wednesday, 11 a.m., Newborns – 3 year-olds are invited to this drop-in program of stories, fingerplay and songs accompanied by mountain dulcimer. Children must be accompanied by parent/caregiver.

It's Story Time!
Every Thursday and Friday, 11 a.m., Newborns – 3 year-olds are invited to this drop-in program of stories, fingerplay and songs accompanied by mountain dulcimer. Children must be accompanied by parent/caregiver.

Winter PJ Story Time
February 9th, 6:45 p.m., Learn about all the cozy ways animals sleep in the winter. Wear your jammies for this fun but calm night of stories and a hibernation craft. All ages. Registration preferred.

Groundhog Day Drop-in Craft
February 2nd, 3:30 -6 p.m.
Stop by the Library after school to celebrate Groundhog Day! Whether or not Phil sees his shadow, we will have a fun craft and many groundhog books for you to check out and bring home! Ages 4 and up. No registration.

Groundhog Day Drop-in Craft, Tuesday, February 9th, 4 p.m.
Everyone. Chef Lucy will help you fill your plate, so you’ll never be starving for a good read! Grades 1-8. Registration preferred.

Book Buffet
Thursday, February 11th, 4 p.m., The Book Buffet is back! If you found a great story last time, or are still curious what it all about, then make your reservation today! Join us in our restaurant-themed book review, where the menu has something for everyone. Chef Lucy will help you fill your plate, so you’ll never be starving for a good read! Grades 1-8. Registration preferred.

Valentine Reservations
Valentine Reservations will be accepted for parties of 2 or more.

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continued from page 8

will have a mini-lesson on an area of art history, then make your own projects to bring home!

Snap Circuits Discovery Day
Thursday, February 18th, All Day, 10:30 a.m. -5:30 p.m., February vacation is almost over so come on down to the Library to get some wiggles out. Stop by anytime or stay all day. We will have Snap Circuits set up in the children’s room for you to build gadgets and find new ways to make things work. Grades 2 and up.

PAWS to Read 4th Anniversary Party
Saturday, February 20th, 11 a.m.-1 p.m., Young readers and their adults are invited to join us in celebrating 4 years of the PAWS to Read program! We are so thankful to all of the volunteers (furry and human) who have made this program such a success in Medway!

Elementary Book Club, Monday, February 22nd, 4 p.m., This month we are reading The Big Bad Detective Agency by Bruce Hale. Registration preferred but not required. Best for grades 2 thru 5, but anyone who has read or listened to the story is welcome!

Wild Readers: Teen Book Club, Monday, February 22nd, 6:45 p.m.
Let's talk about what you want in a book club! Help Lucy find a day and time that fits you and your friends! Share which titles or genres you would like to read. Free Snacks!!

Grades 8 and up. Register in advance or just show up.

National Read Aloud Day
Wednesday, February 24th. Details to come.

LEGO Club
Wednesday, February 24th, 4-5 p.m. Grades 1 and up. Register in advance. Sponsored by Friends of the Medway Library.

Tales of Enchantment - Storyteller Diane Edgecomb
Thursday, February 25th, 3:30 p.m., Diane brings to life classic fairy tales like Snow White and Rose Red and Bee, Mouse, Harp and Bum-Clock, an unusual ‘Jack’ tale, as well as tales from the oral traditions of Ireland and Britain. Ages 5 and up. Register in advance.

Leap Day Party!
Monday, February 29th, 3:45 p.m., Celebrate this extra day with silly stories, wacky games and a craft extravaganza! All ages. Register in advance.

For more information and to register for events and programs visit medwaylib.org.

Contact Children's Librarian, Lucy Anderson, with any questions at landerson@minlib.net or (508) 533-3217.

Milford Federal Savings & Loan Association Promotes Beth Fryc to Assistant Vice President-Compliance

Milford Federal Savings and Loan Association is pleased to announce that the Board of Directors has appointed Beth Fryc to the position of Assistant Vice President-Compliance.

Fryc has been with the Association for nearly 27 years, and holds an Associate’s Degree in Business Administration from Dean College. She first joined Milford Federal in August 1987 as a full time teller and has since held the positions of Consumer Loan Clerk, Assistant Branch Manager, Branch Manager at the Whitinsville Office and most recently Compliance Officer. She resides in Upton with her husband and daughter.

Established in 1887, Milford Federal Savings & Loan has been assisting its neighbors and friends for 128 years. Serving the greater Milford and Blackstone Valley areas in Massachusetts and Northern RI, it has four conveniently located offices in Milford and Whitinsville Massachusetts and Woonsocket, RI and can also be found on the Internet at MilfordFederal.com and Facebook.

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New York Life Agent Michael T. Damon Reaches “Top of the Table”

New York Life Leads Million Dollar Round Table for the 61st Consecutive Year

New York Life Agent Michael T. Damon Reaches “Top of the Table”

New York Life Leads Million Dollar Round Table for the 61st Consecutive Year

Medway, MA – Outstanding client service, ethics and professionalism have elevated Michael T. Damon of New York Life’s Boston General Office to qualify for the exclusive “Top of the Table” of the Million Dollar Round Table (MDRT) — The Premier Association of Financial Professionals®. In addition to being a New York Life agent since 2002, Michael T. Damon is a 13-year MDRT member and a lifetime ‘Top of the Table’ qualifier.

Top of the Table status is the highest level of MDRT membership and places Michael T. Damon among the top professionals in the global life insurance and financial services industry. It recognizes him for demonstrating exceptional professional knowledge, client service and ethical conduct.

Founded in 1927, the Million Dollar Round Table, The Premier Association of Financial Professionals, is an international, independent association of the world’s leading life insurance and financial services professionals. MDRT members demonstrate exceptional professional knowledge, strict ethical conduct and outstanding client service. MDRT membership is recognized internationally as the standard of sales excellence in the life insurance and financial services business.

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** Individual independent rating agency commentary as of 8/11/15.

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Tooth Together let’s plan for the future so you can continue all the good you do in your life.

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#22 Pave the way for the greatness of others.
Medway Issues Updated Design Review Guidelines

The Town of Medway Planning and Economic Development Board, Design Review Committee (DRC), and Board of Selectmen are pleased to announce the publication of the recently updated Medway Design Review Guidelines.

The Town of Medway recognizes the importance of well-designed sites, buildings and signage and how such can reinforce a sense of New England village character which is a primary goal of the Medway Master Plan. To that end, the Design Review Guidelines establish and define minimum expectations for the aesthetics and functionality of building and site design for development in Medway. The Guidelines are a useful and informative document to assist land developers, property owners, architects, and site engineers prepare site design and building elevation plans that are consistent with Medway’s community vision. Adherence to the Guidelines may help applicants achieve land use permitting approval in a timely and efficient manner.

The Town’s use of these Guidelines will enhance the overall quality of Medway’s built environment and help protect and improve property values by bringing a community-based design review process to development plans. Medway’s DRC will use the Guidelines to review proposed development projects referred to it by the Planning and Economic Development Board and other Town boards/departments. The DRC is also charged with reviewing proposed signs for compliance with the Guidelines as part of the sign permitting process.

Andy Rodenhiser, Chairman of the Planning and Economic Development Board states, “The new Design Review Guidelines reflect the community’s taste and desire of what we expect from builders and developers. While we can’t regulate good taste, we can communicate through the Design Guidelines how we want the community to look within the boundaries of what is allowed by law. The Guidelines also address functional site amenities such as lighting, landscaping, parking, and signs which need to complement buildings to create a cohesive look for Medway.”

‘The Guidelines are organized by the three principal land use types in Medway – commercial, residential and industrial as well as the zoning districts in which these uses are located. Each section includes guidance for site improvements, building design, and sign design.

“The DRC has always endeavored to advocate for the tenets of the Medway Master Plan while working with developers to achieve the community’s design standards” notes DRC Chairman Matt Buckley. “We have heard the requests for a more streamlined design review process and we are delighted to have these new Guidelines that are professionally explained, beautifully illustrated and very user friendly. The Guidelines answer the need for a defined and fair review process for all.”

The new Guidelines are an update to the Town’s first Design Guidelines adopted in 2007. The new Guidelines were developed by a task force comprised of a citizen, representatives of the Planning and Economic Development Board and the DRC, and Town staff. The task force was organized with the support of the Board of Selectmen and guided by The Cecil Group, a Boston based urban design consulting firm with extensive experience in developing community design guidelines and standards. Funding to produce the updated Guidelines was authorized by the fall 2014 Town Meeting.

The new Medway Design Review Guidelines may be reviewed and downloaded using this link: http://www.townofmedway.org/Pages/MedwayMA_News/022D1FE-000F8513

Questions regarding the updated Medway Design Review Guidelines may be directed to the Medway Planning and Economic Development office, (508) 533-3291.
Getting Back Tenfold What You Put In
VNA Hospice Care in Need of Volunteers in Your Area, Will Train

By J.D. O’Gara

The rewards have been greater than she expected.

JoAnne O’Connell, a Millis single Mom of four, began volunteering for VNA Care Network and Hospice over four years ago. Having been a stay-at-home Mom, a teacher and a volunteer for new Moms at Beth Israel and for Meals on Wheels, O’Connell was looking for a new way to give of her time. She decided to give volunteering her time to hospice patients a try, despite some reservations of knowledge and understanding of the hospice philosophy:

“In our society, death and end of life is a taboo,” says O’Connell. “I was unsure and nervous, and it was very uncharted waters for me, but the more I learned, the more I grew and learned to accept. Now, it’s not scary to me at all. Yes, there are some sad times, but it’s an amazing gift you can present to support people in all. Yes, there are some sad times, but it’s an amazing gift you can present to support people in.

The benefits, says O’Connell, she gets back “tenfold in terms of what I put in,” and the greatest gift she received was learning “how to be present.”

“I was constantly multi-tasking, never really present physically and mentally at same time,” says O’Connell. The one thing she learned, when she went to visit patients in their homes or at one of the VNA Care Network residences, is that just being there, “being physically present, is one thing we all have to offer. Every case is different — they all have different needs. It might just be being there, might be sitting, they might need you to listen or to have you physically do something. There are all different ways it might look.”

What O’Connell didn’t expect was that learning to be present was “the best gift to me. I would leave my phone in the care and know I had two hours there, without any expectations.”

That lesson, she says, carries over into her life in every aspect. “I’m much more present for my children, for myself. I learned to just be, which I didn’t have prior to this work. It is a huge reward.”

In fact, the VNA Hospice Care, a non-profit organization serving patients with life-limiting illnesses and their families, is currently in need of loving hospice volunteers, especially those who are available during the day and bilingual. Anyone, young or old, from any background, needs only to have a desire to share time and compassion with others, and VNA Hospice Care provides training and ongoing support to all volunteers.

O’Connell, who now works for VNA Hospice Care as a volunteer coordinator, says one opportunity for volunteers is working in in-patient residences, which include facilities in Needham, Cambridge and Worcester. After a seven-hour training, volunteers in those facilities cook, sit with patients, offer support to family members, and do activities with patients, says O’Connell, anything to help out staff and support families.

“You bring your personality to it, who you are,” says Nancy Haslip, who has volunteered at the Stanley R. Tippett Hospice Home in Needham, in her words “a nice place to be,” for about three years. Haslip, who enjoys cooking, prepares lunch on Mondays for the 10 hospice patients. “It’s a way to nurture the residents,” says Haslip. “I like to cook comfort foods so that people are being nourished with a nicely prepared meal, which gives them food for their spirits as well as their bodies.” Haslip says that whatever talents volunteers have all are appreciated. “Even just bringing a cup of coffee or tea to a family member that might benefit from having a beverage,” she says. Haslip sees her volunteer role as helping an individual and family live the life that remains to the fullest.

Volunteers are also needed to go out to residences in various communities, and in the MetroWest areas such as Franklin, Millis, Medway, Medfield, Holliston and surrounding communities, there’s a huge need.

“There’s also going out into the community, where patients are at home for hospice care. Volunteers offer respite for caregivers. They can’t do personal care, but they are trained to what to do in an emergency, and in active listening — to be there if the patient needs anything. They also provide companionship to people who don’t have caregivers. They are an integral part of the hospice team.”

For in-community hospice volunteers, VNA Hospice Care provides 16 hours of training. In addition to the training in how to be an active listener, how to be caring and empathetic and basic rules and expectations that all volunteers receive, those who will work out in the community receive a lot more detail about troubleshooting certain situations in the home. In home volunteers also need a CORI check, a flu shot and a TB test.

“no matter where your location is, we could use volunteers anywhere,” says O’Connell. The organization also runs a monthly support group for all the volunteers, which O’Connell says affords the opportunity to join with like-minded, caring people.

Her experience with end of life care “keeps things in perspective on a day-to-day basis,” says O’Connell, who was inspired by the volunteer experience to pursue her Masters in Human Services. “It keeps you grounded … makes dealing with day-to-day issues that much more manageable and understandable.

If you are interested in the opportunity to be a hospice volunteer, call (781) 569-2811 or visit www.vnahospicecare.org.
Medway Recognized by MADEP for Recycling Program

On December 16, 2015, Municipal Assistance Coordinator at Massachusetts Department of Environmental Protection Kathi Mirza presented certificates of recognition to the Town of Medway for the 10+ Dividend Point Program and the Medway Public Schools Organic Waste Program. Department of Public Services Director Tom Holder accepted both certificates on behalf of Environmental Services Operations Manager Fred Sihley and Medway Schools Director of Finance and Operations Don Aicardi.

Each year municipalities complete a Municipal Solid Waste & Recycling Survey that measures the total amounts of various recyclables collected and recycled that year. Those amounts are tied to a “Dividends Program.” This year the town was awarded 10+ dividends, which indicates a progressive recycling program deserving of recognition.

Medway has worked to continually improve trash and recycling programs. The town has received a number of grants during recent years for services such as rigid plastics, recycling carts and mattresses in order to improve recycling efforts for the town. One grant was used to purchase a large rigid plastics recycling container, which is located at the Recycle Center. The other will be used to fund the mattress recycling program at the Recycle Center. While the town will continue to pick up mattresses curbside, residents can also drop their mattresses and box springs at the center where the materials will be separated and recycled. Once the mattress grant is in place in March 2016, this service will be available at no cost to residents.

The Medway School Organic Waste Program has been in place since the fall of 2012 in partnership with Hidden Acres Farm (also known as Cassidy Farm). Hidden Acres Farm is a 200-acre, family-owned and operated farm in Medway in operation since 1907. The Medway Middle School lunch program divides waste after lunch each day into: trash; recycling; and organic waste, or food. The leftover food is collected and donated to Hidden Acres Farm where it is composted. Hidden Acres Farm picks up one 50-gallon barrel of organic waste twice a week throughout the school year. By diverting that food, the Schools save on trash pick-up fees as there is less food contributing to tonnage.

“We are proud to have been recognized by the state and very happy with our citizen’s commitment to recycling,” said Public Services Director Tom Holder. He continued “We are always looking to improve our programing and welcome suggestions by town residents.”

Open Invitation to Area Artists

Juried Art Competition to Be Held in Norfolk

The Norfolk Cultural Council will be sponsoring a Juried Art Competition (“Norfolk Open Invitational”) to be held at the Norfolk Public Library, 139 Main Street, Norfolk, MA 02056. The exhibition will run from March 28th to April 30th 2016; a reception with the awards, art, music and refreshments will be held on April 9th from 5-7 p.m. in the Community Hall of the Library.

The competition is open to all artists; cash awards will be presented for the top ten pieces of art. A non-refundable entry fee of $20 for one entry, $30 for a maximum of two entries) made payable to the Norfolk Cultural Council is required to be considered for the juried competition. Previous artwork from our 2014 juried competition cannot be resubmitted.

Applications may be sent and accepted with the payment (check or money order) from February 1st through and including February 29th. Artists will be notified of their accepted artwork for the juried competition by March 19th via email or phone. Further information and an application can be requested by visiting the council web site www.virtualnorfolk.org and go to Boards & Committees.

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Eye Care Facts and Myths

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

We have all been told by someone at some time, “You’ll hurt your eyes if you do that!” But do you really know what is or is not good for your eyes? Test yourself with the following true or false statements:

“Reading in dim light is harmful to your eyes.”
False. Using your eyes in dim light does not damage them. However, good lighting does make reading easier and can prevent eye fatigue.

“Using computers can damage your eyes.”
False. Working on computers will not harm your vision. Often, when using a computer for long periods of time, just as when reading or doing other close work, you blink less often than normal. This reduced rate of blinking makes your eyes dry, which may lead to the feeling of eyestrain or fatigue.

Try to take regular breaks to look up or across the room. This should relieve the feeling of strain on your eyes. Keep the monitor between 18 to 24 inches from your face and at a slight downward angle. Also consider the use of artificial tears. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

“Wearing the wrong kind of eyeglasses damages your eyes.”
False. Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contact lenses help you to see clearly, wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than 8-years-old who need eyeglasses should wear their own prescription to prevent the possibility of developing amblyopia or “lazy eye.”

“Children outgrow crossed or misaligned eyes.”
False. Children do not outgrow crossed eyes. A child whose eyes are misaligned may develop poor vision in one eye because the brain will “turn off” or ignore the image from the misaligned or lazy eye. Children who appear to have misaligned eyes should be examined by an ophthalmologist.

“Learning disabilities are caused by eye problems.”
False. Difficulties with reading, mathematics, and other learning problems in children are often referred to as learning disabilities. There is no strong evidence that vision problems cause learning disabilities.

“Sitting close to the television can damage children’s eyes.”
False. Children can focus at close distance without eyestrain better than adults. They often develop the habit of holding reading materials close to their eyes or sitting right in front of the television. There is no evidence that this damages their eyes.

“People with weak eyes should avoid reading fine print.”
False. It is said that people with weak eyes or people who wear glasses will “wear out” their eyes sooner if they read fine print or do detail work. The eye more closely resembles a camera than a muscle. A camera will not wear out sooner just because it is used to photograph intricate detail.

“Wearing eyeglasses will cause you to become dependent on them.”
False. Eyeglasses are used to correct blurry vision. Since clear vision with eyeglasses is preferable to uncorrected vision, you may find that you want to wear your eyeglasses more often. Although it may feel as if you are becoming dependent on your eyeglasses, you are actually just getting used to seeing clearly.

“Older people who gain ‘second sight’ may be developing cataracts.”
True. Older individuals who wear reading eyeglasses sometimes find themselves able to read without their eyeglasses and think their eyesight is improving. The truth is they are becoming more nearsighted, which can be a sign of early cataract development.

“A cataract must be ‘ripe’ before it is removed.”
False. With older surgical techniques, it was thought to be safer to remove a cataract when it was “ripe.” With today’s modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person’s lifestyle.

“Contact lenses can prevent nearsightedness from getting worse.”
False. Some people have been led to believe that wearing contact lenses will permanently correct nearsightedness so that eventually they won’t need either contacts or eyeglasses. There is no evidence that wearing contact lenses produces an improvement in vision.

“Eyes can be transplanted.”
False. Medical science has no way to transplant whole eyes. Our eyes are connected to the brain by the optic nerve. Because of this, the eye is never removed from its socket during surgery. The cornea, the clear front part of the eye, has been successfully transplanted for many years.

“Laser assisted cataract surgery is the same as traditional cataract surgery.”
False. The 5 best rankings eye hospitals in America offer bladeless laser assisted cataract surgery. We offer exactly the same. Bladeless cataract surgery is all about aiming towards better precision, more safety and excellent outcomes. The laser advanced bladeless precision and ability to correct astigmatism translates into better likelihood of seeing well without glasses following cataract surgery. The same laser used in bladeless cataract surgery breaks up and softens the cloudy cataract, so there is less ultrasound needed to remove the cataract. Less ultrasound translates into less energy used inside the eye and clearer corneas, which in turn helps producing better vision on the first day after the surgery. This becomes even more critical if you have a weak cornea or a small eye with a dense cataract.

Our eye center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems. From the minor glasses or contact prescription to corneal transplantation, retina care, laser vision correction and our advanced bladeless laser cataract procedures, we are proud to rival the best centers in the world in what we can offer locally to our patients.

For more details, see our ad below.
Living Healthy

February at the Medway Senior Center

VALENTINE’S LUNCHEON
WITH MUSIC

Come enjoy a Valentine’s Luncheon of stuffed shells, salad and dessert, followed by Frank Sinatra (aka Bruce Hambrell), courtesy of Whitcomb House in Milford. Tuesday, February 16th at Noon. Cost is $8. Pay in office by February 9th.

TRI-COUNTY LUNCHEON

This month we will be going on Tuesday, February 9th with a choice of lasagna or baked scrod. Transportation is provided from the Center and housing complexes.

DURABLE POWER OF ATTORNEY

Of the many documents a person may need as they age, the most important is the Durable Power of Attorney. This document gives power to conduct financial business on behalf of the signer, to admit him or her to a facility and if needed, to do estate planning or hire caregivers. Attorney Mary Roque will provide this document to you for $100 on February 17th between 11—2. Bring two names and addresses of trusted friends or relatives who you wish to appoint.

ADULT COLORING WITH MS. MOFFATT

Anywhere you look these days it’s Adult Coloring Books! Is it really as stress relieving as they claim? Find out what the fuss is about. Join local artist Judith Moffatt for an enjoyable evening of coloring and conversation with tips and all materials provided on Tuesday, February 9th at 7:15. Ms. Moffatt’s books and posters will be available for sale.

FALL PREVENTION

Triad Officer Cheryl Bambery from the Norfolk Sheriff’s Department will do a presentation on fall prevention on Tuesday, February 9th at 11:30. Lunch that day will be chicken parm, so sign up for lunch. Lunch that day will be chicken parm, so sign up for lunch at 11:30 followed by the presentation and dessert!

PODIATRIST AT CENTER

Dr. Parlon is now coming to the Center for podiatry appointments on Wednesdays from 1—3:30 p.m. This month he will be here on the 24th. Sign up at the Center. Note change of time and date!

AARP TAX HELP

Sign up at the Center if you would like free AARP tax help in filling out your tax forms. Appointments will be scheduled February through April. Check to see if you qualify for the Circuit Breaker Tax Credit.

LOW VISION GROUP

The Franklin Low Vision Group meets the second Wednesday of each month at 11 a.m. at the Franklin Senior Center. We provide transportation to this meeting each month. Just call!
Living Healthy

DA Morrissey Trains School Nurses in Drug Abuse, Overdose

Medway School Nurses Christine Babicz and Colleen Langille were joined by Athletic Director Robert Pearl and sports trainer Beth Pawlyk, and Millis Nurses Diane Danchy and Jennifer Garb-Palmbo were joined by Millis High School trainer Jamie Farias at a December 16 training hosted by Norfolk DA Michael W. Morrissey. The event included how to use the opiate overdose reversal drug naloxone and an evidence-based screening system to identify students at risk for addiction – particularly following post-operative prescribing for sports injuries.

Toe-Tappin Fun for the Cure

On Wednesdays, March 2 and March 9, Katie O’Connell and The Gym, at 27 Milliston Road in Millis will host a fund-raising Country Line Dancing event, from 7-8 p.m., intended to raise funds for the American Diabetes Association TourdeCure. The event is open to adults and teens for a $5-$10 donation. For more info: katie.oconnell@verizon.net.

For more information on TourdeCure, visit tour.diabetes.org.
Living Healthy

Blood Drive
February 13 in Norfolk

A Red Cross Blood Drive will be held at the Federated Church of Norfolk on Saturday, February 13, 2016, from 9 a.m. to 2 p.m. The church is located at 1 Union Street, in the center of Norfolk, across from the Town Common. Ample parking is located behind the church. To make an appointment or to receive further information, please call 1-800-RED-CROSS.

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Learn about the History of Millis Railroads

Millis Historical Society Hosts
Railroad Expert Waskiewicz at
Millis Library February 11

On Thur., Feb. 11, 2016, at 7 p.m., in the Roche Bros., room of the Millis Public Library, the Millis Historical Society shall present ‘A History of the Rail Lines Serving Millis and its Environs.’ The speaker for the evening will be local railroad enthusiast, Fred Waskiewicz, who has also prepared a slide presentation for our viewing pleasure. Refreshments will be served.

Senator Ross Has Perfect Voting Record in 2015

Boston – Senator Richard Ross was recently recognized by Beacon Hill Roll Call for his 100% voting attendance record in the Massachusetts Senate in 2015. This marks the fourth year in a row Senator Ross has received a perfect attendance record.

“It is my honor and privilege to represent the people of the Norfolk, Bristol, and Middlesex District on Beacon Hill and by doing so that means casting votes on their behalf,” said Senator Ross. “In 2016 the Senate will continue to tackle many issues my constituents care about and I can assure them that I will be there for each and every vote and ensure their voices are heard loud and clear.”

In 2015 the Senate held 212 roll call votes on legislation pertaining to the FY16 budget, opioid epidemic, public safety, veterans, among others.

“Roll call votes are one of the primary and crucial ways that Senators protect and represent the interests of their constituents, and often they involve critical issues where every vote makes a difference. Senator Ross undoubtedly understands that, and his 100% voting record reflects his commitment not only to those he represents, but also to the prosperity and future of our state,” said Senate Minority Leader Bruce Tarr (R-Gloucester). “Senator Ross is prepared to capture every opportunity when an issue and a vote arise, by understanding the complexity and impact of each one. I truly appreciate his substantial contributions to the Senate, and the significant achievements his perfect voting record represents.”

Throughout December the Senate is continuing to hold informal sessions to advance bills that do not require debate or roll call votes. The Senate will return to formal sessions in January of 2016. Please contact the office of Senator Ross with any questions or concerns at (617) 722-1555 or Richard.Ross@masenate.gov.
Medway Route 109
Transportation Improvement
Project Update

The project will focus on improvements to the commercial corridor along Main Street in Medway from Holliston Street to Franklin and Milford Streets. The project includes reconstruction, resurfacing, sidewalks, signage, street lighting and other aesthetic upgrades including the following:

- Concrete sidewalks with granite curbs on both sides of Main Street;
- Two new traffic signals at Winthrop Street and at Mobile/Medway Shopping Center;
- Two new pedestrian crossing signals at Choate Park and at Dunkin Donuts;
- New stonework entrance to Choate Park at the Medway Mill;
- New decorative streetlights with banner attachments;
- No two way left turn lane east of the Mobile/Medway Shopping Center entrances.

Key dates*:

- Advertised for bid: September 2015
- Bids were due: January 20, 2016
- Anticipated Award: March 1, 2016
- Anticipated project plan from selected contractor: April 1, 2016
- Anticipated start of construction: May 2016
- Anticipated length of project: (24-30 months) May-November 2018

*This is a general timeline for construction. A more complete construction schedule will be developed when a contractor is selected for the project.

Questions about the project? Contact:
David D’Amico, Deputy Director
Department of Public Services
(508) 533-3275
Email: ddamico@townofmedway.org

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Saturday & Sunday: CLOSED
Mass Audubon Stony Brook
Announces Its February Programming!

Stony Brook Story Time, Wednesdays, February 3rd & 24th, from 10 a.m. - 10:45 a.m. Jessica Watson invites you to explore a variety of nature themes and discovery with some picture books, games and interactive play. You and your children will have a chance to explore, connect and ponder our relationship with nature in the comfort of the indoors. Ages 2.0 to 6 with a care-giver. Fee: $5m/$6nm per person per session

We Are Nature, Thursdays, February 4th, 18th, & 25th, from 11 a.m. - 12 p.m. Join Ms. Jessica for a developmental nature program that encourages toddlers to discover the wonders of nature. How do bats hear? Do we communicate like bees? What do birds do in the winter? Explore these questions through an interactive program utilizing discovery tables, crafts, music, story-time and short trail walks on the property. Each week offers different themes. Ages 2.5 to 5 with a care-giver. Fee: $5m/$6nm per person per session

Who’s Out There: Winter Wildlife Prowl: Fridays, February 5th and/or 19th, from 6 – 7:30 p.m. Explore the fascinating world of Stony Brook after dark, timed to the moon phases. You never know what you will find on a walk around the trails after sunset. After our walk we’ll warm up with some hot chocolate. Minimum age 7. Fee: $8m/$11nm per person per session.

Tiny Trekkers: Saturdays, February 6th and 20th from 10:30 a.m. - 12 p.m. Start your weekend off right with a fun and knowledgeable Stony Brook teacher on the trails. Each day will have a special topic created to excite your child about the natural world. There will be crafts, activities and lots of laughter. This month’s themes: Owls on the Prowl/ Oh, Deer. Ages 2.9 to 6 with a parent. Fee: $5m/$6nm per person per session.

Brunch with the Eagles: Sunday, February 7th, from 8 a.m. – 4 p.m. The open water of the Connecticut River is a great place to find Bald Eagles in winter. The river attracts a variety of raptors, water fowl, and other birds as they search for food. Join Doug Williams and Karen Stein for this captivating road trip to Connecticut. We will travel by van from Stony Brook with plenty of stops along the river before heading to the Griswold Inn to partake of their traditional Hunt Brunch. After our meal we will walk down to the dock in Essex for one last look at the river before heading back home. Fee: $96m/$120nm per person.

Brunch with the Eagles: Sunday, February 21st, from 2 – 4 p.m. February is a perfect time to think and talk about how we can help bring some excitement to our neighborhoods. We will identify the housing needs of several species of birds (bluebirds, chickadees and Carolina wrens) that breed in our area. Learn what birds are looking for in a place to live and then assemble a bird house to take home. Minimum age 5. Fee: $8m/$10nm per person.

February Vacation Week: Tuesday, February 16th – Friday, February 19th, from 9 a.m. – 3:30 p.m. Your children don’t have to go far away to experience a new world or discover something new about themselves. Tues, Frosty Fun; Wed, Frozen Frogs; Thurs, Super Slimy Science; Fri, Buried Treasure. Grades K-5. Fee: $45m/$50nm per day.

Build a Backyard Birdhouse: Sunday, February 21st, from 2 – 4 p.m. February is a perfect time to think and talk about how we can help bring some excitement to our neighborhoods. We will identify the housing needs of several species of birds (bluebirds, chickadees and Carolina wrens) that breed in our area. Learn what birds are looking for in a place to live and then assemble a bird house to take home. Minimum age 6. Fee: $25m/$30nm per person (includes birdhouse materials).

The Longval Family of Medway owns and operates R & R Auto Repair. R & R has recently purchased Millis Collision Center. The families of Millis and Medway now have an auto service center like no other.

Let’s start the New Year getting to know each other!

Our 10 year old Sara says, “You need to take your car to R & R and Millis Collision, it’s the right decision.” I guess she does know everything!

Call: 508-376-4900 or Google us for reviews!
1463 Main Street, Millis, MA
Winter Star Search: Friday, February 26th, from 6:30 – 8:30 p.m. Join us for an evening of star gazing. We will use telescopes and binoculars to search out and view the planets, stars and galaxies of the winter sky. Learn techniques for navigating from point to point in the night sky from our guides for this evening. We’ll provide the hot chocolate! Minimum age 6. Fee: $10m/$12nm per person.

Family Tracking: Saturday, February 27th, from 10:30 a.m. –12:30 p.m. There are hints of life everywhere in the winter. Become an expert tracker and enjoy a morning of winter exploration in search of animal tracks and signs of deer, coyote, fox, fisher, otter, mink, rabbit, and mice. Hiking will be light to moderate. Dress in many layers and boots, as the majority of this program will be outdoors. Fee: $7adult, $6childmember/$9adult, $7childnon-member

Pre-registration is required for all programs (except as noted). For more details, visit the Mass Audubon webpage at www.massaudubon.org or contact us at (508) 528-3140. Register by phone, email (stonybrook@massaudubon.org), fax (508-553-3864) or in person. Stony Brook is located at 108 North Street in Norfolk.
Trainer Pawlyk in High Demand on Medway Fields

By Christopher Tremblay

Growing up in the suburbs of Philadelphia, Pennsylvania, Beth Pawlyk decided to attend nearby West Chester University for college. After earning her degree from the Philadelphia school, she worked for a few colleges before hooking up with the Philadelphia Wings, an indoor lacrosse team, as their trainer.

Pawlyk would later move to Charleston, South Carolina where she worked as for three different high schools before following her husband to Massachusetts in 2006, where she has worked for the Athletic Department of the Medway High School.

“She is the glue that keeps us together. Kim has been a godsend for us the last nine years. I really don’t know how we would have survived without her,” Mustang Athletic Director Rob Pearl said. “She is basically in charge of all issues regarding health on the field. She monitors all the athletes and is the one that decides if they play or not.”

Pawlyk agreed with Pearl in the fact that she does indeed take care of all Medway sports.

“Things are a lot better this year now that the fields are all on campus,” she said. “I have to decide on the games that are being played where I need to be on a regular basis. Varsity level games get precedent and then contact sports, where incidents are higher in number. A football game would get my attendance before field hockey.”

With concussions coming to the forefront of today’s sports, Pawlyk has to know the symptoms and the protocol with the Medway athletes.

“In 2002, as an athletic trainer just out of college, you’d evaluate an athlete and check them out for 15 minutes, clear them and send them back into the game,” she said. “Today, if an athlete shows any concussion symptoms whatsoever, they’re out for the rest of the game, must be evaluated and cannot return to the field until they go through the concussion protocol.”

As a high school athletic trainer, Pawlyk is it; there is no one else. If she happens to be on one field and something else comes up on another field, they’ll have to contact her by cell phone.

“It’s usually pretty calm, but there was one time where we had three injuries on three different fields all within five minutes of one another,” she said. “That’s when you need to find out what the injuries are and assess them in priority.”

Pearl is always willing to jump in and give Pawlyk a hand, if she is not on the field.

“I’ll help in any way that I can,” the Athletic Director said. “I’ll try to get coverage elsewhere if there are two priority games at the same time, but if not, I’ll do my best.”

Back when she worked for the Wings it was great to be traveling all around the country, but now things are a little different working for a high school compared to a professional team.

“Oh the high school level I don’t travel as much nowadays. The traveling was cool when I was young and had nothing holding me down, but I’m older now and have a family, so being a high school athletic trainer is a good fit for me,” Pawlyk said. “I really like working with the high school age group, as I can influence them more about all aspects of athletics as well as teaching them about nutrition, injuries and rehab.”

Working the high school also allows Pawlyk a change of scenery, during the year the Medway Athletic Trainer will get to be involved in three seasons with numerous sports teams so she’s not always seeing the same people.

Having been at the Medway helm for almost a decade, Pawlyk likes where she is in life and Pearl certainly loves having her.

“She’s a great fit for us here at Medway,” the Mustang AD said.

It’s Coan for a warm and cozy winter!

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A cozy retreat in cold, snow, or sleet

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“Rebates and financing provided by and subject to Mass Save restrictions and limitations

Millis Girls Softball Registration Now Open

Registration is now open for Millis Girls Softball, now thru March 8, offering spring programs for Pre-K through 6th grade. Find out more and register at www.millisgsl.org.
Medway Girls Quintet Eyes Tournament Berth

By KEN HAMWEY

The Medway girls basketball team has only one returning starter from last year’s squad, but that hasn’t been a drawback for a tournament berth.

Coach Joe Iannone’s Mustangs, who were 6-2 at Local Town Pages deadline, aren’t overly experienced and lack size and depth. But, in spite of those deficiencies, they’re in the mix to qualify for the playoffs for the fifth time in the last seven years, primarily because of their work ethic.

“We have lots of tenacity and competitive spirit,” Iannone said. “Our girls have a desire to play hard, and they hustle at both ends of the court. We’re athletic, our offensive ability is good in transition, and we can shoot threes. Those assets offset our lack of depth and experience. We’re also small, so to be adept at rebounding we have to box out.”

Iannone is optimistic the Mustangs will be in the playoff picture as long as they stay healthy. “We have lots of tenacity and competitive spirit,” he emphasized. “We have lots of tenacity and competitive spirit,” he emphasized.

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“Sarah can play either the point or the wing,” Iannone said. “She’s very athletic, a pure shooter and also very capable on the defensive end, getting steals and deflections. At 5-9, Riley alternates between guard and forward. She drives well in transition, rebounds effectively and is active on defense. She worked very hard in the off-season and is probably our most versatile player.”

Senior co-captain Devin McCarthy is only 5-foot-8, but she plays center and isn’t afraid to do what Iannone calls “the dirty work.” Her strengths are her post moves, boxing out, setting screens and rebounding.

Kelly and Kiley Sheehan (no relation) are swingmen who alternate at guard and forward. Kelly is a junior and Kiley is a sophomore. “Kelly shoots threes, drives well, is a good free-throw shooter and plays solid defense,” Iannone said. “Kiley is a good all-around player who works hard on driving, shooting and rebounding. She played mostly on the jayvies last year.”

Meg Downing, a 5-foot-2 sophomore, is the first guard off the bench and 5-foot-9 freshman Samantha Murray is the first forward off the bench. “Meg is active on defense, always diving for loose balls,” Iannone said. “A good shooter, she provides lots of energy and is a sparkplug on defense. Samantha is a tremendous athlete, out second-leading rebounder. She’s versatile, giving us a physical presence on defense and flexibility on offense. She also shoots a good mid-range jumper.”

Junior forward Hannah Kaplan is a dependable defensive player who contributes effectively, even when not scoring. “Hannah gets deflections and steals,” Iannone said. “She gives us strong efforts, especially on the boards.”

Two freshmen, who Iannone views as “good prospects down the road,” are Isabelle Aviza and Rachel Costello. “Both gave impressive efforts at tryouts,” Iannone said. “They’re improving their shooting, they’re athletic, and have good competitive desire.”

Junior Kaelyn Beach, a 5-foot-9 forward, was the Mustangs’ No. 2 scorer last year and she also was second in minutes played. So far, she has yet to suit up, recovering from a torn tendon in her leg that forced her to miss all of the soccer season. “When healthy, Kaelyn is an all-around talent who is strong on the defensive end,” Iannone said. “She’s athletic and can run the floor effortlessly. If she can return, she can make a big difference.”

The personable Iannone, considered one of the top-notch coaches in the TVL, likes his team’s chemistry and its character. “It’s always good when your players allow athletics to teach them life lessons,” he noted. “Our kids have set goals, overcome some adversity, are quality teammates, and understand that hard work breeds success.”

If Medway’s girls squad stays on track, chances are excellent they’ll be returning to tourney action.
12th Annual Millis Beautification Day

Saturday, April 9, 2016
8am - Noon
Rain or Shine

TAKE PRIDE IN MILLIS
VOLUNTEERS NEEDED!

Grab your work gloves, rakes and trash picker-uppers and meet us at the Town Hall to clean up and beautify public areas around Millis.

Families, groups and organizations welcome!
(Children 3rd grade and up only; Minors need parent or guardian signed permission slip)

PRE-REGISTER by calling Bill Lawson
at 781-718-3342 or email Bill at
lawsonmillis@gmail.com
or
REGISTER ON SITE AT 7:30AM

IMPORTANT: All Volunteers must check in at Town Hall.

Complimentary Refreshments will be served at sign-in.

Town Park  Veterans Memorial Building  Clyde Brown  Richardson’s Pond
Other town-owned sites (depending on number of Volunteers)

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Church of Christ to Hold Free Community Dinner and Game Night

The Church of Christ at 142 Exchange St., Millis will offer a Free Community Dinner and Game Night on Friday, February 19. Dinner is served at 6:30 p.m. Following the dinner, we will have a fun night playing board games and sharing conversation and fellowship. All are invited — there will be games for all ages. Feel free to bring family, friends and a favorite game! The event is sponsored by the Men’s Fellowship group and is held in Fellowship Hall at the church. For more information, please call (508) 376-5034 or visit millisucc.org.

Millis Reads Plans Upcoming Art Events

Millis Reads – the collaboration between the Millis Public Library and the Millis Public Schools to encourage all Millis residents to read the same book – is pleased to announce the title of its book for younger readers: Chasing Vermeer by Blue Balliett. This award-winning art mystery novel is set in Chicago and revolves around the theft of a famous painting by Vermeer. Sixth-graders Calder and Petra must work to follow clues to track down the missing masterpiece. As previously announced, the Millis Reads pick for adults is The Art Forger by B.A. Shapiro, which also involves stolen art — the work stolen from the Isabella Stewart Gardner Museum.

In support of these two art mysteries, Millis Reads will be holding a series of programs through the spring and summer: a lock-in at the library for children who read Chasing Vermeer, featuring mysteries and puzzles inspired by the book, a children’s art show where all Millis youth are encouraged to show off a piece of their original art, a similar show for adults, a heist movie double feature, book groups and expert presentations on the books and on art crime, and a field trip to the Isabella Stewart Gardner Museum. Check facebook.com/millisreads or millislibrary.org for more updates!
Women’s Success Network (WSN) to Welcome Judge Angela Ordonez

Women’s Success Network (WSN) would like to invite you to join us on Wednesday, March 2nd at Lake Pearl in Wrentham, 6-9 p.m.

We are pleased to be hosting our distinguished guest speaker, Judge Angela Ordonez, Chief Justice of the Norfolk County Probate and Family Court. Her fascinating story of how she rose to this exemplary position will be discussed as well as her superb record of developing and supporting programs that not only mentor young people interested in the law, but also educate parents with family law matters and out-of-court resolutions.

WSN is one of the oldest and largest women’s networking group in Massachusetts. WSN offers a supportive environment for women to grow their businesses and build strong and lasting relationships. The monthly meetings feature networking, dinner and speakers related to business or personal growth. WSN members are fun, supportive, and energetic. The evening is geared for women to network with one another and we welcome guests to join our monthly meetings.

Meetings are held the first Wednesday of the month from 6-9 p.m. To register for the next meeting and find out more details please visit https://www.wsninc.org by Tuesday, February 23rd, 2016.

Medway Bottle & Can Drive
February 6

The Medway Lions Club will conduct its monthly bottles and cans collection on Saturday February 6, 2016 starting at 8 a.m., a fundraiser with proceeds used to support community services. Redeemables should be placed at curbside by 8 a.m. They may also be brought directly to Medway Oil on Broad Street by 11 a.m. the morning of the drive. Residents are reminded that they may also, at their convenience, place redeemables in the Lions Bottles and Cans shed in front of West Medway Liquors on Main Street. The Lions thank residents for their continued support.

Free Cancer Survivor Support Group at Living Buddha Nature
Tuesdays, 6:15 p.m. to 7:45 p.m. beginning January 19

There’s no need to go into Boston, or to a hospital, to find support anymore. Living Buddha Nature, an arts and wellness center in Millis, is now offering one. Taking a unique approach that dovetails with traditional cancer support groups, this group welcomes cancer survivors looking to share their stories, enjoy a warm and life-affirming atmosphere, and find resources to build up strength—whether that be physical, emotional, spiritual, or otherwise. This group will involve discussion about holistic wellness, including mindful eating. Participants are invited to bring lunch or a snack. An array of complimentary teas will be available!

Facilitator Wanda Lipson, MSW, LICSW, is a member of the Association of Oncology Social Work and the National Association of Social Workers. She will also be receiving a Nutritional Therapist Diploma from the Health Sciences Academy this year.

Living Buddha Nature is located at 969 Main Street, Suite 2, in Millis. This is a free support group, but space is limited, so please sign up at www.myLBN.com, or contact us at 508-376-2333 or livingbuddhanature@outlook.com.

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Millis Public Library February Events

How to Pick a Password, February 3, at 6 p.m.

Master the most important thing you can use to protect yourself on the internet: a strong password. This hands-on presentation will show you how to create and manage good passwords.

Teacher Art Show, February 4, at 7 p.m.

Join us at 7 p.m. on Thursday, February 4, to see the amazing work of Millis’ art teachers. All are welcome and students are particularly encouraged to attend. Light refreshments will be served.

Police Forum, February 22, 7 p.m.

Join us for a discussion of police happenings. This is your chance to ask a police officer a question.

Fermata Town Concert, February 25, at 7 p.m.

Fermata Town, one of the top a cappella groups in New England, will be performing at the library on February 25. They most recently performed at the London A Cappella Festival in the United Kingdom, and won their division in last year’s Sing That Thing competition on WGBH. Not to be missed!

February 8 at 6:30 p.m.

Integrative Manual Therapy, a Unique Approach to Healing Trauma:

A Talk by Ed Schaeffer MSPT, IMT.C., physical therapist and integrative manual therapist

Ed Schaeffer, MSPT, of Schaeffer Physical Therapy and Sports Medicine at Living Buddha Nature will about his specialty practice of Integrative Manual therapy; a unique, gentle, hands-on approach to healing orthopedic and other bodily problems due to trauma and other causes of injury.

February 22 at 6:30 p.m.: Tai Chi with Ed Williamson

Join Ed Williamson for this introductory Tai Chi class. Although Tai Chi is a Martial Art, the emphasis in his classes is on internal movement of chi for greater health, awareness, balance, and strength.

Upcoming Events Millis Recreation

SNOW TUBING TRIP – Millis Recreation Dept.

The bus will pick the kids up from the Veterans Memorial Building at 12 p.m. – SHARP!—and head out to Nashoba Valley Snow Tube Park. The kids will enjoy a two-hour block of snow tubing. The bus will arrive back in Millis at approximately 4 p.m. Please note: lunch will NOT be provided. The admission is for bus and snow tubing pass only. Helmets are optional and you must bring your own. Chaperones wanted!

Nashoba Valley Snow Tube Park, Grades: 5-8, Wednesday, 2/3 12-4 p.m., $40

SPORTS MANIA – F.A.S.T. Athletics

Join us over February vacation for tons of fun and fitness with friends and our favorite coaches from F.A.S.T. Athletics! Their popular Super Sports program will be enhanced with even more games and tournaments. All children will stretch, shoot hoops, play catch, run and participate in exciting games for hand ball, pillo polo, soccer and dodgeball. Please bring a water bottle, snacks, drinks and a lunch (peanut-free please).

February 22, 7 p.m.

ADULT BOWLING NIGHT

Teams of 4 will be pitted against each other in this fun night of bowling! You can form your own team, or register as an individual and we’ll assign you to a team. Lanes fill up quickly so register your team now! Registrations need to be in by February 8th!! See if you can win the coveted trophy!

Ryan’s Family Amusement, 1170 Main Street, Millis Adults

Saturday, 2/13 Check in at 6:45—Games start at 7 p.m., $20 per person

Register online at www.millis.net

Call Lori Koller
(508) 934-9608

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Commnity Events

Ongoing
Millis Girls Softball, now thru March 8, offering spring programs for Pre-K through 6th grade. Find out more and register at www.millisgsl.org.

February 2
S.A.F.E. (Support for Addicts and Families by Empowerment) presents Prof. Robert Putnam, author of Bowling Alone and Our Kids: The American Dream in Crisis, 7 p.m. S.A.F.E. coalition meeting, 7:30-8:45 presentation by Dr. Putnam, Franklin High School.

February 3
Bridge, Millis Public Library, 1-3:30 p.m., Contact: Lonnie Harp 508-376-4352 lonnieharp@verizon.net, open to all who like playing.

February 6
Mohawk Football Turkey Shoot Fundraiser, 3-5 p.m., Victory Lane, Millis.

February 8
Integrative Manual Therapy, at 6:30 p.m., Unique Approach to Healing Trauma: A Talk by Ed Schaeffer MSPT, IMT.,C., physical therapist and integrative manual therapist, Millis Public Library.

February 9
Lego Club, 4-5 p.m., Millis Public Library.

February 10
Bridge, Millis Public Library, 1-3:30 p.m., Contact: Lonnie Harp 508-376-4352 lonnieharp@verizon.net, open to all who like playing.

Wellness Wednesdays, 6-8 p.m., Roche Family Community Room, Millis Public Library.

Feb. 11
“A History of the Rail Lines Serving Millis and its Environs,” 7 p.m., presented by the Millis Historical Society, Roche Bros. room of the Millis Public Library. The speaker for the evening will be local railroad enthusiast, Fred Waskiewicz, who has also prepared a slide presentation for our viewing pleasure. Refreshments will be served.

February 13
Donna Lee presents A Tribute to Patsy Cline, Original Congregational Church, 1 East Street, Wrentham, 7:30 p.m., Tickets $15 in advance and $20 at the door, available at the church office, (508) 394-3110, or at www.musicatocc.org. The event will be in the Fellowship Hall of the church, accessible from the parking lot in the rear.

February 17
Bridge, Millis Public Library, 1-3:30 p.m., Contact: Lonnie Harp 508-376-4352 lonnieharp@verizon.net, open to all who like playing.

Wellness Wednesdays, 6-8 p.m., Roche Family Community Room, Millis Public Library.

Poetry in Bloom, 6:30-8 p.m., Millis Public Library. How does one interpret a poem with flowers? Floral designer Cathie Lealie will demonstrate the thought process to doing Art in Bloom. This program is open to the public for all to enjoy.

February 19
The Church of Christ Free Community Dinner and Game Night, 6:30 p.m., 142 Exchange St., Millis. Following the dinner, we will have a fun night playing board games and sharing conversation. All are invited—there will be games for all ages. Feel free to bring family, friends and a favorite game! Sponsored by the Men’s Fellowship group and held in Fellowship Hall at the church. Call (508) 376-5034 or visit millisucc.org for more information.

February 22
Tai Chi with Ed Williamson at 6:30 p.m.

Join Ed Williamson for this introductory Tai Chi class. Although Tai Chi is a Martial Art, the emphasis in his classes is on internal movement of chi for greater health, awareness, balance, and strength.

February 23
Lego Club, 4-5 p.m., Millis Public Library.

February 25
Tales of Enchantment, storyteller Diane Edgecomb, 3:30-4:30 p.m., Medway Public Library.

February 27
Millis Girls Basketball Turkey Shoot, The Sportsman’s Lounge, appetizers, raffles and more. Come support the Mohawks.

February 29
S.A.F.E. (Support for Addicts and Families by Empowerment) presents Chris Herren, a former Boston Celtic player and founder of the Herren Project, who will speak about his own substance use disorder and the importance of a healthy lifestyle and good decision making. 7 p.m., Herren will provide “real-world” techniques on how to handle pressure within a teen’s life, community or family situation.

Goals you’ll feel a difference about 2016 and beyond!

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1. Upgrading to an energy efficient heating system.
2. How to get $50 account credits.
3. Switching to Propane heat.
4. Replacing our electric water heater.

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800-633-PIPE
www.rodenhiser.com

*Not valid on trip or diagnostic fees. This offer expires February 29, 2016. Offer code OT-A-50
Add Curb Appeal to Your Property

Many people are familiar with the idea that a strong first impression can go a long way. While that idea is most often referenced in regard to personal interactions, it’s also applicable to real estate.

When selling a home, homeowners who emphasize curb appeal may find it far easier to sell their homes. Curb appeal refers to the impression a home’s exterior makes on people seeing the home for the first time. In 2014, the online real estate database Zillow® surveyed real estate agents and found that curb appeal was one of the five most important factors when selling a home.

Projects that improve curb appeal can be vast undertakings or simpler projects, and the following are a handful of projects to improve a home’s curb appeal that run the gamut from simple to complex.

• **Clean up the yard.** Cleaning up the yard is among the simpler yet most effective projects to improve a home’s curb appeal. When selling their homes, homeowners should clear the yard of any clutter, including kids’ toys, grass clippings or items that might be scattered throughout the yard. A cluttered yard suggests homeowners do not care much about their home’s appearance, and that may lead buyers to think that indifference extended to maintaining the home’s interior as well. Many buyers will ignore properties without any external aesthetic appeal, but cleaning up the yard does not require much effort or expense on the part of sellers.

• **Make the main entryway more inviting.** Creating a more inviting entryway won’t be as simple as cleaning up the yard, but it can help create a strong first impression without breaking the bank. To begin, remove plants and furniture from the front porch or area surrounding the doorway, as such items can create a cluttered feel. If the front door is old, replace it. Custom doors may be expensive, but they might add the wow factor buyers are looking for. If a new door is beyond your means or just unnecessary, repaint the door; ideally in a color that complements the color of your home and the surrounding landscape.

• **Address pavement problems.** Paving problems are not necessarily an expensive fix, but the cost of repairing driveways and walkways can add up if it’s been awhile since these areas were refurbished. Still, one of the first things buyers will notice when getting out of their cars is the ground they’re walking on, so patch and repair or even replace driveways and walkways that have fallen into disrepair.

• **Add or upgrade outdoor living spaces.** Outdoor living spaces also can set a property apart from others on the market. A recent study from the National Association of Realtors found that buyers would not hesitate to pay asking price for homes with outdoor living spaces. When adding or upgrading outdoor living spaces, try to depersonalize the spaces as much as possible, as buyers want to picture themselves, and not the sellers, enjoying these areas. Include some comfortable furniture, adequate lighting and a dining area in your outdoor living space as well.

Curb appeal can add a lot to a home, while lack of such appeal can make a home difficult to sell. Homeowners who want to sell their properties for asking price or more should address curb appeal before putting their homes on the market.
Real Estate Corner

Berkshire Hathaway HomeServices Page Realty to Hold Free Home Buying Seminar

(Medway) Berkshire Hathaway HomeServices Page Realty will conduct Free Home Buying Seminar on Tuesday, February 9th from 6:30 - 7:30 pm at their Medway Office Location at 82 Holliston Street, Medway.

The program will include advice from a panel of industry experts including a Realtor Professional, Mortgage Provider, Home Inspector, Real Estate Attorney and Home Owners Insurance Provider.

Topics will include a typical home buying timeline - From finding the right home, preparing for the offer and all of the steps to get to a successful closing. The Dos and Don’ts when applying for a mortgage, and an overview of the home buying and loan application process.

There will be a substantial time allotted for questions and answers. Registration is required as space is limited. In order to attend please either call the Medway office at 508-533-5122 or email Office Manager, Theresa Mahoney at TheresaMahoney@BHHSPageRealty.com.

For each Closing in 2016, Jodi will donate to an animal rescue or farm sanctuary of her client’s choosing.

FOR SALE & UNDER AGREEMENT

NEW CONSTRUCTION
11 Hatch Road Wrentham
$949,900

SOLD
22 Hillside Avenue Needham
$1.2

SOLD
5 Prospect Street Medway

UNDER AGREEMENT
7 Farm Street Medway

UNDER AGREEMENT
2A Hill Street Medway

SOME OF JODI’S SALES IN MEDWAY & MILLIS IN 2015

8-1 Kingston Ln Medway
11 Maple Street Medway
69 Acorn Street Millis
214 Village Street Millis
314 Village Street Millis
14 Meadowbroad Millis
91 Middlesex St Millis

Free Home Buying & Selling Guide!

Text "Guide" to 508.254.7406 or visit bitly.com/FreeGuideLinda

Linda Dumeuchel
Realtor
Call/Text: 508-254-7406

Jodi Johnson
Associate Broker
2015 Centurion Award Winner
#1 C21 Agent in Millis & Medway
Direct: 508-570-4667
Email: info@jodijohnson.com

Visit JODIJOHNSON.COM for Additional Satisfied Client Testimonials

She is the genuine article, she works hard and doesn’t have an “agenda”. Love her.
David & Camille G.

If you ever need us as a reference, don’t hesitate to ask. Thanks again, Jodi, for everything!”
Bill & Sharon D.

In a word..WOW. If you’re still reading this and wondering, no we aren’t related, I’m just not impressed by mediocrity and willing to applaud excellence. It’s very hard to find.”
Mario & Maria Q.

“You rock the socks off of any experienced agent I’ve met and I was in the business for over 18 years. I am just so impressed with everything but especially your negotiating skills!”
Arlene A.
NEW LISTING!
COUNTRY CLUB NEIGHBORHOOD!
$529,900

ERA Key Realty
Top Realty Service in Millis

ERA Key Realty Services is proud to announce that we have helped more homeowners and homebuyers in Millis than any other firm in the marketplace. In 2015, according to MLS Pin Statistics, the Millis office of ERA Key Realty Services had the highest level of market share (sales made) in Millis. Our Mission is to earn customers and clients for life by providing unparalleled service with the highest levels of integrity, expertise, and professionalism. If you need help with your homeownership needs, please contact Joleen Rose, CBR, LMC, for first class service.

For more information contact Joleen Rose at 508-951-5909 or joleenjrose@gmail.com.

PLEASE RECYCLE
### Celebrating Rawding Realty 4th Year Anniversary!

Let my 17 years experience of selling homes help you with your next move.

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>TOWN</th>
<th>STATE</th>
<th>SALE PRICE</th>
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<tr>
<td>170 Maple St.</td>
<td>Bellingham</td>
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<td>Mendon</td>
<td>MA</td>
<td>$449,000</td>
</tr>
</tbody>
</table>

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#1 in REAL ESTATE SALES in MILLIS

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Jennifer McMahon

SALE PENDING

$99,900
Map 31/Lot 5 Farm St, Millis
Jennifer McMahon

SALE PENDING

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RENTAL $1,200 per Month
127 King Street #301, Franklin
Laina Kaplan

CUL DE SAC

$399,000
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Robin Spangenberg

2 CAR GARAGE

$385,000
42 Cottage Street, Millis
Robin Spangenberg

SALE PENDING

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Robin Spangenberg

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Robin Spangenberg

NEIGHBORHOOD

$339,000
17 Heritage Path, Millis
Robin Spangenberg

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OUR CLIENTS ARE SPEAKING OUT

“Laina totally exceeded our expectations as a realtor. Her knowledge and experience was vast. She was always available and on top of everything throughout the processes of buying and selling. We couldn’t be more grateful for her amazing service as a realtor. I would highly recommend her to a first time home buyer or an experienced home buyer.”
– Molly & James Bradosky, Medway

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36 Union St Millis 1-1 Pine Ridge Medway 58 Spring St #7 Medfield 54 Harding Walpole 32 Reservoir Milford

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