

Medway Cub Scouts to Scout for Food November 16th

Annual Food Drive to Take Place at Shaws/Star,
Benefits Medway Village Food Pantry

BY J.D. O'GARA

If you're out doing your Saturday morning shopping on November 16th, you might want to take the opportunity to help your neighbors have something to celebrate this Thanksgiving. That's the day Medway Cub Scout Pack #748, boys from first grade to sixth, will be "Scouting for Food!" from 8 a.m. to 2 p.m. at Shaw's/Star Market in Medway. Pick up a bag from a scout at the entrance, fill with non-perishable food items & drop off with the scouts before you leave. All donations will benefit the Medway Village Food Pantry to help local families & individuals in need.

"Scouting for Food is a national event that cub scouts all over the country participate in," says volunteer Sharon Ross, who is the mother



Last year, these little boys got a big surprise when local residents not only took part in their Scouting for Food Drive, but also donated 40 shopping carts full of groceries. This year's drive will take place on Saturday, November 16th, from 8 a.m. to 2 p.m. at Shaws/Star Market of Medway.

of a third-grade Cub Scout. "Typically, we've done it the weekend before Thanksgiving.

This year, we're doing it two weekends before, to give the pantry enough time to evaluate

what they have and get it out to the families."

Items, she says, don't have to have anything to do with Thanksgiving. In fact, says Ross, the pantry has a wish list.

"Sometimes things you would never even think of – toothpaste or laundry detergent – that we would take for granted. Those are the things that almost never get donated to food pantries, and stuff for kids' lunches." Ross says that sometimes, items such as pasta and rice are available through the Greater Boston Food Bank, but other things, like individual containers of applesauce or other kids' snack items, aren't.

"Whatever they get, they're grateful for, but things like pasta they can

SCOUTS

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Teaching These Dogs New Tricks

B.A.S.K. Begins Mission with Two New Puppies

BY J.D. O'GARA

At 12 weeks, Maverick and Merlin were sweet, adorable little balls of fluff, but they will grow, and fast, to heavy-fronted dogs between 120 to 145 lbs. The two Greater Swiss Mountain Dogs, or "Swissies," a carting breed known for their exceptional temperament, were hand-picked to come from Vermont to Medway for a mission: they're going to be the first service dogs that BASK trains, and they will be donated to someone local who needs them.

BASK is a service dog foundation begun last year by Christina Rossetti, who runs Alpha Dog K-9 Training, in Medway, and puppy-raiser Lee Smith, of Holliston. The

NEW TRICKS

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SCOUTS

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actually buy at the food bank,” says Ross, who says that she’s now changed the types of donations she gives to the food pantry. “It’s things like paper and diapers that they don’t get a lot of donations for. Think of what you need. It’s the same things they need.”

Last year, the drive filled about 40 grocery carts.

“The boys were just flabbergasted at the response,” says Ross, who says that last year’s drive took place the Saturday before Thanksgiving.

“We actually had to have the food pantry open up that day (to accommodate all of the donations), and the boys got to go to the food pantry and sort it, which really brought it home for them.” For these young boys,

says Ross, this drive allows even the littlest scouts to learn to help their community by simply handing people bags and asking for donations.

“It was just adorable watching them last year,” says Willow Howlett, Cub Scout volunteer, who also works with the Medway Village Food Pantry. Howlett says she hopes the boys help sort again this year, especially “if they get the quantity they did last year. It was overwhelming!”

Howlett adds that typically, the food pantry sees about 55-65 families on a weekly basis.

On the week of this interview in October, however, the pantry had served 68 families, representing 168 individuals. The

number, she says, has been increasing.

“Two years ago, we would plan for 50 families a week,” says

Howlett. “Now, it’s not uncommon for us to see close to 70.” Howlett notes that the food pantry will get a lot of the

think they understand not being able to have something, and they love the idea of giving and helping.”

Thanksgiving-related items, including 100 turkeys, from the food bank, as well as boxes of stuffing, gravy and cranberry sauce. “One of the things the food drive gives us is great variety,” she adds. “Different people think of different things when they go food shopping. It’s always things you never think of.”

“People actually filled the bags,” says Ross, who says she, too, was amazed. “Just about everybody did it.”

As for the impression of the event on the young scouts, says Howlett, “I don’t know if they understand hunger, but I



Medway Cub Scouts, from 1st to 6th grade, participate in the Scouting for Food Drive, a national effort.

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Artist Spotlight: Judith Moffatt

By J.D. O'Gara

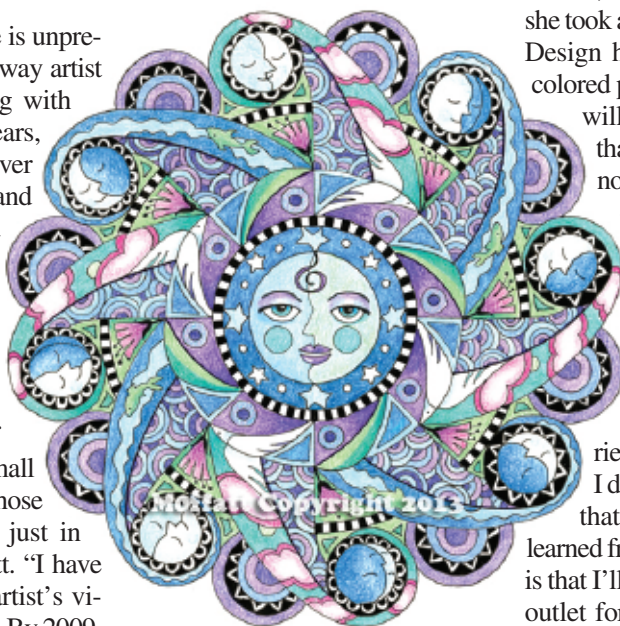
No one knows that life is unpredictable more than Medway artist Judith Moffatt. Working with 3D cut paper for 25 years, Moffatt has illustrated over 50 children's books and textbooks, as well as a number of toys and games for children. A few years ago, she found herself unable to produce the art she had spent a lifetime creating.

"I am among a very small percentage of people whose Sarcoidosis is affected just in their eyes," says Moffatt. "I have Uveitis." In 2008, the artist's vision began to deteriorate. By 2009, she was legally blind. "I couldn't see, so I had to find something else to do," says Moffatt, who says the experience was a real turning point, a new beginning.



"First of all, I never thought I would lose my ability to make art, but when it finally did happen to me, I was in a better place," she says.

With therapy, and by being her own tireless health advocate, Moffatt has regained much vision, but in the meantime, she channeled her creative energy into writing a 100-page book on that exploration with the help of speech to text technology. "My life changed," says Moffatt, who flew out to Pennsylvania for a writer's course with



Moffatt teaches others how to create their own mandalas at Rhode Island School of Art & Design (RISD) and will offer a course through Medway Community Education.

Peter Jacobie. "I spent a couple of years unable to illustrate, making me think what my alternatives would be."

Her book entitled *In the Blink of an Eye*, now completed, and her vision improving, Moffatt set about creating illustration for the book with a new medium.

"I started painting with thin tissue paper," says Moffatt. "It was a freeing kind of style that was easier on my eyes than the cut paper, which was very exacting," says Moffatt. The tissue work created wonderful floral patterns, but the artist found limitations in the medium when it came to creating human forms. As her close-up vision improved, she returned to pen and ink.

Then, this past summer, a class she took at Rhode Island School of Design helped her to rediscover colored pencils. The combination will help her create a work that "will be like a graphic novel, scrapbook and memoir of that whole four years," says Moffatt.

"My story is written with sort of a fairytale flair to it," says Moffatt. "But when the prince and the princess get married, that's not truly the end. I decided to end it by saying that in spite of this, what I learned from my whole experience is that I'll always find some sort of outlet for my creativity, and that was a big lesson for me."

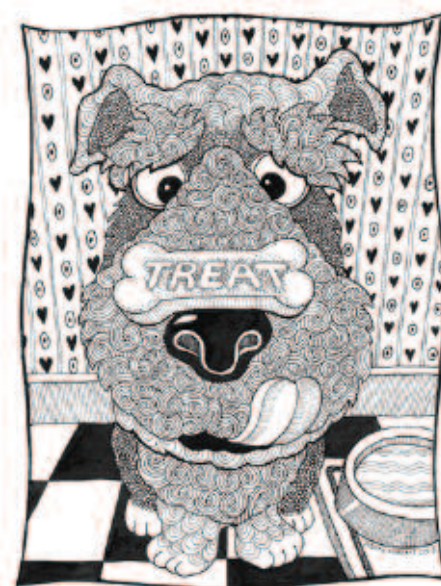
Tied into Moffatt's work on her book is her work with mandalas. Having had taken a Zentangle® class, Moffatt was inspired to incorporate designs into her own pen and ink drawings. This led her to begin creating mandalas.

"I taught a couple of friends how to make them," says Moffatt, who found she was drawn to teach people to make the circular, meditative



Medway artist Judith Moffatt, who has illustrated over 50 children's books with her 3D cut paper designs, faced a turning point a few years ago that led her to explore different mediums, designs and her own creativity.

designs. "It's very meditative to just draw in lines, color in the shapes and just watch it grow. It was just really exciting." Moffatt brought her mandala class to RISD, where she'd been teaching various classes for about 12 years. This fall, she also brings it to the Medway Community Education. Moffatt is even working on an adult coloring book with her mandalas.



Moffatt originally studied art at the Art Institute of Boston, focusing on children's book illustration. It was almost 12 years before she'd apply her love for cut paper illustration to a children's book, but when she finally did, she found her niche. Despite that success, she says, "It's very exciting to be doing something different. Because of this visual journey I went on, it opened my eyes to so many different things ... a whole new world for me experimenting with different mediums, different styles, different techniques."

Judith Moffatt lives with her husband and fellow artist, Bill Hoffman, and their dog Lulubelle and cat Tinkerbelle. Some of her framed art can be seen at Five Crows, in Natick, and at the Wood Shed, in Franklin on Pond Street. Moffatt also belongs to a Freelance Artist Network (FAN) of about 35 area artists who meet about once a month. Moffatt's art can be seen at <http://judithmoffatt.com/>, and some of her artwork can be purchased on Etsy at <http://www.etsy.com/shop/MsMoffatt>.

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David Schofield

Medway & Millis School Nurses Get Emergency Training

Norfolk District Attorney Michael W. Morrissey hosted school nurses from Millis, Medway and across the county for the Emergency Triage Training seminar, presented by Kansas-based expert Chris Tuck.



21st Annual Medway Christmas Parade November 30

New Donors Sought, Even Small Contributions Significant

By J.D. O'GARA

First comes Thanksgiving, then comes Medway's Annual Christmas Parade! The Saturday after turkey day takes place on November 30th this year, and that's the day the 21st annual Medway Christmas Parade will kick off at 5:30 p.m., beginning on Holliston Street, to Main Street. The evening, complete with a visitor from the North Pole, will light up with a fireworks display at Choate Park following the parade.

"Our Christmas parade is now 21 years old. It has turned out to be such a tremendous tradition. The nice thing about it is it doesn't matter who you are. It's fun for all ages all backgrounds. It's nice to offer the Christmas spirit to anybody and everybody," says Richard Parrella, who adds that the event is 100% privately funded.

The 2013 parade will honor Wayne Vinton, former Medway Fire Chief and one of the original founders of the Medway Christmas Parade, as its Grand Marshall.

"Wayne's been very involved with the Masons and has been involved with the community his whole life," says Parrella.

With Medway's tercentennial year, a lot of events have taken place in town, says Parrella. Busi-



The 21st Annual Medway Christmas Parade will take place on November 30th this year, beginning at 5:30 p.m. Contributions of any size are sought for this 100% privately funded event. Photo by Diane Mela Souvanna.

nesses, he says, have been very generous donating to the year's events, but help from businesses and other factions of the community is still needed to fund the \$8,000 to \$9,000 annual holiday event. The annual Christmas house tour, a past fundraiser for the parade, will not take place this year, he says, but the Medway Christmas Parade will hold a fundraising booth at St. Joseph's Craft Fair on November 23rd. If enough funds do get raised, he says, residual money is donated to fund a band for the Memorial Day Parade.

"The Parade Committee is very thankful to all the businesses and organizations that have strongly supported the vast majority of the costs of last year," says Parrella. He hopes that others who haven't had a chance to pitch in do so. "Even a small contribution is significant," he says.

If you would like to make a donation, please send your contribution to:

Medway Christmas Parade Committee
36 Alder Street
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Funds can also be donated online at www.townofmedway.org. Select "pay bills online," then select Medway Christmas Parade donations.

An estimated 6,000 people attend the Medway Christmas Parade, and according to Parrella, some even come from out of state. Anyone who has a float, antique vehicle, decorated construction vehicle or the like can contact the Medway Christmas Parade Committee at (508) 533-2741 or send information to the address above.

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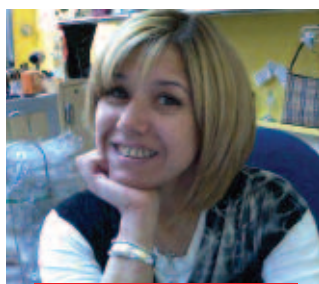
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Medway Resident Gives Hand in Haiti

By J.D. O'GARA

Medway resident Lauren Gwozdz is headed to Haiti on January 11th – for the third time, as a “Britsionary.” Gwozdz was inspired to offer her help to people in Haiti by the story of Britney Gengel, a Lynn University student who perished in the 2010 Haiti earthquake. Just hours before her death, Gengel had texted her mother, “They love us so much and everyone is so happy. They love what they have and they work so hard to get nowhere, yet they are all so appreciative. I want to move here and start an orphanage myself.” Now, Be Like Brit is a U.S. registered, 501(c)3 nonprofit organization (www.belikebrit.org), which operates a 19,000 square foot orphanage in Grand Goâve, Haiti.

“I followed the story,” says Gwozdz. “Brit’s father was on the news, and he had such a presence. They thought they were going to find her and bring her back ... Then, last July, he was on the news again, and they said something like, like us on Facebook and I did.” When she learned volunteers were needed, Gwozdz decided to submit an application. She went there last October.



Lauren Gwozdz, of Medway, was inspired by the story of an orphanage built in memory of Britney Gengel, a Lynn University student who was killed in the 2010 earthquake in Haiti. Gwozdz is fundraising for her third trip to the country as a “Britsionary.”

Gwozdz joined hundreds of college students and other volunteers offering service work.

“On the first trip, the orphanage was not open yet,” says Gwozdz. Volunteers, she said, finished building furniture to be used by the children, and they stayed in the building where the children would be, she says. The orphanage opened up in January.

“I felt like I had to get back to see the completed work,” says Gwozdz, who headed back to Haiti in May. This time, she had different things to do, including helping to rebuild a resident’s home. She says volunteers also have time to immerse themselves in Haitian culture. She is impressed, she says, by

how happy the Haitian people are.

“It’s really a wonderful country. Haiti is the poorest country in the western hemisphere, but when you look beyond the devastation and poverty, you see a world of faith, hope, love and heavenly beauty,” she says. “The smiles on the people’s faces. They wake up every day with the same smile, despite the fact that they live in such devastation. We’re faced with miniscule problems compared to what they have, but we complain, and they complain about nothing. It’s truly amazing.”

“In Haiti, all orphans are not true orphans. Their family situation could just be so dire that they come to the orphanage,” says Gwozdz. She points out that children stay in touch with their families with regular visits and that one of two directors and all caregivers are all Haitian. School is a privilege none of the students have experienced before coming to the orphanage.

Gwozdz is fundraising for her next trip. She’s recently held a booth to raise funds at a local Oktoberfest, and she has a fundraising page <https://www.z2systems.com/np/clients/belikebrit/campaign.jsp?campaign=8&team=80&fundraise=36173>. She’s also selling bracelets through the Apparent Project (www.apparentproject.org). Funds raised from the bracelets, made in Haiti from recycled cereal boxes, go to the Haitian artisans

who craft them as well as to Be Like Brit. Gwozdz finds that she’s happy to do it, and so far, raising funds has not been a problem. What’s more, she looks forward to seeing pictures of the children from

the orphanage on Facebook.

“I love what the Gengels have done,” says Gwozdz. “They’ve taken such a tragic thing that happened to them ... and turned it into a beautiful thing.”

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Kiwi

NEW TRICKS

continued from page 1

acronym stands for Balance and Service K9's.

"We're training balance dogs for people who need help with stairs, standing up, walking on uneven terrain, all sorts of balance issues – really basic needs."

Rossetti worked as a trainer for NEADS (National Education for Assistance Dog Services) for several years, teaching inmates at MCI Pondville, Norfolk and Bay State how to train service dogs. Smith volunteered with NEADS. After Rossetti left NEADS to begin her own dog obedience training business, she says she missed the service aspect of what she does. Rossetti, who retired from her position as Milford's K9 officer due to a traumatic brain injury and body trauma she suffered in 2005, herself has a service dog, Hawk.

"I left NEADS a year ago last June and didn't do much of anything with service dogs for 6-8 months," says Rossetti. "I decided I really missed it. There's not many things as rewarding as being able to give somebody freedom of movement and independence."

"Pieces of equipment," says Rossetti, "will not help you if you fall backwards." Rossetti says dogs can be trained to anticipate the types of falls their potential owners will encounter.

"I generally fall forward, but my friend Kristin falls backwards. Most people with disabilities tend to fall the same way each time," says Rossetti. The dogs can be trained to support someone wherever they will need it.

Applications, which are now available on their website BASK9.org, are extensive at 14 pages long, determining "what does the client need that we could train these dogs to do for them," says Rossetti. "We even ask for a video of the client, so that if the client has a specific gait, I can start mimicking that walk and the pace



Merlin and Maverick, at 12 weeks, are charming and adorable. These two pups, Greater Swiss Mountain Dogs, are the first dogs B.A.S.K. (Balance and Service K9's) will train, to be given to people with disabilities who need them for balance. BASK was started by Christina Rossetti, of Medway and Lee Smith, of Holliston.

that we walk. It's not just having a big dog to lean on. It's a dog that knows your pace and knows your mannerisms and is comfortable with that." Rossetti says that when a dog is placed, she will train at the client's home.

In addition to being physical aides, Rossetti says that service dogs help clients psychologically. "It's a way of sort of bringing people to you rather than pushing them away. If you go somewhere, and you see somebody in a walker or wheelchair or what have you, I've heard parents say, 'Don't bother that person, she's sick,' but the dog is a way of further including that person in the community, drawing them in."

In fact, going out into the community is important training for Maverick and Merlin, to get used to being in all sorts of environments.

"They need to go anywhere that a service dog might go, and they need to go many times so that it's not a big deal," says Rossetti. "The world needs to be 'been there, done that' for a service dog, especially with our dogs, because they have to be in position all the time."

Right now, says Rossetti, B.A.S.K.'s nonprofit status is pending, but, she says, it's important for her to be able to gift the dogs she trains.

"We went into this saying we're not charging for the dog ... I'm acutely aware that people who are living on a fixed income can't afford \$10,000 for a dog. We raise money as best we can, and we find wonderful people to volunteer," says Rossetti. The organization holds various fundraisers, and Hopkinton jewelry artist Chris Taylor (www.fiddlesticks-glass.weebly.com) has donated a number of his works to the cause.

Rossetti also notes that the breed was purchased so that BASK can ensure, as best they can, that not only will the dogs not become protective, but that they will also be healthy.

"We do not use rescues, because with the intense amount of training that goes into one of these dogs, we need to know that the lineage of the dog is as close to perfect as we can get it – good hips, good elbows, good shoulders," she says.

Overall, she says, "We really love doing this. Just the whole puppy raising process. It's amazing to watch them the first time they see anything. You get to experience that."

To learn more about B.A.S.K. or download an application for one of these balance dogs, visit BASK9.org, or visit Merlin of BASK or Maverick of BASK on Facebook.

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Waking Up and Sharing the Roadways

A Necessary, Fresh Look at Motorist/Bicyclist Safety on the Road

BY JANE LEBAK

In the wake of two bicyclist deaths in local communities, many bicyclists are taking a fresh look at safety on the roadways, and many drivers are reconsidering how they view bicycles on the road.

Holliston is still reeling from the tragic loss of Emilee Gagnon, a 21-year-old cyclist and cancer survivor who was riding cross-country to raise money for multiple sclerosis when struck and killed by an SUV in Ohio. Meanwhile, in Hopkinton, thirteen-year-old Shayne Desroches was killed on his bicycle by a young driver. These tragedies highlight the vulnerability of cyclists on our roadways, and the mutual responsibility of cars and bicycles to share the roads safely.

Nancy Dubin, owner of Holliston's Lil' Folk Farm, says Emilee's death has changed her perspective on shared use of the roadways. "The family is very good friends of ours," says Dubin. "It's awful when something like this happens. It makes you more aware of your own actions, more responsible. We

all try to be responsible drivers, but we all have lapses, and this brings in the way we should be driving: that cars can cause harm to people."

The National Highway Traffic Safety Administration's statistics for 2011 (the last year available on their website) says there were 337 cycle accidents, with five fatalities. <http://www-nrd.nhtsa.dot.gov/Pubs/811743.pdf>

Bicycles are allowed by law to ride on the roadways. Bicyclists are considered vehicle operators, and as such, they are required to obey the rules of the road. Bicyclists must ride in the same direction as the traffic and must wear a helmet.

Drivers should be aware that bicycles, while traveling slower than cars, are legally allowed to take the full lane when necessary (and in some areas, riding a bike on the sidewalk is illegal). Remember, that even when a bicycle lane is present, bikes are allowed to ride in the traffic lane anyhow, and faster cyclists



may prefer to do so because bike lanes tend to accumulate debris. Other tips for drivers can be found at <http://sameroadssamerules.org/tips/car-tips/>.

A thorough and practical website for bicycle safety from the cyclist's perspective is

Michael Bluejay's Bicycle-Safe.com, also known as How Not To Get Hit By Cars. The site details ten of the most common types of automobile/bicycle accidents (and how to avoid them) as well as advice about using a light on your bike and how to ride as if you were invisible. For example, the site details "the right cross" accident, in which a car passes a slower-moving cyclist and then makes a right turn in front of the bicycle, not realizing there won't be enough time to get out of the cyclist's path. Drivers as well as bicyclists should familiarize themselves with the most common types of accidents.

Respectful sharing of the roadways has many benefits to communities, according to the Pedestrian and Bicycle Information Center (<http://www.bicyclinginfo.org>) including less-crowded roads, safer streets, reduced pollution, and even increased property values.

In addition to wearing helmets and following the rules of the road, cyclists should take precautions to increase their own safety on the road:

- being predictable to the cars on the roadway
 - choosing routes that might not be the shortest if it means staying off busy roadways
 - when necessary for safety, getting off the bike and walking it across a busy intersection
- Drivers can contribute to bicycle safety by taking precautions of their own:**
- giving cyclists at least two feet of clearance while passing
 - never passing a cyclist to make a right turn in front of the bike
 - exercising patience when waiting to pass a slower-moving cyclist

As the communities of Holliston and Hopkinton have experienced, it takes only a momentary distraction to result in tragedy.

Nancy Dubin adds, "When you're driving, and your phone rings, do you need to look at it? No. They're bad habits. We can stop them, but for a long time, not just a few days."

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Love – Italian Style

Millis Theatre Group Presents DeVasto Comedy *Losing Your Pants*

Plays about Italian Americans aren't always about the mob. In the case of Fran DeVasto's *Losing Your Pants*, a comedy to be produced on Friday, November 8 and 15 and Saturday, November 9 and 16 at 7:30 p.m. at Millis High School Theater, it's just plain about one crazy, yet loveable, family.

The play centers around the family of Joey (Ed Quinlan), his wife, Lisa (Dove Quinlan) and their son Pat (Noah Day), who dresses "gangsta" and wants to be "different, like everyone else." Their lives, and especially the diet of their dog, Bruno, is turned upside down by the return of Mama (Christine Vozella), who's been away to Italy for six years and routinely converses with the ghost of her

deceased husband, Vincenzo (Robert Orsi.) All of them, and Joey's brother Sal (Jake Diggins), convinced the mob is after him, are looking forward to the wedding of Joey and Sal's sister Angie (Rebecca Hoell) to Nicky (Bob Maibor), or is it Nikki

(Guthrie Morgan)? They are joined by Sue (Cynthia Small), Joey's ex-girlfriend, who is providing the flowers for the wedding, aided by her boyfriend Tom (Scott Day), Lisa's ex-boyfriend and FBI agent.

and now lives in Cape Cod. "The mother, Mary, is pretty much modeled after my grandmother who I grew up with. Eighty-seven years in this country and she still 'talks like this,'" he jokes. "Her character is mod-

Surprises pop up, with the promise of extended family, and extended laughter, to come.

The play was written by Cape Cod playwright, Fran DeVasto and humorously presents the characters and their situations being a part of a large Italian family. The playwright based the play on his own family memories and experiences.

"I sort of write what I know, Italian American traditions, parochial schools," says Playwright Fran DeVasto, who grew up in Somerville, Mass.

eled after real stuff that she did."

The play will be directed by Marty Black-Eagle of Framingham. DeVasto, in fact, will travel to Millis to take in Millis thespians' interpretation of his work.

"I've done a lot of directing and a lot of acting," says DeVasto, who's written about seven children's plays with the Periwinkle Players in Wellfleet. This, he says, is his first "adult children's play. It's kind of a farce. It's got everything but the kitchen sink."

"For me to write it and let it go, it's kind of difficult, but it's giving people a creative outlet. They can take your bones and make the monster they want," he laughs, adding that what the play is really about is "families mixed together in crisis. Family is one of the most important things you have going in your life, and that's pretty much what the play is all about."

For further information and to purchase advance tickets, go to www.millistheatre.org.

Tickets are priced at \$13 for adults and \$10 for seniors and students. Tickets will also be available at the door.



The Millis Theatre Group will bring crazy, loveable and Italian to Millis with its rendition of *Losing Your Pants*, by Fran DeVasto, on November 8th, 9th, 15th and 16th. Shown, first row (l-r) Cynthia Small, Scott Day, Noah Day, Rebecca Hoell, Bob Maibor; Row 2 – Bob Orsi, Christine Vozella, Guthrie Morgan; Back Row – Ed Quinlan; Not pictured: Jake Diggins, Dove Quinlan. Photo by Kristen Day.

5 Ways to check on Mom's well-being this holiday season.

- ✓ Give a Hug Do you notice weight changes, increased frailty?
- ✓ Observe Her Social Life Are there signs of active friendships, or isolation?
- ✓ Open the Medicine Cabinet Is Mom taking her medications as prescribed?
- ✓ Check the Mail Look for unopened mail or unpaid bills
- ✓ Inspect the Kitchen Look for expired food, broken appliances

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Thanksgiving Time at the Turkey Farm

Out Post Farm Prepares All Year Round for the Holiday Season

BY J.D. O'GARA

What people don't realize, says Adrian Collins, co-owner of Out Post Farm, is that all year long, the farm prepares for the Thanksgiving holiday.

Of course, there are the turkeys. That goes without saying. Thousands of the birds are raised at the farm each year on a diet of grain, with plenty of water and light. But turkey's not the only dish served that last Thursday of November.

"We grow everything here and process it right on the farm," says Collins. That includes apples, pumpkin and squash for pies, corn for breads, tomatoes, green beans, potatoes, and more. Most of the side dishes and desserts sold at the farm stand are a farm to fork production.

As the Thanksgiving holiday approaches, things get a little crazy, something co-owner Paula Hale calls "organized chaos" the few days before the holiday. Out Post, she says, has it down to a science. "Every year, we try to improve, to make the process (at farm stand) go quicker and get people in and out." Time was shaved off the process when customers started listing sides they wanted, and employees would just fill the order. Hale points out, however, that the farm is well-stocked in anticipation of the holiday.

"People think you're going to run out of things, like gravy or potatoes, but we'll have it," she assures.

The farm, which has just four full-time employees, ramps up its holiday staff to ensure everything gets made and customers served.

Collins explains that fresh turkeys are the biggest sellers, although frozen are available. Customers order in advance, requesting a certain size, and the farm tries to fulfill those orders within two pounds. For those who don't want to or can't cook the meal, Out Post Farm will even pre-



pare the turkey itself, and the sides.

Sixty years ago, Out Post Farm began as a chicken and egg farm, but when the egg industry moved south, the Farm switched to producing fresh turkeys for the area. In 1970, 50 more acres were purchased in order to grow fresh produce.

Adrian Collins, a long-time employee, purchased the farm from Charlie Nickerson in 1996.

"I just enjoyed working with Charlie, and when he retired I wanted to keep it going," says Collins.



Long-time employees Paula Hale and Kevin Drake partnered with him about five years ago.

"I've always loved working here," says Drake, who began working at the farm at age 14. "I went

away to college and have had a few other jobs, but I love being here, what we do, seeing the farm grow. I love what we put out."

All of this produce, says Drake, is grown naturally.

"We don't use any synthetic fertilizers," he says. "We use our own turkey compost instead of fertilizers."

Out Post Farm also offers the local community a chance to participate in Community Supported Agriculture. Local folks can produce CSA shares in colder months, thus investing in the farm. Shareholders are then promised a weekly portion of the farm's harvest from mid-June through October, a deal for in-season produce at near wholesale cost. If poor weather conditions or something else negatively affect the crop, the farm can sustain its operations and move forward. The win-win situation also saves the CSA shareholder money on produce, providing them with seasonal value, and local folks learn about locally grown produce and their seasonality.

Once the Thanksgiving rush, and subsequent Christmas rush, ends at Out Post Farm, says Collins, cus-

tomers can enjoy mouthwatering prepared delights such as turkey and chicken sandwiches and wraps, as well as hot and savory chicken and turkey dishes to take out. In late winter and early spring, the farm will cycle once again, starting seeds and preparing for the coming year.

Out Post Farm is located at 300 Prentice Street. It is open every day, from 8 a.m. to 7 p.m., closed only on Thanksgiving, Christmas and New Year's Day. They can be reached at www.outpostfarm.net and on Facebook, or at (508) 429-5244.



Find Fresh Cut Trees at Deerfield Tree Farm

For many local families, the choice is clear: Only a real and fresh tree will do for the holidays. Deerfield Tree Farm has the freshest trees anywhere. Set on 10 acres of land, you will find a true New England Tree Farm experience. When you come out to the farm you will find a wide variety of fir trees, Fraser, Balsam, Korean, and Concolor, along with several varieties of Spruce, all are available and cut from our field. Choose and Cut trees are first come first serve and there is no pre tagging. Choose and Cut trees sell out in about the first two weeks after Thanksgiving, so come early for best selection.

What makes Deerfield Tree farm different from the rest?

Besides having choose and cut trees, We also have a wide selection of fresh cut trees with sizes up to 12'. Not all fresh cut trees come from Canada or North Carolina. Deerfield Tree Farm gets all there fresh cut trees from a local tree farm. These trees are cut only a day or two before before Thanksgiving, (not months in advance, as most parking lot stands do). The difference is, Deerfield Tree Farms trees will last well past the holidays, into March if you let them. We even gets trees delivered after Thanksgiving, and again these trees are cut just a day or two beforehand. So even if you

are a little late picking out your tree your sure to find a real, and especially fresh Christmas tree. Cash or check only, and prices range from \$30 - \$80 for 6-8' trees.

For those with a green thumb, We also sell live trees, balled and burlap, with price range from \$60 - \$100. Live trees can be inside and decorated for about 5 days, then brought outside and planted in the yard. With enough space, and a little time, you will end up with a live, growing record of all your Christmases past.

We hope to see you this Christmas Season.



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When 911 Calls You

Local Police Use Technology to Public Advantage

BY JANE LEBAK

Your phone rings, and it's an automated call telling you to say off Route 109 due to a water main break. Or an incoming text alerts you to a missing child, what he was wearing and the number to

phone if you've seen him. In the past ten years, the police have been calling us, and the technology is only improving.

Originally known by the brand name "Reverse 911," emergency notification has become an impor-

tant tool in public safety. Local police departments have embraced these community notification systems for alerting individuals to potential problems, and sometimes to ask for the community's help.

"It is an invaluable tool on those rare occasions when something happens and you have to get the word out there," says Millis Police Chief Keith Edison. Millis has had a community notification system for several years. "We can use it for anything from a lost child or somebody with Alzheimer's who's gone missing."

Medway's Police Chief Allen Tingley agrees. "We're very, very happy with it. We've used it several times for impending storms." Other reasons the community notification system might be utilized would be for road closings, water main breaks, or even a chemical spill.

The weather is a chief factor in using emergency alert systems, but it's helpful in criminal investigations as well. "We used it once in a criminal matter where we were searching for an individual who'd broken into a home. We made phone calls to everyone in that area to assist us in turning their lights on and to let us know if they saw anyone in that area. It worked quite well," says Tingley.

In late August, Norfolk used their emergency notification system to alert residents to be on the lookout

Senator Ross Appointed Ranking Member on Ways and Means Committee

Boston – Senator Richard J. Ross (R-Wrentham) was appointed the Ranking Member on the Ways and Means Committee for the remainder of the 2013-2014 Legislative Session by Senate Minority Leader Bruce E. Tarr. Senator Ross will continue to serve as Minority Whip.

"This appointment is a true honor, and a responsibility that I am proud to accept," said Senator Ross. "This represents a new opportunity to better serve the residents of the Norfolk, Bristol and Middlesex District, while continuing to work with my colleagues in support of the advancement of the Commonwealth."

Please contact the office of Senator Ross with any questions or concerns at (617) 722-1555 or Richard.Ross@masenate.gov.

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We have recently released a unique new product that has multimedia capabilities and reaches a broad spectrum of different businesses. We are currently in 17 communities with open territories in the towns of Millis, Medway, Franklin, Medfield, Holliston, Ashland, Southborough, Westborough, Hopkinton, Norfolk, Wrentham, Norwood, Dedham Westwood, Walpole, Dover and Sherborn. This is your chance to join our team as we look to expand throughout MA.

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for an individual with Alzheimer's who had gone missing. The message went out to residents of Millis as well, the two towns working in cooperation. Because of the reverse notification system, the missing individual was located.

Reverse-notification technology has improved since its initial appearance. Many systems now allow individuals to select the method by which they're alerted. "The most optimum result of community notification is to get information to the individual as quickly as you can, not necessarily to their home phone," says Chief Edison. "Traditionally everyone got the call at home, but if you're at work or out shopping, you don't find out until you come home and get your phone." To that end, individuals are encouraged to use their town's police webpage to give other means of notifying them: cell phone numbers, email addresses, and phone numbers where they can receive text messages.

"You're not limited to one number," says Chief Tingley. "You can

list house and cell numbers and email. Obviously, you could end up getting four messages for one incident, but there's no limitation."

Costs are very reasonable for the protection the services provide. "We contract with the company for three years," says Chief Tingley of Medway's community notification system provider, Blackboard Connect. For \$8,900, the town of Medway has unlimited calls, a survey mode, a public information mode, an emergency mode, and allows for the ability to limit messages to one specific area of town if the need pertains only to a specific area.

Residents of Medway can sign up for the notification system at <http://BlackboardConnect.com>, or through a link on the police department websites. Millis residents can enter their contact information with Code Red at <https://cne.coderedweb.com>, and Holliston residents can do the same at <https://townofhollistonportal.bbcportal.com>.

Q and A on the Millis Film Festival



What is the Millis Film Festival?

The Millis Film Festival is an opportunity for residents of Millis and adjacent towns to present their short films to an audience. It's a celebration of our local filmmakers. It is scheduled to be held on March 1, 2014, in Millis.

Each of the categories for narrative, documentary and animation will have a student and adult and student level award; there will be a separate general category for Middle School entries.

Who Can Submit a Film?

If you live or work in Millis, Medfield, Medway, Norfolk, Holliston or Sherborn you can submit a short film. The person submitting the film must have had a major creative role in the production of the film/video.

What Kinds of Film Are You Looking For?

We are looking for any genre and style of short film of 3-5 minutes. (Middle School entries can be shorter than 3 minutes.) Be it narrative, documentary, experimental, or silent—we'll take them all, but they must be suitable for an audience of all ages. Films cannot use others' copyrighted material (music, pictures, video clips).

Who Decides Which Films Will Be Screened and Wins the Awards?

The Millis Cultural Council is or-

ganizing the Millis Film Festival. Members of the council will view the films and determine their eligibility. All eligible films will be screened at the festival. We will also appoint a Film Festival Award Committee, who will vote on the eligible films and decide the awards. There will also be an audience award, determined at the festival.

What's the Submission Process?

Your submission should include the following:

- Post your film on YouTube and send us the URL. Please tag your video `Millis_Film_Festival`.
- Send us a completed application form; you can request a form by emailing us at millisculturalcouncil@gmail.com, or pick one up at the Town Clerk's office or at the library.
- Include the Entry Fee (payable by check to "Millis Cultural Council"):
 - \$10 student entrance fee
 - \$20 adult entrance fee

Submit the above materials to to the Millis Cultural Council at: Millis Cultural Council, 900 Main Street, Millis, MA 02054

When Are Submissions Due?

All materials must be postmarked on or before January 15.

Who Do I Contact for More Information?

If you have questions or need more information please contact the Millis Cultural Council at (508) 376-1295 or millisculturalcouncil@gmail.com.

The Chic Boutique Opens in Medway!

The Chic Boutique today announced that it has opened the doors of its new shop in Medway as it enters its 10th year. Owner Amy Darst took the summer off while her new shop, which is visible now along Route 109 next to Restaurant 45, was built for her.

The Chic Boutique is not a "young boutique" says Darst. She tries to showcase items and outfits that befit the typical Metrowest woman. She typically is dressing customers who are busy local ladies who dress nice and sincerely adore the unique, stylish offerings at The Chic Boutique.

She has successfully operated her business with a unique flavor, call it Service before the Sale. This means that Amy is often called upon by her customers to "dress



that she needed to come in so I could get her dressed and ready for a speaking engagement at the Waldorf Astoria in New York City. I have done this many times for my customers, dressing them for a company party, weddings, special dinner and dancing dates and a whole host of other events."

"It is so fun," says Darst, who thinks of her Chic Boutique as "a place to play adult dress up."

While located at 45 Milford Road (Route 109), the Chic Boutique now also offers online shopping on their website. For more information, call (508) 533-4225, check out her website at amyschicboutique.com or her very active Facebook page.

them," and she seems to always be able to put together a stunning ensemble for her customers, or direct them to the single item to complete their look. Service before the Sale and her customers love her fashion sense.

"I am so excited to be back. The other day, one of my long time customers wrote to me

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Perry Honored with Dedication

The Friends of the Millis Public Library are very pleased to dedicate the Director's Room in honor of Tricia Perry, current Director of the Millis Public Library. This dedication is in recognition of her commitment to the Millis community and tireless efforts in making the dream of a new library a reality. For over a decade many people have contributed significant time, money and talent to bringing the new library from the planning stage to completion. One person who stands out in the process is Tricia. As Director for the past four years, she has shown leadership and resourcefulness in planning the construction of a new building while juggling the many challenges of running a full-service library. With her calm demeanor and positive attitude, Tricia helped make the vision of the New Library—as a welcoming gathering space and resource for the whole community to enjoy—a reality.



Teen Movie Night at Medway Library November 1

The Friends of the Medway Library will be hosting a Free Teen Movie Night at the Medway Library on November 1, 2013 at 7 p.m. If you are a Hunger Games fan, please join us by watching the first movie in the trilogy before the new one is released in November. Please sign up at the library or email the Friends at libfriendsprez@yahoo.com. Walk-ins will be accepted but we prefer you to sign up so that we can provide enough treats for everyone. Movie is rated PG-13 and runs for 142 minutes.

Medway Lions Bottle/Can Drive November 23

The Medway Lions will conduct its monthly bottles and cans collection on Saturday, November 23rd, 2013 starting at 9 a.m.; proceeds are used to support community services. Redeemables should be placed at curbside by 9 a.m., brought directly to Medway Oil on Broad Street by 11 a.m. the morning of the drive, or placed anytime in the Lions Bottles and Cans shed in front of West Medway Liquors on Main Street. The Lions thank residents for their support.

Friends of the Millis Library Book Sale and Family Fun Day

The Friends of the Millis Public Library will hold its Annual Fall Book Sale and Family Fun Day on Saturday, November 2nd from 9 a.m.-1 p.m., at the library, rain or shine. This is the first book sale being held in the Roche Bros. Community Room at the new library, located on 961 Main St. in Millis.

A large selection of adult and young adult fiction, non-fiction and children's books in hardcover and paperback will be on sale, plus CDs, DVDs and special finds! Prices start at 25 cents.

New this year is a Friends of the Library preview and sale for current members being held on Friday, November 1st from 6-8 p.m. in the Roche Bros. Community Room. New membership applications will be accepted that night.

Donations of the above items will be accepted for this sale. Please bring donations inside the Friends Room of the library during regular business hours: Mon. 12 - 8 p.m.; Tues. & Wed. 10 a.m. - 8 p.m.; Thurs. & Fri. 10 a.m. - 4 p.m. and Sat. 10 a.m. - 3 p.m. Please no VHS videos, text books or magazines.

The event will include free family-friendly events such as story-times, face painting and more. Come join the fun!

Proceeds help support the purchase of museum passes and programs for the library. The Friends sponsor 3 book sales annually. For more information, call (508) 376-8282.

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November 23 Smooth Transitions - Household Downsizing and Estate Dispersal
Have STUFF? This will be a humorous discussion about identifying, then using or moving-out, belongings that collect within our homes. There is no time like the present to put our things to good use even if that use is no longer with its current owner. Presentation by Ann Newberry, *Smooth Transitions*

Visit our website for a complete listing of our Saturday Morning Lecture Series

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9:30 - 10:30	Presentation
10:30 - 11:00	Questions & Answer Session



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Millis Lions Names Its First Female President. Lauree Ricciardelli

By J.D. O'GARA

The Millis Lions Club was chartered 68 years ago, but this year is the first time they've welcomed a woman, Lauree Ricciardelli, to the one-year post as president. Being a woman has little to do with why she was chosen, however.

Ricciardelli, who moved to Millis with her husband, Kevin in 1980, began her volunteer work before she had children, through the Oak Tree League. She would go on to have three children, Joe in 1984, Nick in 1989 and Anne Marie in 1992, and although she chose stay-at-home motherhood over her systems engineer position, she was anything but idle.

Not only did Ricciardelli get involved in fundraising for the home and school associations at all levels, but she also spearheaded the effort to beautify the Clyde F Brown school grounds.

"It was so barren," says Ricciardelli, "I started a beautification committee. We enhanced the whole front of the school, rototilling the whole thing. Jeannie Mayer was there. We made a sign for Clyde Brown and then a sign for the school on Main Street."

With the front of the school looking better, Ricciardelli set her penchant for getting things done to heading up the effort to build a playground at the Oak Grove Farm in 1991.

"There was no place in town to take your kids to go to an actual playground," says Ricciardelli. "A hundred acres of property the town owns we secured ... It took us two full years of unbelievably fun fundraisers, and everything else was donated," she says.

Later, in 1998, Ricciardelli did it again, this time at the town park outside the Clyde F. Brown Elementary. This effort to build a playground, walkway and basketball court took four years of raising funds, she says.



Clearly, Ricciardelli had no problem tackling great big projects.

"I just love to be able to give back to the community, and I think I work as hard as anybody involved," says the Millis Lions 2013-2014 president. "The more I got involved, the more people I knew. I think if the leader has enthusiasm, then you can really get more involved."

On the Millis Historical Commission, Ricciardelli was instrumental in bringing the Revolutionary War Reenactment to Millis a few years ago and was on a committee that picked a new police chief in the 1990s. A member of the Millis Garden Club for five years, she also taught CCD for 9 years at St. Thomas Church. As her children got older, she also got involved as a scout volunteer.

"I was a den leader for both my sons in Cub Scouts, and I was a Pack Leader as well. Then I went into the Girl Scouts when I had a daughter, for 12 years," says Ricciardelli, who also served as the Millis Girl Scout Coordinator. Not just any Girl Scout leader, Ricciardelli's troop visited Savannah, GA, raised money and took themselves to Europe, and six out of 12 of the girls achieved their Gold awards for projects enhancing Oak Grove farm.

Ricciardelli became a member of the Millis Lions just five years ago.

"I didn't want to join until women joined," says Ricciardelli, who says that with her kids all out of college now, and her now working as a special educator, she felt she could choose how to stay involved in her community, and she chose the Millis Lions.

"All along, with all of the projects that I was involved in, the Lions have

always donated to the projects, and I had known them for so long, that I really did want to become part of this group," says Ricciardelli, who adds that the group has more female members, now, and

that the goal is to get more women involved district wide. "I also like that the Lions are international, not only helping locally but globally, in eye and hearing research."

As this year's Lions president, Ricciardelli also hopes to honor more community volunteers, as well as "find fundraisers that raise enough money so that we can keep giving back."

In fact, this month, the Lions have a Comedy Night fundraiser scheduled for November 22nd, at Primavera Ristorante. Nights like this fund efforts like the annual

Senior Citizen Dinner, an annual gift for the town's oldest residents that incorporates the help of Millis high students, on December 8th. The Lions will also provide the Millis Council on Aging with a TV and workout videos, to help the town's seniors stay fit.

Ricciardelli is up for the task ahead.

"I just think I'm a very high energy person, and it makes me feel better to give than get, to see a project through to fruition makes me feel really great."

The Millis Lions Presents Comedy Night Nov. 22

Don't miss The Millis Lions Comedy Night featuring local legends Tony V and Ira Proctor. The laughter will begin at 8 p.m. (doors open 7 p.m.), at Primavera Ristorante, 20 Pleasant St., Millis. Admission is \$35 pp, and the night will include \$5 prize balloons, duck-duck prize and 50/50 raffle. Call Debbie at (508) 816-6732 for information or to charge tickets.

All proceeds from this event will benefit local Millis Lions Club charities.

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LIVING HEALTHY

Preventing Eye Injuries at Home

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

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear? If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of re-

spondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

Men are more likely to sustain an eye injury than women. Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home. More than 40 percent of eye injuries are caused by projects and activities

such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room. More than 40 percent of eye injuries every year are related to sports or recreational activities. Eyes can be damaged by sun exposure, not just chemicals, dust or objects.

Among all eye injuries, more than 78 percent were in people not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (in-

cluding glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

You might think that the family home is a fairly unthreatening setting. However, medical statistics tell a different story: nearly half of all eye injuries each year occur in and around the home, and home-based injuries are increasing each year.

This alarming trend is why the American Academy of Ophthalmology and the American Society of Ocular Trauma now recommend that every household have at least one pair of ANSI-approved protective eyewear for use during projects and activities that may present risk of injury.

Common Eye Injury Risks in the House:

- Using hazardous products and chemicals such as oven cleaner and bleach for cleaning and other chores (accidents involving common household products cause 125,000 eye injuries each year).
- Cooking foods can that can splatter hot grease or oil.
- Opening champagne bottles during a celebration.
- Drilling or hammering screws or nails into walls or hard surfaces like brick or cement; the screws or nails can become projectiles, or fragments can come off the surface.
- Using hot objects such as curling irons around the face; inadvertent contact with the user's eyes can cause serious injury.

- Loose rugs and railings or other hazards that could cause falls or slips.

Common Injury Risks in the Yard:

- Mowing the lawn.
- Using a power trimmer or edger.
- Clipping hedges and bushes.

Common Eye Injury Risks in the Garage or Workshop:

- Using tools (power or hand).
- Working with solvents or other chemicals.
- Any task that can produce fragments, dust particles or other eye irritants.

- Securing equipment or loads with bungee cords.

For all of these activities, it's important to remember that bystanders also face significant risk and should take precautions against eye injuries too. This is particularly important for children who watch their parents perform routine chores in and around the home. Bystanders should wear eye protection too or leave the area where the chore is being done.

Preventing Eye Injuries at Home

Wearing protective eyewear will prevent 90 percent of eye injuries, so make sure that your home has at least one approved pair and that you and your family members wear the eyewear when risks come into play.

There will still be occasions when accidents and injuries happen. Consider taking some of these safety steps around the home to diminish the risks even more:

- Read the labels of chemicals and cleaners carefully, and don't mix products.
- Secure rugs and railings.
- Cushion sharp corners and edges of furnishings and home fixtures if you have children or the elderly in your house.
- Check the lawn or the outdoor area where you will be working for debris that can become a projectile.
- Keep your tools in good condition; damaged tools should be repaired or replaced.
- Make sure that all spray nozzles are directed away from you.
- Use grease shields on frying pans to protect from splattering.

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LIVING HEALTHY

How to Protect Yourself Against Stomach Ulcers

Did you know that a bacterium called *Helicobacter pylori* is the main cause of 60 to 80 percent of gastric ulcers, and of 80 to 85 percent of duodenal ulcers? The duodenum is the upper end of the small intestine.

Normally, a layer of mucous protects the stomach and the intestine from the acidity of the gastric juice, a liquid secreted by the stomach glands during digestion. *Helicobacter pylori* weakens this protective layer by penetrating the mucus lining and creating open sores, or ulcers, in the gastrointestinal tract.

In industrialized countries, close to 20 percent of people aged 40 and under are infected with this bacterium, and it affects close to 50 percent of people over the age of 60. Studies show that 20 percent of these people will develop an ulcer during their lifetime.

Clinical studies have shown that probiotics can be useful in treating infections caused by *Helicobacter pylori*. Antibiotics are usually prescribed to eliminate *Helicobacter pylori*, but unfortunately, the success rate is only 74.8 percent. When a multi-strain probiotic supplement, such as Probiolac, is added, the treatment's efficiency increases to 83.6 percent.

The fact that antibiotics cause several side effects is important to mention. These adverse effects, experienced by 38.5 percent of patients treated, include diarrhea, stomach pain, nausea and taste changes. When a multi-strain pro-

biotic supplement is given along with the antibiotics, side effects are reduced and reported by only 24.7 percent of patients.

Jolicoeur recommends Probiolac as the ideal solution since it provides probiotic complexes that are designed specifically for every age group: children up to the age of 15; adults (can be taken from the age of 15); and older adults (age 50 and up).

"Adding a multi-strain probiotic supplement to the medication given to treat ulcers caused by *Helicobacter pylori* significantly increases its efficiency and tolerance," she said.

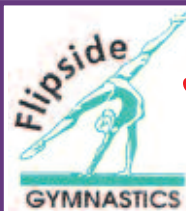
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LIVING HEALTHY

Choose Lighter Fare This Thanksgiving

Statistics indicate the average Thanksgiving dinner exceeds 3,000 calories. That is more calories than a person should eat in an entire day, much less a single meal. Many people admit to indulging on bigger portions and more fattening foods come the holiday season, but choosing some lighter fare this Thanksgiving can make the meal healthier without sacrificing taste.

Although there are staples of Thanksgiving dinner, many low-calorie foods can be included to make the meal healthier. The following are a few healthy substitutions or alterations holiday hosts can make when preparing their Thanksgiving feasts.

* Trim down the turkey. Play up the main course with aromatic seasonings or unexpected flavors. Use garlic, olive oil and basil to add a boost of flavor to turkey without having to rely on butter or salt. Marinate the bird with lemon juice and citrus marmalade for a sweet, yet pungent flavor. Consider omitting the bread stuffing and making a stew of roasted root vegetables instead.

* Opt for turkey breast. White meat of a turkey tends to have less fat and calories than the darker cuts. Serve turkey breasts only, which will not only cut down on calories, but also on the amount of time needed to cook the meal.

* Make homemade cranberry sauce. Taking the time to make

your own cranberry sauce means you can control the ingredients. Cut down on the amount of sugar used in the recipe or substitute it with honey or molasses.

* Reduce the number of courses. Thanksgiving dinner often features multiple courses. Extra courses can be expensive,



Thanksgiving meals can feature lighter fare to discourage guests from overindulging in unhealthy foods.

but such massive spreads also lead many people to overeat. Stick to two or three courses, and chances are guests will not miss the extra food.

* Choose whole-grain breads. Sliced whole-grain breads or rolls paired with an olive tapenade will be flavorful and such breads are healthier than white bread and butter.

* Flavor vegetables with herbs. Vegetables grilled or sauteed with fresh herbs may be so fla-

vorful they will not need added dressings that tend to be rich or cream- or butter-based. Have a wide variety of vegetable side dishes available so guests can fill up on healthier fare rather than more calorie-dense items.

* Serve only low- or no-calorie drinks. Beverages can add a substantial amount of calories to Thanksgiving meals. Give guests the option of sparkling water or even diluted cider so they're not filling up on sugary sodas or other high-calorie beverages.

* Serve fresh fruit for dessert. Create a fresh fruit salad that can be served in lieu of fatty cakes and pastries.

* Include other activities. Do not make the meal the centerpiece of the celebration. Plan activities, such as a game of football in the yard or a walk around the neighborhood. This places a smaller emphasis on eating while giving guests the opportunity to burn off some of their meal.

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LIVING HEALTHY

Yoga tip for Being at Ease

Addie Alex, Light of the Heart Yoga™

What supports your ability to be at ease? Notice how at ease you feel right now . . . Is your breathing feeling smooth and full or tight and constricted or somewhere in between? Do you notice how just becoming **aware** of your breathing can cause it to change, relax and be more easeful?

Awareness

Your gentle, yet powerful awareness is a great source of support. Without it you don't even notice the outstanding fall colors that nature offers us each autumn. Or without that **pause for awareness**, you don't notice that ache in your back that turns into a serious pain. Yoga cultivates your ability to be aware at deeper levels within and

around yourself. Your ability to be aware of the fall colors all around you can lead to an experience of joy and delight. Being aware of that ache empowers you to take care of it. Your awareness allows you to make a choice of how you want to live and how you want to feel on the inside.

Make a Donation to Good Health

Charitable giving means different things to different people. While some associate donations with money, clothing or other tangible goods, donations also can include vital parts of our bodies.

Blood

Blood transfusions and supplementation are vital to treating injured patients. Blood also is necessary during routine surgeries. Having an adequate blood supply at the ready can be a matter of life and death for a person in dire need of a transfusion. Canadian Blood Services, which manages the national supply of blood and blood products in Canada, announced during the summer of 2013 that the country is facing a "concerning" shortage of blood due to fewer donations and constant demand. The story is similar in the United States, where the American Red Cross reports a blood donation is needed every two seconds. Blood is perishable, and the need is constant. Red blood cells only have a shelf life of 42 days and platelets just five days, so supply must be replenished constantly.

Blood can be donated whole or as plasma or platelets. Plasma is the yellow fluid in which blood cells are suspended. Platelets are smaller than white or red blood cells and help the blood to clot. Many blood collection centers will

tell you that O blood type is in the highest demand because O blood, particularly O-negative, is compatible with all blood types. But it also is the blood type in the shortest supply.

Organs

The organization Donate Life America says nearly 120,000 men, women and children currently need lifesaving organ transplants, and every 10 minutes another name is added to the national organ transplant waiting list. In addition to organ transplants, tissue transplants can save lives.

Certain organs and tissues can be transplanted from living donors, including kidneys, liver lobes, lungs, and bone marrow. The National Living Organ Donors Foundation, Inc., says living organ donations can mean a more perfect match for the recipient, a longer transplant life and fewer medications. Living donors give patients an alternative to waiting months or years on transplant lists.

Men, women and children also can donate their organs upon their death. Drivers can declare their intentions to donate their organs by filling out information on the backs of their driver's licenses, and individuals also can declare such intentions in their wills.

Hair

Cancer patients facing radiation and chemotherapy treatments may lose their hair. Losing one's hair can affect self-esteem. Certain organizations accept donations of human hair, which they fashion into wigs for those who have lost their own hair to cancer and other diseases. Burn victims also benefit from hair donations. The organizations Locks of Love and Wigs For Kids are two not-for-profit groups providing hair replacement solutions for those affected by hair loss. The cosmetic company Pantene has their own "Beautiful Lengths" donation program that also accepts hair donations.

In order to donate to most organizations, a minimum hair length is needed and hair should be free of permanent color, bleach or other chemical treatments. Check with the organization for a full list of guidelines.

Giving a gift of health by way of a blood, organ or hair donation can make a lasting difference in another person's life.



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Veteran's Day Ceremonies in Millis

Veteran's Day ceremonies in Millis will take place on Monday, November 11th at 11 a.m., at the World War One Memorial in front of the American Legion Post 208. The ceremony is sponsored by The Millis American Legion Post 208 and the AMVETS Post 495.

Millis Council on Aging November Events

Thanksgiving Day Feast

Please join us on Wednesday, November 13th at noon for a home cooked turkey dinner with all the fixings prepared by our own chef, Linda Dillen. Thanksgiving is all about family, friends and being grateful of what you have. We are looking forward to spending this holiday with you! Please make your reservations (with a \$7 payment) before Friday, November 8th.

Veterans Speak

In honor of Veterans Day we will be hosting Millis Veterans who will be sharing their wartime experiences. The Woodside School will be here to listen to first hand accounts of our Veterans. All are welcome to come to listen or share on Thursday, November 14th at 1 p.m.

Home Safety

Norfolk Sheriff's Officer Joe Canavan will be here Tuesday, November 12th at 11 a.m. to show seniors how to make lifestyle changes to prevent injuries and falls and how to implement fire prevention practices

in their homes.

Fuel Assistance

The Low Income Home Energy Assistance Program (LI-HEAP) provides eligible households with help in paying a portion of winter heating bills. Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent. Households can apply from November 1st to April 30th of the program year. Eligibility is based on gross household income. Maximum incomes are as follows: a one family household the maximum income is \$32,065, for a two family household \$41,932, three family household \$51,798. Applications are available at the Center. There are various requirements for different situations, so we strongly urge you to call the Center before you stop by so we may determine what documentation you will need to provide. After filling out the application

you will be required to have a sit down meeting with our Outreach worker Carol to ensure you have the proper documentation. You must make an appointment for that meeting. Some appointments may take up to an hour, so please plan accordingly.

Medicare Open Enrollment

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. It's worth it to take the time to review and compare, but you don't have to do it alone. Free Medicare Counseling with Dan Harp from SHINE will be held here on the 5th, 12th and the 26th of November. Appointments are necessary.

Thanksgiving Meals

HESSCO Elder Services offers Thanksgiving and Christmas meals to seniors who will be alone for the holidays. Please call Carol at (508) 375-7051 to arrange for a volunteer to deliver your holiday meal.

Veterans

Veterans agent, John Wypyszinski will be here at the Center on Thursday, November 21st from 10 a.m.-12 p.m. Please call ahead to make an appointment.



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Should You Choose A Family Member as a Trustee?

For most people, the concept of “estate planning” at its most basic level is usually associated with the process of drafting a last will and testament, which governs the disbursement of assets to beneficiaries after the decedent has passed on. In reality, estate planning often involves more complex scenarios such as the establishment of trusts, which serve two functions: first, trusts generally avoid the probate process, giving beneficiaries faster access to the assets; second, trusts allow for greater control of specific dispensations and access to wealth. Trusts are administered by a third party, called a trustee. Trustee selection is extremely important because the trustee holds the fiduciary responsibility for the trust both during, and after, the benefactor’s life.

As the word itself suggests, there is a significant element of loyalty -- to the beneficiaries, and to the benefactor -- involved in being a trustee. In our experience, many people default to naming a family member as a trustee, usually under the assumption that “blood is thicker than money,” and that family members are inherently trustworthy. While this may be true in many cases, we’ve found that like

business and pleasure, sometimes fiduciary responsibilities and family members shouldn’t be mixed! If you’re considering a family member as a trustee, think carefully about the following questions.

Does he or she have the expertise to do the job?: The administration of a trust requires specialized skills. Does your family member have the legal, financial, and administrative background to manage the trust effectively during your lifetime, and after you’re gone.

Can a family member be truly impartial AND compassionate?: Will a family trustee have the wherewithal to make the tough, impartial decisions regarding management and dispensation often required of third-party trustees? If you’re leaving behind a lot of assets to a lot of beneficiaries, the answer is probably “no,” and that can sometimes be a recipe for acrimony, lawsuits, or worse. A truly neutral third party, such as an attorney or trust company, can administer the trust without taking a personal interest in the outcome.

Will a family member have the time to do it all?: Administering a

trust, particularly after the benefactor’s death, can be a complicated, time-consuming process. It’s reasonable to ask whether family trustees, who have lives of their own (and are likely grieving the loss, as well), have the bandwidth to effectively manage a post-decedent trust. If you leave a small estate... maybe. If not, it’s probably best to name a professional trustee who can devote impartial time and attention to effective administration.

A trusteeship is a fiduciary responsibility. For more information about our approach to estate planning, including information on how we address the issue of selecting a trustee, we invite you to visit our blog at www.atlanticcapitalmanagement.com.

William C. Newell, Certified Financial Planner (CFP), is president of Atlantic Capital Management, Inc. a registered investment advisor located in Holliston, Mass. With Wall Street access and main street values Atlantic Capital Management has been providing strategic financial planning and investment management for over 25 years. On the Web at www.atlanticcapitalmanagement.com.



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Stony Brook Announces Its November Programming!

Thanks for giving us a try at Stony Brook!

Fab Five Local Hot Spots: Friday, November 1st, from 7:30 a.m. – 12:30 p.m. We will visit 5 of the most productive birding and wildlife viewing areas in the vicinity of Stony Brook and Oak Knoll: Lind Farm, Wrentham State School IBA fields, Attleboro Springs, Caratunk RI Audubon refuge and Turner Reservoir in South Seekonk. We will be searching for ducks, including Ruddy and Mergansers, plus lingering songbirds and birds of prey. A good trip for Bird photographers - all walks are flat. Fee: \$37; member discount rate \$32

Scout Night Hike: Friday, November 1st, from 6:30 – 8:30 p.m. This is a special Stony Brook night hike designed just

for you! We'll play games as our eyes adjust to the dark, then head out on the trails to see "who" we might find. Along the way we'll explore how animals adapt to the nightlife. Dress for the weather and, please, NO flashlights. Fee: \$6 per person

Turtle Trekkers: Saturdays, November 2nd and 16th, from 10:30 a.m. - 12 p.m. Start your weekend off right with a fun and knowledgeable Stony Brook teacher on the trails learning about nature. 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. So come and join the fun. This month's themes: Animals of the Night/Turkey Talk. Ages 2.9 to

6 with a parent. Fee: \$5m/\$6nm per person

Who's Out There Owl Prowl: Friday, November 15th, from 7 – 9 p.m. Explore the fascinating world of owls at Stony Brook. We'll take a look at what makes these critters so special, practice our owl hoots and then head out on the trail to look and listen. Although we'll be searching for owls and we may hear, or even see, Saw-whet, Great Horned, Barred or Eastern Screech Owls, we will be on the prow for other nocturnal creatures as well. After the walk we'll head back to the Nature Center to share our discoveries and warm up with some hot chocolate. Fee: \$11 per person; member discount rate \$8

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.

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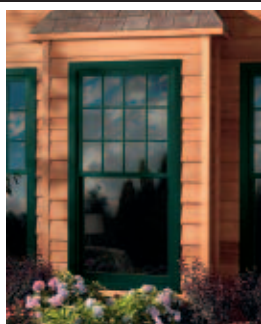
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Daniel Denman Receives Academic Award

On October 8th, Superintendent Nancy Gustafson awarded Daniel Denman the Superintendent's Award at a School Committee meeting that night. Dan currently has a GPA of 4.56, is a Spanish Immersion Student, and was elected the President of his class for two consecutive years. Dan plays two instruments, is a National Honor Society student, and is the Captain for the two varsity sports. He has received several awards for Art, Design & New Media Award, Spanish Immersion Award, HOBY Award, Saint Michael's Book Award, and the Abigail Adams Award. Dan is applying early action to Boston College and Georgetown.



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Medway Business Council Presents Discussion on Obamacare

On November 21st John Parrella, CPA will be the featured speaker to discuss the "Tax Aspects of Obamacare...What It Means to You and Your Business." This is certainly a timely topic and one that ALL businesses must comprehend by their next tax filing.

John has been preparing individual and business tax returns since 1995 and has been a partner of Liscombe and Parrella, CPAs, along with Eugene Liscombe, CPA since May 2004. With over

60 years combined experience and an office in Franklin both John and Gene assist over 450 individuals in preparing tax returns each year, with a primary focus of working with small to medium, privately held family owned businesses.

This "Hot Topic" will be held at Coffee Sensations at 5 p.m.

The program is OPEN TO ALL AREA BUSINESSES. To register email info@medwaybusiness-council.org by Nov. 14th. Light refreshments.



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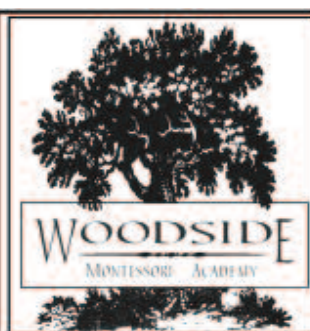
*Not valid on trip or diagnostic fees. This offer expires November 30, 2013. Offer code OT-A-50

M/M

Montessori Open House

Woodside Montessori Academy, 350 Village St in Millis will be holding an Open House on Saturday, November 2nd, 10 a.m. -12 p.m. for prospective families and students who would like to get information about preschool, kindergarten, elementary or middle school. Faculty, parents, students and alumni will be available for questions and to give tours. Please join us to see how a Montessori environment can meet your child's needs developmentally; academic, social and emotional.

Each classroom will be hosting an in-session open house on Monday November 4th 9:30 -11 a.m. The in-session is an opportunity to see a classroom in action and to see the variety and complexity of the activities in a Montessori environment. For more information, please visit www.woodsideacademy.com.



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Sports

Chris Ahl Makes Big Impact on Millis Football

BY CHRISTOPHER TREMBLAY

Originally, football was not on Chris Ahl's radar when he entered high school in Millis. However, while playing for the basketball team during his freshman season, football coach Dale Olmsted saw something in the young athlete that he thought would translate to the football field.

"His freshman year, he didn't play for us, we approached him," the Millis-Hopedale football coach said. "As a point guard for the basketball team, we liked his quickness and leadership characteristics."

While he may have been a decent point guard on the basketball court, his diminutive size (5'4" and 150 lbs.) was something that put a lot of fear into his opponents on the football field. Unfortunately, for the Mohawk opposition Ahl was not all that he appeared to be.

"Chris was a tough gritty kid, who was a special team's leader for us that first year," Olmsted said. "We really didn't expect all that much from him, but once he put the helmet and the shoulder pads on, he won me over. His never let his size get in the way to what he could accomplish; he proved to everyone that he could play."

Like most boys his age Ahl joined the local Pop Warner program where he played corner-back, a position he would play into his high school career. Upon becoming a defensive back for the varsity squad, Ahl was not

about to let his size deter him, nor where the taunts from the opposing receivers.

"I was lining up against 6'1" or so receivers, so I just had to make sure I was in a better position and be instinctive to what was coming," Ahl said. "Growing up, I was always underestimated because of my size. I liked proving people wrong."

Following his sophomore campaign on the football team, he was asked to become a two-way starter. In addition to his defensive back position, Ahl was asked to try and fill the vacancy left by running back Jim Perkins.

"I guess the coaching staff thought that I would be a good fit. It was a bit of a change carrying the ball, I just needed to learn how to read the holes," Ahl said. "As an offensive player I was now using my defensive skills to figure out how I would cover the play and then made the cuts to avoid being tackled."

As a first year running back, Ahl racked up 1,400 rushing yards, while scoring 10 touchdowns, something he wants to improve upon this year as a veteran back.

"My first thought, after the season ended, was that I needed to add some weight and muscle," he said. "The weight has made

me better, but my size will still help me as I have an advantage hiding behind the line."

Coming into this year, the second year back was looking to improve upon his numbers, especially his touchdowns, from a year ago. Through the first four games of the season, he looks to be in good shape. Ahl rushed for 1,400 yards last fall leading Millis-Hopedale to an 8-4 record and a playoff berth; thus far this year he has 700 yards and 7 td's in the Mohawks first four games. If he kept up the pace, he would conclude his senior season with 21 td's and 2100-yards; right where he wants to be.

"I would like to break the Millis rushing record," Ahl said "As for the Tri-Valley League, there have been only three athletes that have rushed for over 2,000 yards - I'd like to be the fourth. I really think that I can hit that number, especially behind this offensive line, you can't ask for anything more from them."

Coach Olmsted loves having him in his backfield and strongly believes that Ahl has helped to move the foundation of Millis-Hopedale football forward.

Chris Ahl was recruited to the Millis-Hopedale football team after Coach Olmsted liked what he saw -- his speed and his leadership. So far, Ahl has proved that great things come in small packages.



Congratulations Medway United!

Medway United won the Boys U11 A Division of the 2013 Nat- ick Columbus Weekend Tournament.

The team went 5-0 in the tournament, winning their 3 group stage games: 2-0 v Norwood, 4-

3 v Acton-Boxboro, 2-1 v Ludlow. In the play-offs they beat a very strong Acton-Boxboro team (they made it as the wild-card team), 3-2 in the semi-finals, and in the final they beat a very physical Canadian team, FC Anjou from Montreal, 3-2.



Shown, from left to right in back row: Coach Mike Newman, Head Coach Tim Fagerson, Coach Jamie Carpenter, Coach Tom Perugini; middle row left to right: Jake Eddy, Troy Newman, Tyler Chiplock, Ben Daffonte, Andrew Benedetto, Cam Carpenter, Luke Fagerson; front row left to right: Gabe Miranda, Evan Casasanta, Alec Morlock, Christian Perugini, Andrew Corbett.



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Steve Bullock



Sports

There's An Angel Watching Over Dean College Grid Team

BY KEN HAMWEY

Brett Angel has the perfect background to be coaching football at Dean College.

The 6-foot-1, 290-pounder starred at guard and tackle for four years at Millis High, where he was a two-time Tri Valley League all-star. After graduating in 2007, Angel enrolled at Dean and didn't waste any time piling up accolades. He was an all-star choice twice in the Northeast Football Conference, and he also was named an all-American by the National Junior College Athletic Association.

Angel then earned a scholarship to Northern Michigan and he often started for the Wildcats both years, playing guard, center and fullback.

"I've got no regrets with the way my football career has unfolded," the 24-year-old Angel said. "Last year, I coached the defensive line at Dean, and this year I'm working as offensive line coach and also the strength and conditioning coach. I played for (head coach) Todd Vasey at Dean, and now it's a pleasure to work on his staff. He's a great motivator, and he demands discipline."

Angel was a success at all levels on the gridiron, but winning seasons didn't come easy. At Millis, he labored through four losing campaigns. Dean was a winning venue and at Northern Michigan, he played on a pair of 6-4 squads.

"My best effort in high school came in my first game as a senior, playing for new coach Dale Olmsted," Angel recalled. "We beat Archbishop Williams, 2-0, and I blocked a field goal attempt as time was running out. I also had a good game in the line on offense and defense."

Olmsted still remembers that game vividly.

"I couldn't watch the kick, so I focused on our opponent's

bench," Olmsted said. "Brett was truly a special player — a leader who was knowledgeable, strong and talented."

ging back injury got in the way.

"Thinking about getting a shot at the NFL always was in the back of

ing a 5-2 record after seven games.

Angel hopes to someday become a position coach and a strength and conditioning coach at the Division 1 level. "That's my goal, and we'll see what happens," Angel said.

For the present, however, Angel will teach the attributes that he relied on for success. Things like mental toughness, passion for the game, sound technique and playing in pain. He'll also emulate coaches like Olmsted, Chuck Grant (Millis A.D.) and Vasey.

"Coach Olmsted helped me a lot, especially with my college decisions, and Chuck enabled me to learn about being mentally tough," Angel emphasized. "Todd tries to help his former players by adding them to his staff. He also is respected by so many people."

Now living in Franklin and coaching in familiar territory, Angel is taking advantage of his degree in physical education, and his future no doubt will involve some big challenges that likely will unfold at big-time college venues.

Brett Angel will be prepared.



Brett Angel has taken knowledge he nurtured as a player for Millis High School, Dean College and Northern Michigan to his position as an offensive line coach and strength and conditioning coach for Dean College football.

After dominating at Dean, Angel transitioned quickly to roles at guard, center and fullback at Northern Michigan, a Division 2 university that plays in the Great Lakes Athletic Conference against the likes of Michigan Tech, Findlay (Ohio), Saginaw, Grand Valley and Wayne State.

"I had a good outing against Findlay in my junior year at Northern," Angel said. "I was the lead blocker in the backfield from my fullback slot. I had a decent day blocking their linebackers."

Angel's size and ability could have led him to an NFL draft combo his senior year, but a nag-

my mind," Angel noted. "But, I had back issues that limited me. I decided to focus more on academics."

Angel plans to continue working diligently at Dean, imparting all kinds of knowledge to young and upcoming offensive linemen.

"Brett was part of two bowl teams at Dean," Vasey said. "He's a great role model for the current players. He coordinates film video and also works on the players' strength and conditioning. He's in his third year with us, and he's doing a great job."

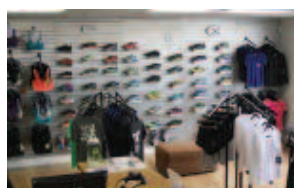
So far, Dean players have learned their lessons well, compil-

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Country Dance for a Cause

Put yer boots on and come have some fun, y'all! In November, on November 6th and November 13th, learn 3-4 dances while supporting two great causes – Taylor-Sack.org and Secret Santa – for a local family in need. The events for both adults and teens, sponsored by both Katie O'Connell and Gold's Gym, will take place from 7:30-8:30 p.m. at Gold's Gym, 27 Milliston Road, Millis. The cost is a \$5-\$10 donation. For more information, contact katie.oconnell@verizon.net.

sored by both Katie O'Connell and Gold's Gym, will take place from 7:30-8:30 p.m. at Gold's Gym, 27 Milliston Road, Millis. The cost is a \$5-\$10 donation. For more information, contact katie.oconnell@verizon.net.

Friends of Medway Library to Host Film Screening Nov. 7

The Friends of the Medway Library will be hosting a free screening of the HBO documentary *Koran by Heart* on Thursday, November 7 at 7 p.m. This 90-minute film tells the story of three 10-year-old children, from the Maldives, Senegal and Tajikistan, who have committed the Koran to memory. They are part of a challenging but exhilarating worldwide competition in the art of recitation. They are judged by the rhythm, pronunciation, and melody of the passages. This film gives viewers a better understanding of the diversity of Muslim beliefs as well as the similarities of all children who

are precocious and enthusiastic about new experiences.

This documentary is part of a Bridging Cultures grant received by the Medway Library from the National Endowment for Humanities in cooperation with the American Library Association. The film will give a better understanding of Muslim cultural heritage throughout different regions of the world.

Sign up at the library or call (508) 533-3217 so Friends can be sure to have enough refreshments available. However, walk-ins are always welcome.

Medway to Celebrate Veterans with Dinner

Medway veterans are invited to attend a Veteran's Day ceremony honoring Medway service members and veterans, sponsored by VFW Post 1526 and chaired by Colonel Michael Matondi. The Veterans Day Ceremony will begin at 10:45 a.m. at the VFW Post 1526 on Holliston Street in

Medway. This should be noted as a change from the original ceremony site, which was to be held at Matondi Square. The meal, a full course turkey dinner, is free to Medway service members, veterans and an accompanying guest. The public is welcome to attend for a nominal fee of \$8.

Please contact Frank Saunders at ussaeolus@gmail.com or by calling (508) 533-2925. Reservations must be made by Monday, November 4th if you wish to attend.

Putting Hands on History at the Medway Public Library

Children model Revolutionary War uniforms with Hands on History's Denis Cormier, September 28 at Medway Public Library. This program was supported in part by a grant from the Medway Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. You can find more information about Hands on History on their Facebook page: <https://www.facebook.com/HandsOnHistory7thMassRegiment>



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Fall Programs with Medway Community Education

Medway Community Education is pleased to highlight our new Fall Brochure, offering more than 60 classes and trips. Our Department is designed to serve all area residents. The programs provide the opportunity for educational and creative development incorporating academic, vocational, career, and enrichment courses for all ages. We are excited to introduce many new classes this fall, as well as all-time favorites.

Our fall programs for preschool aged children include arts and crafts, yoga, sports development classes, and swim lessons. For older children, we offer an after-

noon program at Medway Community Farm, a Red Cross babysitting course, and home alone safety. Our youth sports and fitness programs include a multi-sport course, karate, archery, swimming, running, and ice skating, as well as a new program featuring "Sports from Around the World."

A variety of programs are available for teens and high school students, with our First Aid and CPR certification course, driver education classes, college PSAT, SAT and ACT prep courses and a class to assist students in the college search.

Adults can choose from fitness programs to new classes in genealogy research, Reiki 1, drawing fundamentals, cooking, and holiday crafts. Also available are classes in CPR and First Aid certification, digital photography, as well as iPad and iPhone skills. Our business and finance programs include a new QuickBooks course and informational programs about the stock market, Social Security, debt management, college prep, and college financing. Our department also offers an exciting day trip to New York City, and Boston tours of the North End and Chinatown.

Please visit us online and browse our Fall Brochure for detailed information on all programs – medwayschools.org / click on Community Education / click on Fall Brochure. You may register online, by mail, or hand deliver your registration and payment to the Burke-Memorial School's

Main Office between 7:30 a.m.-3:30 p.m. at 16 Cassidy Lane in Medway. We welcome all out-of-towners at no additional fee and offer our Senior Citizens a 15% discount on courses only. Please contact our office at (508) 533-3222 option 4 with any questions.

Medway Historical Society to Present Lecture

Nov. 19th Talk to Take Place at Medway Senior Center

On Tuesday evening, November 19th, noted psychiatrist Dr. Fuller Torrey will speak on his ancestor, Reverend Charles Torrey, a prominent abolitionist from Medway and son-in-law of and student of Rev-

erend Jacob Ide of the Community Church. Reverend Torrey worked with the Underground Railroad in Washington, D.C., Virginia, and Maryland, and died in a prison camp for his efforts. Dr. Fuller

Torrey has written a forthcoming book on Reverend Torrey.

The event will take place at 7 p.m. at the Medway Senior Center, 76 Oakland Street, in Medway.

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Obituaries

FLOSSIE E. (WAITE) JOHNSON, of Millis, died Wednesday morning, September 11, 2013, at the Metro West Medical Center Leonard Morse Campus in Natick after a period of declining health. She was 90. The daughter of the late Edwin and Flossie (Saltmarsh) Waite, she was born in Millis and had been a resident for most of her life, living in Norfolk for a short period. Mrs. Johnson had worked during War Time at the McGregor Instrument Company in Needham manufacturing hypodermic needles and syringes critical in the medical treatment of soldiers. She was a member of the Church of Christ, the Millis Historical Society and the Rockville Chapel Association. Mrs. Johnson was predeceased by her husband, John "Bert" B. Johnson in 2002 and was the sister of the late Kenneth Waite and Carlene Perry. She is survived by her children, Peter E. Johnson, Penny Diotalevi and Robert "Bobby" Johnson all of Millis and her sister, Myrtle Purington of Colerain and Edwin "Bud" Waite of West Roxbury and her grandsons, Justin and Jonathan Diotalevi. Those wishing may make memorial donations to Edwin Perry, c/o Rockville Chapel Assoc., 183 Pleasant St. Millis, MA 02054. Please visit www.robertsmitchell.com for additional information.

BRIAN A. TEAGUE, of Millis where he has been a resident for the past 7 years died Thursday, September 26th 2013 at the Lahey Clinic in Burlington surrounded by his loving family. Born at the Norwood Hospital in 1951, he was the son of the late Francis "Frank" Teague and Louise M. (Santoro) Teague. A former lifelong resident of Medfield, he was employed by Sears Roebuck and Company of Natick since 1999 as the Primary Maintenance Technician. His previous employment was with the Clean Beer Company and later formed his own company called the Draft System Services where he was known as "the Beer Guy". Brian was a member of the former MetroWest Chapter of Harley Owners Group (HOG) and Medfield Marauders. He leaves his long time companion Lyn (Hedges) O'Neill, his cherished daughter Cari Teague of Medway, a sister Laura Teague of Medfield, 3 brothers Michael Teague and his wife Janie of OK, Stephen Teague of Medfield and Robert "Bobby" Teague and his wife Debbie of Lynn as well as 2 nieces Jennifer Weissman and Danielle Cevallos.

Those wishing may make a contribution in Brian's memory to the Medfield Food Pantry, PO 172, Medfield, MA 02052. A guest book and additional information may be found at www.robertsmitchell.com.

Roberts-Mitchell Officially Welcomes James Brasco



Roberts-Mitchell Funeral Service is pleased to have welcomed James Brasco as Managing Director of our Millis Facility. Jim joined us in June of 2012 and has been busy assisting and directing funerals in both our Millis and Medfield facilities.

A third generation funeral director; he attended Newton and Waltham Public Schools and grad-

uated from Arlington Catholic High School with the Class of 1988. Jim attended Northeastern University in Boston and then received his Degree in Funeral Home Administration from the Institute of Funeral Service in Houston, Texas. For over 20 years he had been a managing funeral director with his family's Funeral Firm at their locations in Waltham and Belmont. He is a licensed funeral director and embalmer in both Massachusetts and Texas.

He is a member of the Academy of Professional Service Practice, the Massachusetts Funeral Direc-

tors Association, the National Funeral Directors Association and the Millis Lions Club. Jim is also a member of several fraternal organizations and has served on the Board of Overseers of Newton Wellesley Hospital.

Jim is married to Elizabeth [McKinney] Brasco, a Funeral Director, U.S. Navy veteran and native Vermonter, they are the proud parents of five boys. He and his family are parishioners of Saint Thomas the Apostle Church in Millis. Jim and his family reside in Millis.



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November 1

Spotlight on Seniors, Silver Screen Matinees, 2 p.m., Millis Public Library, 961 Main St., Millis, movie directed by Antoine Fuqua features Gerard Butler, Aaron Eckhart & Morgan Freeman. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Free Teen Movie Night, Medway Library, 7 p.m. If you are a *Hunger Games* fan, join us in watching the first movie in the trilogy before the new one is released in November. Walk-ins accepted but signups preferred at the library or email the Friends at libfriendsprez@yahoo.com.

Friends of Millis Public Library Preview & Book Sale, 6-8 p.m., Millis Public Library Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 2

Friends of the Millis Public Library Book Sale & Family Fun, 9 a.m. – 1 p.m., Millis Public Library, 961 Main St., Millis. Includes great selection of books and more, facepainting by Millis Middle/High students and story-times on tarp. Visit www.millislibrary.org or call (508) 376-9292 for information.

All You Can Eat Breakfast Saturday November 2, 8:00 – 10:00 a.m. Federated Church of Norfolk, 1 Union Street in Norfolk center. The menu includes made to order omelets, made from scratch pancakes, ham, sausage, hash brown potatoes, caramel French toast, and mini cinnamon rolls. Adults \$7, seniors & children \$5, & children under 10 eat for free. The meal is served in a handicapped accessible room. For more information, please call the church office 508-528-0262.

Admissions Open House, 10 a.m. – 12 p.m., Woodside Montessori Academy, 350 Village St., Millis

2013 Second Annual New England Laughter Yoga Conference, 9 a.m. – 5 p.m., VFW Post 7272, 940 South Main Street, Bellingham. Workshops with NE laughter professionals will include Gratitude, the Psychology of Laughter, Improving Your Gibberish, and adding Joyful Tai Chi movements to your laughter. Open to all! \$45 includes all the workshops and laughter sessions, morning coffee, snacks, and other beverages. Bring your own bag lunch or we

can order you a lunch. There will also be laughter merchandise for sale. See www.lets-laughtoday.com, e-mail billandlinda@lets-laughtoday.com for a registration form, or call (508) 660-2223.

November 4

In-Session Open House, 9:30-11 a.m., Woodside Montessori Academy, 350 Village St., Millis

Rep. Linsky Office Hours, in Millis at 11 a.m., Millis Senior Center, 900 Main St., Millis

Teen Advisory Board (T.A.B.) Meeting, 6-7 p.m., Millis Public Library, for 7th-12th graders, help make decisions for your library, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Spotlight on Seniors – Hands On Bridge, (beginners welcome) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 6

Country Line Dancing, Gold's Gym, 27 Milliston Road, Millis, 7:30-8:30 p.m., learn 3-4 dances while supporting Taylorsack.org, \$5-\$10 donation, for more info., contact Katie O'Connell, katie.oconnell@verizon.net, sponsored by Katie O'Connell & Gold's Gym

November 7

Clicquot Club Book Group, 2-3 p.m., Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Film Screening: *Koran by Heart*, 7 p.m., Medway Public Library, presented by the Friends of the Medway Library as part of a Bridging Cultures grant from the National Endowment for Humanities in cooperation with the American Library Association. Sign up at the library or call (508) 533-3217 so Friends can be sure to have enough refreshments available.

Spotlight on Seniors – Hands On Bridge, (for those with some experience) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 8

Spotlight on Seniors- Silver

Calendar of Events

Screen Matinees, 2 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Losing Your Pants, comedy by Fran DeVasto, 7:30 p.m., Millis Theatre Group, Millis High School theater, 245 Plain Street, Millis, Adults \$13; Seniors & students \$10, visit www.millislistheatre.org for more information or to purchase tickets. Tickets also available at door.

November 9

Losing Your Pants, comedy by Fran DeVasto, 7:30 p.m., Millis Theatre Group, Millis High School theater, 245 Plain Street, Millis, Adults \$13; Seniors & students \$10, visit www.millislistheatre.org for more information or to purchase tickets. Tickets also available at door.

Open Mic Night at Overflowing Cup Coffeehouse, Millis Church of Christ, 142 Exchange St., Millis

November 11

Thank You Veterans

November 12

LEGO Club (grades K-4), 4-5 p.m., Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Spotlight on Seniors – Hands On Bridge, (for those with some experience) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 13

Country Line Dancing, Gold's Gym, 27 Milliston Road, Millis, 7:30-8:30 p.m., learn 3-4 dances while supporting Secret Santa – for a local family in need, \$5-\$10 donation, for more info., contact Katie O'Connell, katie.oconnell@verizon.net, sponsored by Katie O'Connell & Gold's Gym

Millis Reads Community Discussion, 7-9 p.m., Roche Bros. Community Room of Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information. Book is *How Children Succeed*, by Paul Tough. All are welcome to join the conversation!

November 15

Losing Your Pants, comedy by Fran DeVasto, 7:30 p.m., Millis Theatre Group, Millis High

School theater, 245 Plain Street, Millis, Adults \$13; Seniors & students \$10, visit www.millislistheatre.org for more information or to purchase tickets. Tickets also available at door.

Spotlight on Seniors – Silver Screen Matinees, 2 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 16

Mother Goose on the Loose, for ages 0-3 with caregiver, 10:30 a.m., Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Losing Your Pants, comedy by Fran DeVasto, 7:30 p.m., Millis Theatre Group, Millis High School theater, 245 Plain Street, Millis, Adults \$13; Seniors & students \$10, visit www.millislistheatre.org for more information or to purchase tickets. Tickets also available at door.

Holly Fair, 9 a.m. – 3 p.m., Federated Church of Norfolk, Corner of Rte. 115 and Main St., call (508) 528-0262 or visit www.fcon.org for more information.

TEAM HOYT at the Millis Public Library, Roche Bros. Community Room, 1 p.m., Rick Hoyt, born a spastic quadriplegic with cerebral palsy, uses a wheelchair, but has lived a very full and amazing life. He, along with his dad, Dick, have formed "Team Hoyt," and they have competed around the world in over 1,100 athletic events in the last 34 years. RSVP: (508) 376-8282

November 18

Spotlight on Seniors – Hands On Bridge, (beginners welcome) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 19

Medway Historical Society Lecture, features psychiatrist Dr. Fuller Torrey on his ancestor, Reverend Charles Torrey, 7 p.m., Medway Senior Center, 76 Oakland St. Medway. Charles Torrey was a prominent abolitionist from Medway, who worked with the Underground Railroad and died in a prison camp for his efforts.

November 21

Medway Business Council Meeting: John Parrella, CPA presents "Tax Aspects of Obamacare...What It Means to You and Your Business," 5 p.m., Coffee Sensations, The program is open to all area businesses. To register email info@medway-businesscouncil.org by Nov. 14th. Light refreshments.

Spotlight on Seniors – Hands On Bridge, (for those with some experience) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 22

Spotlight on Seniors- Silver Screen Matinees, 2 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

Millis Lions Comedy Night featuring Tony V and Ira Proctor, 8 p.m. (doors open 7 p.m.), Primavera Ristorante, 20 Pleasant St., Millis, \$35 pp, plus \$5 prize balloons, duck-duck prize and 50/50 raffle. Call (508) 816-6732 for tickets, all proceeds will benefit local Millis Lions Club charities.

November 23

St. Joseph's Annual Christmas Bazaar and Bake Shoppe, 9 a.m. – 3 p.m., St. Joseph's Parish Center, 145 Holliston St., Medway

Medway Lions monthly bottles and cans collection, redeemables curbside by 9 a.m., brought directly to Medway Oil by 11 a.m. or placed anytime in the Lions Bottles and Cans shed in front of West Medway Liquors.

November 25

Spotlight on Seniors – Hands On Bridge, (beginners welcome) 7-9 p.m., Roche Bros. Community Room, Millis Public Library, 961 Main St., Millis. Visit www.millislibrary.org or call (508) 376-9292 for more information.

November 30

Medway Christmas Parade, 5:30 p.m., beginning on Holliston Street to Main Street and ending at Choate Park, North pole visitor and fireworks to follow. 100% privately funded. Donations sought. Visit www.townofmedway.org for details or send donations to Medway Christmas Parade Committee, 36 Alder St., Medway, MA 0205.

8 Estate Planning Mistakes to Avoid



BY JEFFREY SCHWEITZER

Estate planning can be complicated, and it's not uncommon for people to make mistakes with their plans. But financial advisors make errors, too, so here are the most common mistakes I have encountered from other financial and estate planners.

1. Improper beneficiary designations

I frequently see advisors improperly completing beneficiary designations. Examples: not changing the beneficiary due to divorce or a death, or listing a special

needs child or grandchild directly as a beneficiary, rather than a trust FBO (for benefit of), thereby affecting their eligibility for Social Security disability benefits.

2. Not changing asset titles to trusts

Incorporating revocable living trusts into a client's estate plan but forgetting to update all the account titling to the name of the trust. Not changing titles creates problems that include having to pay additional probate costs, losing the private nature of settling the estate, etc.

3. Incorrectly assuming clients' goals

Many advisors assume a client's main goal is to save estate taxes, for example. However, when really connecting with a client, we might find that taxes are only a small aspect of their objectives. Sometimes, in listening to the client, we realize that their fears are more about their heirs' ability to manage the inheritance as well as decisions such as trustees, etc.

4. Naming minor children as account beneficiaries

Letting clients name minor children outright as primary or contingent beneficiaries of life insurance or retirement plans. When minor children inherit, a court must appoint a guardian who must be bonded and must file a laborious annual accounting with the local court.

5. Wrong choice of executors and trustees

Naming a financial institution as successor executor/trustee after surviving spouse or instead of surviving spouse. In some cases, this is to the detriment of the spouse and other beneficiaries because large institutions usually follow their fiduciary responsibilities with a less personable approach than another trustee could provide.

6. Failure to address medical directives

Many attorneys will draft a health-care power of attorney (POA) and living will. If the two documents co-exist, they may conflict since the POA allows another to make decisions while the living will already states what is to be done. Absent statutory (or document) direction, health-care providers may experience a conflict in what to do.

7. Ignoring state estate and inheritance taxes

Many states follow the federal \$5 million-plus exemption for taxable estates, but the states do not always exempt this larger amount. For example, in Massachusetts, estates over \$1,000,000 that are not left to the surviving spouse are subject to a Massachusetts estate tax.

8. Failure to address asset protection

Most couples fear losing their assets to nursing homes. For couples nearing retirement, strategies that protect assets should be explored. Strategies include lifetime credit shelter trusts, life estate deeds, gifting and other techniques that make assets available for use but beyond the reach of creditors.

Jeffrey Schweitzer can be found at Northeast Financial Strategies Inc (NFS) at Wampum Corner in Wrentham. NFS works with individuals and small businesses providing financial and estate planning, insurance, investments and also offers full service accounting, bookkeeping, payroll, income tax preparation, and notary public services. For more information, stop by the office, call Jeffrey at 800-560-4NFS or visit online - www.nfsnet.com.





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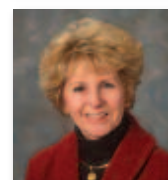
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ASK THE REALTOR

E.R.A. Key Realty Services
by E. "Cappy" Capozzoli



Suzan & Sean ask, "This is the 1st winter we have owned a home. Do you have a check list about what to do to prepare for our 1st New England winter?"

What A timely question. Yes I have such a checklist.

Find out where all your water pipes are and make sure they are turned off internally, and drained externally. Have your gutters cleaned of debris and leaves. Clogged gutters mean "ice dams" and ruined interiors. Not a bad idea to check the roof shingles for worn or missing areas (replace if need). Have your burner serviced, and if oil, check the tank level and arrange for automatic

delivery. Have the fireplace/flue checked and cleaned. If you have a fireplace, check your wood supply & replenish. Check all openings such as doors and windows and seal and adjust where needed.

Because of our harsh winters, many times we will lose power, also roads may become impassable. Have extra food-water-medical supplies (prescriptions) on hand. If you can get a backup generator, (portables are well under \$1000.), make sure you have extra fuel for that as well (NEVER RUN THE GENERATOR INDOORS AND NEVER STORE FUEL INSIDE)

Charged cell phones, a battery operated radio, and a 1/2 dozen flashlights (or candles?) will become your family's best friends during a power outage. Don't forget to provide for your pets and your car as well. Good idea to let others now where you are and your plans before the storm!

Let me know if you like a more complete list and I will U.S. mail/e-mail to you
Mr. Capozzoli has been a Massachusetts real estate broker for 35 years. You are invited to submit your real estate questions by e-mail cappy@erakey.com or by phone (508) 596-2600. Cappy has been a resident of Medway for 20+years.

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Did you know?

The thinnest house in New York City, a city known for high real estate costs and compact dwellings, is located in the West Village neighborhood of Manhattan. Now known as the Millay House, a name honoring its one-time resident, the poet Edna St. Vincent Millay, the house was built in 1873 and is a mere 9.5 feet wide. It is sandwiched into a space that once served as a carriage alley. While Millay House certainly is compact, a home in Warsaw, Poland, is only four feet wide and, at its thinnest, is only 29.3 inches. The residence, called the Keret House, was built in a crack between two buildings. The entrance is in the rear of the home and features an entry hatch and a foldable, remote control-operated ladder.



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PENDING 30 Needham Street Norfolk \$224K	SOLD 170 Maple Street Bellingham \$130K	SOLD 612 Main Street Millis \$209K	SOLD 693 Cedar Street Walpole \$385K	SOLD 722 Worcester Road Natick \$150K	SOLD 41 Morrell Street W. Roxbury \$132K	SOLD 60 Central Street Milford \$125K		
SOLD 6 Alice Drive Wayland \$1.1 million	SOLD 14 Country Club Milford \$211K	SOLD 15 Canali Drive Milford \$233K	SOLD 28 Wellesley Avenue Natick \$534K	SOLD 30 Wellesley Avenue Natick \$549K	SOLD 915 Edgell Road #77 Framingham \$96K	SOLD 915 Edgell Road #80 Framingham \$92K		
SOLD 8 Dover Road Natick \$864K	SOLD 138 Hecla Street Uxbridge \$224K	SOLD 166 Union Avenue Framingham \$790K	SOLD 181 Norfolk Street Dorchester \$393K	SOLD 280 Village Street Medway \$100K	SOLD 702 Main Street Millis \$170K	SOLD 1550 Worcester Road Framingham \$185K		

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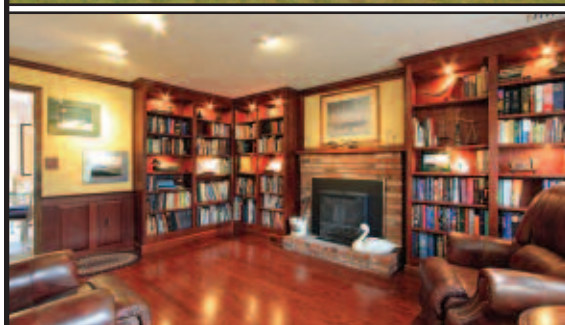
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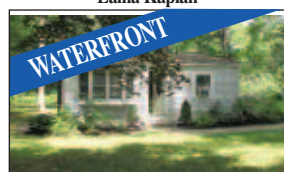
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