

## Alfred Consigli, formerly of Milford, now a centenarian

### Army veteran shares countless memories

By Linda Chuss

In December 2023, Alfred Consigli of Upton turned 100 years old, an age achieved by only 3 out of 1,000 people in the country according to a Jan. 9, 2024 article published by the Pew Research Center. What also stands out about Consigli is a lifetime full of compelling stories he relates with frank charm.

He was one of nine boys born to Ceasar and Clara (Speroni) Consigli in Milford, where he lived for decades. During World War II, Consigli was a U.S. Army tank gunner and deployed to six European countries. "Seven of us brothers were in the war at the same time," said Consigli. "We all lived through it, but never talked about it."

Those seven broth-



Left to right, ALFRED CONSIGLI, JOSEPH CONSIGLI, MARIO CONSIGLI and JOHN CONSIGLI

ALFRED (top left), was the youngest of the seven Consigli brothers from Milford who served during World War II. Photo courtesy of John Consigli

ers are Alfred, George, John, Joseph, Louis, Mario, and Richard. The other brothers, Albert and Robert, were too young to join the military. Al-

fred is now the only surviving sibling.

**CONSIGLI**

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## Milford's Sutherland and Matthews selected to represent Commonwealth as U.S. Presidential Scholar nominees



Elsie Sutherland Courtesy photo



Owen Matthews Courtesy photo

Milford High School seniors Elsie Sutherland and Owen Matthews have been selected by Jeffrey Riley, Massachusetts' Commissioner of Elementary and Secondary Education, to represent the Commonwealth of Massachusetts as U.S. Presidential Scholar

nominees. **Elsie Sutherland**, an outstanding senior student at Milford High School, has been chosen by Commissioner Riley to represent

**NOMINEES**

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## Kent on president's list at Husson University

Emmaline Kent was named to the president's list at Husson University. Kent is studying toward a degree in mass communications-marketing communications, with certificates in digital and social media marketing, filmmaking and graphic design. She is a 2020 graduate of Nipmuc Regional High School.

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# Milford street names reflect town's past

Asylum Street in Milford got its name from a farm purchased by the town to establish an asylum in 1825. The paupers and mentally challenged people who lived there were under the care of the Board of Selectmen and Overseers of the Poor.

Quinshipaug Road, located off Dilla Street, is derived from the land known as the Quinshipaug Plantation that became Mendon. The Native American name meant "Pickerel Pond." Moses Payne and Peter Brackett purchased the land in 1662. Eight towns eventually broke away from what we call "Mother" Mendon. Those towns were Milford, Hopedale, Blackstone, Millville, Upton, Northbridge, Uxbridge, and Bellingham.

Highland Street was originally named "Magomiscock" which meant "ground affording a grand view." It is the highest point in Milford and, at one time, you could see the Wachusett and Monadnock mountains as well as the Blue

Hills in Milton. Purchase Street derived its name from the additional land purchased by Peter Brackett and Moses Payne. It was a three-square-mile parcel north of the original laying-out, thus it was called the "North Purchase" and bounded on the east by Holiston, north by Hopkinton, and west by Upton.

Bear Hill was originally named "Moshcock" which came from a Native American tale that meant "a haunt for bears." Deer Street and Wild Cat Pond were undeveloped until recently with the addition of large apartment buildings and Restaurant Depot. In days gone by, a grist mill and saw mill operated near there. John Hero, who lived nearby on Cedar Street, claimed he picked up arrowheads every time he plowed his field.

For more information on Milford's history, feel free to visit the Milford Historical Commission any Thursday from 1. to 4 p.m. or by appointment. We are located in Memorial Hall,



30 School Street, and can be reached at 774-462-3316 or memorialhall@townofmilford.com.

Submitted by Anne Lamontagne with the Milford Historical Commission

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## Hearts, Hugs & Hope: An Alzheimer's support group at Cornerstone at Milford

Join us Feb. 13, 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford. This group for caregivers meets in person. Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and personal experiences with others

who completely understand what you're going through. You will also learn about proven strategies to help you better care for your family member.

Call 508-473-0035 to RSVP or contact Director of Compass Programming Jenn Hozempa at [jhozempa@cornerstonemilford.com](mailto:jhozempa@cornerstonemilford.com) for more information.

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# Girl Scouts keeping busy in winter



As part of a first aid badge, Milford Junior Girl Scout Troop #65413 visited the town's fire department, police station, and town hall. *Courtesy photo*



Milford Girl Scouts' Cookie Rally where scouts gathered to kick off this year's cookie sale. *Source: Facebook @Milford(MA)GirlScouts*



Milford Daisy, Junior, and Cadette Girl Scouts caroled at Cornerstone at Milford in December. Pictured here are members of Junior Troop #65413. *Courtesy photo*



Milford Graduating Troop #11275, whose members left for college in Fall 2023, gathered for one final meeting in December when they were presented with a memory book that reflected their years in scouts. *Source: Facebook @Milford(MA)GirlScouts*



Milford Daisy Troop #65217 visited the Milford Fire Station in January. *Courtesy photo*

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Editor Theresa Knapp

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Creative Design & Layout Michelle McSherry Kim Vasseur Wendy Watkins

Ad Deadline is the Wednesday 8 days prior to publication date.

Reader Submission Deadline is the 25th day of the month preceding the publication date. For example, items should be submitted by Feb. 25 to be included in the March issue. Please submit to editor@milfordfreepress.com

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# Milford firefighters graduate from Fire Academy Training Program

In a ceremony on Jan. 22, State Fire Marshal Jon M. Davine and Massachusetts Firefighting Academy leadership presented certificates of completion to members of Career Recruit Firefighter Training Program Class #317.

Those graduates included Milford firefighters:

- Jose Coleta
- Corey Flodstrom

Our departments represented included Bedford, Danvers, Dra- cut, Holden, Marlborough, Mel- rose, Nahant, Natick, Newton, North Andover, North Reading, Phillipston, Reading, Revere, Salem, Saugus, Seekonk, Tewks- bury, and Weston.

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Career Recruit Class #317 Graduation • January 22, 2024

Jose Coleta and Corey Flodstrom, with the Milford Fire Dept., are graduates of the Career Recruit Firefighter Training Program Class #317. Photo source: Dept. of Fire Services

# Milford Regional and UMass Memorial Health reach affiliation agreement

### Agreement will enable Milford Regional to advance community-focused mission

Milford Regional Medical Center, inclusive of Milford Regional Physician Group, and UMass Memorial Health have signed a definitive agreement for a corporate affiliation. The organizations will now seek regulatory approval.

The definitive agreement fol-

lows a period of due diligence that began with the September 2023 signing of a non-binding letter of intent that made it possible to explore the potential corporate affiliation.

“Agreeing upon the key terms of our corporate affiliation moves us closer to the growth

and expansion necessary for Milford Regional to advance its community-focused mission,” said Milford Regional Medical Center President and CEO Edward J. Kelly. “This is the right time, UMass Memorial Health is the right partner, and we have the right deal to pave the path

for our promising future,” added Kelly.

A full-service, community and regional teaching hospital, Milford Regional is a 148-bed,

### AGREEMENT

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# How would you handle forced early retirement?



Mark Freeman

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When you plan to retire at a certain age, you can follow a strategy that incorporates your investment moves, your health insurance and other factors. But what happens if you're forced to retire earlier than you anticipated?

Unfortunately, this situation is not that uncommon. About 40% of Americans say they have been forced into retirement, according to a recent survey from Edward Jones and

Morning Consult, a research firm. If this were to happen to you because of a layoff, company downsizing or a health issue, would you be prepared to maintain your lifestyle today — and in the future?

Everyone's situation is different. If your forced retirement happened only a short time before you actually expected to retire, you might not need to take any steps at all. But if it was a matter of a year or more, you may need to look into the following areas:

- **Cash flow** — Obviously, a sudden, unexpected loss of employment will affect your cash flow. And if yours was the only source of income for your household, the situation could be especially concerning. Still, you may well have options that can help. You might find a part-time job, for one thing — many employers hire seniors for various types of service-oriented work. And if you've built an

emergency fund containing several months' worth of living expenses, now might be the time to tap into it. You also might need to start withdrawing funds from your IRA and 401(k), though, ideally, you'd like to delay this move as long as possible, as these withdrawals may be taxable.

- **Health insurance** — Health insurance can be a major concern if you face an unexpectedly early retirement. Once you're 65, you'll be eligible for Medicare, but what if you haven't reached that age? Through the COBRA legislation, you might be able to remain on your employer-based health insurance for a while — typically 18 months after your job ends. However, COBRA is expensive: If you're qualified, you might have to pay the entire premium for coverage, up to 102% of the cost of the plan, according to the U.S. Department of Labor. If you're

married, you might be able to get on your spouse's health insurance, but if this option isn't available, you could explore a Marketplace plan by visiting the [healthcare.gov](http://healthcare.gov) website.

- **Social Security** — A forced early retirement could affect your decision on when to start taking Social Security. You're eligible to begin collecting payments at 62, but your checks will be considerably bigger if you wait until your full retirement age, which is likely between 66 and 67, depending on when you were born. If your sudden retirement puts you in a real cash crunch, you might have to start taking payments regardless of your age, but if you have enough in savings, or your spouse's income is enough to keep you afloat, you may want to wait as long as possible so you can get the larger checks. Of course, if your retirement comes while you're still several years away

from Social Security eligibility, you won't have to make this now-or-later decision right away.

Being forced to retire before you planned can certainly be challenging. But by looking at the options available to you, in terms of finances and health insurance, you may well find choices that can help you minimize the disruption to your life.

If you would like to discuss your personal situation with a financial advisor contact:

Mark Freeman  
Edward Jones Financial Advisor  
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# Meet Jackson and June



Don't let the pictures fool you, these are not lazy cats! Jackson and June are active older kittens, but after they have had time to run and play, they

need a little break. These adorable kittens really enjoy playing with each other and with their other cat friends. Once they get their sillies out, Jackson becomes

a love bug and enjoys being cuddled. Right now, June is a little more cautious and prefers to get attention from you in the safety of her bed. Jackson and June

cannot wait to find their forever home where they can run and play to their hearts' content, and have the stability of a family to call their own.

For more information on Jackson and June, or the other cats at the Milford Humane Society, please visit <https://www.milfordhumane.org/>

## AGREEMENT

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nonprofit, acute care facility serving a region of 20-plus towns with more than 300 primary care and specialty physicians. Milford Regional has a long history of investing in community health needs; in 2015, it opened a 78,000 square-foot building that houses a new

emergency department, intensive care unit and private patient rooms.

UMass Memorial Health and Milford Regional have long enjoyed a strong collaboration since 1991 when Milford Regional Medical Center became the first hospital to clinically affiliate with UMass Memorial Medical Center. Since then, many additional clinical and educational programs have been

created with UMass Memorial Health to bolster the level of care offered to the greater Milford community.

Key tenets of the newly approved definitive affiliation agreement include:

- Preserving Milford Regional Medical Center as an acute care hospital offering inpatient and outpatient services, ensuring access to high quality, local care for the Milford

community;

- Supporting strategic capital investment in facilities, equipment and other infrastructure to support clinical care and the local community;
- Integrating Milford Regional into the Epic electronic medical record system;
- Maintaining Milford Regional's role as an employer of choice in the local/regional market, and enhancing Milford's ability to address ongoing workforce challenges; and
- Retaining a local community board of trustees, with Milford Regional having representation on the UMass Memorial parent board.

"We are excited to take this step forward in the process to form a corporate affiliation with Milford Regional, which will build upon UMass Memorial's longstanding collaboration with this exceptional organization," said UMass Memorial Health President and Chief Executive Officer Eric Dickson, MD. "Together, UMMH and Milford Regional will be better posi-

tioned to provide outstanding care to patients and support the health and wellbeing of communities across Central Massachusetts," he added.

"Health care organizations across the state and nation continue to face extreme financial, staffing and operational challenges, and these issues are most acute for community hospitals," said UMass Memorial Community Hospitals President Douglas Brown. "We are confident that a corporate affiliation is the best way to ensure local access to high quality care for patients and ongoing investment in technology and workforce development in support of the Milford Regional community."

Milford Regional and UMass Memorial Health leaders expect the regulatory approval process for this corporate affiliation to take up to nine months. With regulatory approval, Milford Regional Medical Center and Milford Regional Physician Group will formally become a member of the UMass Memorial Health system.

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# Macular Degeneration: 2 new treatments

By: Roger M. Kaldawy, M.D.  
Milford Franklin Eye Center

Age-related macular degeneration (AMD) stands as a major cause of blindness in the United States, predominantly affecting seniors. Recently, two innovative treatments for geographic atrophy (GA), an advanced form of AMD, have emerged. This article delves into the various AMD types and identifies potential candidates for these groundbreaking treatments.

Between ages 60 to 70, only 0.7% of the U.S. population exhibits AMD, but by ages 80 to 90, it affects 12% of Americans. This means less than one in 1,000 individuals in their 60s will have AMD, contrasting with over one in 10 in their 80s.

The progression of AMD unfolds gradually, spanning over 20 years. Initial signs include fine drusen and disruptions in the retinal pigment epithelium (RPE) with depigmentation and pigment clumping. If there's no

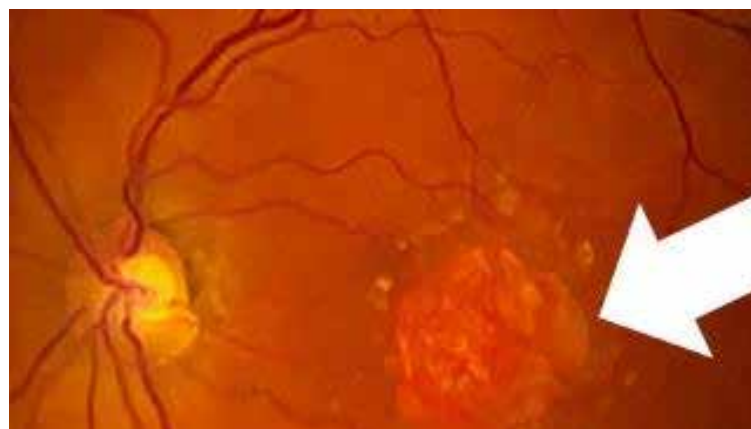
visual loss, these serve as precursor findings, with not all patients progressing to visually significant AMD.

Effectively managing this condition involves evidence-based medicine while acknowledging the art of medical therapy. Personal approaches include discussing findings like fine drusen and RPE dispersion with patients, reassuring them they don't yet have AMD. Emphasizing higher risk and the need for follow-up visits is crucial. Key risk factors include genetics, behavior, and associated diagnoses. Although genetic testing isn't recommended currently, advocating for a diet rich in green leafy vegetables and discussing AREDS-type vitamins are common practices. Smoking cessation, if applicable, might require expert referral, and patients with hypertension or hyperlipidemia are encouraged to manage these conditions with their primary care physician.

Once drusen, RPE changes, and vision loss occurs, early AMD is diagnosed in 60-65% of cases. Despite no clear evidence supporting AREDS vitamins, many patients choose them. As AMD advances to intermediate stage (20-25%), evidence suggests daily vitamin and AREDS vitamin use can delay disease progression. Some specialists also recommend omega-3 supplements.

Late AMD, affecting 10-15% of the 20 million U.S. AMD patients, manifests as wet AMD, GA, or a combination. Those are the real serious types of AMD. Treatment for wet AMD with anti-VEGF intravitreal injections is a significant breakthrough. While the financial and personal cost toll is evident, the vision improvement is substantial.

Distinguishing treatment for dry AMD and GA is essential. AREDS vitamin supplementation for intermediate AMD and



monthly intravitreal injections for GA slow progression but don't improve current vision. Adopting vitamin therapy is easier, but monthly injections pose challenges, especially for GA patients. Despite an equal number of wet AMD and GA patients in the U.S., fewer GA patients might opt for intravitreal injection therapy.

With two recent FDA-approved intravitreal injection products delaying GA progression, treated patients can retain reading and driving vision for

more years. Decisions regarding intravitreal injection therapy for GA patients need personalized counseling, highlighting the importance of smoking cessation. Patients with family history or bilateral disease are more likely to choose treatment.

Ophthalmologists and optometrists play a vital role in managing and counseling AMD patients. Differentiating between

## MACULAR DEGENERATION

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# Police Chief comments on recent crime: 'Milford's reputation should not be in question'

By Scott Calzolaio

After a busy first month of the year, Milford Police Chief Robert Tusino wants to assure residents that the attention brought to town by news outlets is a result of good police work, not increased crime.

Since the new year, Milford Police have been on the local newsreels more than once - most notably after an armed robbery at Aroma Brazil in early January, and the subsequent domestic standoff involving SWAT at a residence off Route 140.

Other incidents that have made headlines include a stabbing near Main and South Bow, and an incident involving biting and facial wounds. Tusino said in an interview that both the

stabbing and biting incidents dealt with parties who knew each other, and were never a threat to the public. However, he agrees it is alarming to know these crimes happen in a suburb like Milford.

"It is scary stuff," he said. "But some of these incidents on the news are domestic issues, and others were more crimes of opportunity," he said. "It's not so much that there's this huge criminal element settling in Milford."

In previous months, Milford was in the news for a backyard gambling ring and an illegal dental practice. Tusino said those incidents are making their way through the courts.

The illusion that there's more crime in town, Tusino

said, is two-fold. One factor is the type of crime and the attention it has received; the other factor, Tusino said, is more vigilant police work "believe it or not."

In the case of the Aroma Brazil robbery, Tusino said that within two weeks of the incident, all suspects were arrested, and the stolen money was returned. An outcome, he said, is "unheard of."

He said there are a great number of ongoing investigations in town, and that their work "is something that should be publicized more often," he said. "Get the word out that if you do this stuff in and around Milford, it's just a matter of time."

The type of crime that really

## Milford police officers perform lifesaving CPR

On Dec. 31, 2023, at approximately 12:03 a.m., the Milford Public Safety Communications Center received a 911 call for a 26 year-old male in medical distress at The Fairfield Inn. Upon arrival, Officers Michael Johnson and Brendan Campbell forced entry into a bathroom where they encountered the unresponsive patient and immediately began lifesaving CPR measures. Following a transfer of care to Community EMS and the Milford Fire Dept., the patient was transported to UMass Memorial Medical Center.

The Milford Police Dept. would like to publicly acknowledge the lifesaving efforts of Officers Johnson and Campbell whose response and readiness to act resulted in the patient's resuscitation and recovery of all cognitive functions.

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

concerns him, he said, are car break-ins and home invasions.

"That's when they're really preying on the people of Milford," he said.

In any incident, no matter how silly it may seem, Tusino says, "If you have any concerns, doubts, questions about anything, please call, call, call. Mitigate the problem before it becomes a real issue."

Tusino said Milford residents can expect to see more police activity, and more busts as they "sweep up what's been the residual for a while."

When it comes to making headlines though Tusino doesn't mind. He emphasized that Milford's reputation as a safe place to live should not be in question. Rather, he said, residents should see the attention as a positive spotlight on the department's successes.

## MACULAR DEGENERATION

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AMD stages and accurate diagnosis can be achieved through careful examinations, regular OCT testing, and advanced imaging. Collaboration with retina specialists is essential, ensuring appropriate referrals for wet or combined AMD patients.

Patients with GA opting not to proceed with intravitreal injections can be managed without immediate referral. As their disease progresses, some may change their minds, emphasizing the evolving nature of decisions. All patients with significant visual loss deserve an evaluation for appropriate low vision aids.

In the ever-evolving landscape of AMD research, many more advances are anticipated. As the population ages, preparing every ophthalmologist and optometrist for the integral role of counseling and managing AMD patients becomes paramount.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We have a dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD, including the 2 recent treatment modalities discussed in this article. With the presence of this service and equipment that rivals the best found in major teaching eye hospitals, our practice continues to provide world class eye care closer to home.

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## CODE: DO442039

## Recent Home Sales

Date	Milford	Amount
01/25/2024	55 West St. #2	\$350,000
01/19/2024	13 Bowdoin Dr.	\$625,000
01/19/2024	7 W Pine St.	\$460,000
01/16/2024	22 Highland St.	\$593,000
01/10/2024	402 Central St.	\$425,000
01/09/2024	15 Casey Dr.	\$820,000
01/05/2024	42 Whitewood Rd.	\$725,000
01/05/2024	75 Godfrey Ln.	\$370,000
01/05/2024	42 E Street Ext.	\$505,000
01/03/2024	32 Grove St.	\$531,000
12/28/2023	95 Prospect St.	\$419,000

Source: www.zillow.com / Compiled by Milford Free Press



A 4-bed, 3-bath, 3,713 sf house at 15 Casey Drive in Milford recently sold for \$820,000. Image credit www.zillow.com

# Healey-Driscoll Administration awards more than \$380,000 for municipal water management and conservation projects

## Projects to increase system resiliency and manage water supplies

BOSTON — The Healey-Driscoll Administration today awarded more than \$380,000 in grants to support water management and planning projects in six municipalities. The grants are part of the Water Management Act Grant Program, an effort by the Executive Office of Energy and Environmental Affairs (EEA) and the Massachusetts Department of Environmental Protection (MassDEP) to protect essential water resources and promote efficient water use to improve the Commonwealth’s overall resiliency.

“Our changing climate has led to increasingly unpredictable weather. Sudden and extreme precipitation puts pressure on our rivers, watersheds, and aquifers – causing devastating flooding across the state,” said MassDEP Commissioner Bonnie Heiple. “On the flip side, we have seen increased instances of drought and resulting challenges around water availability. These grants will help communities and water systems build resilient water infrastructure and prepare

for future water needs, while protecting critical ecosystems.”

Since 2012, the Water Management Act Grant Program has provided grants for watershed planning to help improve ecological conditions, support projects that reduce the demand for water within municipalities and watersheds, and implement mitigation related to water withdrawals. Significantly, the program guides water management in the Commonwealth for both the long-term water needs of communities and the protection of aquatic ecosystems.

The Town of Milford was awarded \$48,000. Milford will develop conceptual designs for three priority stormwater projects and take the most easily implemented project to 80 percent design. The project will also evaluate suitable sites for small-scale infiltrating rain gardens, and develop a model drought plan, which will serve as a template for Milford and communities across the Charles River Watershed to personalize and adopt.

“As the Senator for Milford and the Senate Chair of the Joint Committee on Environment and Natural Resources, I am proud to see the town awarded a Water Management Act grant to protect essential water resources, promote efficient water use, and improve climate resiliency,” said State Senator Becca Rausch (D-Needham). “Through stormwater

management design development and implementation, as well as rain garden site assessment and creating a model drought plan, Milford will not only uplift its own residents and resources but also serve as an example for all communities across the Charles River Watershed.”

“The Town of Milford continues to look towards implementing new and sustainable methods for stormwater control throughout the community,” said State Representative Brian Murray (D-Milford). “This partnership with MassDEP provides much needed funding and resources to further that goal and continue that process.”

For more details on the Water Management Act Grant projects for 2024, please visit [www.mass.gov/info-details/water-management-act-grant-programs-for-public-water-suppliers](http://www.mass.gov/info-details/water-management-act-grant-programs-for-public-water-suppliers)

MassDEP’s mission is to protect and enhance the Commonwealth’s natural resources – air, water and land – to provide for the health, safety and welfare of all people, and to ensure a clean and safe environment for future generations. In carrying out this mission, MassDEP commits to address and advance environmental justice and equity for all people of the Commonwealth; to provide meaningful, inclusive opportunities for people to participate in agency decisions that affect their lives; and to ensure a diverse workforce that reflects the communities we serve.

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# Family-run Affordable Junk Removal takes the stress out of cleanups

By Christie Vogt  
Staff Writer

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew



into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to

## Business spotlight

give back to the communities we serve."

As for Upton and Mendon in particular, Schadler said they are very involved with these towns as their older son goes to Blackstone Valley Technical High School. They support the police and fire departments. In addition, their Resellables store is located half in Mendon and half in Bellingham.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005. Contributed photo

repeat business and the chance to form connections with residents across the MetroWest area," he says.

removal estimate, call 774-287-1133 or visit [affordable-junkremoval.com](http://affordable-junkremoval.com).

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### CONSIGLI

*continued from page 1*

Serving in the war had a momentous impact on his life. Even now, he wears a hat and jacket with World War II veteran emblems and the stars and medals he was awarded.

“When I turned 18, I had to go but I was scared,” Consigli said. “They sent me for tank training. I was good at it, but it wasn’t good for me – the best were sent to fight first, and that’s the most dangerous. One time in Germany, our tank was stuck in mud, so the others went ahead; that was okay because I didn’t want to always be first. I was an expert sharpshooter too because as a kid, I had a .22 rifle for target practice but not much money for bullets – I had to make every shot count.”

Consigli wielded his expertise at Utah Beach in Normandy and the Battle of the Bulge. “There were so many dead, in the road and in deep trenches. We saw one soldier laying there with his wedding picture and you could tell he’d just gotten married. Then a tracer came overhead and we quickly backed up our tank; the next shell would have hit us. They were going to promote me after that but soon the war



**Alfred Consigli, born in Milford and now living in Upton, celebrated his 100th birthday with family and friends in December.**  
*Photo courtesy of John Consigli*



**Alfred Consigli restored older model cars – he’s shown here with a Studebaker and the repair shop he built himself, which is now occupied by U-Haul in Milford.**  
*Photo courtesy of John Consigli*

was over.”

After returning home, Consigli restored older model cars and built his repair shop by himself. He said, “When I sold the building, I bought a Rolls Royce, but then I didn’t like that it was a right-side driving car.”

These days, Consigli fixes watches he buys at flea markets, then gives them away. He hauls in the wood he uses to heat his home, and sometimes even



**Alfred Consigli is presented with a cake by his nephew Paul Consigli at the American History Museum where he had a 100th birthday celebration.**  
*Photo courtesy of John Consigli*

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splits it. He still plays the harmonica, which he did at the 100th birthday celebration his family held for him. Consigli celebrated a second time at the American Heritage Museum in Hudson, where he has shared his war photos and been a speaker. As for his secret to a long, healthy life, it could be the 10 sugars he takes in his coffee.

# New Years Eve at Cornerstone

On Dec. 31 at Cornerstone at Milford, we had a Happy Noon Year Celebration in Spices Restaurant with Chris Carter playing guitar. We had champagne and sparkling cider for a New Year toast, and took photo booth pictures.

*All photos courtesy of Cornerstone at Milford.*



Residents Ken Pedersen and Margaret Morahan.



Residents Margaret Bannerman and Alma DiCecco.



Residents Andrea DeBeradinis and Tom McGowan.



Resident Judy Collari, Resident Care Associate Mia Bellacqua, and residents Nancy Matson and Mary Sannicandro.



Residents Jerry Tardif and Barbara Winters.



Wellness Nurse Amanda Bassignani-Parrish with Resident Care Associates Mia Bellacqua, Ann Dumont, and Joanne Bellacqua.



The Milford Free Press is currently seeking freelance writers who live in the area and are interested in writing for our publication. If interested, please send a résumé and writing sample to [editor@milfordfreepress.com](mailto:editor@milfordfreepress.com)



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**NOMINEES**

*continued from page 1*

the state as a U.S. Presidential Scholar Nominee in the General award category. Elsie's academic achievements and her involvement in various community service projects is extensive and make her a well-rounded and commendable candidate for this prestigious recognition. With a commitment to both academic excellence and civic engagement, Elsie embodies the values of a Presidential Scholar nominee. Her dedication to learning, leadership, and community service makes her an excellent representative for Milford High School on the national stage. Elsie's activities include the following:

- School Activities 9-12:**
- Science Olympiad, Administrative Captain
  - Academic Decathlon, Club President
  - The Green Team: Environmental Sustainability Club: Captain
  - The Milford Scarlet News, Staff writer
  - School photography, Photographer
  - National Honor Society, Member
  - School Improvement Council, Class of 2024 Represent-

- tative
- Connections Program, Mentee
- Science National Honor Society, Member
- Care Club, Member

**Non-Paid Community Service 9-12**

- Community Connector Website Creator
- Massachusetts Breast Cancer Coalition Event Photographer
- Children Across America Volunteer
- Winter Crafts Fair Volunteer
- Milford Beautification Day
- Senior Lip Dub Set-up
- Campus Clean ups
- National Honor Society Recycling Club

**Academic Achievements (achievements, awards, honors) 9-12**

- MHS High Honor Roll
- Science Olympiad Regional Meet - First place in Fermi Questions, grade 11
- Science Olympiad State Meet - 11th place out of 60 teams Disease Detectives and 13th place out of 60 team Fermi Questions, grade 11
- Academic Decathlon - Scholastic 1st place Music, 2nd place Art, 2nd place Social Science, 4th place Essay, and 5th place Economics
- AP Scholar with Distinction,

- grade 11
- MIT Leadership Training Institute, grade 10
- Photography Exhibit, Milford Public Library
- Connections Program Acceptance
- Interviewed by local media for the development of the Community Connector Website (CBS News/WBZ-TV, Milford Patch, Metrowest Daily News, Milford Free Press, MIT News, and Milford Daily News).

**Owen Matthews**, a distinguished senior student, and member and co-captain of the MHS Football and Wrestling teams at Milford High School, has been selected by Commissioner Riley to represent the state as a U.S. Presidential Scholar Nominee in the General award category. Owen's academic excellence and commitment to extracurricular activities have set him apart as a standout student. His passion for learning and leadership skills have not only made a mark within the school but also garnered recognition at the state level. As a nominee, Owen exemplifies the qualities of a Presidential Scholar, showcasing a dedication to making a positive impact in his school community.

**School Activities 9-12:**

- Varsity Football, Captain
- Varsity Wrestling, Captain
- Best Buddies, Match Buddy
- Unified Strength and Conditioning, Coach
- Theatre Workshop, supporting role

**Non-Paid Community Service 9-12:**

- Milford Youth Wrestling Assistant
- Elementary "Summer Success" Behavioral Assistant
- Special Olympics School Day Games
- Celebrate Milford Volunteer
- Milford Youth Football Camp Volunteer
- Volunteer to Develop Websites for Community Organizations
- "Schools on Wheels" Volunteer

**Academic Achievements 9-12**

- National Honor Society
- Salem State University Book Award
- High Honor Roll
- National Cyber Scholar
- Coach's Award - Milford Wrestling
- John and Abigail Adams Scholarship

According to the Department of Elementary and Secondary Education, "Each year, the Massachusetts Department of Elementary and Secondary Education's (DESE) Commis-

sioner seeks school nominations of high school seniors for the U.S. Presidential Scholars Program. The U.S. Presidential Scholars Program was established in 1964, by executive order of the President, to recognize and honor some of our nation's most distinguished graduating high school seniors. Each year up to approximately 160 students from across the country are named by the U.S. Department of Education (U.S. DOE) as Presidential Scholars, one of the nation's highest honors for high school students. Scholars are chosen based on their accomplishments in many areas — academics, leadership, and involvement in their school and the community and represent excellence in education and the promise of greatness in America's youth. U.S. Presidential Scholars are honored for their accomplishments during the National Recognition Program each June and to commemorate their achievement, the Scholars are awarded the Presidential Scholars Medallion."

Elsie and Owen will be invited by the program's U.S. Department of Education national review team to complete a new application in order to be considered for the US Presidential Scholar Award.

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## Stacy Middle School announces spring musical

### Stacy Middle Schools Performing Arts Program to perform *Annie Jr.*

*Stacy Middle School* – Get ready for a heartwarming journey as the classic tale of little orphan Annie comes to life on The Stacy Middle School stage!

With performances scheduled for March 1, at 7 p.m., March 2, at 3 p.m., and March 2, 2024, at 7 p.m., audiences will be captivated by Annie's unwavering spirit and determination in 1930s New York City. Facing adversity with braveness and positivity, Annie embarks on a journey to find her long-lost parents, overcoming the challenges of an orphanage led by the cruel Miss Hannigan. Be prepared for a delightful twist as Annie

thwarts Miss Hannigan's plans and discovers a new home with billionaire Oliver Warbucks, his secretary Grace Farrell, and the lovable dog Sandy.

Audience members can secure tickets for each show in advance through Stacy Middle School's main office. Tickets are limited to the auditorium's capacity, so secure your tickets early. The remaining tickets, if any, will be sold at the door on a first-come-first-serve basis. Join the cast and crew of Stacy Middle School Performing Arts Program for a night of joy, laughter, and the timeless story of Annie.

## SCHOOLS

# Milford School Highlights

## District

During the 2023-2024 school year, the Milford Public School District is developing the next Milford Public School District Strategic Plan, as well as the 2024 Student Opportunity Act Three-year Plan. There will be varied opportunities throughout the year for school community members to share their hopes, dreams, and needs. The district will reach out to the school community to come together to share diverse perspectives as part of the strategic planning process. The district believes that every Milford community member has unique assets and viewpoints necessary to drive the strategic planning process.

The strategic planning process will draw from a number of sources including the current strategic plan, the equity audit in partnership with Center for Leadership and Educational Equity (CLEE), the reimagining high school project in partnership with the Barr Foundation, school improvement plans, the portrait of a graduate, long range facilities plan, and departmental plans. The Milford Public Schools will draw from these sources and your feedback to develop the next plan. The district is hosting focus groups of parents and guardians for the purpose of receiving your feedback for the development of the next Milford Public Schools Strategic Plan. Focus groups will take place on the evening of Feb. 12 at 6 p.m. Focus groups will be held in English, Spanish, and Portuguese. If you are interested in participating, please reach out to Melissa Bullock at [mbullock@milfordma.com](mailto:mbullock@milfordma.com). If you have any questions about the strategic planning process, please email Dr. Consigli, Assistant Superintendent of Curriculum, Instruction, and Assessment, at [cconsigli@milfordma.com](mailto:cconsigli@milfordma.com).

## Save the Date:

2/8: School Committee Meeting

2/19: President's Day-No School-School Offices Closed

2/19: School Vacation

2/26: School resumes

2/29: School Committee Meeting

3/15: Early Release K-12, PreK

closed-School Offices Open 3/29: Good Friday-No School-School Offices Closed

## DMH Behavioral Health

Hotline The Department of Mental Health has launched a new Behavioral Health Help Line that people can call or text at 833-773-2445. The helpline can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services. It is available 24 hours a day, seven days a week, in more than 200 languages. For more information, please see the FAQ. Anyone with questions or concerns about the helpline can email the helpline director at [Mio.Tamanaha@mass.gov](mailto:Mio.Tamanaha@mass.gov).

## Spanish:

El Departamento de Salud Mental ha lanzado una nueva línea, Behavioral Health Help Line (Línea de Ayuda de Salud Mental) a la que se puede llamar o enviar un mensaje de texto al 833-773-2445. Está disponible 24 horas al día, siete días a la semana en más de 200 idiomas. La línea de ayuda puede ayudar a personas y familias a navegar por el sistema de salud del comportamiento y acceder a tratamiento, incluyendo servicios móviles de crisis. Para más información, consulte FAQ (preguntas frecuentes). Cualquier persona que tenga preguntas o dudas sobre la línea de ayuda puede enviar un correo electrónico al director de la línea de ayuda a [Mio.Tamanaha@mass.gov](mailto:Mio.Tamanaha@mass.gov).

## Portuguese:

O Departamento de Saúde Mental lançou uma nova Behavioral Health Helpline (Linha de Ajuda de Saúde Comportamental) em que as pessoas podem ligar ou enviar mensagens de texto para 833-773-2445. Ela está disponível 24 horas por dia, sete dias por semana, em mais de 200 idiomas. A linha de ajuda pode ajudar indivíduos e famílias a navegar o sistema de saúde comportamental e acessar tratamentos, incluindo o serviço de crise com atendimento pelo celular. Para mais informações, consulte o FAQ (perguntas frequentes). Qualquer pessoa com dúvidas ou perguntas sobre a linha de ajuda pode enviar um e-mail ao diretor da linha de ajuda em

[Mio.Tamanaha@mass.gov](mailto:Mio.Tamanaha@mass.gov).

## Milford High School

Milford High held a College Financial Aid Information seminar on Monday, Dec. 11 from 6:45 - 8 p.m. in the HS auditorium. All students and families in grades 9-12 were encouraged to attend this presentation to help them understand the financial aid process. The seminar was presented by Kevin Fudge from the Massachusetts Educational Financing Authority (MEFA). Translation services were provided for the event.

Christian Riordan, construction manager for Suffolk Construction, visited Milford High school on Dec. 12 and 13 to conduct Trades/Career Job Talk in room D6. Christian has been working with communities in Massachusetts to get the

students interested in working in construction directly out of high school.

"To the right, to the right." National Guard representatives called the rotation movement while working with Mrs. Jodi Sevastos, P.E. Curriculum Team Leader and staff to take MHS Physical Education classes through station training circuits as part of their Guard Fit Challenge program. Students engaged in activities that supported lifelong wellness and teamwork. Example activities included, Medicine balls, heavy duty ropes, jumping ropes, plank exercises, agility ladders, and hurdles. The culminating station for each class period was a tug of war. The National Guard representatives held a questions and answer session at the

completion of each class. The Guard Fit Challenge is state funded with the purpose of bringing wellness programming to schools and the community.

The Milford Federal branch office in the Milford High School cafeteria lobby will re-open for students and staff in Semester 2. The bank will be open to staff from 10:30 a.m. - 12:30 p.m. on Wednesdays and Fridays and students can use the bank during their lunch period on Wednesdays and Fridays.

## Stacy Middle School

The Student Council ran a toiletry drive for Homeless Veterans and wrapped \$5000 worth of toys for local children

## MILFORD PUBLIC SCHOOLS

*continued on page 16*

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## SCHOOLS



Congratulations to the outstanding Milford High School students who have been chosen to participate in the Senior District music program. Their dedication and musical prowess has shone through, making Milford High School proud. The concert, held on Saturday, Jan. 13, featured the exceptional talents of the following individuals pictured left to right: Front Row: **Arthur Gomes+ grade 12, Kendall Dexter grade 12, Vedi Raval+ grade 11, Rhea Matthew+ grade 12, Lucy Cruz grade 10, Giovanna Weiner+ grade 10.** Back Row: **Luke Stachowski+ grade 10, Maeve Williams+ grade 12, Michela DeGiallonardo grade 11, Nora Pavento grade 11.** + = All State Rec

## MILFORD SCHOOLS

continued from page 15

in need in collaboration with the Holiday Helpers program overseen by Dawn Craig, former teacher and assistant principal for the Milford Public Schools. Mrs. Craig has been an active participant in ensuring hundreds of students, and their families, in need are remembered during the holiday season.

Stacy Middle School commemorated Sandy Hook in December by wearing green and creating a Kindness Chain. Students expressed the importance of caring for each other and to be kind.

A new after school club is in play at Stacy Middle School-ESports Club. The club is designed for students to meet after school

and play cooperative, competitive games together on gaming systems.

#### Woodland Elementary School (WES)

Principal Kearnan is pleased to announce the fourth Council of the year. Woodland Elementary School teachers nominate students from their classes that exemplify certain values that are important to WES. The fourth Council of the year has been nominated by their teachers for showing Kindness, a very important value at WES. Whether it is shown with words, a gesture, or an action, kindness has the ability to impact others in the community. By being kind, we lift up others, show them respect, and help them in ways known and unknown. The school community is intent on recognizing and celebrating stu-

dents that demonstrate positive behaviors consistently in class, in school, and in our community. Please join WES in celebrating and recognizing the following students in the community and at home.

*Kindness Grade 3:* Wesley Akuffo, Sophie Hulbig, Liam Campbell, Madison Mirenda, Joel Mayancela Cajamarca, Spencer Fritts, Jubilee Polito, Paulo Rezende, Jessica Quinchi Muyulema, Daniel Torres, William De Oliveira, Michael Leva, Arianna Guncay, Enzo Moreno, Sally Ayala Molina, Nayeli Chalan

*Kindness Grade 4:* Sofia de Faria, Olivia Nowak, Princeton Santiago, Kendall Casey, Leslie Guaman Guaman, Joselyn Huasco Tenezaca, Owen DiGiando, Ivy Kuhl, Ava Gelmini, Bryan Lema Mayancela, Josephine Colesano, Tanvi Asu, Colin Falk, Yasmim De Freitas, Lou Garland, Gustavo Silva Dias

*Kindness Grade 5:* Jennifer Clavijo Castro, Lisa Lema, Sheila Caguana Caguana, Darwi Lopez Lopez, Enzo Scher, Mia Medeiros, John McAllister, Noah Gonzalez, Nicholas Mitides, Daniel Campos, Angelo Colesano, Danna Paredes, Corah Aguilar, Shadeeza Duran Chapa, Wander De Quadros, Eloar De-Souza, Lucas Santiago

PTO meetings are the second Tuesday of the month at 7 p.m.

#### Memorial Elementary School (MES)

Principal Burns is excited to announce the launch of the Books and Beyond reading program for 2024. Commencing on Monday, Jan. 29, the initiative's goal is to stock grade level gumball machines through an engaging 8-week read-a-thon open to the entire school community. Embracing its 10th year, Books and Beyond is a well-established, research-based program designed to inspire and foster a love for reading beyond the walls of the classroom.

Students are encouraged to participate by either reading independently or being read to, with the goal of completing seven books or the equivalent of seven chapters. Participants choose their preferred approach, whether counting complete books, chapters, or a combination of both. Join MES in

celebrating a decade of literary enthusiasm as they begin their tenth journey with Books and Beyond.

PTO Meetings are held the first Wednesday of each month at 7 p.m. unless otherwise posted.

#### Brookside Elementary School (BES)

Brookside Elementary School students participated in an all school share on Dec. 22. This celebration brought the school community together through music to celebrate a variety of holidays and the winter season.

Mrs. Rice, Brookside Elementary School's dedicated Media Specialist, orchestrated the gathering of an array of hats, gloves, scarves, and socks through the creative adornment of a Giving Tree by students, staff, and community members. This cherished annual tradition serves as a powerful tool for instilling in students the significance of unity and philanthropy, fostering a spirit of giving back to the community.

PTO meeting is the first Tuesday of each month starting at 7 p.m.

#### Shining Star Early Childhood Center (SSECC)

The Shining Star 2024 registration packet pick up for returning students is scheduled for Monday, Feb. 12, 2024, at Shining Star Front Office, located at 31 West Fountain Street, Milford, MA (at the side of the high school), Door 19A. The pick-up time is from 6 to 7 p.m.

Registration packet pick up for new students is scheduled for Tuesday, Feb. 13, 2024, at Shining Star Front Office, Door 19A. The pick-up time is from 6 to 7 p.m.

The Pumpernickel Puppets visited Shining Star Early Childhood Center at the beginning of January. The Pumpernickel Puppets offered a funny, interactive, engaging, and colorful adaptation of classic folk and fairy tales. Students learned about the behind-the-scenes activities and how the puppet handlers bring their puppets alive.

PTO Meetings are held on the second Tuesday of each month unless otherwise posted.

#### Milford Family & Community Network CFCE (MFCN CFCE)

The Family Fun & Disabilities Awareness Fair is seeking

exhibitors for the 26th Annual Family Fun & Disabilities Awareness Fair which will take place on Saturday, Mar. 2, 2024, from 11 a.m. - 2 p.m. in the Milford High School Cafeteria. If your business, agency or program serves families from the prenatal stage through adolescence. Tables are free, but space is limited. For more information on this resource fair, please call 508-277-4981, or email: familynetwork@milfordma.com by Feb. 12, 2024.

The MFCN CFCE has started the Spring Session of free playgroups for children between the ages of birth to 5 and their caregivers. If you did not register for groups and are interested, please call the office to see if there is any space left. If not, you will be placed on the waitlist to be called in as a guest for absences in registered groups.

The MFCN CFCE welcomes you to connect with other parents at "Desserts & Discussions," a participant-led discussion about the trials and triumphs of parenting and topics of child development. This program will take place on Wednesday, Feb. 7 from 6 - 7:30 p.m. in the Bancroft Memorial Library in Hopedale. Registration is required.

Join MFCN CFCE for a "Winter Stroll" where participants will hike and read stories with children from birth to 5, and their caregiver at the SNET Trail in Bellingham. This program will take place on Wednesday, Feb. 14 from 1 - 2:30 p.m. Registration is required.

Join MFCN CFCE for an "Intergenerational Playgroup" to bring together different generations through music, play and stories to support and nurture community relationships. This event will take place on Wednesday, Feb. 27 from 1 - 2 p.m. at Cornerstone at Milford. Registration is required.

Please call 508-277-4981 to register for any of MFCN CFCE programs. For more information on any of our programs, visit <https://www.milfordpublicschools.com/milfordfcn>, email familynetwork@milfordma.com or call 508-277-4981. You can also find and follow MFCN CFCE on Facebook at "Milford Family & Community Network CFCE".

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# Good things happen when you work together

## Stacy Middle School's Musical Bingo Night raises \$3,400

*Stacy Middle School* – This past Saturday evening, Stacy Middle School transformed into a hub of musical nostalgia as it hosted a lively Musical Bingo Night at the Marchegiano Club from 7 to 10 p.m.

The event had a dual purpose: to create a memorable evening for attendees and to raise funds for a noble cause. The funds generated would contribute towards sending deserving 8th Grade students on the annual trip to Washington, DC, and Heritage Week Field Trips. The atmosphere was charged with excitement as family members and friends of Stacy staff gathered to form teams and engage in friendly competition, recalling tunes from various

decades and genres. Bingo winners were not only rewarded with prizes, but the generosity of Stacy staff and local businesses in donating gift baskets added an extra layer of community support to the event. In the end, the night was a resounding success, with a total of \$3,400 raised to support these enriching, educational endeavors.

### About Milford Public Schools

The Milford Public School District provides an equitable learning environment that empowers all students, faculty and staff to achieve their short and long term goals and prepares each individual in the school community to adapt to the challenges of change in an increasingly complex world.



Photo of women: (left to right): Music Bingo gift baskets raised \$3,400 to help students attend field trips. Meghan Balicki, EL teacher; Tricia Ridolfi, math teacher; Caridad Lopez, principal; Christine McIntyre, guidance counselor; Samantha Bonvino, social studies teacher; Madison Bovino, math teacher. Courtesy photo

## BVT first trimester Commendation List

### Acknowledging academic and vocational achievements

Blackstone Valley Regional Vocational Technical High School Superintendent-Director's Commendation List for the first trimester of the 2023-2024 school year has been released. BVT students must meet rigorous standards to be named to the Commendation List, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester.

Congratulations to the following students from Milford:

#### SENIORS (Class of 2024)

Giana Duquette, Painting & Design Technology; Fernando Filho, HVAC&R; Joseph Manzi, Electrical; Leah Neves, Construction Technology; Nelle Norris, Painting & Design Tech-

nology; Emma Sanborn, Painting & Design Technology; and Lizmary Vidal-Sanchez, Dental Assisting.

#### JUNIORS (Class of 2025)

Lacey Coffman, Multimedia Communications; Adriana Hawkins, Culinary Arts; Matthew Hunter, Biotechnology; Charbel Jebara, Electronics & Engineering Technology; and Ryan McGuire, HVAC&R.

#### SOPHOMORES (Class of 2026)

Ethan Dahmer, Biotechnology; Andrew Dolan, Health Services; Cecelia Dualu, Dental Assisting; Olivia Guido, Painting & Design Technology; Myles Guikema, Engineering & Robotics; Aaron Korpi, Electronics & Engineering Technology;

Sherine Matovu, Biotechnology; Dominic Quintino, Information Technology; and Grace Shields, Health Services.

#### FRESHMEN (Class of 2027)

Julien Awuku-Asante, Electronics & Engineering Technology; Dan Matthew Belina, Health Services; David Brito, Information Technology; Anthony Pinsonault, Automotive Technology; Sarah Schorn, Culinary Arts; Olivia Oliveira, Dental Assisting; Matthew Carr, Electronics & Engineering Technology; Elena Ciarametaro, Painting & Design Technology; Davi Dalla Dea, Engineering & Robotics; Mallory Mccarthy, Multimedia Communications; Julia Martinez, Plumbing; and Arianna Turner, Engineering & Robotics.

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## SPORTS

# Young Girls' Track builds for the future

*Milford athletes showed improvement all season*



The Milford winter track team enjoys an outdoor practice in the snow. Photo credit Dan Gordon

By Chris Villani

The Milford High School girls' track and field team lost a number of seniors from last year's team, and the graduates stood out in both quality and quantity.

"We lost a couple of state medalists, we lost seniors who scored at both state and league championships," head coach Dan Gordon said. "I don't

want to use the term rebuilding, but we are developing a lot of freshmen and sophomores into future track athletes."

Gordon said his relatively small team has been trying out new techniques and giving new events a try.

"It's a big learning year," he said.

The Scarlet Hawks have several athletes who consistently

scored points this winter.

Junior Julianys Rentas has been an integral part of the team's 4x200 relay and the top runner in the 300 meters and top high jumper. Milford also received a boost from first-year track athlete Talya Seri, a sophomore.

"She is really flexible in terms of events she can run," Gordon said. "She can run the 300, the 600, she does the 1,000, the 4x200, the 4x400, and she has done the long jump in the past. She is another great asset on the team."

The best runner in the dash

for Milford this winter is a freshman, Laysa Moura. Gordon praised her ability to be flexible in the events she does, including the 600 and the 300.

"She is just having a great season for us," Gordon said.

Milford's distance group is paced by Junior Lauren Flanagan, who runs both the mile and the two mile and finished the dual meet season with personal bests in both.

"Our distance team is only four girls, I can't even fill all the events," Gordon said. "But Lauren has been working really hard despite the small

numbers."

Sophomore Kathryn Barrientos proved to be MHS' best in the shot put, with junior Yasmin Martinez right on her heels. A key leader for Milford is junior Claudia Solitro, a team captain.

"I don't usually make juniors captains," Gordon said. "But Claudia has some great leadership qualities that I thought should be recognized."

Speaking ahead of the Hockomock League championships and the postseason meets, Gordon said he could envision this young group sparking a turnaround in the program over the next couple of seasons.

"Track is tough, it takes a while to develop," he said. "There is certainly a lot of promise with the underclassmen here and I think this season really ignited a love of the sport. No doubt we can get back on top with some more hard work and putting people in the right events."

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SPORTS

# Hopedale/Milford Hockey eyes late season charge

## Team looks to recent win for 'springboard'

By Chris Villani

Hopedale/Milford head hockey coach Mike MacQuarrie had a feeling it was going to be a bit of an up-and-down season this year as he brought back a team with only five players who saw significant ice time last winter. But a 5-0 shutout victory over Wachusett showed the team's most complete effort to date, and MacQuarrie is hoping to see more games like that the rest of the way.

"We have been studying film and it's been paying off," he said. "They are seeing things they are doing instead of me just telling them and, when you show it on film, it doesn't lie."

The coach added, "hopefully that win is a springboard to make them believe that, if they make the commitment, it will translate into some wins for us."

Hopedale/Milford's ability to compete against a strong D1 team is a lift for a squad that has been hit by injuries all winter. But several players, including Milford High students, are hitting their stride.

"Aiden Collins has come alive," MacQuarrie said of the junior MHS forward following a flurry of goals over a three-game stretch. "His offensive skills and speed have been on display; he is a big reason we are going in the right direction. He is a force, he's got a great shot, and he is working on his defensive play."

Collins is near the top of the scoring lists in both the Quinn Conference and in all of Central Massachusetts.

Senior captain Sean McGee



Sean McGee is one of Hopedale/Milford's leaders as a senior captain.



Aiden Collins is one of the top scorers in the area this winter.



Ricky Nashawaty is coming on strong for Hopedale/Milford this winter after returning from injury.



Matt Lioce uncorks a shot during a recent game.

has anchored the top line at center all winter with people rotating around him. He and Collins have recently collaborated on the top unit in recent games.

Junior Dom Dutcher is another "impact player," MacQuarrie said. He has a strong forecheck and has been a critical part of the team's penalty kill.

"He has been one of those

vocal leaders," MacQuarrie said. "It's nice to see him come into his own game."

Sophomore Ricky Nashawaty returned for Milford in January after missing time with an injury; he is a player MacQuarrie said he is happy to have for the stretch run. Freshman Joshua Balzarini

has been the team's top freshman, his coach said.

Defenseman Joe Butler is Hopedale/Milford's best all-around defenseman, according to MacQuarrie, and Matt Lioce is another strong player on the blue line. David Fleming, a junior at MHS, has also contrib-

uted on defense.

The combination of the Wachusett victory and improved health has MacQuarrie thinking his team is in for a strong finish.

"If we can string some wins together and turn the corner, hopefully we can get back into the playoff picture," he said.



Dave Fleming is one of the team's top defenders. Photo credit Mike MacQuarrie

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