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Milford Class of 2023 Valedictorian and Salutatorian named



Jessica Calarese has been named Salutatorian for the Milford High School Class of 2023. Calarese plans to focus on Environmental and Sustainability Studies and Conservation Biology at the University of New Hampshire. She is the daughter of Michelle Calarese and Jim Calarese. Source: Milford Public Schools



Haley Jansons has been named Valedictorian for the Milford High School Class of 2023. Jansons plans to attend Duke University with a possible major in Physics or Environmental Science. She is the daughter of Sue and Ray Jansons. Source: Milford Public Schools



June 8 - July 13, 2023

June 20 will be the last day of school for the Mendon-Upton Regional School District The school calendar can be found at https://bit.ly/3yOLfqH

Join us for Community Shred Day in Milford!

Our Milford branch is open for business beginning June 21! Saturday, June 17th, 9:00 am - 12:00 pm Central One Milford Branch, 82 Prospect Street

Limit 3 bags per person. Documents only. We will not accept boxes, binders, magazines or books.



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New endeavor seeks to bring music and friendship to seniors

The Milford Senior Center Singers and Thanks To Yanks, a local charity dedicated to serving those who serve, recently teamed up for a new mission. The goal of the new project is to bring music and friendship to those who live in nursing homes, assisted living facilities and longterm care housing. There is no cost to the organization to have the singers perform and patriotic gifts are given to all who attend.

Additional performances are planned locally for June. For more information, please reach out to Thanks To Yanks on Facebook.



(L to R) Judy Thomas, Dot Pedroli, Maggie Budd, Peggy & Dick Testa, and Corinne & Tony diGirolamo, with Kathy Belhumeur, pianist, and George C. Brown, director, recently performed at Blaire House of Milford. Courtesy photo

Ceremony for the disposal of unserviceable American Flags

The Milford Veterans Advisory Council is hosting a ceremony for the disposal of unserviceable American Flags.

The ceremony will take place Flag Day, Wednesday, June 14 at 5 p.m. at the Italian Veterans Club Hall located at 4 Hayward Field, outside on club grounds. This ceremony honors the service of the American Flag and properly retires it from service. Such retirement of Flags that have become unserviceable, faded, damaged, no longer fit for display, etc. shows proper respect for the Flag of our country.

In addition to disposal of

unserviceable American Flags, we will also properly retire and dispose of POW/MIA flags, Military Service Flags, and State Flags.

Citizens may bring the flags with them to the ceremony or they can be dropped off at the Italian Veterans Club at 4 Hayward Field, Milford.





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Miles and miles of trails offer something for everyone



The Upper Charles Trail provides over six miles of paved trails with beautiful views, including this stretch passing Louisa Lake. *Photo by Linda Chuss*

By Linda Chuss

Trails are a treasure anyone can enjoy in Milford, Upton, and Mendon at no cost. They are like a free gym, relaxation program, and social setting in one, within minutes of home or work, and available from dawn to dusk. They provide an outdoor art show of wildflowers, a science museum exhibit of beaver constructions, and a concert featuring warblers and woodpeckers.

All trails can be used for walking and running, as long

as ability and distance are considered. Many trails are also suitable for bikes, rollerblades and skateboards, wheelchairs, and child strollers. Some permit horseback riding.

An easy way to get started is with a guided group walk or an experience trail user. Wear sturdy shoes, bring water and a phone, and have a trail map or trail app. Take any trash with you and check for ticks afterward.

Milford's most popular trail is the Upper Charles Trail, a 6.5-mile paved path starting at the Route 85-Hopkinton border and continuing past Louisa Lake and Fino Field, then spurring east towards Holliston.

Photo by Linda Chuss

Just east of the Hopkinton end of the trail are miles of wooded paths for walking and mountain biking, including challenging routes maintained by the New England Mountain Bike Association. At the Holliston end, the trail continues with a stone dust surface past farmlands and streams.

Upton boasts its namesake

State Forest – 2700 acres and miles of trails. Some are gravel and others wooded, with a mix of relatively flat and steeper options. Spring brings sites like nesting great blue herons feeding their chicks, and elusive lady slippers dotting the hillsides.

A meadow full of butterflies and a gorgeous spot for sunsets are highlights at Upton's Peppercorn Hill. Paths there lead to Lake Maspenock where eagles are known to circle overhead.

History-laced trails in Mendon's 350-year-old Town Forest provide opportunities to see mill buildings and foundations from old homes. Picturesque stone walls remain from earlier sheepherding days, along with signs of granite quarrying from the early 1800's. These trails invite users to consider life in premodern times.

To encourage exploration, Mendon recently introduced a Hike Challenge with nine routes mapped out, providing a broad sampling of the town's trails. Details can be found at bit.ly/ MendonHikeChallenge.



Enjoy the benefits of these and the many other trails the towns offer. Use the following resources to find locations for parking, appropriate routes, and notable features:

MILFORD: http://www.milfordtrail.org/home.aspx UPTON: https://www.uptonma.gov/land-stewardship-committee/pages/ upton-conservation-land-and-trail-maps

MENDON: https://www.hollistontrails.org/our-trail

GENERAL: Open Street Map, All Trails, and Trail Forks apps



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Milford passes \$142 million budget, bike trail bylaws, dog park study

By Scott Calzolaio

There was hardly a "nay" at this year's Milford Annual Town Meeting as every article in the 2023 warrant passed without much opposition. Among the passed articles are a few changes to the Charles River Bike Trail system, and the growing potential for a local dog park.

The first half of the meeting covered articles regarding the town's budget for fiscal year 2024. An annual budget of \$142,940,173 - an 8% increase - was approved.

Article 21 proposed to amend bylaws to allow electric bicycle riders to use the town's bike trails. Electric bikes, or E-Bikes, can travel upwards of 30 mph, but the new bylaw states there will be a speed limit enforced at 15 mph. Signage will be posted along the path to remind riders of the new speed limit.

"Making an exception for e-bikes from the existing ban on motorized vehicles will increase disabled access," said local attorney, Lauren Wilton. "I personally know people who have respiratory issues, lung transplants, who would not be able to utilize this valuable resource (the bike path) without using an e-bike."

In the same warrant article, an additional bylaw amendment regarding bicycle helmets was passed. The new bylaw requires that riders under the age of 16 are required to wear a helmet when riding on the trails or throughout town.

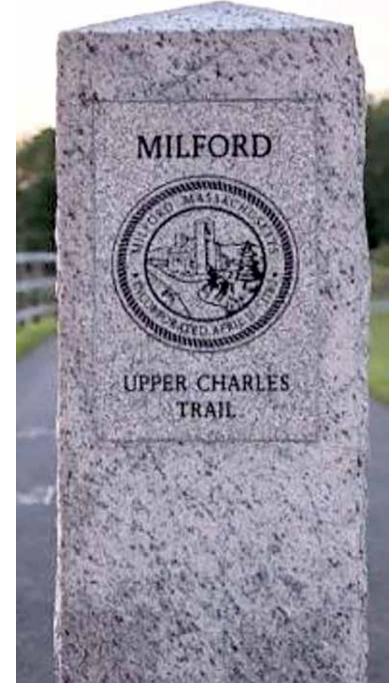
Article 27, which has sparked a lot of support on Facebook, was read out by dog park advocate and member of the Milford Dog Park Committee Brendan Rickert who took the podium to propose allocating \$5,000 to a feasibility study.

"The proposed allocation of funds for the initial architectural work is an essential step towards securing the necessary resources for the dog park project," he said. The more thorough the design, he said, the more likely the town is to be accepted for grants and other funding to cut the cost of constructing the park. The \$5,000 voted on will solely be to pay for a conceptual design.

"This proposal does not guarantee the construction of a dog park, or the availability of the full project funding," Rickert said.

Though a location for the park has not yet been chosen, it was important that the town act on this before year's end as potential grant funding of \$225,000 from the Stanton Foundation was due to expire. The project would be under the maintenance and jurisdiction of the Parks Commission.

To see the warrant, visit bit. ly/MilfordATM2023warrant. To watch the 2023 Town Meeting in its entirety, visit bit.ly/ MilfordATMrecording



A trail marker at the entrance of the Upper Charles Trail. *Photo Source: www.milfordma.gov*





Recycle this NEWSPAPER

Biggest threats to a comfortable retirement?



Mark Freeman

FINANCIAL FOCUS

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

• **Inflation** – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

• Excessive withdraw**als** – Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help you determine a withdrawal rate that's appropriate for your needs.

- Market volatility The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times - to provide you with resources for the next few years and allow your equity investments time to recover their value.
- **Unexpected costs** You had them when you were working, and you'll probably

have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.

Health – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are taxand penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on highnet-worth taxpayers.

Retirement can be a pleasant time in your life — and you'll enjoy it more if you're prepared for the challenges that face all retirees.

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

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Following Milford's example, everyone can help make water sources cleaner

By Linda Chuss

Some people enjoy fishing at ponds in Milford. Others like to swim or boat in nearby lakes and rivers, and have picnics along the shore. Everyone relies on clean drinking water. Pollutants threaten all these activities and harm people and wildlife. A plan from the Massachusetts Department of Environmental Protection identifies the main problems for each community to address.

Max Rome from the Charles **River Watershed Association** (CRWA) explained that, "In Milford, debris is getting into natural water resources. The town has goals and a 20-year plan to address it. A main cause is that roads, parking lots, and buildings have replaced trees and plants, so rain flows across those surfaces into drains and directly into streams and ponds. The rainwater carries with it things like pet droppings, litter, oil from cars, chemical fertilizers, and leaves and branches. Once it's in the water source, the debris adds pollutants and breaks down fueling unwanted algae growth that kills fish and other wildlife. Effects go beyond Milford because its waters feed the Charles River, impacting everything all along its course to the ocean."

As part of the plan to correct

the problem, Milford worked with the CRWA and other organizations to add new drainage and native plantings at Town Park. These will help water travel down into the ground where pollutants are filtered out. They'll also help prevent flooding. Key contributors from Milford included Highway Surveyor Scott Crisafulli and Parks and Recreation Administrator James Asam.

Additional projects will be needed to reduce the pollutants, and in Milford, like other towns, it will require efforts and contributions from everyone. Rome says residents and businesses can help now.

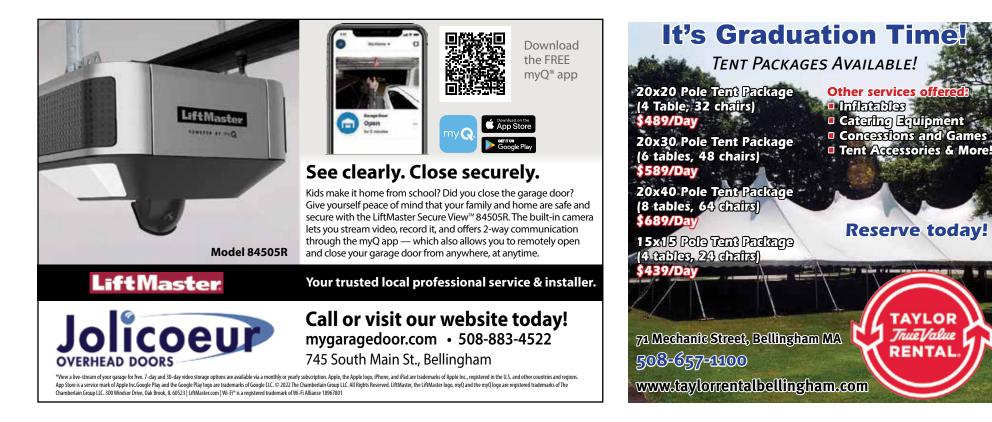
"Keep streets around your home and business clear. Remove leaves and branches from the gutters and sidewalks - they are meant to decompose at the town's compost center, not in the water. Throw away any trash you find so it doesn't end up in the drains. Pet droppings belong in the trash or they'll harm the water. Use permeable pavers or other surfaces instead of asphalt and cement. Design your landscape in a way to catch and drain rainwater to stop it from pouring downhill into the street. Reduce your use of fertilizers and avoid toxic pest treatments."

Over time, all residents will benefit and today can enjoy the



Residents and businesses can reduce water pollutants by making raingardens similar to the new ones at Town Park. *Courtesy photo*

new plantings at Town Park. For more about the project, see the presentation Lisa Kumpf, an CRWA Aquatic Scientist, made for the Stacy Middle School at mass.gov/ doc/milford-green-infrastructure-presentation-for-6th-gradestudents/download.



Macular Degeneration

Causes, symptoms, and treatment options

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

Macular degeneration, also known as age-related macular degeneration (AMD), is a progressive eye condition that affects millions of people worldwide. It is a leading cause of vision loss, particularly among older adults. Macular degeneration primarily affects the macula, a small area located near the center of the retina responsible for sharp, central vision. This article aims to provide an overview of macular degeneration, including its causes, symptoms, and available treatment options.

Causes of Macular Degeneration

While the exact causes of macular degeneration remain unknown, several risk factors have been identified. Age is a significant factor, as the condition predominantly affects individuals over the age of 50. Genetic factors, family history, smoking, obesity, high blood

pressure, and prolonged exposure to ultraviolet light are also associated with an increased risk of developing macular degen-

Types of Macular Degeneration

There are two main types of macular degeneration: dry (atrophic) AMD and wet (neovascular) AMD.

Dry AMD

Dry AMD is the most common form, accounting for approximately 85-90% of cases. It is characterized by the gradual breakdown of the macula due to the accumulation of drusen, yellow deposits beneath the retina. As the condition progresses, central vision becomes blurred, making it difficult to perform tasks such as reading or recognizing faces.

Wet AMD

but more aggressive than dry blood vessels develop beneath

eration.

Wet AMD is less common AMD. It occurs when abnormal



Normal Vision

the macula and leak blood or fluid, leading to rapid and severe vision loss. Individuals with wet AMD may experience distorted or wavy central vision, a dark spot in the center of their visual field, or rapid visual decline.

Symptoms and Diagnosis

The early stages of macular degeneration often present no

noticeable symptoms, making regular eye exams crucial for early detection. As the condition progresses, symptoms may include:

- · Blurred or distorted central vision
- Difficulty reading or performing activities that require fine detail

• Dark or empty areas in the central visual field

View with AMD

- · Decreased brightness or intensity of colors
- Difficulty recognizing faces A comprehensive eye exami-

EYES continued on page 13

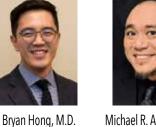




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Shalin Zia, O.D.

Milford Regional Volunteers recognized with Presidential Service Award

During April's National Volunteer Week, Milford Regional Medical Center bestowed the Presidential Service Award to five of its volunteers to recognize the significant number of hours they have volunteered at the hospital. The Presidential Service Award acknowledges the impact volunteers have on organizations while also inspiring others to act. Each recipient received a certificate signed by President Joseph Biden.

The five individuals have volunteered more than 35,000 hours combined at the hospital providing assistance in the Emergency Department and at the Cancer Center, as well as helping with endoscopy patient discharge, clerical and project support, mail delivery, and serving as interdepartmental messengers.

Over the last 14.5 years, Ernie Gentile of Milford has volunteered 8,616 hours, Lynda Keenan of Milford has volunteered 8,463 hours over the last 18 years, Tom Keenan of Milford has volunteered 7,633 hours over the last 18.5 years, Bob Cole of Hopkinton has vol-

unteered 5,116 hours over the last 24 years and Betty Wickis of Medway has volunteered 4,498 hours over the last 16.5 years.

"Our dedicated and loyal volunteers provide an invaluable service that not only benefits our staff and patients but from their perspective, is a rewarding way to spend time, learn new skills and meet new people," said President and Chief Executive Officer Milford Regional Medical Center and Healthcare System Edward J. Kelly. "It is a gift to have these volunteers as long-time stewards of our commitment to our community."

Milford Regional hosted a lunch for all its volunteers at the Hopedale Community House where Milford Regional Director of Volunteer Services Elaine Willey and Kelly presented pins to those volunteers who have at least 500 hours of volunteer service.

Milford Regional Medical Center is a full-service, community and regional teaching hospital located in Milford, Mass. and serves patients from more than 20 towns in Central



During National Volunteer Week in April, Milford Regional thanked its volunteers with a luncheon and presented the hospital's long-time volunteers with Presidential Service Awards. Pictured front row, L to R are: Bob Cole, Ernie Gentile, Lynda Keenan, Tom Keenan, and Betty Wickis. Back row, L to R are: Milford Regional Director of Volunteer Services Elaine Willey, President and Chief Executive Officer Milford Regional Medical Center and Healthcare System Edward J. Kelly, and Milford Regional Volunteer Services Assistant Jane Blackwood. Courtesy photo

Massachusetts. The 148-bed medical center is a nonprofit, acute-care facility, where more than 300 primary care and specialty physicians are committed to providing exceptional healthcare services to our community with dignity, compassion and respect.



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Charles River Bancorp, MHC Annual Meeting held; Positive financial data reported and Paula Cassidy elected Trustee

a Corporator since 2021, is an



Paula Cassidy a Trustee of Charles River Bancorp, MHC. Courtesy photo

The Annual Meeting of Corporators of Charles River Bancorp, MHC - the mutual holding company of Charles River Bank - was held on Tuesday, May 16 at Franklin Country Club.

Chairman Steven M. Richardson opened the Annual Meeting and discussed the current banking environment and the significant differences between the risk factors that led the recent failures of the large regional banks and the operating model at Charles River Bank. He also reiterated that Charles River Bank is one of 74 banks in the country that has full deposit insurance for all customers, with FDIC covering at least \$250,000 and DIF covering all deposits in excess of FDIC limits.

President and CEO of Charles River Bank Derek Plourde, shared 2023 year-end financial results. At year-end 2022, assets were \$308 million with Net Income of \$1,147,000, **CRB President & CEO Derek**

which is 12.6% higher than year end 2021 Net Income. Net interest Margin also showed positive trends, improving from 2.99% at 12/31/21, to 3.13% at 12/31/22, and 3.34% at 3/31/23. CRB's capital position, as measured by the Tier 1 Leverage Ratio, improved from 6.86% at 12/31/21 to 7.25% at 12/31/22, and improved further to 7.62% at 3/31/23, ex-

Corporators and Trustees voted to elect Paula Cassidy a Trustee of Charles River Bancorp, MHC. Like all Trustees, Cassidy will also serve as a Director of Charles River Bank. Additionally, Paul Rao of Milford, Peter Brunelli of Franklin, and James Reardon of Natick were re-elected as Trustees, and David Tuttle III of Bellingham, Paul Gerrish of Bellingham, and Wayne Simpson of Millis were re-elected as Corporators. Cassidy, who has served as

Executive Business Consultant with over 30 years of experience in Human Resources, Business Operations and Strategic Project Management, including global and regional businesses within the Software, IT Services, Life Sciences and Financial Services Industries. She is the recipient of the Worcester Business Journal "40 Under Forty" Award, and is a mentor for "Women and Leadership" course at Bryant university. Cassidy is a graduate of St. Anselm College. She and her

husband John reside in Milford, MA with their two sons.

President and CEO Plourde stated, "Paula brings a unique perspective to our Board of Directors with her senior management roles in Human Resources and experience in strategic project management at a wide array of companies across a variety of industries. I am confident that she will have a positive impact on our organization through her board involvement."

Charles River Bank-with assets of \$308 million-was founded in 1915, and continues to offer a wide range of individual and business banking services. The Bank's Main Office is located at 70 Main Street in Medway, with branches located on Route 140 at the Bellingham/Franklin town line, and in Mendon at 1 Hastings Street, at the intersection of Rte. 16 and North Avenue. Over the past year, Charles River Bank has contributed more than \$35,000 to community non-profit organizations.

For more information call 508-533-8661 or visit www. charlesriverbank.com.



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Plourde. Courtesy photo

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Milford Town Library Calendar of Events

80 Spruce Street, Milford • 508-473-2145 • MilfordTownLibrary.org • HOURS: Mon. – Thurs. 9-9 • Fri. 9-6 • Sat. 9-5 • Sun. CLOSED

By Reference Department

Library Closed on Juneteenth

The library will be closed on Monday, June 19 in observance of Juneteenth.

Summer Reading Programs Starts June 20

The Summer Reading Program is open to all youths birth-18 and has programs, events, incentives and more. Registration starts Tuesday, June 20 and programs begin on Monday, June 26. Watch the website, milfordtownlibrary.org and social media for more details.

ESL Drop in Classes

Drop-In ESL Classes on Tuesdays and Thursdays at 7 p.m. end the week of June 15. A modified summer schedule for July and August will be posted on the library website and social media when finalized.

An English Learning Lab, featuring iPads loaded with language tools such as Mango Languages and Transparent Languages remains available Monday - Thursday 9:30 a.m. - 8:30 p.m., Friday, 9:30 a.m. - 5:30 p.m. and Saturday, 9:30 a.m. - 4:30 p.m. Students can borrow iPads and wireless headphones for self-paced, in-library use of these tools to learn English. Go to the Reference Desk to sign up for 30, 60 or 90-minute sessions. We thank the Milford Rotary for their sponsorship.

Theresa Beggs

During June, local photographer Theresa Beggs will be exhibiting throughout the month. We're excited to have her showing for the first time

al at the library.

Center Book Group

The Center Book Group will meet on Tuesday, June 20 at 10 a.m. at the Milford Senior Center to discuss The Maid by Nita Prose.

In this heartwarming mystery, readers meet the endearing 25-year old hotel maid Molly Gray. Molly's on the spectrum and has recently lost her beloved grandmother. Molly finds comfort in the routines of hotel housekeeping. Her internal sense of order is disrupted when she finds a dead body and is considered a suspect.

To reserve a copy or to learn more about the Center Book Group, please call the Information Desk at 508-473-2145, ext. 219 or email Anne at aberard@ milfordtownlibrary.org.

Garden Party

Join us for the rededication of the Lennard Hill Memorial Park on Saturday, June 10 from 1:30 - 3:30 p.m. There will be music, remarks, a ribbon cutting, sweets, stories and activities for the whole family.

Open or renew a Friends membership (\$15 annually) by the end of the garden party for a chance to win a raised herb garden. Visit www.milfordtownlibrary.org/friends.

Weeding the Library Collection

Just like a garden, the library's collection of books, DVDs, CDs, games and things needs to be pruned sometimes to make space for new arrivals and to make materials more visible and accessible.

We add thousands of titles each year and without a regu-

lar weeding process, the stacks would be unmanageable. We realize that it's hard to see books leave the collection, but we assure you that while they may be "withdrawn" from the collection, they aren't "discarded."

When books or other items are weeded out, we make them available at the Friends book sales. The Friends also send unsold items to a service that makes the books available overseas. In our view, it's far better for a book to have a chance at a new life through these avenues than for it to be gathering dust in the stacks.

As such, patrons may see weeding carts in progress at the ends of the book stacks. If you see something there, you can still check it out. As always, if you have any questions, please let us know.



Milford Girl Scouts end-of-year report

By Theresa Knapp

The Milford Girl Scouts have had a very busy year that included various troop and community activities such as town parades, Citizens of Milford Beautification Day, face painting at Celebrate Milford, grave flagging, Scouting for Food, Christmas caroling at local nursing homes and around town, and Kite Day.

Various troops consisting of girls in grades Kindergarten to grade 12 who helped at food pantries, community cleanups, holiday events, and much more.

The girls in Daisy Troop 65354 chose to use some of their cookie sale profits to get supplies for the Milford Humane Society, said their leader Catherine Tonsberg. She said the girls also learned what the Humane Society does and about what a volunteer is and why it's so important, adding "They were excited to be able to do something to give back to this important part of our community (and got to meet some kittens!)"

Valerie Kennedy is the leader of Brownie Troop 65352 which sorted food at the

Daily Bread Food Pantry. Kennedy said, "Joe talked to the girls about how everything works and told us about how many families they provide food for each week. The girls helped sort all the food donations that had been picked up by the Post Office [food drive]. They all did a great job sorting and putting food where it needed to go. All the girls enjoyed helping and had so much fun they did not want to leave. We left our own donation and the kids left feel-



Brownie troop 65352 volunteered at the Daily Bread Food Pantry. Courtesy photo



Daisy Troop 65354 scouts Hazel Kennedy, Mabel Prince, Mia Manning and Charlotte Syfert with troop leader Catherine Tonsberg visiting the Milford Humane Society to make their donation. Courtesy photo

ing good about themselves and were having fun helping others in the process! Truly thankful for those who donate their time regularly to help those in our community that are in need!"

Junior Troops 64892 and 64908 (grades 4-5) plan to paint outdoor games for children on the fence at the CCC. Both troops also participated in cleaning a portion of the bike trail as

part of Milford Beautification Day. In addition, three of the fourth and fifth grade Juniors recently completed their Bronze Award, hosting a planting and painting event for the special

Great Extra



Troops 64892 & 64908 plan to paint outdoor games for children on the fence at the CCC. Both troops also participated in cleaning a portion of the bike trail as part of Milford Beautification Day. Courtesy photo



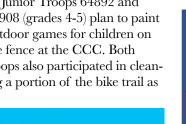
Milford 6th grade Cadette Troop helped with Santa photos this year. (top row I-r: Mia Santomenna, Mila Cales, bottom row: Claire Viera, Santa, Kaia Demers). Courtesy photo

needs community during the Best Buddies dance on May 12. Leaders: Sandy Knapp and Emily Iacovelli

School craft fair this winter, helping with the Santa pictures, reports leader Sandy

The sixth grade Cadettes helped at the Milford High

GIRLS SCOUTS continued on page 16





Training

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Knights of Columbus Valencia Council #80 free fishing derby



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• For Milford boys and girls and dependents of Council members from ages 5 to 14 years old

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• The Fishing Derby will be from 9 a.m. to 12 noon

• There will be three age groups consisting of both boys



and girls. Children 5-7 years old, children 8-10 years old, and children 11-14 years old

• Prizes will be awarded for the heaviest fish caught in each age group

• For safety, parents or guardians may assist smaller children with baiting hook, casting and removing hooked fish. Parents or guardians are responsible for the supervision of their children

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EYES

continued from page 7

nation, including a dilated pupil examination, visual acuity test, and imaging tests such as optical coherence tomography (OCT) or fluorescein angiography, can help diagnose macular degeneration and determine its type and severity.

Treatment options

Macular degeneration is a progressive eye condition that affects the central portion of the retina, called the macula. Although there is no known cure for macular degeneration, there are several treatment options available that can help slow down its progression and manage the symptoms. Here are some of the common treatment options:

Anti-VEGF Therapy

Anti-vascular endothelial growth factor (anti-VEGF) drugs are injected into the eye to reduce the growth of abnormal blood vessels in the retina. These drugs include medications like ranibizumab (Lucentis), bevacizumab (Avastin), and aflibercept (Eylea). Anti-VEGF therapy has shown significant success in stabilizing or improving vision in many cases of macular degeneration.

Photodynamic Therapy (PDT)

This treatment involves the use of a light-activated medication called verteporfin (Visudyne). The medication is injected into a vein, and then a laser is applied to the abnormal blood vessels in the retina to activate the drug, causing the vessels to close and reduce their leakage.

Laser Therapy

In some cases, laser therapy may be used to target and destroy abnormal blood vessels in the macula. This treatment is known as focal laser photocoagulation.

Implantable Miniature Telescope

For individuals with endstage macular degeneration in both eyes and severe vision loss, an implantable miniature telescope (IMT) may be an option. The IMT is surgically placed in one eye to improve central vision by magnifying the images that reach the healthy portion of the retina.

Low Vision Aids

These include devices such as magnifying glasses, telescopic lenses, and electronic visual aids that can help individuals with macular degeneration make the most of their remaining vision.

Lifestyle Changes

Certain lifestyle modifications can help manage macular degeneration. These include quitting smoking, eating a healthy diet rich in antioxidants and nutrients (e.g., leafy green vegetables, fish, and fruits), exercising regularly, maintaining normal blood pressure and cholesterol levels, and protecting the eyes from harmful ultraviolet (UV) light.

Supplements

The AREDS study conducted by the National Eye Institute and concluded in 2001. It showed that the AREDS formula can reduce patients' risk of the advanced form of AMD by about 25 percent. The formula helps protect people's central vision, which is needed for reading, driving, recognizing faces and other daily activities.

The AREDS 2 study, which concluded in 2011, tested several antioxidant nutrients that earlier research had suggested might protect the eyes: lutein, zeaxanthin, and omega-3 fatty acids. Omega-3 fatty acids are produced by plants and are present in oily fish such as salmon. Lutein and zeaxanthin are carotenoids, a class of plant-derived vitamins that also includes beta-carotene, and are present in leafy green vegetables. The body uses these nutrients to maintain the health of the retina, the part of the eye that can be damaged by AMD. The AREDS 2 research team did find that the risk of developing advanced AMD was reduced by about 18 percent in study participants who took the variant that included lutein and zeaxanthin but no beta-carotene, compared with participants who took the variant that had beta-carotene but no lutein or zeaxanthin. And those participants whose diets were low in lutein and zeaxanthin at the start of the study, but who took a variant with lutein and zeaxanthin during the study, were about 25 percent less likely to develop advanced AMD, compared with similar participants who did not take lutein and zeaxanthin.

The researchers say that removing beta-carotene from the AREDS formula and adding lutein and zeaxanthin will result in a single formula that is safe and effective for all AMD patients. Another recent AREDS report showed that the benefits of taking the AREDS formula appear to be long-lasting. Participants in the first AREDS study who took the original formula daily for five years continue to enjoy a 25 percent lower risk of developing advanced AMD.

It's important to note that the choice of treatment depends on the type and severity of macular degeneration, as well as individual factors. If you or someone you know has macular degeneration, it's crucial to consult with an ophthalmologist or retina specialist who can provide personalized recommendations and guidance based on the specific situation.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We are proud to have a Boston Harvard dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD. 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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Source: www.milfordma.gov



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

Past yearbooks for let or purchase

Did you know the Milford Town Library has a special collection of old school yearbooks and town reports available online and in person, some dating back to 1846?

To see what materials are available, including old yearbooks, alumni directories, town reports and other resources, visit https://archive. org/details/milfordtownlibrary.

Milford Town Library has various yearbooks available for let or purchase. Source: Facebook @ MilfordTownLibrary





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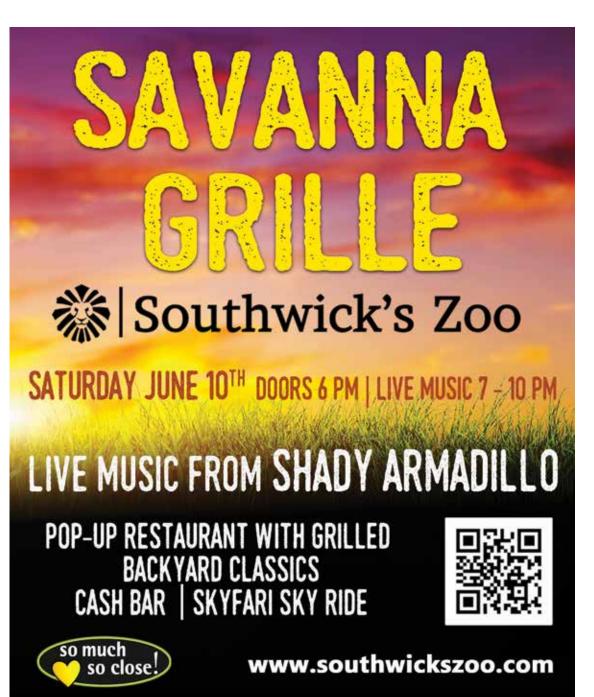
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Recent Home Sales

Date 05/25/2023	Milford 32 Field Pond Road	Amount \$705,000
05/24/2023	71 Grove Street	\$425,000
05/24/2023	9 Country Club Lane #C	\$440,000
05/23/2023	34 Jefferson Street #3	\$455,000
05/19/2023	31 Parker Hill Avenue	\$390,000
05/16/2023	6 Lucia Drive	\$480,000
05/16/2023	6 Hamilton Avenue (land)	\$155,000
05/10/2023	8 Elizabeth Road	\$450,000
05/11/2023	31 S High Street	\$610,000
05/10/2023	4 Karen Lane	\$820,000
05/09/2023	287 Purchase Street	\$527,000
05/05/2023	26 Parkhurst Street	\$208,000
05/05/2023	20 Short Street	\$525,000
05/04/2023	17 Walnut Street	\$565,000
05/01/2023	2 Tanglewood Drive	\$625,000
05/01/2023	11 Shadowbrook Land #6	\$260,000
04/28/2023	66A Dilla Street	\$410,000

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



17 Walnut Street in Milford recently sold for \$565,000. *Photo credit www.zillow.com*



continued from page 11

Knapp. "The girls also organized a singalong fun event for all Milford Girl Scouts on March 26, in which each troop from K-12 performed a song for friends and family." The troop also taught Daisy Girl Scouts about engineering by building fairy houses.

Cadette Troop 30016 (grades 7-8) leader Jen Schepis said her troop created period bags for teens, adding "Schools often only give out enough products for a few days so our troop created bags with enough period products for a full week. This is incredibly important for teens during vacation weeks." The troop also held a hat and mitten drive over the winter.

Ambassador Troop 11275 (grade 12) sanded and painted the picnic tables under the pavilion at Plains Park as well as sanded and stained the gaga ball courts behind Stacy Middle School. Leader Amy Croteau said, "The 11 members of the troop each learned the value of volunteering in the community by doing this work for the town to enjoy. Milford Parks Director, Jim Asam, graciously provided the paint and supplies for the Plains Park project. A donation from Amazon delivery service partner, Comanche Logistics,



Ambassador Troop 11275 members Cailyn Paccico, Natalie daCunha, and Emily Croteau sanding and painting/staining the tables under the pavilion at Plains Park. *Courtesy photo*



The girls also organized a singalong fun event for all Milford Girl Scouts on March 26, in which each troop from K-12 performed a song for friends and family. Pictured here is Junior Troop 65017 singing which is a favorite scouting tradition. *Courtesy photo*

helped to purchase stain for the gaga ball courts."

Other troop accomplishments include:

Daisies (grades K-1) assembled birthday bags for those less fortunate. Leader: April Higaonna

Brownies (grades 2-3) planted flowers at CCC. Leaders: Kat-

lyn Gauthier/Vanessa Newhart Ambassadors (grade 11) purchased items for animal shelter/sanctuary/rescue center. Leader: Carolyn Deslaurier-Tate

For more information on Milford Girl Scouts, visit them on Facebook at "Milford (MA) Girl Scouts"



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It's free for the public! Spread the word, save the date, bring a lawn chair and some beverages. Professional and Amateur Athletes will be coming from all over the US to compete, including Professional Strongwomen and Olympians.

The event will be held Saturday, June 10 at Fino Field, 80 Granite Street, Milford. The Opening Ceremony starts at 9:30 a.m. and throwing will go until around 4 p.m. All the traditional 9 events plus challenge events will be contested! Food and drink vendors will be on the field.

For more information visit the website www.nofamegames.com.





Louisa Lake has been stocked

According to the state's Trout Stocking Report, Louisa Lake has been stocked with rainbow trout and is ready to fish.

Other nearby towns include:

HOPEDALE - Hopedale Pond, Mill River MENDON - Mill River UPTON - Pratt Pond, West River



SCAN QR CODE



Source: www.mass.gov or bit.ly/TroutStockedWaters

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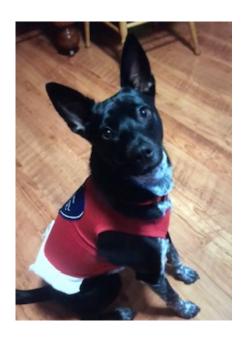
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 LICENSE YOUR DOG DURING THE DOG REGISTRATION PERIOD: APRIL 1 – JUNE 30

• SEND US YOUR PUP'S PHOTO

YOU MAY DROP OFF YOUR PHOTO AT THE TOWN CLERK'S OFFICE OR SEND A PICTURE TO: <u>MLAUGHLIN@TOWNOFMILFORD.COM</u> OR MAIL TO: MILFORD TOWN CLERK'S OFFICE

52 MAIN STREET, MILFORD, MA 01757 (INCLUDE PET'S NAME, OWNER'S NAME AND CONTACT INFORMATION WITH YOUR PHOTO)

WINNER WILL BE DRAWN ON MONDAY, JULY 3RD, 2023

PLEASE NOTE: PHOTOS WILL NOT BE RETURNED



Right to repair law now in effect



Source: www.mass.gov

As of June 1, the Massachusetts Attorney General has the authority to enforce the Right to Repair Law that was passed by voters in 2020.

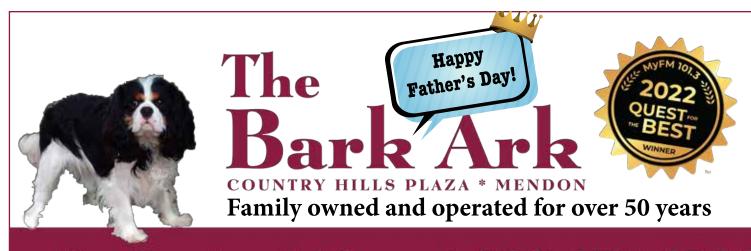
The law requires "car manufacturers to make telematic vehicle data available to thirdparty repair shops. The proposed law would mandate that manufacturers that sell motor vehicles equipped with telematics systems be required to install an open data platform beginning with model year 2022. The telematics system would be required to be standardized across all makes and models and be administered by an independent party."

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Page 19

Pets of the month: **Mars and Stoney**

Mars and Stoney are the greatest of friends. They love to explore the room, meet new cat friends, climb and play with toys. They are just as happy to spend time cuddling together. Mars and Stoney are both grey, but that's where the physical similarities end. Stoney is short haired blue grey color with gorgeous green eyes. Mars is a medium length silver grey with stripes and ear tufts. These young boys have quickly adapted to life at the shelter, but they would love to find a new home together.

For more information on Mars and Stoney or the other cats at the Milford Humane Society, visit www.milfordhumane.org/





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SCHOOLS -

Milford High School senior selected for 2023 National Merit Scholarship



Milford High School Senior wins the 2023 National Merit Scholarship. Congratulations to Haley Janson for being selected as a \$2,500 National Merit Scholarship winner. Haley competed against 16,000 Semifinalists in the annual program. The National Merit Scholarship Program recognizes students with high-quality academic achievement and the ability to succeed in rigorous post-secondary coursework.

The National Merit Scholarship Program recognizes students with high-quality

academic achievement and the ability to succeed in rigorous post-secondary coursework. Haley succeeded in the finalist level by completing the requirements outlined by the National Merit Scholarship Corporation. Haley achieved the highest academic achievements and is active in athletics, volunteering, and clubs within her school community. Haley will attend Duke University in North Carolina in the fall to begin her collegiate studies. She is the daughter of Ray and Sue Jansons.



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

SCHOOLS Milford School building highlights

Compiled by Scott Calzolaio

Districtwide news

This summer Milford will be replacing the turf field and track surrounding the turf field. There will be no access to the turf field and track beginning at the close of school on June 21 until late August.

During the same time, six permanent classrooms are to be installed at Brookside Elementary School to support the space needs. There will be no access to the back of Brookside Elementary School until late August. The district will provide more information and updates over the summer about both of these projects.

Save the dates:

6/19/23: Juneteenth - No School - School Offices Closed 6/21/23: Last Day of School - Fache Balance Day

School - Early Release Day K-12

Milford High School

Congratulations to Haley Janson for being selected as a \$2,500 National Merit Scholarship winner. Haley competed against 16,000 Semifinalists in the annual program. The National Merit Scholarship Program recognizes students with high-quality academic achievement and the ability to succeed in rigorous postsecondary coursework. Haley will attend Duke University in North Carolina in the fall.

Save the dates: 5/26/23: Senior Prom 6/4/23: Graduation

Stacy Middle School

Stacy Middle School partnered with the Hockomock YMCA and four other school districts to develop the first annual "Mental Wellness Summit" for grades 6 and 7. The Summit was hosted at the Hurley Family Branch in North Attleboro, on May 17.

Each school district chose ten students who embody leadership, are in good academic standing, and have a positive attitude towards inclusion and mental health. The goal is for students to take back what they learned and to work with the administration to implement program ideas within their school.

Woodland Elementary School (WES)

Principal Kearnan is pleased to announce the fourth Principals Council at Woodland Elementary School. The fourth Council of the year has been nominated by their teachers for Kindness. These students lend a helping hand, have a smile on their faces, and use their manners. They have kind words for others and demonstrate patience and compassion.

Grade 3: Kaliana Silva, Julius Johnson, Juliet Consigli, Pedro Lomar, Shea Gauthier, Savana Fonseca, Evander Abrantes, Fernando Ferreira, Jacson Clavijo Castro, Grace Borges, Colton Sarkisian, Connor McIsaac, Thays Dumas, Kelsey Zozzaro, Alice Dias Costa, Maria Pio

Grade 4: Jaxon Nieves, Gabriela Eduardo, Amelia Merrill, Marlee Pierce, Gabriel Da Silva, Daniel Campos, Aurora Cantillon, Enzo Scher, Gabriella Ballou, Nayelly Zhagnay Loja, Thallyta Nunes, Andre Basilio do Nascimento, Vianca Folgar-Benitez, Ximena Gutierrez Escamilla, Anthony Pasacane, Kauan Lima

Grade 5: Aubrey Zozzaro, Vishi Dwarampudi, Emma Macchi, Christa Callery, Kemy Goncalves, Madison Stokes, Zabryna Cruz, Melissa Dias, John Boccia, Matheus Gomes, Kennedy McGovern, Nolan Falk, Landon LeBlanc, Liam Falk, Melissa DeOliveira

Memorial Elementary School

Memorial Elementary School celebrated JiJi day on April 28. Cheers erupted when students found out they far exceeded their goal to complete 5,000 puzzles. The puzzle count at 7:45 a.m. on 4/28 was 696,692. The puzzle count at 7:45 a.m. the next day was 708,707 - that's 12,015 in one day.

Brookside Elementary School

Brookside Elementary School celebrated JiJi day on April 28. Cheers erupted when students found out they far exceeded their goal to complete 6,000 puzzles. The puzzle count at 7:45 a.m. on 4/28 was 746,861. The puzzle count at 7:45 a.m. on 4/29 was 756, 315, and improvement of 9,454. Congratulations student mathematicians at BES!

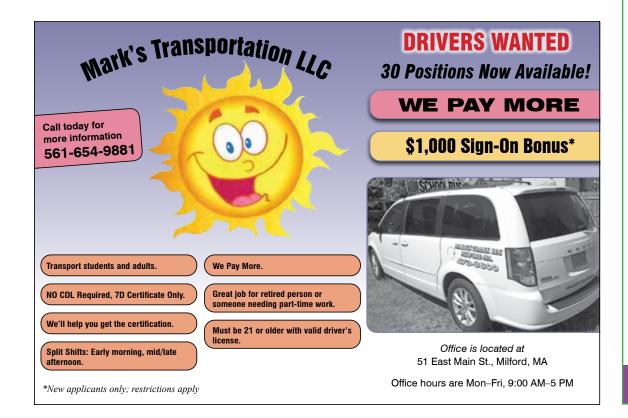
Shining Star Early Childhood Center (SSECC)

Shining Star Early Childhood Center registration for the 2023-2024 school year is underway. Interested families who reside in Milford should email Dr. Masterson directly at cmasterson@milfordma.com or contact the main office 408-478-1135 for more information and for information on how to secure a registration packet.

Milford Family and Community Network (MFCN)

The MFCN "Drop-In Summer Playgroups" are almost here. These groups are for children from birth to 60 months, and their caregivers. Playgroups will run for four weeks on Tuesdays and Wednesdays from 9 a.m. to 11 a.m. Dates include; July 11, 12, 18, 19, 25, and 26 and on August 1 and 2. Groups are limited in space and will be held on a first-come, first-serve basis. Numbers will be put outside the door at 8:45 a.m. to reserve a space. Registration is not required.

For more information on these programs, visit https:// www.milfordpublicschools. com/milfordfcn, email familynetwork@milfordma.com or call 508-277-4981.





SPORTS -

New-Look MHS Volleyball still among state's best

Scarlet Hawks shine with revamped roster

By Chris Villani Sports Writer

Milford High School's boys' volleyball coach Andrew Mainini did not know what to expect from his team this spring. The Scarlet Hawks have no seniors on the roster and only returned two players from a team that went to the state semifinals a season ago.

MHS also became an independent in boys' volleyball, allowing Mainini to stack the schedule with some of the top teams from all parts of Massachusetts. Despite all that, the Scarlet Hawks have risen to be a top-five team in Division II and a legitimate state title contender.

"I think they have exceeded my expectations," Mainini said. "There were a lot of question marks."

Junior outside hitter Alex Guerra has been the top offensive weapon for Milford this season, while junior Arthur Gomes is perhaps the team's top passer.

"They are both captains and they play the majority of the balls on most plays, either passing or attacking," Mainini said.

Setter Owen Callahan, another junior, has shown tremen-

dous improvement after playing for the MHS JV team in 2022.

"He has made a ton of progress over the course of the season," Mainini said. "That has

made a big difference for us." Another thing that separates Milford from some of the competition is the fact that Mainini has two sizable middle hitters in 6-foot-4 Joey Newman and 6-foot-2 Ryan Newman.

"You don't always see big tall athletic middles who are real offensive threats and both of them are athletic and offensive threats," the coach said. "They are working on being more consistent and we hope the experience sets them up well for next year."

Milford was knocked out by North Quincy last year in the final four, but scored a win over that team this year even though their opponents returned nearly everyone from last year's team. MHS has also hung in with Agawam and Westfield, two of the best teams in the state.

"We have played really well against some really good teams" Mainini said. "There have been a lot of bright moments."

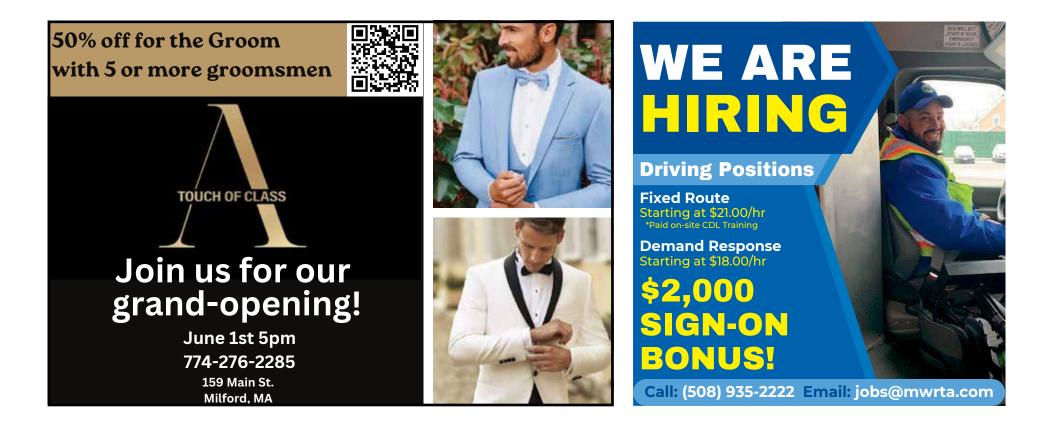
Mainini admits the team's



Milford's volleyball team is looking to make a deep run in the state tournament. Courtesy photo

relative lack of experience could be a liability in the postseason. But Milford has won more than a dozen matches against a difficult schedule, so he knows the talent to make a deep run in the

tournament is there. "We think we can play with anyone in Division II," he said.



SPORTS -

MHS track teams making strides

Young Milford squad made noise at league meet

By Chris Villani Sports Writer

The Milford track and field program is relatively young in most events this year, but it didn't stop the Scarlet Hawks from having several athletes stand out during the recent Hockomock League meet.

Senior Joe Coplan took first place in the javelin, outpacing his number four seed to grab his first ever league championship. On the girls' side, senior Evalysse Pierce took him second in the javelin with a heave of more than 115 feet.

Three more MHS athletes earned points in the competitive meet. Junior Ben Parson finished fourth in the 400-meter run. Senior Dani Atherton took him sixth place in the same event in the girls' competition. And sophomore Andrew Fletcher earned a sixth place finish in the two-mile.

"That was the first time he had scored in a league championship, so it was a good day for him," said coach Dan Gordon.

The girls' team felt the loss this spring of senior Kiyanni Simas. Perhaps the most prolific track athlete in program history with multiple state titles to her credit, Simas sustained an injury that kept her sidelined for the season.

"We came within four points of winning two of our meets," Gordon said. "That's just one individual event win away from securing two wins, but without some of your best athletes, it's pretty difficult to make that happen."

The guys' team, Gordon said, is "extremely young, but we saw marked improvement from last year."

One reason for the improvement is the added depth the MHS boys enjoyed this spring. In past seasons, Gordon said Milford had trouble filling out events, but that was not as big a problem this year.

The depth is driven by an influx of young talent, including a stellar sophomore class for both the boys and the girls.

"Some of our top sprinters



Sophomore Claudia Solitro is a rising star for the Milford track team. *Photo credit: Jackson Pfeiffer*

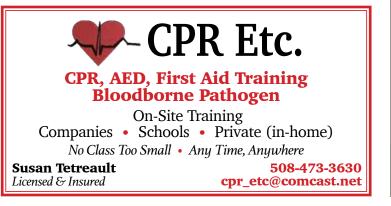


Junior Nick Simas crosses the finish line for the Scarlet Hawks. Photo credit: Jackson Pfeiffer

are sophomores, most of our 4x400 team is composed of underclassmen and our entire 4x100 team is returning next year," Gordon said. "We are loaded with underclassmen and now they have a lot of good racing experience, so we are looking forward to another offseason of continued development."

The girls are graduating a

strong senior class, which Gordon said is one of the best he has ever coached. But junior Caleigh Wilson qualified for states in the triple jump and is someone to watch next season. Jumper and hurdler Claudia Solitro and freshmen middle distance runner Tayla Seri could also be impact athletes next year, Gordon said.





Ben Parson, a junior, finished fourth in the 400 meter event at the league meet. *Photo credit: Jackson Pfeiffer*



Junior Caleigh Wilson qualified for states in the triple jump. Photo credit: Jackson Pfeiffer



