

RESIDENT SPOTLIGHT

Sam Hamilton's extraordinary life

94-year-old Milford storyteller recalls life in internment camp

By Sofia Mercier
Student writer

Sam Hamilton, 93, was born in America but moved to Shanghai, China, shortly after his birth. He spent his early childhood much like most children - that is, until Dec. 7, 1941, when, at 12 years old, he was taken to a Japanese internment camp in the Philippines.

During WWII, Hamilton was living in Manila, a city in the Philippines then occupied by the Japanese. His family made the Far East their home while his father, Sam Hamilton Sr., worked for The National City Bank of New York. After the Japanese attacked Pearl Harbor, they created internment camps for enemy aliens, such as the Hamiltons, and the family was taken to a camp at the University of Santo Tomás.

At the camp, Hamilton's



Sam Hamilton. Courtesy photo

family constructed a bamboo hut with a roof made from the nipa palm plant to avoid the segregated sleeping quarters. Hamilton recounts "the Japanese had a lot to

say about what could be taught." Children were only able to learn English and

SAM HAMILTON

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Milford unveils new turf at High School

\$1.5 million project includes new track and lights



Milford's new artificial turf is ready for the 2023 fall season. Courtesy photo

By Chris Villani

The lifespan of artificial turf is very predictable. The surface will start to wear out after 10 years and, with good care, might last an additional year or two beyond that.

Milford Athletic Director Peter Boucher was pleased to see the school district and the town plan accordingly, and save up to complete the turf replacement in time

for the fall season.

"Nobody plans like Milford, I mean that," Boucher said. "The powers-that-be in the town and the district really collaborated and put aside some money each year so we could resurface the track and the field at the same time."

The new field turf was ready

NEW TURF

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International Festival planning meeting scheduled for Sept. 23

Through the summer, members of Saint Mary of the Assumption Parish have been meeting from among their four different ethnic communities to organize and plan a special International Festival. It is scheduled to be held on Saturday, September 23 from 12 Noon to 7 p.m. on the parish grounds. It will feature foods from around the world, prepared by the cooks of the parish with recipes from their native lands.

In addition to the food, Ravi Mello, a popular singer from Brazil will be the featured entertainment. He has performed at other parish functions and at other Brazilian events in our area. He is well known and well liked because he is a true performer who connects not only with his Portuguese speaking audience, but with people

of all cultures as he sings many styles of music. Also, during the day, John Barrows has agreed to perform favorite and familiar songs from the 1930s, 40s, and 50s on his 12-string guitar. The day's entertainment is possible by a grant from the local Milford Cultural Council with the Massachusetts Cultural Council.

The food will feature familiar and favorite American treats, including hot dogs and hamburgers, French fries, cotton candy and popcorn. Along with these, the American community is preparing meatball grinders, homemade pizza, and mac'n'cheese bites. The Portuguese community will offer a favorite of grilled linguica and the Brazilian community is preparing their pasteles, a folded pastry shell with ground hamburger or cheese then fried in oil, and caldo de

carne, a meat-based broth. The Latin communities from Mexico, Ecuador, Guatemala and Puerto Rico are preparing rice, refried beans, macaroni salad, roasted chicken, pulled pork, saffron seasoned rice, stuffed chilis, and other delicacies that have no English counterpart.

The event is open to the public and the parish hopes that families will come and enjoy the day and enjoy food from around the world. There will be a bouncy house for the kids' entertainment and a 50/50 raffle every hour for those in attendance. Food can be purchased with special tickets from the parish at \$1 apiece. The tickets can be purchased after weekend Masses or the parish office before the day of the event at a discount rate of 25 tickets for \$20.

SAM HAMILTON

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math while imprisoned. Protein-rich food was scarce, and Hamilton mostly ate rice and vegetables raised and harvested by the other interns. It was a starvation diet and Hamilton recalls most prisoners were skin and bones, with the average person losing 51 pounds.

'Liberation' was on the tongues of every intern by the summer of 1944. After American General Douglas MacArthur heard the Japanese planned to kill the men and hold the women and children hostage at the camp, his troops arrived on the battle front in 66 hours, crashing into the gates of Santo Tomás after three years. Hamilton was 15 when World War II officially came to a close.

Soon after being liberated, the Hamilton family moved back to the United States. In California, he remembers the "thrill of coming in under the Golden Gate Bridge." The family traveled to New York by train, settling down on the East Coast. Hamilton began high school shortly after his return to the US, a difficult adaptation after years spent in Asia. Hamilton completed high school and went on to study at Penn State University when the Korean War hit in 1950. Instead of continuing his studies, Hamilton opted to apply for the Air Force and Navy. He,

much like many Americans, found it to be his duty to serve the country. He moved to Pensacola, FL, to learn formation flying and gunnery, but the war ended before he was called up. When the United States began to cut off training funds, Hamilton dropped the program and hitchhiked back to Pennsylvania to finish out his college years.

Later, Hamilton married his wife and had three children, working in the meatpacking and hardware businesses. He spent much of his time training and running in marathons, running two Boston Marathons and five others in Maine.

Throughout his life, the days of imprisonment followed Hamilton, but it was in 1995 that he was finally able to regain a sense of closure with his experiences. He and his brother Bill joined 25 other internees for a reunion in Manila. The group shared tears and laughter as they reminisced over their time together. Hamilton said, "The trip brought back memories I had forgotten about. That's part of closure."

Now, Hamilton lives in a retirement home in Milford (near family) with his sweetheart Rosaline Pine. He spends his time enjoying the fresh air, with Rosaline, and sharing stories about his life.

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AARP Foundation looking for volunteers

The AARP Foundation Tax-Aide program is looking for volunteers to help elderly and low to moderate income people file their tax returns.

Previous tax prep experience is not required. Volunteers will receive the training needed. Internet access and basic computer skills are necessary.

Tax-Aide volunteers work in teams of three to six during February and March at local senior centers and libraries in Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford and Upton.

Volunteers can work two or three days a week depending on their schedules. Training takes place in November, December and January and is primarily online.

In addition to tax preparation, volunteers are also needed in administrative and technical roles. Bilingual speakers are needed in all roles including interpreting.

Anyone interested in becoming a Tax-Aide volunteer should contact Kirk Joslin at KirkNJoslin@GMail.Com.

More information is available at: mataxaide.org/interest



Downtown Revitalization still top of mind

By Scott Calzolaio

Ask anyone from the aisles at Gene's Variety to the stools at the Marchegiano Club, true and native Milfordians will say the same thing – 'Downtown ain't what it used to be.'

Oldtimers tout the days where soda shops, family-owned pharmacies, and classy entertainment soaked the sidewalks on Main Street, and it might not be too long until we see it again.

With the Town of Hudson as the role model for so many Commonwealth towns, Milford officials hope to reinvent those days of heavy foot traffic to local businesses. But with the sign at the new Rail Trail Pizza location still declaring "Coming Soon," many are wondering when their downtown could see some welcomed changes.

Though it may seem subtle at first, Town Administrator, Richard Villani, said in an interview, the town is on the cusp of seeing the fruits of their labor. With the hire of new Assistant Town Administrator and Economic Developer John Charbonneau, Villani said there is a lot to look forward to.

"One of [Charbonneau's] main priorities is going to be to look at what we can do in the downtown area," he said.

Town officials have been working to secure grant funding for parks improvement in the downtown area, renovations to historic downtown building facades, and incentives to downtown businesses.

In addition, Villani said



Photo Source: Google

Charbonneau will be looking at potential zoning changes, adding more apartment space, and parking logistics.

With the opening of the Rail Trail marking the beginning of the downtown transformation for many Milford citizens, the delays in their opening

have caused some doubt as to whether downtown will ever return to its former glory.

"I'm not sure if it'll be a sort of 'anchor' store so to speak, but it certainly will be a benefit," Villani said.

Rest assured, Villani said, there are plans in motion al-

ready, though it may seem quiet for now.

"We're hoping to attract new businesses, we're not sure what kind yet, but we're hoping the Rail Trail will start encouraging others," he said.

He said, going forward, downtown business owners and

landlords will have a more frequent and influential say in how to move forward. He said the focus town officials have on this project is very real, and citizens are sure to see results soon.

"I want people to understand that this is going to be a focus," he said.

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Traffic signs to be installed at South Main and Fruit Streets, Grove and Poplar Streets

Town officials agree with resident safety concerns

By Theresa Knapp

In July, the Milford Select Board voted to install flashing stop signs at South Main and Fruit Streets, and also to install signs to limit parking on a section of Poplar Street.

South Main Street and Fruit Street

On July 10, the Select Board discussed a resident's request for four-way traffic lights at the intersection of South Main St. and Fruit St.

In a letter of recommendation to the Select Board dated July 6, Deputy Chief Robert Tusino said he had met with resident John Barrows "regarding his concerns about the intersection of South Main St. and

Fruit St...After I met with him, we agreed that making the intersection a (4) Way Stop might be a better way to proceed."

Barrows said that intersection was very dangerous and the site of many accidents; the board agreed and voted unanimously to install flashing solar stop signs at the intersection, along with an advanced warning sign about the upcoming stop sign near PiNZ.

Grove Street and Poplar Street

At its meeting on July 24, the board reviewed documentation from resident Laurie Shaw who had concerns about parking logistics near Grove and Poplar Streets. She requested "No Parking" signs that would discourage

drivers from blocking fire hydrants and parking in ways that create obstacles for public safety vehicles.

In a letter to Town Administrator Richard Villani dated July 7, Fire Chief Mark Nelson said, "The section of Poplar Street, from Grove Street to Claflin Street, is narrow. There are stone walls on both sides of Poplar Street beginning at Grove Street. There are no posted signs, but if a vehicle was parked on this section of Poplar Street, it would effectively be blocked. This is not a new issue on this street...We are familiar with this neighborhood and even when the fire engines were smaller, this section of Poplar was an issue.

It is normal for us to exit the engine and help navigated tight areas, and required when backing up."

Chief Nelson deferred to Tusino regarding sign recommendations and placement.

In a subsequent letter to Villani, Tusino agreed with Chief Nelson's assessment and recommendation. He said, "That area has been very difficult to traverse, to say the least. No parking signs should be erected on at least one side of the street."

The board voted unanimously to allow the posting of "No Parking" signs on the odd side of Grove Street and to install "No Parking Here to Corner" signs on each street corner.

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Lucas Denomme Legacy Foundation to hold its 2nd Annual Suicide Prevention Walk Sept. 17

The Lucas Denomme Legacy Foundation was lovingly established in memory of Lucas Denomme, a cherished soul who tragically left us in April 2022. His memory lives on through this foundation, which passionately advocates for Suicide Awareness and Prevention.

The second annual walk for the Lucas Denomme Legacy Foundation will be held on Sept. 17. Registration and t-shirt pick up is at 9 a.m. and the

walk will begin at 10 a.m. The walk will begin and end at Fino Field in Milford. The route is approximately 2.2 miles.

Proceeds from the walk will be directed to scholarships for Milford High School seniors.

For more information on the event, please visit the Foundation's Facebook Page at "Lucas Denomme Legacy Foundation" or its official website at www.lucasdenommelegacy.org/

Hearts, Hugs & Hope: An Alzheimer's Support Group at Cornerstone at Milford

September 12, 2023, 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford. This group for caregivers is now meeting in person!

Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and per-

sonal 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 for more information.

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Own a business? Consider these retirement plans



Mark Freeman

FINANCIAL FOCUS

If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks

to the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular. Let's look at each of them:

• **401(k)** – A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% penalty.)

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer match-

ing contributions, which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catch-up contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

• **SEP-IRA** – An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an

equal percentage of your own compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

• **SIMPLE IRA** – A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIMPLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan — but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIMPLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in terms of building resources for your

own retirement, a SIMPLE IRA may be less appealing because of its contribution limits, which are relatively low compared to a 401(k) or SEP IRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.

If you would like to discuss your personal situation with a financial advisor contact:
 Mark Freeman
 Edward Jones Financial Advisor
 77 West Main Street,
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Milford Cultural Council's grant application process

Opens September 1, 2023

The Milford Cultural Council (MCC) will officially open their application process for grants funding community-oriented programming in the arts, humanities, and sciences on Friday, September 1. Applicants can apply for grants to fund projects and events completed between July 1, 2023 through December 31, 2024.

In consideration of feedback from the community, the MCC will prioritize proposals in the visual arts (including public art and instruction), music, performing arts, and the sciences. In addition, the council will favor proposals that are well researched and documented, primarily benefit Milford residents, serve a large portion of the community, recognize Milford's cultural diversity, and do not rely totally on funding from the MCC.

Applicants can apply by registering and entering their proposal online at MassCulturalCouncil.SmartSimple.com.

"Last year, the Milford Cultural Council received 35 grant applications and awarded funds to 27 proposals that supported music, visual art, dance, poetry, history, and community events

in Milford. We encourage individuals and groups, especially Milford residents, to get creative and submit applications that would bring a variety of diverse projects and events to the community," states MCC chair Geri Eddins.

Applicants can find grant application tips in English, Spanish, and Portuguese on the MCC page on the town website at: MilfordMa.gov/milford-cultural-council. In addition, the council is planning question and answer sessions at the Milford Town Library and Milford Youth Center. The dates for these events will be announced soon. In the meantime, questions can be emailed to the council at CulturalCouncil@TownofMilford.com.

The last day to submit applications is Tuesday, October 17, 2023. The members of the MCC will review all applications and inform applicants of the council's decisions at the end of December. Approved grant recipients can expect to receive their full grant payment in February of 2024 once the funds have been received from the state council.

The MCC is part of a net-

work of 329 Local Cultural Councils (LCCs) serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences, and humanities every year. The state legislature provides an annual appropriation to Mass Cultural Council, a state agency, which then allocates funds to each community.

As a local partner of the Massachusetts Cultural Council, the Milford Cultural Council seeks to promote excellence, inclusion, education, and diversity in the arts, humanities, and sciences to foster a rich cultural life for all Milford residents, thereby contributing to the vitality of our community and economy. The council welcomes ideas, recommendations, and feedback regarding programs and events funded or sponsored by the council. Interested Milford residents are encouraged to attend meetings, which are held every third Tuesday of each month at 7:00 p.m. typically in Room 14 of Town Hall. Learn more online at: MilfordMA.gov/milford-cultural-council.

Mass Cultural Council

milford cultural council

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Computer Vision Syndrome

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

As our scholars go back to schools and colleges, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage

fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a



minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes

and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescrip-

VISION SYNDROME

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Johnson of BVTHS among educators and administrators announced for 3rd annual program focusing on construction career tracks for students

This summer, Brooke Johnson, the School Counseling Team Leader at Blackstone Valley Technical High School, participated in the third annual Associated General Contractors of Massachusetts' Building Advancement Externship.



The AGC MA's week-long externship program provided comprehensive exposure to the multi-faceted regional commercial construction industry to Massachusetts-based high school and trade school leaders. Participating externs took part in informative meetings with leadership at local firms, toured active job sites, and visited the North Atlantic States Carpenters Training Facility. They received an overview of field training and safety programs and detailed instruction regarding project management and industry innovations. Over the course of the externship, externs established mutually helpful partnerships between their schools and students and the construction leaders seeking

to bring talented young people into their workforce.

Each participant received a stipend of \$3,000 to \$4,000 provided by the Massachusetts Construction Advancement Program (MCAP). In addition, because AGC MA is a DESE recognized provider, participating vocational educators, guidance counselors, and administrators were eligible to receive 40 Professional Development Points towards continuing education requirements.

"Our annual Building Ad-

vancement Externship is one of the most rewarding events on the AGC MA calendar," said Marion Jones, AGC MA Director of Workforce Development and Industry Inclusion. "Every year, we look forward to promoting the many fulfilling career opportunities in the modern construction industry to the caring guidance professionals who will help our young people build their futures."

In addition to Johnson, this year's externs were: Molly Brewster, Brighton High School; Crystal Cartwright, Amherst Pelham Regional High School; Jeanne Downey, Old Colony Regional Vocational Technical High School; Maki Faria, Assabet Valley Regional Technical High School; Roger Forget, Upper Cape Cod Regional Technical School; Justin Kratz, McCann Technical School; Brian O'Connell, Lynn Vocational Technical Institute; La'Trelle Pinkney-Chase, Madison Park Technical

Vocational High School; Nathan Polk, YouthBuild Boston; Kayla Schutte, Somerville High School; Bruce Secor, Northeast Metro Tech; and Madeline Smola, Quaboag Regional School District.

To learn more about the AGC Building Advancement Externship program, please visit: <https://www.constructingma.org/agc-ma-building-advancement-externship/>.

About Associated General Contractors, Massachusetts

AGC MA is a chapter of the national Associated General Contractors of America, which began in 1918 with the goal to assist the government in building up the nation, an objective that AGC has been fulfilling since that time. AGC MA was founded in 1935--representing over 85 years of Building Excellence. Currently, the chapter works closely with all facets of the industry to offer fair business practices for 200 members from Cape Cod to the New York border.

NEW TURF

continued from page 1

in time for the start of the soccer and football seasons, and features bright, crisp lines for the various sports and striking red end zones.

"We are really, really excited," Boucher said. "You walk into the facility and it's a three-letter word, 'wow.' It's really impressive. Milford doesn't do 'average things,' they want the best for their kids."

The new surface means a more predictable game and practice schedule for Milford teams, since the field conditions will not be a factor even when it rains. Boucher said the MIAA has already reached out about using Milford to host neutral site playoff games this year. Milford High may also be hosting softball tournament games with lights set to be installed on the field adjacent to the football and soccer field.

"Fino has lights and now the girls have lights too," Boucher said. "We will host some night games on senior night and hopefully some playoff games, and we are planning on Milford being in those playoff games."

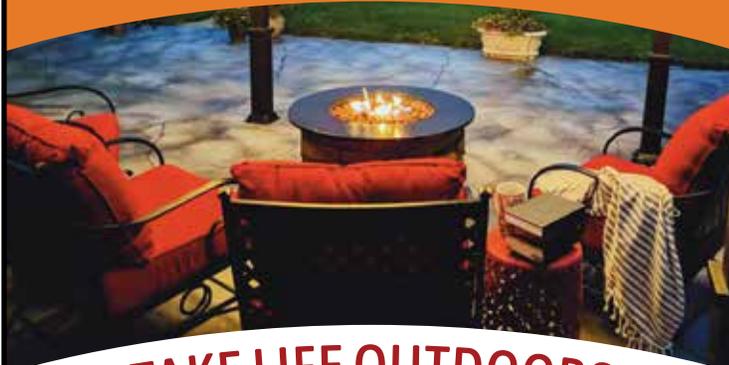
The new field, which will also welcome field hockey along with youth sports when not in use by the high school, will have a similar 10-to-12 year lifespan, Boucher said.

The company that installed the turf, the aptly-named FieldTurf, is particularly proud of the Milford project, the AD added, and has showcased the project on its website along with turf from some of the most well-known stadiums in the country, from Gillette Stadium, MetLife, and Ford Field in the NFL to college venues at Michigan, Notre Dame, and Syracuse, among others.

"I wish more towns would do it," Boucher said. "We are really fortunate."

The track is not needed until the spring season but is expected to be completed in October.

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Arigna Irish Pub and Coal Fire Kitchen

A high-energy restaurant with huge portions and a huge personality

By Jane Lebak

Bellingham is all fired up about its newest restaurant, Arigna Irish Pub and Coal Fire Kitchen.

Owner Gordon Hyde describes Arigna as, “a higher end Irish sports bar with really good food and service. We have a coal fire pizza oven, and we’re named after Arigna, a coal mining town in Ireland.”

Hyde has lived in Bellingham since 2006. He operates two other Arigna locations in Rhode Island, so for his third, he chose to stay close to home.

The vibe is energetic, with several HDTVs in the dining area and a top-notch sound system. The decor features beautiful exposed stonework, a portrait wall of Irish sports heroes, and a larger-than-life mural depicting the miners of Arigna.

With spacious high-top booths, Arigna gives diners plenty of room for pizza trays and multiple appetizers. The menu ranges from pub standards like fish and chips or burgers to Irish specialties like bangers and mash, hog wings, and Irish tater kegs.

Hyde stresses the size of the portions. “We make them big because people like that.”

Co-owner Ryan Blaney, who grew up in Holliston, adds, “We’ve got a scratch-cook kitchen using fresh ingredients all made in house. As a result, we pride ourselves on having guests who visit twice a week and not once a month.”

Business spotlight

General Manager Mariah Vega says, “Our service here, from start to finish, is nothing short of an excellent yet memorable dining experience. Customers love our hand cut fries, coal fire seasoned vegetables, coal fire seasoned wings, homemade soups, daily food specials, and best of all, our famous ‘PB & J Bomb.’”

What’s a Peanut butter and Jelly Bomb? “*Signature deep fried peanut butter and jelly sandwich, rolled in cinnamon sugar & served with vanilla ice cream and raspberry sauce.*” Definitely worth the trip.

Arigna’s Rebel County Banquet Room is airy and spacious, with colorful pictures of famous musicians ringing the room. The banquet room can host up to 65 people, and it has a private bar and buffet. Bookings are already filling up for holiday parties, but it’s also useful for overflow seating.

Vega says, “When an entire baseball team called to ask if we could find places for thirty people...? Yes, we did. Easily.”

Naturally, reservations are much preferred to the abrupt arrival of a party of thirty. Reservations can be made over the phone and soon will be available through the website.

Beginning in October, the Rebel County Banquet Room



will showcase live music on Friday nights. The restaurant went the extra mile with the sound system, ensuring its plug-and-play tech will allow musicians to plug right into the network for high performance results—and a fun evening for guests.

Arigna is the only location in the area showing UFC events, and the bar area TVs show most of the big games. Hyde says, “We’re eager for football season to start again. That’s always a good time.”

Hyde says, “We make sure everyone enjoys themselves when they come, whether it’s a group of friends enjoying a spontaneous lunch or folks

hanging out at the bar watching the game. We offer 27 different draught beers, and with 50 seats around the bar in addition to the 130 in the restaurant, we’ve got space for everyone.”

Regular customers can take advantage of the Arigna Rewards Program. Customers earn points for every purchase, and they can redeem 200 points for \$10.00 off.

Arigna offers a full menu, 11:30 a.m. to 9 p.m. from Sunday to Wednesday, and on Thursday through Saturday until 10 p.m. On Fridays and Saturdays, they also feature a late-night menu until midnight, including all the pizzas and most

of the appetizers.

“I love it here,” says Hyde. “Every day is different. I meet a lot of people and get to know the community.”

Blaney agrees. “We bring a premium experience that you typically find in a major metropolitan area, but with all the conveniences of being your local gathering spot.”

Arigna offers curbside pickup and Grubhub, and soon will offer Doordash. To check out menu, visit <https://www.arignairishpub.com> or stop by 799 South Main Street (Route 126) in the Bellingham Marketplace.

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Milford Humane Society Pets of the Month: Lizzie and Lucky

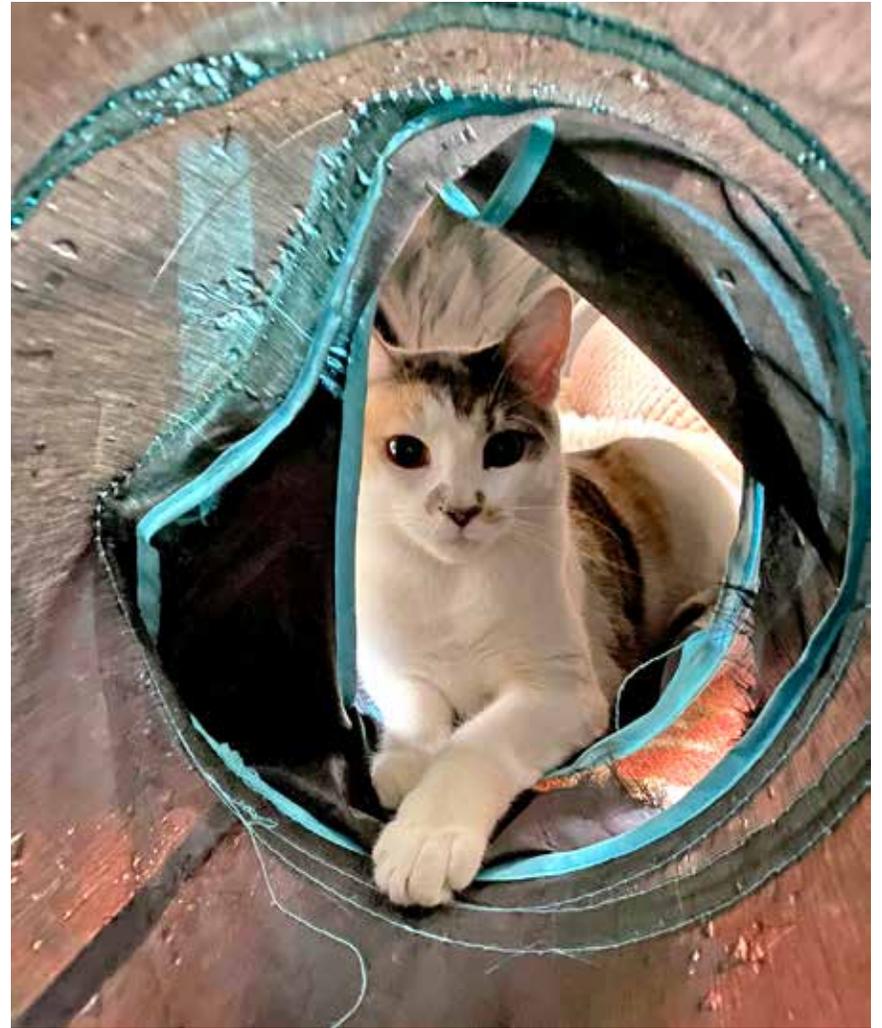
Meet Lizzie and Lucky. These two young cats are having blast at the shelter. They love to run, climb and play, play, play! They enjoy playing with toys and other cats

and they also love tunnels.

Both cats are a little timid but should warm up nicely in a home environment. Lizzie especially enjoys talking to the shelter volunteers

and following them around.

If you are interested in Lizzie and Lucky, or the other cats at the Milford Humane Society, please visit www.milfordhumane.org



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Electronics Recycling Day on Sept. 16

The First Congregational Church of Milford is sponsoring an Electronics Recycling Day on Sat., Sept. 16 from 8 a.m. to 12:00 noon. The church will ensure that 99% of dropped off items will be reused and recycled.

All computer monitors, computers, parts and accessories, faxes, copiers, printers, scanners and TV's can be recycled. Recycling fees range from \$5 to \$35 per item. Cell phones can be recycled at no charge and will be donated to charities that recycle and reuse them. The recycling vendor will erase and shred all hard drives at no additional cost.

This event is an easy and fun way to dispose of the old electronics in your garage, basement, attic and offices. So start setting them aside now and

bring them to the church parking lot on Saturday, Sept. 16th. A drive through process will allow those donating to quickly drop off their items where help will be available.

The First Congregational Church Electronics Recycling event is held twice a year during April and September. We very much appreciate the support of those who have previously chosen to responsibly recycle with us and look forward to continuing to offer this recycling opportunity.

Drop off in the church parking lot at 4 Congress Street in Milford (opposite Draper Park, next to the Post Office). Please enter the lot from the Church Street entrance. Cash payments only, please.

For more information, contact Martha at 508-904-4471.

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Registration is now open for Milford Regional's fall wellness programs

As part of Milford Regional Medical Center's (MRMC) efforts to promote good health and well-being, MRMC this fall is once again sponsoring a variety of wellness programs for the public. Registration for the fall session programs, which are being held virtually and live streamed for participants to enjoy from the comfort of their own homes, opens August 28.

The fall session begins the week of September 18 and includes eight different weekly classes, which are led by certified instructors. All classes run approximately one hour and take

place in the evenings, except for the Saturday morning class.

Two new classes have been added to the fall session on Wednesday evenings and include Gentle Flow Yoga and Strength Training. Other classes offered include Mondays: Therapeutic Qi Gong and Zumba Toning®; Tuesdays: Ease into Fitness and Pilates Barre Fusion; Thursdays: Cardio, Core & Conditioning; and Saturdays: Shape Up!

For detailed descriptions of each class or to register, visit the hospital's website (milfordregional.org) and click on "Classes and Events." Classes are \$50

per session. Email msanford@milreg.org or call 508-422-2827 with any questions.

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 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 health-care services to our community with dignity, compassion and respect.



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Recent Home Sales

Date	Milford	Amount
08/24/2023	168 Highland Street	\$570,000
08/24/2023	13 Vassar Drive	\$452,000
08/24/2023	6 Treeland Drive	\$567,000
08/24/2023	26 Purdue Drive	\$435,000
08/24/2023	38-38A Grant Street	\$670,000
08/18/2023	88 Beaver Street	\$549,000
08/18/2023	14 Chapin Street	\$417,000
08/17/2023	17 Shadowbrook Lane #7	\$206,000
08/17/2023	7 James Street	\$810,000
08/16/2023	105 Depot Street #A	\$535,000
08/16/2023	32 Zain Circle	\$569,000
08/15/2023	7 Julie Circle	\$750,000
08/15/2023	20 Lantern Lane	\$650,000
08/14/2023	20 Windsor Road	\$420,000
08/14/2023	7 Quirk Circle	\$790,000
08/11/2023	12 Stoney Brook Lane	\$521,000
08/11/2023	6 Della Street	\$500,000
08/10/2023	52 Woodridge Road	\$699,000
08/10/2023	1 Walker Avenue	\$736,475
08/08/2023	21 Cedar Street	\$435,000
08/07/2023	3 Violet Circle	\$680,000
08/07/2023	24 Union Street	\$460,000
08/04/2023	301 Central Street	\$655,000
08/02/2023	19 Alden Street #C	\$299,900
08/01/2023	11 Shadowbrook Lane #5	\$246,000
08/01/2023	101 Congress Street	\$552,000
07/31/2023	7 Mill Pond Circle	\$750,000
07/31/2023	16 Redwood Drive	\$491,000
07/31/2023	23 Whip O Will Lane	\$650,000
07/31/2023	21 Country Club Lane	\$400,000
07/31/2023	58 Medway Road	\$588,000

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



The house at 38-38A Grant Street in Milford recently sold for \$670,000. Photo credit www.zillow.com



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

By Christie Vogt
Contributing 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 back-end 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. Busi-

Business spotlight

ness 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 give back to the communities we serve."

As for Milford, the Schadlers have been residents for over 20 years. Their four kids have gone



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

to Milford schools. In addition to living in town, they are proud investors in the community. They sponsor and coach several sports teams, volunteer at the schools, and own both commercial and residential properties.

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

To receive a free junk removal estimate, call 774-287-1133 or visit affordable-junkremoval.com.

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Beware driving on flooded roads, AAA warns

As storms that cause heavy localized flooding continue to batter Massachusetts this summer, AAA is warning drivers to never drive on a flooded road. All too often, people underestimate the depth or force of flood waters and find themselves stranded and facing costly auto repairs, or worse.

According to the Centers for Disease Control and Prevention, half of all flood-related drownings occur when a vehicle is driven into flood water. Just 12 inches of rushing water to lift a car and carry it away. Large SUVs and trucks can be moved in just two feet of water.

Even what looks like shallow flood water can be hazardous



and hide dips in the roadway, or mud that could cause a car to get stuck. Rushing floodwaters can also undermine the roadway and the weight of a moving car can cause a roadway collapse. Flood water can also contain hazardous chemicals and conceal downed power lines, complicating rescue efforts when first responders are called to save

people trapped in their cars.

AAA offers these reminders:

- Just six inches of water can cause you to lose control of your car and stall an engine.
- Seek higher ground. Stalled cars can be swept away if flood waters continue to rise.
- Never ignore warning signs or road blocks. Local first responders put them there because people regularly get stranded in those locations.
- Pay attention to emergency weather alerts and take them seriously. A road can become flooded within minutes of a downpour.
- Be especially careful at night when it's even harder to recognize flood dangers.
- Don't feel pressured into driving through flood waters just because other people are doing it.
- After driving through deep water, your brakes will be wet and might not perform as expected right away. Gently apply the brakes and brake early and gently to dry them off.
- Hot brake rotors can warp when they come in contact with cold flood water.
- Always ask yourself: Can I turn around and find another route? A longer drive is better than a totaled car and putting your life at risk.

Blackstone River Watershed Association (BRWA) Annual Meeting

Featuring a presentation of the Narragansett Bay Dam Atlas and Decision Support Tools



Monday, September 18

BRWA Business Meeting from 6:30 to 7 p.m.

Presentation from 7 to 8:30 p.m.

Grafton Public Library, Community Room

35 Grafton Common, Grafton, MA

Register at: <http://www.thebrwa.org/annualmeeting2023>

Contact us at: info@thebrwa.org

Presentation by Emily Vogler, of the Rhode Island School of Design/Commonplace Landscape & Planning, discussing the Narragansett Bay Dam Atlas and the related Dam Decision Support Tools.

Discussion and questions will follow the presentation.

The Blackstone River Watershed Association annual meeting and elections will precede the presentation from 6:30 to 7 p.m.

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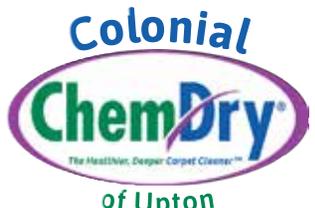


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VISION SYNDROME

continued from page 7

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ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

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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

Saturday Hours Return

Starting September 9, the Milford Town Library will be open on Saturdays once again. Saturday hours are 9 a.m. - 5 p.m.

Eric Edmonds: Photography

Throughout the month photography by Eric Edmonds will be on exhibit at the library near the Information Desk. Though showing with us for the first time, Eric is an experienced photographer with a distinct point of view.

Eric says he is “instinctual” and avoids “bull’s-eyeing” the subjects of his compositions. He’s unafraid to experiment with color, focus and exposure in post-production applications to create unique compositions. He describes his method as “chance followed by choice.”

Come check out his varied work, from portraits to animal and plant life. All subjects are captured in compelling ways.

Author Talk: Autism Advocate Jennifer Brunton, PhD

On Wednesday, September 13 at 7 p.m., author, parent, and Neurodivergent autism advocate, Jennifer Brunton, Ph.D., will be discussing her books, *The #ActuallyAutistic Guide to Advocacy: Step-by-Step Advice on How to Ally and Speak Up with Autistic Individuals and the Autism Community*, and *The #ActuallyAutistic Guide to Building Independence: Step-By-Step Practical Advice for Autistic Teens and Young Adults and Those Who Care about Them* (forthcoming, summer 2024), both written with Jenna Gensic, M.A.

The #ActuallyAutistic Guide takes an in-depth look at the key elements of effective, respectful, inclusive advocacy and allyship. Every topic was chosen, shaped, and informed by #ActuallyAutistic perspectives. She and Jenna are currently writing, and collecting surveys for, their second collaboration, *The #ActuallyAutistic Guide to Teen and Young Adult Advocacy and Activism: Step-*

by-Step Advice for Autistic Youth and Those Who Care About Them.

Jennifer holds a doctorate in sociology from Columbia University. At Columbia, she was a fellow throughout her many years of graduate school based on the quality of her academic work, but struggled to navigate departmental dynamics.

A neurodivergent parent of an Autistic son and a neurotypical daughter, Jennifer is passionate about making the world a better place for people who think, learn, and experience life in unique ways. Her parenting blog, Full Spectrum Mama, has been advancing civil rights for all—with a focus on neurodiversity and intersectionality—for more than 10 years.

Virtual Program: Author Erica Cirino

Join us for a free virtual program on Monday, September 18 at 7 p.m. (EST) Author Erica Cirino will discuss her book *Thicker Than Water: The Quest for*

Solutions to the Plastic Crisis.

Journalist Erica Cirino brings readers on a globe-hopping journey to meet the scientists and activists telling the real story of the plastic crisis. For the deck of a plastic-hunting sailboat with a disabled engine, to the labs doing cutting-edge research on microplastics and the chemicals we ingest, Cirino paints a full picture of how plastic pollution is threatening wildlife and human health.

Visit the library events calendar at www.milfordtownlibrary.org for the program link.

Center Book Group

The Center Book Group will meet on Tuesday, September 19 at 10 a.m. at the Milford Senior Center to discuss *The Year of Yes: How to Dance it Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes.

Rhimes, creator of the television show, *Grey’s Anatomy*, *Scandal*, *How to Get Away with Murder* and *Bridgerton*, has been

a successful writer and producer for decades. As a busy person, it was easy to deflect offers for appearances and other public situations. A remark by her eldest sister, “You never say yes to anything” made Shonda reflect on whether she was really available and present in her own life. This short but powerful memoir charts her year of saying yes to more opportunities.

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.

Heritage Recipe Collective

The Heritage Recipe Collective featured a vintage fudge recipe located in a Daily Bread Food Pantry cookbook for the August nibbles. Stop by to sam-

LIBRARY

continued on page 16

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LIBRARY

continued from page 15

ple the featured recipe Erin will select for September.

Erin invites you to share your beloved family recipes with us by visiting our website, www.milfordtownlibrary.org. Los formularios están disponibles en Inglés, Español y Portugués. For more information call Erin at 508-473-2145 ext. 218.

ESL Drop in Classes Start September 12

Fall ESL classes start on Tuesday, September 12 and will be held on Tuesdays and Thursdays from 7 - 8 p.m. All adults who want to improve their English listening and speaking skills are encouraged to attend these free classes. Classes are held in the ESL classroom on the lower level of the library. No registra-

tion is necessary. Class materials will be provided.

As aulas de ESL de outono começam na terça-feira, 12 de setembro e serão realizadas às terças e quintas-feiras, das 7 - 8 p.m. Todos os adultos que desejam melhorar suas habilidades de escuta e fala em inglês são incentivados a participar dessas aulas gratuitas. As aulas são ministradas na sala de ESL no nível inferior da biblioteca. Nenhum registro é necessário. Materiais de aula serão fornecidos.

Las clases de otoño de ESL comienzan el martes 12 de septiembre y se llevarán a cabo los martes y jueves de 7 - 8 p.m.

Se anima a todos los adultos que deseen mejorar sus habilidades para escuchar y hablar en inglés a asistir a estas clases gratuitas. Las clases se llevan a cabo en el salón de ESL en el nivel inferior de la biblioteca. No es necesario registrarse. Se propor-

cionará material de clase.

Citizenship Classes Start September 23

This fall, citizenship preparation classes will be held on Saturdays from 1 - 3 p.m. starting Saturday, September 23. While the classes are free only those individuals who meet the criteria for citizenship (5 years US residency, 3 years if married to a US citizen) are able to attend. The course instructor Atef Sorial will screen all potential participants in person. Those interested come at 1pm on Saturday, September 23 to the ESL Classroom on the lower level.

AARP Tax-Aide Is Looking for Volunteers

The AARP Tax-Aide program is looking for compassionate and friendly people to join our team of volunteers. You will receive training and support to

help you learn new skills, and you'll get a great feeling from helping elderly and low-moderate income people complete their tax returns.

You will be part of a dedicated team of volunteers who work at local senior centers and libraries in: Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford and Upton. As a Tax-Aide volunteer, you will work in a team of 3 to 6 people. Team members are always available to help you. We help taxpayers and we help each other. Volunteers work between one and three days a week during February and March. Training is in November, December and January and is primarily online. If you are interested in becoming a volunteer, contact our local coordinator Kirk Joslin at KirkNJoslin@GMail.Com.

You can also sign up for more information at: <https://mataxaide.org/interest/>

Mark Your Calendars
Don Wilding: Cape Cod & the Portland Gale

Wednesday, October 4 at 7 p.m.

Carolyn Waters & The Rusty Mikes Vintage Blues Band
Saturday, October 14 at 2 p.m.

Friends of the Milford Town Library Fall Book Sale
Friday, October 27 4 - 7 p.m. (members preview)
Saturday, October 28 10 a.m. - 3 p.m. (open to the public)

Soccer Grannies
Thursday, November 2 at 7 p.m.

Shawna Foundation Library Poetry Tour (last stop)
Wednesday, November 8 at 7 p.m.

Felting Workshop with Kathy Rossacci
Tuesday, November 28 at 7 p.m.

The Holy Trinity of Milford Jazz: Boots, Ziggy & Bob
Lecture/presentation by Stephen Minichiello
Thursday, December 7 at 7 p.m.



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Fall Fair on Nov. 18

The Women's Auxiliary of the Hoboken Club in Milford are bringing back their annual Fall Fair on Saturday, November 18 from 9 a.m. to 2 p.m.

Along with local crafters, the fair will also be selling their homemade cappelletti along with baked goods and they will

also be having raffle baskets. Anyone wishing to sell their crafts at the fair should contact Lina Watson at lina.watson@comcast.net or 508-951-3972. There are a limited number of spaces left. The Hoboken Club is located at 252 Central Street in Milford.

Blackstone Valley Heritage Quilters Guild

The fun is about to begin for the season 2023 / 2024 on Sept. 27 at 7 p.m. doors open at 6:30 p.m. Meetings are held at St Patrick's Church, in the center of Whitinsville.

Ladies from various towns make up the guild. Meetings consist of business, socializing and programs brought in for enjoyment. During the season workshops are held where you would learn techniques to im-

prove your skills, or to learn new skills.

While deciding to join, your first visit will be free, please come and bring a friend to check us out and learn all about what we do for charity, workshops, mystery trips and programs. Contact me Marsha Lambert, at MLuvs2sew@gmail.com

Press release submitted by organization

Select Board makes annual reappointments

At its meeting on June 26, 2023, the Milford Select Board made the following reappointments to town boards and committees:

Keith Haynes, Animal Control Officer, expires 6/30/24
 Leonard C. Oliveri, Fair Housing Director, exp. , exp. 6/30/24
 Mark Nelson, Emergency Mgt Director, exp. 6/30/24
 Donna Auger, Emergency Mgt Deputy Dir., exp. 6/30/24

COMMISSION ON DISABILITY (9) 3 YEAR TERMS
 Michael P. Visconti, Jr., exp. 6/30/24

CONSERVATION COMMISSION (7) 3 YEAR TERMS
 Noel G. BonTempo, exp. 6/30/26
 Derek F. Atherton, exp. 6/30/26
 John Erickson, exp. 6/30/26

COUNCIL ON AGING (9) 3 YEAR TERMS
 Charles Skaff, exp. 6/30/26
 Dino B. DeBartolomeis, exp. 6/30/26
 Joan Motuzas, exp. 6/30/26

FAIR HOUSING COMMITTEE (5) 1 YEAR TERMS
 Leonard C. Oliveri, exp. 6/30/24
 John Morte, exp. 6/30/24
 Vacancy, exp. 6/30/24
 Vacancy, exp. 6/30/24
 Vacancy, exp. 6/30/24

FINANCE COMMITTEE (15) 3 YEAR TERMS
 Michael A. Nicholson, exp. 6/30/26
 Joyce Lavigne, exp. 6/30/26
 Andrew Lizotte, exp. 6/30/26
 David Levine, exp. 6/30/26

GERIATRIC AUTHORITY OF MILFORD (7) 3-year terms
 Dino B. DeBartolomeis, exp. 6/30/26
 Edward L. Bertorelli, exp. 6/30/26
 Vacancy, exp. 6/30/25

HISTORICAL COMMISSION (7) 3-year terms
 Ronald Marino, exp. 6/30/26
 Pamela Fields, exp. 6/30/26

INDUSTRIAL DEVELOPMENT COMMISSION (11) (3yr. terms)
 Scott Kaplan, exp. 6/30/26
 Anthony Pinto, exp. 6/30/26

Joseph Boczanowski MRH, exp. 6/30/26

MILFORD CULTURAL COUNCIL (13)
 Sandra Buckley 6/26/26

PERSONNEL BOARD (5+1A) *(5-year term) (Alternate, 3 YEAR TERM)
 Brian Long, exp. 6/30/28
 Vacancy Alt, exp. 6/30/26

REGISTRARS OF VOTERS (3 YEAR TERM)
 Rosemary Bellacqua, exp. 6/30/26

ZONING BOARD OF APPEALS *5-year terms (alternates have 3 yr. Term)
 Robert Capuzziello (Alt.1), exp. 6/30/26
 John Dagnese, exp. 6/30/28

MILFORD YOUTH COMMISSION (21) 3 YEAR TERMS
 Brendan Rickert, exp. 6/30/26
 John Delude, exp. 6/30/26
 Darlene Delude, exp. 6/30/26
 Angelo Calagione, Esq., exp. 6/30/26

Milford Lions Club 35th Annual Car Show

The Lions Club of Milford is holding our 35th annual Car Show on Sunday, September 17 at Plains Park on Route 85 - Cedar St. in Milford.

The format for the top 50 vehicles able to win trophies allowing participants the ability to show up in a "Cruise Type" environment and vehicles to park next to their friend's vehicles, "Arrive Together - Park Together". We also celebrate with special trophies for the "New Classics"

Money raised will be used to fund our donations to Milford Civic Programs including Milford High Speech Contest, 3 Student Scholarships as well as community programs

helping people with Sight problems including donations to Massachusetts Lion Eye Research Campaign, and the Barton Diabetes Fund.

The Car Show will feature all types of vehicles including Hot Rods, Antiques, and 60's and 70's muscle cars.

Entertainment by Cruisin Bruce www.cruisinbruce.com
 Vehicle registration is \$15.
 There will be many activities for family members. Food, refreshments, and entertainment will be from 8 a.m. - 2 p.m..

Rain Date is scheduled for September 24.

Please call Marc Mann for any questions. 617-899-3129 or www.MilfordLions.org



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 resumé and writing sample to editor@milfordfreepress.com.

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Homeward Bound Veterinary Services becomes Upper Charles Animal Hospital

Meet the new practice at the September 9 Open House

By Jane Lebak

On July 7, Doctor Lyra Read and Doctor Brooke Crosier purchased Homeward Bound Veterinary Services from Doctor Karen Wilson, who formerly owned the practice for 27 years. Homeward Bound is now re-named Upper Charles Animal Hospital, and the doctors are in the process of rebranding the facility to align with their style of practice and design aesthetic.

Dr. Read, from Holliston, has worked as a veterinarian for eleven years after graduating with her DVM from Ross University School of Veterinary Medicine. For ten years, she worked at Foxboro Animal Hospital, as well as Holliston Animal Hospital, Tufts Veterinary Emergency Treatment, and Fresh Pond Animal Hospital.

Dr. Brooke Crosier, who's been a veterinarian for thirteen years, worked with Dr. Read at Foxboro Animal Hospital. Prior to that, Dr. Crosier earned her veterinary degree from Cornell University and worked at Adirondack Veterinary Hospital.

Upper Charles Animal Hospital is located on Route 140, near the high school and the library. The practice cares for dogs and cats.

Dr. Crosier says, "We have grown and expanded the practice, while still trying to maintain the family-focused atmosphere that Dr. Wilson fostered. Our goal is to serve the pets of Bellingham with high-quality, af-

fordable care."

The decision to purchase the practice stemmed from the great working relationship Read and Crosier had developed during a decade of working together in Foxboro. With both doctors starting families themselves (they both have two-year-old boys) they wanted a practice that had a strong family feeling.

To that end, they have updated the layout of the building, altered the aesthetic (the waiting room now has tile images of all the staff's pets) and modified the exam rooms to make the animals more relaxed. For example, the dog room has a couch to make the dogs feel more at home. Another exam room has a private entrance for times when an anxious or upset patient may need to exit without passing through the waiting room.

On the medical side, updates include in-house ultrasound, digital ultrasound, full in-house bloodwork, more specialized surgical and treatment options, and in-house hospitalization for pets who require intensive daytime monitoring.

The practice currently offers both Urgent Care and same day appointments for emergencies.

The Upper Charles Animal Hospital's website has been updated to include all current services. It has a patient portal for pet owners to make appointments, set reminders, order medications, and have instant



**Business
spotlight**

access to their pet's medical records. The site also includes informational handouts on several common conditions and procedures that a pet owner may encounter.

"Our purpose is nurturing the bond between pets and their owners by having owners take an active role in their pet's care," Dr. Crosier says. "We empower clients by giving them information."

Upper Charles Animal Hospital has also entered into a partnership with Angelcat Haven Feline Rescue, an all-volunteer organization dedicated to rescuing stray and abandoned cats in Plainville and the surrounding towns. The doctors will be assisting the organization with appointments for routine and sick visits, as well as spay/neuter surgeries.

On Saturday, September 9, Upper Charles Animal Hospital will host an Open House from



10 a.m. to 1 p.m. At the Open House, visitors can tour the updated clinic and meet the doctors and staff. Food from local vendors will be provided. In addition, visitors can enter raffles and other prize giveaways, make balloon animals, peruse goods from local vendors, have fun with a photo booth, and meet some cats available for adoption, as well as submit applications for adoption.

Dr. Read says of the new Upper Charles Animal Hospital, "What sets us apart is that we're privately owned. In the

vet world, that's becoming less common. For us, that means we can make adjustments. We have the autonomy to develop our practice in the ways our patients need."

The practice website is located at <https://uppercharlesah.com>, or pet owners can call 508-966-7605 to book an appointment. The Open House will be held onsite at 116 Mechanic Street, Bellingham (Route 140) on September 9 from 10 a.m. to 1 p.m..

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SCHOOLS

Milford Public Schools Special Education Dept. Update

As part of Milford Public Schools' outreach and continuous liaison with other schools, agencies, clinics, daycare/early intervention programs, community educational professions, group homes, and agencies serving homeless individuals, we are writing to inform you of the process for Special Education referral and evaluation of children and youth who may be suspected to have a disability and may be determined eligible for specialized instruction and/or related services as well as Section 504 Accommodations.

Special Education regulations require that principals or other educational administrators make specific efforts to meet students' needs in the general education setting. Those efforts include the promotion of instructional practices and the provision of adequate instructional support for students and teachers (MGL, c. 71B, section 2). If any student has been unsuccessful in making

progress within the general education curriculum despite documented instructional support and effort and is suspected of having a disability, any parent/guardian, caregiver, or professional may refer the student for special education or 504 evaluations.

To request a referral for a Milford student who may require an evaluation, please submit a letter in writing to the Special Education Team Chairperson of your child's current grade.

Please provide the student's name, date of birth, current grade and school, parents' names, address and phone numbers. You should also include information about your student's needs, current performance level, and their response to efforts with instructional intervention. The Special Education Team Chairperson will review the referral information, and contact the parent(s) directly. Written notice of the referral along with

the evaluation consent form, if warranted, will be sent to the parent. Upon receipt of signed consent, your child's school will contact you to assist us in gathering information for the student's evaluation. If you are the parent of a child in private school, you have the right to have your child evaluated in your home district where you live.

Please contact the Milford Public Schools Special Education Department if you need further information about the referral process.

PUBLIC NOTICE

In accordance with the Individuals with Disabilities ACT (IDEA 2004) and Massachusetts special education regulations, 603 CMR 28.00, the Milford Public School District provides screenings and/or evaluations for all children residing in Milford between the ages 3-21, when parents, caretakers, and/or teachers suspect the presence of a disability.

The purpose of the evaluation is to determine eligibility for special education services. This notice applies to children residing in Milford who attend either public or private schools. If you suspect your child may have an educational disability, please contact your child's Principal or Special Education Team Chairperson.

Milford High School

Principal Joshua Otlin
508-478-1110 Ext. 2123
Team Chair Kristin Payton
508-478-1110 Ext. 1401
Team Chair Jennifer Walsh
(PreVocational) 508-478-1110 Ext. 1404

Stacy Middle School

Principal Caridad Lopez
508-478-1180
Team Chair Rachel Hopperstad (Grade 7 & 8)
508-478-1180 Ext. 6505
Team Chair Valerie Marcotte
(Grade 6) 508-478-1180 Ext. 6506

Woodland Elementary School

Principal Timothy Kearnan
508-478-1186
Team Chair Sara Costigan
(Grade 3 & 4) 508-478-1186 Ext. 3022
Team Chair Valerie Marcotte
(Grade 5) 508-478-1186 Ext. 3004

Brookside Elementary School

Principal Victoria Houston
508-478-1177
Team Chair Hannah Rogers
508-478-1177 Ext. 4040

Memorial Elementary School

Principal Lisa Burns
508-478-1689
Team Chair Nicole Czarnowski
508-478-1689 Ext. 7041

Shining Star Preschool

Director Corrie Masterson
508-478-1135 Ext. 0513
Team Chair Melani Gallant
508-478-1135 Ext. 0626

Michaloski Named to Simmons University Dean's List

Cressida Michaloski was named to the 2023 spring semester dean's list at Simmons University in Boston.

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work

in classes using the letter grade system.

About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open

to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education

that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in

professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work.

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SCHOOLS

Milford High School Athletic Hall of Fame

The Milford High School Hall of Fame Committee is proud to announce the recently elected "Class of 2023" Milford High School Athletic Hall of Fame.

The inductees are Kevin Bradley (2013), Maurice "Mo" Briscoe (1998), David Crescenzi (1966), Susan M. Davoren (1973), Jill Krikorian (2000), Brian Macchi (1998), David Pyne (1988), Edward Robertson (1962), and Jenna Macchi Sullivan (2003). Four teams- the 2002 Div. I Central Softball Champions; the 2013 Div. I Central Boys Basketball Champions; and both the 2012 and 2013 Boys Volleyball Teams, which were both All State Finalists- will also be inducted this year.

Included in that total will be

two Milford graduates of St. Mary's Central Catholic High School, which closed in 1973, as the Committee voted to open a "St. Mary's Wing" of the Hall of Fame. The two inductees from St. Mary's are Donald "Dee" Phillips (1962) and Robert Powers (1971).

The Hall of Fame Banquet will be held on Sunday, November 19, 2023 at 1 p.m. at the Portuguese Club, Prospect Heights, Milford Massachusetts. Tickets will go on sale on September 1 and can be purchased for \$35 each by contacting Milford High School Athletic Director Peter Boucher or Committee Chairman Nick Zacchilli (nickzacc851@gmail.com) All tickets must be purchased by November 1. There will not be any tickets available at the door.

Milford Public Schools/Milford High School celebrates students awarded with Academic Honors from College Board National Recognition Programs

Awards recognize high-performing students and help them stand out to colleges.

Students at Milford High School earned academic honors from the College Board National Recognition Programs. These programs celebrate students' hard work in high school and showcase their strong academic performance. The academic honors for rural area, Black, Indigenous, and/or Latino students are an opportunity for students to share their strong academic achievements with colleges and scholarship programs that are seeking to recruit diverse talent.

At Milford High School, as of Aug. 17, four students received the academic honor:

- Arthur Gomes
- Caleb Cruz
- Jessica Webster
- Sarah Leite

"We're thrilled to celebrate our students and recognize

them for the great work they've been doing. We're proud of their strong academic performance in the classroom and on College Board assessments like the PSAT/NMSQT®, PSAT™ 10, and AP® exams," said Joshua Otlin, principal. "There's so much that makes our students unique, and receiving this honor reinforces this as an asset for their future."

The criteria for eligible students include:

- GPA of 3.5 or higher.
- PSAT/NMSQT or PSAT 10 assessment scores that are within the top 10% of assessment takers in each state for each award program or earned a score of 3 or higher on 2 or more AP Exams in 9th and 10th grade.

Eligible students are invited to apply on BigFuture during their sophomore or junior year and are awarded at the start of the next school year in time to share their achievements in high school as they plan for the future. At the same time, colleges and organizations using College Board's Student Search Service™ can connect directly with awardees during the recruitment process.

"It's becoming increasingly hard for students to be 'seen' during the college recruitment process. We're exceptionally proud of the National Recognition Programs for celebrating students who are at times overlooked but have shown their outstanding academic abilities," said Tarlin Ray, senior vice president of BigFuture® at College Board. "This is a benefit not only for students but also for colleges and universities committed to recruiting diverse and talented students."

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*New applicants only; restrictions apply

SCHOOLS

Milford residents make Dean's List at Wentworth Institute of Technology

The following Milford residents made the Wentworth Institute of Technology Dean's List during the Spring 2023 semester.

- Kyle Duffy
- Connor Murphy
- Kevin Roche

Wentworth Institute of Technology

Founded in 1904, Wentworth Institute of Technology provides a comprehensive, interdisciplinary, project-based education in architecture and design, computing and data science, engineering, management, and sciences and humanities that integrates

classroom, laboratory, studio, cooperative and experiential learning to develop career-ready, skilled professionals, and engaged citizens.

"The University of Opportunity," Wentworth aims to be a student-centered institution of inclusive excellence that offers high-quality undergraduate, graduate, and life-long learning programs; embraces a culture of innovation and creativity; serves society through urban engagement; and fosters growth for local, regional, and national economies. www.wit.edu

Fall Playgroup registration closes Sept. 18

Registration for the fall Playgroup session in Milford and Hopedale will take place daily from Sept. 11 through Sept. 14, and on Sept. 18 from 9:30 a.m. to 2:30 p.m. at the Milford Family & Community Network Office located inside the Sacred Heart Parish Center. The lottery will take place on Sept. 19.

Registration forms will be available in the office and/or at bit.ly/MilfordFallPlaygroupReg. Please print, complete and bring your registration

form in person to the office during the dates/times listed above. If there are extenuating circumstances, please call the office at 508-277-4981 to discuss options.

For more information on MFCN CFCE programs, visit <https://www.milfordpublicschools.com/milfordfcn>, email familynetwork@milfordma.com or call 508-277-4981. If you would like to make a donation, visit our Network Helpers Amazon Wishlist at <https://amzn.to/3EsShUO>

Milford Public Schools to offer meals at no cost to students

Milford Public Schools will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, all schools will offer healthy meals every school day at NO COST to the students due to the implementation of the Community Eligibility Provision for school year 2023-2024. Students will be able to get breakfast and lunch at school without having to pay a fee or submit a household application.

Non-Discrimination Statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's

TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil

rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
or

2. fax:

833-256-1665 or 202-690-7442;
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SPORTS

Milford High Football reloads for 2023

Scarlet Hawks bring back skilled roster from sectional finalist



Milford is once again looking to be among the top teams in the state. Photo courtesy of Athletic Director Peter Boucher

By Chris Villani

Milford High School's football team is looking for another strong campaign despite graduating a talented senior class last year, and head coach Dale Olson is happy with what he has seen from his team so far.

"We are looking good," Olson said. "We graduated

some good kids, but I think the program is just reloading every year."

Milford's preparation for the new season started early with a pair of camps, one at Nipmuc and one at the University of New England in Maine.

"We had a great offseason," Olson said. "Our numbers are

a little bit down but the guys we are going to put on the field this year at the varsity level are very good football players."

Keith Lee, a two-year captain and three-year starter, is one of the team's leaders this fall. He will move back to center for his final season after starting at guard on the offensive line last year, and will anchor the defensive line as the nose tackle.

Lee is one of several experienced linemen the Scarlet Hawks will feature. Tony Dew, another senior, is a returning

starter at guard. Oliver McKee, another captain, is a veteran tackle.

"We have a lot of good linemen," Olson said.

Milford will have plenty of experience at its skill positions as well. Senior captain Nick Araujo will play running back and linebacker and will once again be the team's place kicker.

"He is a very good football player," Olson said. "It looks like he is going to get an opportunity to kick in college at the Division I level."

Aidan Watson returns in the secondary as a senior, while CJ Farrell is back after starting all 12 games as a freshman and Andre Rivera returns after playing every game last year at outside linebacker as a sophomore. Milford does enter the season with a question at the quarterback position; Olson said both Owen Callahan and Jack Buckley will have a chance to earn the spot.

"We have some talented kids," the coach said. "Owen and Jack are going to battle it out to see who it's going to be."

Whoever gets the nod will be facing a tough slate that includes non-league games against Natick, Wellesley, and Bridgewater-Raynham as well as Hockomock League powers like Franklin, Attleboro, North Attleboro, and King Phillip.

"There is no easy night in our schedule," Olson said.



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SPORTS

Milford Volleyball brings intensity to the court

Tight-knit Scarlet Hawks pushing for postseason



The Milford High girls volleyball team gets ready for the 2023 season. Photo courtesy of Athletic Director Peter Boucher

By Chris Villani

The Milford High girls' volleyball team lost several standout players from a team that finished fourth in the competitive Hockomock League a season ago and earned a spot in the tournament. But head coach Tammy Webber said she has a team this year that plays well together and has enough heart and hustle to overcome a relative lack of experience.

"I kept a smaller number this year, but I feel like they are a little bit more close-knit," Webber said. "We also have a lot more kids that are more intense, they won't let a ball hit the floor."

Webber said she is already seeing the fire in her players during the first week of practices.

"They are chasing the ball into the bleachers in practice, never mind in a game," she said. "I think we have been missing that for a couple of years and I am hoping the intensity will help us this year."

Milford finished with a .500 record in the fall of 2022. Webber finds herself training a new setter and looking to replace power up the middle, but several key players are back this fall.

Senior Maeve Driscoll will likely move to setter this year after playing outside hitter a

season ago. Webber said she is looking to TJ Downing, a junior, along with junior Claudia Solitro and senior Olivia Luchini, to anchor the attack on the outside.

Khatriana Leger is an athletic player in the middle with a big block, Webber said; and newcomer Laysa Kuhna could be another impact athlete as a middle hitter. Senior Kacey Fritts will return to the floor after she, like Luchini, missed most of last year with an injury.

Senior Nicolette Macchi and junior Gianna Lebron will hold down the back row as defensive specialists.

Webber stressed that the Hawks are not going to "overshoot" when it comes to setting goals this fall, but the primary objective is going to be earning a spot in the state tournament.

"That always has to be our first goal, but it's tough because of our league and even our non-league schedule is pretty tough this year," Webber said. "Last year, even if we didn't come away with a win, we were able to take some sets off teams and I'm hoping we can do the same this year."

But Webber is taking things day by day with a new roster.

"We want to play tough in every match and keep improving," she said.



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