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Postal Customer Local

In search of missing names for **Tony Correia Award plaque**

Public is asked to help fill in the blanks

By Linda Chuss

Who are all the recipients of Milford High School's esteemed Tony Correia Memorial Coaches' Award?

David Chaplin played football in the early '70s when Tony Correia worked with the team. Chaplin ("Chappy") was the Milford High School boys' swimming team coach for 35 years, is a retired teacher, and is on a quest to compile the full list of recipients and update the plaque that hangs at the high school.

He has 89 names but 18 are unknown, and he is asking the public for their help to complete the record.

For nearly 50 years, each spring at the Dick Corbin Awards ceremony [Corbin is credited with establishing MHS as a football powerhouse], the Tony Correia Memorial Coaches' Award has been presented to the high



The Tony Correia Memorial Award is the top sports honor, given each spring since 1976 in honor of a beloved football kicking instructor. Courtesy photo

school's top female and male athletes in recognition of outstanding character, leadership, sportsmanship, and athletic achievement.

"It's a real honor, in a school known for recognizing its athletes," says Peter Boucher, Milford's current

Athletic Director.

The 1975 championship football team players designed the plaque and had it made because of what Correia meant to them. Coaches

> **PLAQUE** continued on page 11

BVT member towns meet to discuss concerns related to district model

Issues raised related to mandatory contributions, admissions, charter relevance

By Linda Chuss

On Oct. 26, the Hopedale Select Board hosted representatives from the 13 towns that make up the Blackstone Valley Regional Vocational Technical High School district.

Member towns include Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge.

In the invitation to the member towns, Town Administrator Mitch Ruscitti said, "The intent of this summit is to engage in a district-wide conversation about our individual and collective community needs, the role that the vocational school plays in meeting those needs, and the overall impact of bonded capital investments on our other public-school districts/systems. More succinctly put, there have been concerns



Dr. Michael Fitzpatrick, who has been the BVT Superintendent-Director for 31 years, responded to concerns raised at the summit. Source: www.townhallstreams.com

expressed by constituents, boards, and committees across town boundaries regarding tough decisions about the use of funding

> **BVT** continued on page 14

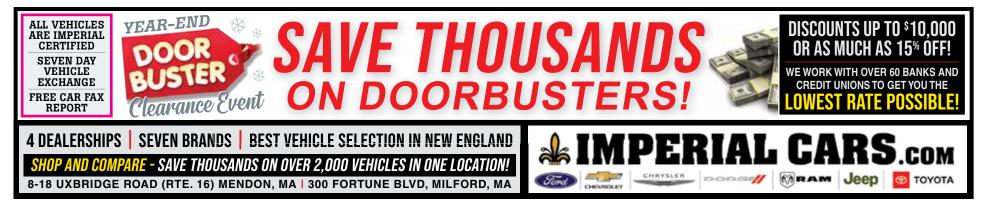


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Milford Girl Scouts celebrate founder's birthday

Juliette Gordon Low founded the organization in 1912

By Theresa Knapp

In October, the Milford Girl Scouts celebrated the birthday of Juliette Gordon Low, the founder of Girl Scouts, with a "Birthday Bash" at Louisa Lake.

According to www. girlscouts.org, "Juliette Gordon Low (1860–1927), also affectionately known by her nickname "Daisy," founded Girl Scouts of the USA in 1912. She imagined a movement where all girls could come together and embrace their unique strengths and passions and as Girl Scouts has done since, she made that dream a reality."

Gordon Low's birthday falls on Halloween, Oct. 31, so the celebration included painting pumpkins. For more information about Milford Girl Scouts, contact girlscouts.milfordma@gmail.com



Mila Cales. Courtesy photo



Sandy, Cassidy and Ella Knapp. Courtesy photo



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Volunteers needed to help area homeless

Shelter at St. Mary's needs additional volunteers

PATHWAY TO A BETTER LIFE Call or Text 508-488-9107 pathwaytoabetterlife2019@gmail.com

By Theresa Knapp

Pathway to a Better Life in Milford is opening its doors this winter to help those in need to stay warm for the night.

The pop-up warming shelter is located at St. Mary's of Assumption. It opens its doors when temperatures drop to 20 degrees and below, and is open from 9:30 p.m. to 7 a.m.

But they need volunteers to staff the site.

"I get at least two calls a week

The Milford shelter at St. Mary's of Assumption is open when outdoor temperatures are 20 degrees and colder. ADDRESS: 17 Winter St., Milford HOURS, OVERNIGHT: 9:30 p.m. to 7 a.m. MORE INFORMATION: Facebook @Pathwaytoabetterlife EMAIL: pathwaytoabetterlife2019@gmail.com CALL/TEXT: Lisa Trusas at 508-922-9032

asking if we are open. We want to help those in need the best we can, but we cannot open without volunteers," says Lisa Trusas, who is on the board of Pathway to a Better Life, and is also a recovery coach with Community Impact and Chrism Corner.

Shelter volunteers are needed from 9 p.m. to 2 a.m., or 2 a.m. to 7 a.m., or they can stay for the entire overnight shift. Training will be provided, and the next session takes place on Dec. 16 from 1:30 p.m. to 3 p.m.

Volunteers must be age 18 or order and pass a CORI check. In addition, volunteers should know the shelter is not allowed to turn away anyone with symptoms of, or who is positive for, COVID-19.

To volunteer or for more

"I get at least two calls a week asking if we are open. We want to help those in need the best we can, but we cannot open without volunteers."

-Lisa Trusas, Pathway to a Better Life

information, visit @Pathwaytoabetterlife on Facebook, email pathwaytoabetterlife2019@ gmail.com, or call/text Lisa Trusas at 508-922-9032.

Milford residents can report issues of concerns to Milford Neighborhood Task Force

Task force began in 2011 "to regulate urban blight"

The main focus of the Milford Neighborhood Task Force is to identify areas with unregistered vehicles, excessive garbage\junk, illegal or overcrowding apartments, blighted structures or anything that violates local\state\federal health\ safety\zoning codes.

According to the town website, the task force was

commissioned by the Milford Select Board in 2011, coinciding with Article 31 (Nuisance By-Law) of the Milford By-Laws which was designed "to regulate urban blight." The full bylaw can be found at bit.ly/ MilfordMaTownBylaws (page 68).

The task force is a collaboration between the Town Administrator, Milford Police Department, Milford Fire Department, Health Department, Assessor's Office, and the Building Commissioner.

Residents can voice their concerns by calling the tip line at 774-462-3307 or by filling out the online form at www. milfordma.gov/neighborhoodtask-force/webforms/onlineform or by using the QR code below. If you choose to submit your concern online, you can upload up to three photographs or documents showing the problems. Before calling or completing the form, be sure you know the street address of the property.

Source: www.milfordma.gov/ neighborhood-task-force



bit.ly/MilfordMaNuisanceTipForm







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Milford Police introduce new website, MilfordPolice.org



By Scott Calzolaio

Finally entering the internet age, the Milford Police Department now has its own website, MilfordPolice.org.

The new central hub for all things Milford Police opened its proverbial doors in early November. The site opens on a drone shot from Draper Park, closing in on the Milford Police's granite building, before fading to black and repeating.

From there, users can scroll down to see messages from the chief, social media updates, and police report requests. At the top of the page, hovering over the topics will trigger a dropdown menu, allowing users to further delve into the department's readily available resources.

Last month, recently-hired Chief of Police Robert Tusino joked in an interview about how the department is a bit behind when it comes to internet presence.

"We previously did not have our own website, in this day and age," he laughed. "That was crazy to me, so guess what? We have a website now."

On a more serious note, Tusino stated how it is important to have all of the department's resources easily available for Milford residents.

"It has everything you need to interact with the Milford Police Department," he said, including "looking up sex offenders, registering complaints with the post commission directly, bios, all our forms, everything."

The project was worked on by Milford Dispatcher Jay Covino and Milford Director of Information Technology Christopher George. Tusino said they both played vital roles in getting the website up and running.

"I'm really excited about it, and I hope everyone has a chance to use it," Tusino said.

The site also features videos, calendars, frequently asked questions, police rosters, command structure information, and much more.

Before the new site was launched, there was a very

limited amount of information available about the MPD online. The only official information regarding the department was found on the town's website where a few paragraphs describe the department, and a few phone numbers are listed. The new website, Tusino said, is a massive leap from what was previously out there for residents.

Tusino said the site is something that will live and breathe with the department itself, so residents can count on frequent updates, so be sure to bookmark MilfordPolice.org.

"At the end of the day," he said, "we're only as good as the resources we're providing, and we need to be doing more."



Avoid these investment mistakes



Mark Freeman

FINANCIAL FOCUS

We all make mistakes in many areas of life. These mistakes are usually fairly harmless — we took a wrong turn while driving, used the wrong ingredients in a recipe and so on. But sometimes, our mistakes can be costly — especially those connected to investing.

Here are some of the most common investment mistakes:

• Too much buying and selling – Some people find it exciting to constantly buy and

sell investments in the pursuit of big gains. Yet, frequent trading can work against you in a couple of ways. First, it can be expensive — if you're always buying and selling investments, you could rack up taxes, fees and commissions. Perhaps even more important, though, excessive purchases and sales can make it difficult to follow a unified, cohesive investment strategy. Such a strategy requires, among other things, careful construction and management of an investment portfolio that's ap-

investment portfolio that's appropriate for your goals, risk tolerance and time horizon. Heavy trading can disrupt this strategy.

Failing to diversify – If you only owned one type of asset, such as growth-oriented stocks, your portfolio could take a hit when the financial markets go through a downturn. But not all investments will respond the same way to the same forces — for example, stocks and bonds can move in different directions at any given time. And that's why it's usually a good idea to own a mix of investments, which can include domestic and foreign stocks, bonds, certificates of deposit (CDs) and government securities. Keep in mind, though, that while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against losses in a declining market.

• Trying to "time" the market - "Buy low and sell high" might be the original piece of investment advice, but it's pretty hard to follow - because no one can really predict when an investment will reach "low" or "high" points. Also, trying to "time" the market in this way can lead to bad decisions, such as selling investments whose price has dropped, even if these same investments still have good business fundamentals and strong prospects.

 Not understanding what you're investing in - If you don't know the nature of investments when you buy them, you could set yourself up for unpleasant surprises. For example, some companies, by the very nature of their business and the type of industry they're in, may consistently pay dividends to their investors even though their stock prices may only show relatively modest price gains over time. If you bought shares of this stock, thinking it had the potential to achieve quite substantial appreciation, you might end up disappointed.

Making the wrong comparisons – You're no doubt familiar with some of the most well-known investment benchmarks — the S&P 500, Dow Jones Industrial Average and the Nasdaq Composite. But it might be counterproductive to compare your results against these indexes. If you have a diversified port-

folio, you'll own an array of investments that won't fit into any single index or benchmark, so you won't get an apples-to-apples comparison. You're better off comparing your portfolio's performance against the only benchmark that really matters — the progress you need to make to help achieve your goals.

Investing will always have its challenges — but you can help make it easier on yourself by staying away from as many mistakes as possible.

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

Mark Freeman Edward Jones Financial Advisor 77 West Main Street, Hopkinton, MA 508-293-4017 Mark.Freeman@edwardjones.com

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BVT student earns national recognition from College Board

The award recognizes hard work and academic performance

A Blackstone Valley Regional Vocational Technical High School student earned academic honors from the College Board National Recognition Programs, which celebrate underrepresented students who excel academically. Vanessa Lizotte, a senior in Information Technology, has been granted the National African American Recognition Award.

This academic honor can be included in college and scholarship applications and is designed to help students stand out during admissions. Many colleges intentionally recruit awardees through College Board's Student Search ServiceTM.

"We're happy to recognize Vanessa and acknowledge her academic excellence and hard work. We are incredibly proud of her strong academic performance in the classroom and on the College Board assessments, including PSAT/NMSQT®, PSAT™ 10, and AP® exams," said Superintendent-Director Dr. Michael F. Fitzpatrick. "This recognition reinforces the great work she has done and will continue to do as she advances her career."

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 two or more AP Exams in 9th and 10th grade.

• Attend school in a rural area or small town, or identify as African American/Black, Hispanic American/Latino, or Indigenous/Native.

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



Pictured, from left to right, are Principal Anthony Steele II, Senior Vanessa Lizotte, and Superintendent-Director Dr. Michael F. Fitzpatrick. Vanessa Lizotte, a senior in Information Technology at BVT, earned academic honors from the College Board National Recognition Program. *Courtesy photo*



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."

Museum passes available through Milford Town Library

If you're thinking about things to do over school vacation (or any other time), consider reserving a museum pass through the town library.

Tickets to the following attractions can be discounted or free, depending on the venue.

Battleship Cove Davis Farmland Ecotarium Harvard Museums of Science & Culture Historic New England Institute of Contemporary Art Isabella Stewart Gardner Museum Mass Audubon Massachusetts State Parks Museum of Fine Arts Boston Museum of Science New England Aquarium New England Botanic Garden Patriots Hall of Fame Peabody Essex Museum Providence Children's Museum Roger Williams Park Zoo Salem Witch Museum Trustees GO Pass USS Constitution Museum Worcester Art Museum Zoo New England



Source: www.milfordtownlibrary.org

Reserve your pass today as quantities are limited.

For more information, visit www.milfordtownlibrary.org/friendslibrary/pages/museum-passes

What is this bump on my eyelid?

Causes and treatment of chalazion

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

A chalazion, commonly known as a stye, is a small, painless lump that forms on the eyelid due to a blocked meibomian gland. This obstruction leads to the accumulation of oil and subsequent swelling. Although generally harmless, a chalazion can cause discomfort and aesthetic concerns. In this article, we will explore the multifaceted aspects of chalazion, including its origins, the potential role of Demodex mites, and whether a connection exists between a chalazion and domestic pets. Furthermore, we will delve into the significance of Xdemvy in the treatment of Demodex blepharitis, offering readers a thorough understanding of this very common ocular condition and its management.

Origins of Chalazion

A chalazion primarily stems

from the occlusion of meibomian glands, responsible for secreting oils that lubricate the eyes. Several factors contribute to this occlusion, including:

- 1. Hypersecretion of Sebum: Excessive oil production can lead to the thickening of the sebum, hindering its proper flow from the gland.
- **2. Bacterial Infections:** Infections can incite inflammation and glandular obstruction, culminating in the formation of a chalazion.
- **3. Demodex Mite Influence:** Demodex mites, microscopic organisms that inhabit hair follicles, including those on the eyelids, have been suggested to play a role in chalazion development. Studies indicate that an overpopulation of these mites may contribute to meibomian gland blockage, though further research is needed to establish a conclusive link.

The Role of Demodex Mites in Chalazion Development

Demodex mites, tiny arachnids that naturally inhabit human skin and hair follicles. are commonly found in the eyelid area and in particular on the eyelashes. While their presence is considered normal in some cases, an excess of Demodex mites could potentially contribute to meibomian gland blockage, leading to the formation of a chalazion. Demodex mites infestation has been found in 50% of children with chalazion compared to no mites in healthy controls. This mite was also associated with recurrent and multiple chalazion. Ongoing research aims to elucidate the precise relationship between Demodex mites and chalazion, seeking to determine their significance as a contributing factor to the condition.



Chalazion and Pets

Although owning cats or dogs is not directly linked to chalazion, it is important to note that Demodex mites are also prevalent in pets. Consequently, individuals who have close contact with pets, especially those that share sleeping spaces or maintain frequent physical proximity, may face a potential of Demodex mite transmission. It is crucial to emphasize that chalazion is not an inevitable consequence of pet ownership. Many factors enter in the equation including the owner immune system strength.

The Significance of Xdemvy in Demodex Blepharitis Treatment

Xdemvy, a topical medication, plays a pivotal role in the treatment of Demodex blepharitis, a condition characterized by an overpopulation of Demodex mites on the eyelids. This innovative formulation contains targeted ingredients designed to effectively combat Demodex mites, alleviating symptoms and facilitating recovery. Xdemvy

> **EYELID** continued on page 8



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EYELID

continued from page 7

has demonstrated remarkable efficacy in clinical trials, making it a valuable addition to the arsenal of treatments for Demodex-related ocular conditions.

Comprehensive Treatment Options

Warm Compresses: Applying a warm compress to the affected eyelid for intervals of 10-15 minutes, several times a day, serves to soften the blockage and facilitate natural drainage. This simple yet effective technique can significantly alleviate discomfort.

Eyelid Massages: After applying a warm compress, gently massaging the eyelid in a circular motion can further aid in releasing the obstructed oil and hasten the resolution of the chalazion.

Antibiotic Ointments or Drops: In instances where bacterial infection is suspected, a healthcare provider may prescribe topical antibiotics to combat the infection and expedite the healing process.

Xdemvy Application: In cases of Demodex-related ocular conditions, Xdemvy serves as a highly effective treatment option, targeting Demodex mites directly and aiding in their elimination.

Steroid Injections: For more persistent or severe chalazion, your ophthalmologist may administer a steroid injection to mitigate inflammation and hasten resolution.

Surgical Drainage: In cases where other treatments prove ineffective, a minor surgical procedure may be performed to create a small incision for drainage. This option is reserved for particularly stubborn or large chalazion.

Conclusion

Chalazion, while generally benign, can be an uncomfortable and visually noticeable condition. Understanding the potential causes, including factors such as Demodex mites, and discerning the potential connection with pets, can aid individuals in effectively managing this ocular ailment. Incorporating innovative treat-

ments like Xdemvy in the management of Demodex-related ocular conditions adds a powerful tool to the healthcare provider's armamentarium. Should one suspect the presence of a chalazion or Demodex-related blepharitis, seeking consultation with your eyecare provider is paramount for accurate diagnosis and appropriate treatment. With 2 full-time external disease specialists on staff, 7 ophthalmologists and optometrists, 3 locations including a surgery center in Milford, our eye centers offer state-of-the art equipment to diagnose and treat eye problems, including chalazion. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface disease, chalazion and ocular rosacea. We continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 7.

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BVT home to Best Practical Nursing Program earns top-ranking in annual assessment

The need to serve and care for others is a powerful driving force, and if a person can transform that need into a meaningful career path, it's all the more rewarding. For those interested in pursuing a career in nursing, the adult Practical Nursing program at Blackstone Valley Regional Vocational Technical High School (BVT) is helping its graduates launch nursing careers now when the need for professionally trained skilled nurses is in high demand.

PracticalNursing.org, a leading resource for LPN/LVN students, recently announced BVT's evening nursing program as the #5 Ranked Practical Nursing Program in its annual assessment, recognizing exceptional programs in Massachusetts. The ranking assists aspiring nurses with a resource for selecting a prospective nursing school. The evaluation considers various factors, including past and present first-time National **Council Licensure Examination** for Practical Nurses (NCLEX-

PN) pass rates, weighted by year, and a methodology that assesses how effectively a program supports its students on their journey toward licensure and beyond.

"It's an honor to be #5 in the PracticalNursing.org 2024 rankings of the best nursing programs in Massachusetts," said Practical Nursing Coordinator Joann Monks, MBA, MSc, RN-BC. RMA. "This is a tribute to the hard work and dedication of our students, faculty, staff, and stakeholders working together to support our program and champion the growth of nursing professionals through education."

The Moonlight Program in Practical Nursing at Blackstone Valley Tech proudly serves adult learners in the District, out of District, and out of state. It is a part-time, 60-week program that accommodates non-traditional students, balancing additional commitments to family and work. For more information, visit www.valleytech.k12.ma.us/ practicalnursing.



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Meet Betty and Beatrice

Betty and Beatrice are 5-monthold Black and White tuxedo cats with the cutest faces and vibrant personalities. Betty's face is all black except for a white half mustache. She has beautiful almond shaped eyes and can often be seen carrying a toy in her mouth. Beatrice has a white blaze extending over the lower half of her face complimented by a black half mustache on the opposite side as Betty's. They enjoy playing with the other cats in the room and are quick to make friends with other playful cats. Beatrice loves to climb up high to get a better view of all the fun! Both girls easily pick up on cues from the less active cats and give them their space. Betty and Beatrice both come running to see the volunteers with their tails held high. They enjoy a quick cuddle before running off again to play. They come back often to get a little pat or head scratch. These confident, loving girls are looking for their forever home, could it be yours?

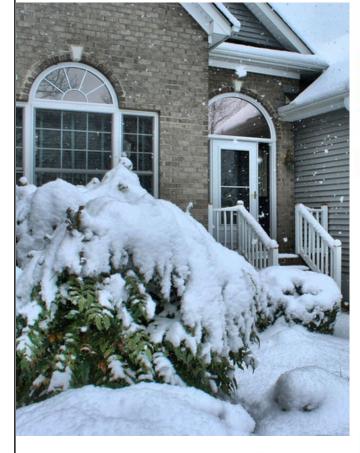




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Cornerstone at Milford earns 'Great Place to Work' certification



Cornerstone at Milford Assisted Living is now a certified Great Place to Work, an honor granted by Great Place to Work Institute and Activated Insights, its senior care partner. The certification process entailed surveying 100% of associates and took

(508) 478-2631

into consideration more than 60 elements of their experiences in the workplace. Associates ultimately emphasized their pride in the work they do, the strong bonds they form with residents and the engaging, social workplace environment. Rankings

are based on associates' experiences, no matter who they are or what they do.

Activated Insights is the senior care affiliate of Great Place to Work, the global authority on high-trust, high-performance workplace cultures. Through



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its aging services certification program, Activated Insights helps Great Place to Work recognize outstanding workplace cultures in the aging services

industry and produce the annual Fortune "Best Workplaces for Aging Services[™]'' as well as other Great Place to Work Best Workplaces lists for Millennials, Women, Diversity, Small & Medium Companies, and various regions. Through its employee engagement platform, Activated Insights helps clients

create great workplaces that outpace peers on key business metrics like revenue growth, profitability, and retention.

"Our associates are the

backbone of our community, and I am so grateful to them for helping us gain this remarkable achievement," shares Nicole Leone, Executive Director of

Great Place То Work Certified OCT 2023-OCT 2024 USA

Cornerstone at Milford. "Each day, I am in awe of their work ethic, compassion, and humility, and I am so proud of all we have accomplished as a team."

Cornerstone at Milford offers seniors Assisted Living as well as a Compass Memory Support

Neighborhood® on the same campus specializing in Alzheimer's Care, associated with the Boston University Alzheimer's Disease Research Center. If you or someone you know is interested in the numerous career opportunities we have available, visit CornerstoneMilford.com/ careers.

To learn more about Activated Insights, visit their website at ActivatedInsights.com. Discover more about Great Places to Work here.





PLAQUE

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nominate candidates and reach consensus on the winners.

The plaque reads,

"Tony Correia Memorial Coaches' Award. Given in memory of Tony Correia who gave so much of his time, effort, and enthusiasm to the athletes and athletic program at Milford High School.

Presented each year by the coaching staff to the top males and female athletes in recognition of outstanding character, leadership, sportsmanship, and athletic achievement throughout their years at Milford High School.

Memorial plaque presented by members of the 1975 Milford High School Football Team."

Little is known about Correia before he landed in Milford, but he was reportedly a professional soccer player in Portugal.

According to Chaplin, "In 1970, Coach Dick Corbin had just started working on turning soccer player Jose Violante into a football kicker. Tony showed up at the field in dress slacks with a white shirt and started instructing Jose, using Portuguese to ease the process. To demonstrate, Tony removed his dress shoes and kicked barefoot. Violante went on to become a record-breaking kicker at Brown

ued as a volunteer [unofficial] 'coach' at Milford, helping one kicker after another become exceptional, until he passed away too soon in 1976.

University, while Tony contin-

"Tony even designed training equipment to guide kickers through the correct motions. He helped in other ways too, driving players to doctor's appointments and giving them rehab advice for injuries. He was exuberant, upbeat, and positive with everything."

New recipients were added to the plaque yearly until 1983 when upkeep fell off. Nearly two years ago, Chaplin started working with the Booster Club to add names to complete the plaque.

Names still unknown are: male recipients from 1985, 1991, 1992, 1993, 1999, 2009, and 2013; and female recipients from 1988, 1992, 1995, 1998, 1999, 2001, 2007, 2009, and 2013.

To help find names, people are asked to look through mementos or photos, newspapers; visit the historical society; and/ or visit public or school libraries to sift through records, etc. To provide missing names, email Chaplin at dwchaplin@hotmail.com

Theresa Knapp contributed to this article

Tony Correia Memorial Coaches' Award recipient names missing:

Male recipients from 1985, 1991, 1992, 1993, 1999, 2009, 2013

Female recipients from 1988, 1992, 1995, 1998, 1999, 2001, 2007, 2009, 2013

If you can provide any missing names, contact Chaplin at dwchaplin@hotmail.com



Milford High School is looking for the names of the Tony Correia Memorial Award winners from certain years to complete the plaque. *Courtesy photo*

Move guarantees that those who deserve coal this year will get it!

NORTH POLE — Santa Claus announced today that he has chosen **Medway Oil & Propane** as the exclusive resource for high-quality Reading Anthracite coal throughout the greater MetroWest region and eastern Worcester County.

According to one of Santa's elves, it was very important that Santa chose a company he could count on this winter. "We were delighted that Santa chose us again this year," said Jeffrey Mushnick, owner of **Medway Oil & Propane**. "We have coal that is quite suitable for keeping people warm this winter — and also for filling stockings and decorating snowmen! We offer the best quality coal in the region."

Even the Naughty Will Get Something!

In a telephone interview this week, Santa Claus elaborated further on his decision. "We know that **Medway Oil & Propane** has been offering high-quality Reading Anthracite coal to their customers since 1954," said Santa. "It was natural for me to select the region's best coal supplier to handle all of the MetroWest requests we get for a lump of coal." Based on Santa's happiness with **Medway Oil & Propane**, the "naughty and nice" will want to consider them for coal, fuel oil and propane service.



One FREE Bag of Coal!

Homeowners who heat with coal are invited to receive a FREE bag of coal with any coal dwelivery before January 31, 2024. Call (508) 533-6561 or 1-800-649-5949. Anyone wanting a few free lumps of coal for stocking stuffers should call for details. Santa hastily ended his press conference to return to his shop in preparation for visiting the MetroWest area later this month.

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

On December 12, 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford. This group for caregivers meets in person. Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your concerns and personal experiences with others who completely understand what you're going

through. You will also learn about proven strategies to help you better care for your family member.

This month's guest speaker will be Amanda Falcone from Spot On Therapy. Call 508-473-0035 to RSVP or contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more information.



PLEASE RECYCLE ME!

Recent Home Sales

Date	Milford	Amount
11/27/2023	51 S Main St.	\$400,000
11/21/2023	12 Sherwood Dr.	\$470,000
11/20/2023	17 University Dr.	\$401,000
11/17/2023	82 Highland St.	\$435,000
11/17/2023	8 Country Club Ln. #C	\$350,000
11/17/2023	37 ladarola Ave.	\$490,000
11/17/2023	71 School St.	\$379,900
11/17/2023	31 Forest St. #2	\$200,000
11/15/2023	7 Brookside Ln.	\$630,000
11/15/2023	41 Village Cir.	\$569,000
11/10/2023	6 Asylum St.	\$600,000
11/10/2023	97 E Main St.	\$440,000
11/10/2023	26 Roland Way	\$590,000
11/09/2023	49 Green St.	\$365,000
11/07/2023	21 Windsor Rd.	\$575,000
11/07/2023	2 Dilla St.	\$560,000
11/07/2023	17 W Fountain St.	\$720,000
11/06/2023	48 Harding St.	\$675,000
11/01/2023	8 Shadowbrook Ln. #40	\$290,000
10/31/2023	76 Congress St.	\$586,000
10/31/2023	12 Dell Ann Cir. #B	\$450,000
10/27/2023	10 Shadowbrook Ln. #45	\$287,000
10/27/2023	11 Princess Pine Ln.	\$616,200
10/27/2023	9 Governors Way #A	\$480,000
10/27/2023	5 Godfrey Ln.	\$415,000
10/24/2023	4 Grant St.	\$429,000
10/24/2023	58 Village Cir.	\$520,000

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



A 2-bed, 2-bath, 1,045 sf condo at 8 Shadowbrook Lane, Unit 40, in Milford recently sold for \$290,000. Image credit www.zillow.com



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North Smithfield, RI

401-767-2061 Bellingham, MA



Fire officials issue home heating reminder following Revere house fire

Keep warm, keep safe this heating season

A three-alarm fire in Revere last month started with a furnace, prompting a reminder from fire officials to pay special attention to home heating safety. Heating equipment is the #1 source of carbon monoxide at home and the second-leading cause of residential fires in Massachusetts.

"As the nights and mornings get chillier, many of us are turning up the heat for the first time since the spring," said State Fire Marshal Jon M. Davine. "Be sure you're heating your home safely. That means having working smoke and carbon monoxide alarms on every level of the dwelling, having your appliances professionally checked, and keeping heat sources clear of anything that can burn."

"Last week, the Revere Fire Department responded to a three-alarm fire that started with an older furnace that hadn't been professionally serviced in years," said Revere Fire Chief Christopher Bright. "Working smoke alarms alerted residents to the danger, but the home is a total loss. No matter how you heat your home, please be sure your heating appliances are operating safely.'

Fire officials said there have been more than 6,000 heating fires in Massachusetts over the last five years. These fires claimed eight lives, caused more than 140 injuries to firefighters and residents, and contributed to over \$39 million in damage. And in 2022 alone, Massachusetts fire departments reported finding carbon monoxide at nearly 5,000 non-fire incidents.

Smoke and Carbon Monoxide Alarms

Every household needs working smoke and carbon monoxide alarms on every level of their home. Check the manufacturing date on the back of your alarms so you know when to replace them: smoke alarms should be replaced after 10 years, and carbon monoxide alarms should be replaced after 5 to 10 years depending on the model. If your alarms take alkaline batteries, put in fresh batteries twice a year when you change your clocks. If it's time

to replace your alarms, choose new ones from a well-known, national brand. Select photoelectric smoke alarms with a sealed, long-life battery and a hush feature.

Natural Gas and Oil Heat

If you have a furnace, water heater, or oil burner, have it professionally checked and serviced each year. This will help it run more efficiently, which will save you money and could save your life. Always keep a threefoot "circle of safety" around the appliance clear of anything that could catch fire. Never store painting supplies, aerosol cans, or other flammable items near these appliances. If you smell gas, don't use any electrical switches or devices: get out, stay out, and call 9-1-1 right away.

Residents struggling to pay for heating bills or maintenance may be eligible for assistance through the Massachusetts home energy assistance program (LIHEAP). No matter what type of heating equipment you use, LIHEAP may be able to help you pay your winter heating bills or maintain your heating system. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance.

Solid Fuel Heating

If you use a fireplace or a stove that burns wood, pellets, or coal, always keep the area around it clear for three feet in all directions. This circle of safety should be free of furniture, drapery, rugs, books and papers, fuel, and any other flammable items. To prevent sparks and embers from escaping, use a fireplace screen or keep the stove door closed while burning. Use only dry, seasoned hardwood and don't use flammable liquids to start the fire. To dispose of ashes, wait until they are cool and shovel them into a metal bucket with a lid and place it outside at least 10 feet away from the building.

Have your chimney and flue professionally inspected and cleaned each year. Most chimney fires are caused by burning creosote, a tarry substance that builds up as the fireplace, wood

stove, or pellet stove is used. If burning creosote, sparks, embers, or hot gases escape through cracks in the flue or chimney, they can cause a fire that spreads to the rest of the structure. Annual cleaning and inspection can minimize this risk. Contact the Massachusetts Chimney Sweep Guild or Chimney Safety Institute of America to identify reputable local companies.

Space Heaters

Keep space heaters at least three feet from curtains, bedding, and anything else that can burn. Plug them directly into a wall socket, not an extension cord or a power strip, and remember that they're for temporary use. Always turn a space heater off when you leave the room or go to sleep.

When purchasing a space heater, select one that's been tested and labeled by a nationally recognized testing company, such as Underwriters Laboratories (UL) or Intertek (ETL). Newer space heaters should have an automatic shut-off switch that turns the device off if it tips over. Unvented kerosene space heaters and portable propane space heaters are not permitted for residential use in Massachusetts, State Fire Marshal Davine said: the risk of fire and carbon monoxide poisoning that they pose is too great.

Create and Practice a Home Escape Plan

Everyone should have a home escape plan that accounts for two ways out of every room, and everyone should be able to open the doors and windows along the way. Remember that children, older adults, and people with disabilities may need extra assistance.

More Home Heating Safety Tips

The Department of Fire Services offers a wealth of home heating safety information, including the "Keep Warm, Keep Safe" tool kit for local fire departments, caregivers, and service providers, at www.mass.gov/info-details/ winter-home-heating-safety

Submitted by www.mass.gov/ orgs/department-of-fire-services

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BVT

continued from page 1

sources."

The 1.5-hour meeting was held at the Hopedale Community House.

As she welcomed the group, Hopedale Select Board Chairwoman Glenda Hazard said, "Over the years I've heard it said that the 13 towns in the BVT district don't really care how the rest of the towns in the district feel, and I called this meeting because I don't really believe that's true. There've been many times I've wondered how you all respond to financial constraints the majority of us are facing, and if there are other related concerns that we all share. To that end, I'm hoping that this is the beginning of a meaningful collaboration between all of us."

"Tonight's summit is a result of us having heard from many surrounding communities with a desire to discuss budgetary issues related to our vocational school. We feel this is absolutely in the spirit of the [BVT] charter."

Hazard said that "BVT is a tremendous institution and one of best technical schools in the Commonwealth," but noted that, like many other member towns, Hopedale "operates under a tight budget" and "must be responsible for every dollar we spend." She said that, because of the nature of the state assessment process and the town's resulting mandatory contribution, "we find ourselves forced to cut local programs and services in response to costs such as those related to BVT that we can't control. This scenario makes it difficult, if not impossible, to invest in our own public

school students, facilities, and operating and capital improvements without asking for additional revenues from taxpayers in the form of overrides.'

She said that, because of the timing of BVT's budget-setting timeline and Hopedale's fiscal process, "Historically, by the time our annual town meeting comes around, we're told that BVT already has enough votes in the other communities to pass [its budget], effectively negating our vote. Generally, we are presented with a figure that would be Hopedale's share without input from [the] local finance committee or Select Board and whether or not we feel we can afford it. This has been deeply concerning for both our local boards and our residents who tell us that they feel they are cut out of the process. We've heard that several of your towns feel the same way."

Hazard said, "In Hopedale, we think that as towns included in the charter, we should all be able to determine what costs we can afford so that all students that reside in our towns are equitably supported. We often feel that Hopedale Public Schools are forced to cut, yet BVT hasn't had to make the same kinds of sacrifices," adding that Hopedale had to ask residents for an override for FY24 but still had to make cuts to the school budget while BVT's budget increased.

"As an institution, we [Hopedale] believe that BVT should have to operate within the same financial constraints that each municipal budget does...We think it should be clear that the goal is to provide a great education for all students in our communities, whether they go to BVT or stay in our local schools. We want to be

\$16.99 per dz.

able to invest in programs and facilities locally at the same level that we invest at BVT."

Hopedale Town Moderator Mitch Ruscitti moderated the conversation.

Bellingham Selectboard Chairman Michael Connor thanked Hopedale for calling the summit. "I think it's an exceptional opportunity...This is one of the best ideas that's come along."

Connor said their per student costs for BVT students "are dramatically higher" than they are within the Bellingham Public Schools. He, in addition to other attendees, expressed frustration that local town budgets go through detailed scrutiny from town boards and taxpayers, yet the BVT budget does not.

"The budget process is what has really skewed me the most over the last 15 years. When the Superintendent of BVT comes into our town meeting, the votes are 'locked up' - the process to speak up has long passed... [and] it's simply 'pay up' and I think we, as the communities of BVT, need to vet that process."

As a possible solution for future consideration, Connor suggested each member town would calculate its own public school budget increase from one year to the next, and the average budget increase among the 13 member towns would be the increase BVT would also receive.

Connor said, "We've never had a choice as to what the BVT budget would be" and said Bellingham has some ideas for future forum topics.

Millbury Select Board Chairman Chris Naff told the story of a Millbury student who was interested in attending BVT and would have been well-served there but their academic record was not strong enough to be admitted into BVT.

'That story can be told again and again. And I think the problem we all face today is the very

students that BVT was founded for no longer have the opportunity to go. That, to me, is a very big problem."

"Our gracious host [Hazard] asked us not to disparage anyone tonight, but it's a matter of fact that one administrator told the Town of Millbury to no longer send its 'riff raff," said Naff, adding "That 'riff raff' are the very students BVT was founded for, and those students are being denied the opportunity they should have today."

"Until some reform is done, which I believe has to take place at the state level, and that reform is much needed and would be heavy-handed, until that is done, the conversation at the municipal level is only going to become more and more difficult each year because I know as a fact that Millbury, and I think a lot of the communities like us, are becoming more and more tired of providing significant funding for what we believe to be a very significantly flawed system."

Millville Board of Selectmen Chair Jennifer Gill said her town was there to listen to area concerns, noting their BVT enrollment to date has been low and financially manageable but is growing.

BVT Superintendent-Director Dr. Michael Fitzpatrick was invited to respond, and started his remarks by saying he recognized several of the audience members "because I do make appearances at the finance committees, the public hearings, and the town meetings."

Fitzpatrick, who has been BVT's superintendent for 31 years, started his response by focusing on member towns of a different school system, Tri-County Regional Vocational Technical High School District, for supporting its recent district-wide request for a new school building expected to cost \$286 million.



Millbury Select Board Chairman Chris Naff attended a "BVT Summit" in October in Hopedale to discuss municipal issues related to the Blackstone Valley Regional Technical High School District. Source: www.townhallstreams.com

"I guess it's appropriate, with the Tri-County voter approval this week of a \$300 million expansion, to congratulate the Tri-County district for supporting and recognizing quality vocational technical education. What's also interesting is if you look across the Commonwealth, Tri-County Regional Voc Tech was the fifth vocational school - Northeast Metropolitan, Minuteman Regional Voc Tech, Bristol-Plymouth, and Cape Cod Tech - all also approved \$300 million expansions [for] brand new facilities for their vocational technical schools. We have not requested that."

Fitzpatrick said that each year, BVT makes "a modest budgetary request which is inclusive of all expenses." He detailed the items that go into the BVT school budget, reiterated his frequent offers for town officials to visit the school, and said the BVT building is a model that other vocational technical schools hope to replicate.

Fitzpatrick said, "The state doesn't allow us to ask for equalized costs or assessments in order







BVT

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to comply with the 1993 Ed Reform Bill;" acknowledged that Hopedale and Bellingham have been at the latter part of the budgetary process; and said that, if two-thirds of the towns vote to support then all towns are directed to honor the budget.

He said the BVT process is "very transparent;" the district is committed to collaborating with member towns; and said "it's embarrassing to think" any of their students are considered "riff raff."

Among the issues raised during the public comment segment were: revisiting the BVT charter which has not been reviewed since it was created in 1962; possible implementation of an admissions lottery; review of administrator and superintendent staffing levels, compensations, and benefits plans for BVT and the feeder districts; review of expenses related to extracurricular activities, campus amenities and student services for each district of BVT; review of admissions process; review of proposed

"This governance model has outlived its useful life. Period. It can't continue like this."

- Matt Wojcik, Douglas Town Administrator

capital projects; and agreement to a joint finance committee each year at which BVT makes one presentation to all member towns at one time.

Scott Savage of Hopedale, speaking as a resident and not a selectman, said, "It is my hope that the towns will reject the majority of the capital requests that BVT has put forward for next fiscal year. The town needs more time to review the need of these improvements and weigh the financial burden it will place on our own schools and town services."

Neal Sherman, a public school teacher in Milford, said, "I am concerned that [BVT] is not serving the needs of the sending towns. I see students in the hallways every day who would be well-served by access to a technical education but right now 75% of the graduates from BVT are college-bound... I think that it should be revisited to consider whether or not the school is serving its mission and allowing access to a high-quality education to all students from its sending towns."

Chris Naff of Millbury asked Supt. Fitzpatrick if BVT uses a blind-lottery admission system. Fitzpatrick said they do not. "We've examined the merits of that along with colleagues throughout the Commonwealth and did not feel it represented the best way to recruit."

Naff noted that Assabet Valley Regional Technical High School uses a lottery. Fitzpatrick said Assabet is the only district in the state that uses a lottery, and "We've seen no results. We've seen nothing but turmoil. You're not speaking to the staff of the system," he said with a chuckle. "I don't want to badmouth any other system, but we would hardly follow the example that we've seen there."

Tony Fathom of Hopedale spoke as a parent who had three students attend BVT, and detailed their success stories.

Matt Wojcik, Town Administrator in Douglas, said he was reluctant to make a comment earlier in the evening because "our frustration level with BVT in the past has been very, very high and it has not necessarily simmered down completely as we sit here," but did note the agreement dates back to 1962 and can only be amended by unanimous vote of the member communities.

"If there's anything we need to reopen in this governance agreement, it is that each individual town needs to have its own voice, elected by its own people. We live in America, we have a representative democracy, and it is only fair that it be done that way. This governance model has outlived its useful life. Period. It can't continue like this."



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



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

Holiday Hours

The library will be closed on Monday, Dec. 25 for Christmas and Monday, Jan. 1, 2024 for New Year's Day.

"Silent Saturday" study option

Those looking for a truly silent study room for deep concentration can sign-up at the Information Desk to use the ESL Classroom between 9:30 - 11:30 a.m. on Saturday mornings.

The Holy Trinity of Milford Jazz: Boots, Ziggy & Bob

The Friends close out their programs and lectures for the year with a 90-minute presentation by Stephen Minichiello on Thursday, December 7 at 7 p.m. about three legends of jazz: Boots Mussulli, Ziggy Minichiello & Bob Varney.

Henry "Boots" Mussulli

made his reputation as a jazz great on the saxophone with the Stan Kenton Orchestra in the 1940s and 1950s and played at the Newport Jazz Festival. He founded The Crystal Room club in Milford.

Ziggy ruled on the trumpet also with the Kenton Orchestra and other bands. Bob sat behind the drums with Kenton, the Dorsey Brothers Orchestra and Jimmy McPartland and his Sextette.

Apart from being Ziggy's nephew, Stephen's background as an award winning writer and producer makes him the perfect guide to Milford's rich musical history. Stephen has written and produced for WBZ-TV, WGBH-TV (PBS) and WCVB-TV, Boston, including Chronicle.

Poster Exhibit: Struggle for Women's Equality

During December, Stephen Lewis shares posters on the Struggle for Women's Equality. The exhibit will be displayed by the Reference Desk at the library and can be viewed throughout the month.

Over the course of his career as a labor activist, Stephen has amassed a poster collection in the thousands from all over the world on a variety of social justice themes. The library has hosted several of his poster displays in previous years. The exhibit is made possible by a grant from the Milford Cultural Council.

Center Book Group

The Center Book Group will meet on Tuesday, Dec. 19 at 10 a.m. at the Milford Senior Center to discuss *Mr. Dickens and His Tale* by Samantha Silva.

In what might best be described as a love letter to author Charles Dickens, Samantha Silva re-imagines Dickens' state of mind and motivation that led to his enduring classic, The Christmas Carol. Her novel takes literary license while remaining true to the spirit of the times. While Dickens' primary motivation in writing it was for the money to support his large family, the result was a tour de force that brought the social injustices of mid-19th century England to the public consciousness.

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.

ESL Drop in Classes

Fall ESL classes are 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 registration is necessary. Class materials will be provided. Classes end for 2023 the week of December 19-21. Classes return in 2024 the week of January 16-18.

As aulas de esl de outono são ministradas às terças e quintasfeiras, das 7 às 8. 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. As aulas terminam em 2023 na semana de 19 a 21 de dezembro. As aulas retornam em 2024 na semana de 16 a 18 de janeiro.

Las clases de ESL de otoño se llevan a cabo los martes y jueves de 7pm-8pm. 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 proporcionará material de clase. Las clases finalizan para 2023 la semana del 19 al 21 de diciembre. Las clases regresan en 2024 la semana del 16 al 18 de enero.

Citizenship Classes

This fall, citizenship preparation classes will be held on Saturdays from 1 - 3 p.m.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.

Staff Comings & Goings

The Information Services Department recently welcomed two new librarians to the team. Welcome to MTL Kate Kazlauskas and Annie Glater. Michelle Moore, Information Services Librarian has been promoted to Technical Services Supervisor. Congratulations Michelle!

And we all send warm retirement wishes to Kathie Kirchner, retiring Technical Services Supervisor. Kathie's career @ MTL spans more than 25 years. Her dedication, attention to detail and work ethic will be greatly missed. Enjoy your welldeserved retirement, Kathie!

Thank you, Milford!

We have a wonderful response to our call for Home Delivery Volunteers and now have a full roster of people who can deliver to those who need library materials delivered. Thank you.

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Milford Special Town Meeting supports ADA compliance, substance abuse outreach, bylaw updates, and more

The Town of Milford held a Special Town Meeting on Oct. 30. The following results were available at press time:

Article 1, unanimous – allocated \$150,000 to address ADA issues

Article 2, unanimous – allocated \$60,758 to "establish and/or maintain a regional Substance Abuse Outreach Program in the greater Milford area"

Article 3, unanimous – allocated \$150,000 to implement traffic surveillance infrastructure around town Article 4, passed over

Article 5, unanimous – amended Personnel By-laws language related to bereavement, personal leave, earned leave, and sick leave buy-back (which was entirely deleted)

Article 6, unanimous – amended General By-laws language related to the Industrial Development Commission

Article 7, unanimous – allocated \$25,000 to the library replace worn and damaged library furnishings

Article 8, unanimous – allocated \$20,000 to the Highway Surveyor for security gates at the Haven Street and Walden Way wood road entrances to Walden Woods

Article 9, unanimous – amended Oct. 2022 special town meeting vote "so said vote shall include the Milford Town Hall and Memorial Hall as buildings to have their elevator systems upgraded"

Article 10, unanimous – changed grade for position of Director of Information Technology



Milford town seal. Source: www.milfordma.gov

Article 11, unanimous – amended Personnel By-laws language related to vacation time At press time, the results of Articles 12-49 were not available on the town's website. For the full warrant and updated results, visit bit.ly/MilfordMaOct2023STM or use the QR code below:





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Hope for Heroes



(L to R) Michael Shain, founder and president of Thanks to Yanks; John Milot, Commander American Legion Post 75 in Franklin; Caroline Molla and Christine Molla of Costello Real Estate in Franklin. Every year around Veteran's Day, Costello Real Estate takes up a collection in support of the Thanks to Yanks' initiative of "Hope for Heroes," an annual event during which needed items are collected for veterans. Costello Real Estate has always been generous in not only the collection of items but also in the donation of funds to Thanks to Yanks to further its mission of serving those who have served. For more information regarding Thanks to Yanks, visit them on Facebook @thankstoyanks



Town meeting approves skate park feasibility study

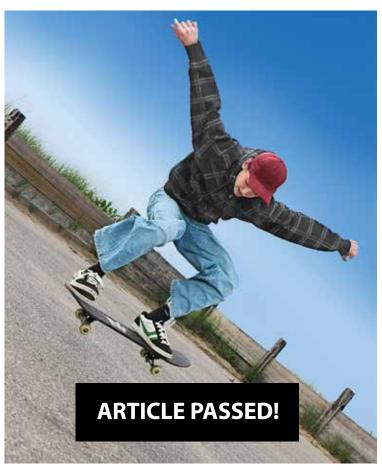


Photo credit Metro Newspaper Service

By Theresa Knapp

In October, Milford Special Town Meeting approved a feasibility study for a skate park in town.

Residents approved \$20,000 for the Parks Department to investigate

In May, Lisa Trusas, a member of a committee that hopes to build a skateboard park in town, told the Milford Free Press, "We have hundreds of skateboarders in town, and the park could be used with scooters, inline skates, and BMX bikes too. It's a great physical and recreational sport, of course, and boarders say it relieves stress and improves their mental and emotional well-being. Having a park also provides a social outlet. Especially after COVID, we need places like this."

Trusas is part of the Facebook group "Milford MA Skatepark Project". The group describes itself as a "committed team of great people dedicated to the goal of building a first class skatepark in Milford." In November, they shared the news about the feasibility study in a post that said, in part:

"This is a good step in determining all the pros and cons of a variety of locations to ensure a skatepark is built in the best location. The \$20,000 will also cover design concepts. Once a location is determined, we'll then begin the design phase (details to come following the feasibility study). The Milford Parks Department is running this project but it is our intention to continue to advise and support them throughout the process.

"We've spent over a year and a half formally organizing and planning for a skatepark here in Milford (many more years informally hoping for one). The committee includes over 30 resident skaters, bikers, scooterers, rollerbladers, rollerskaters, parents, friends and supporters of the good a skatepark can do for a community."

The group welcomes questions and new members. For more information, follow @ MilfordMASkateparkProject on Facebook.

Milford Cultural Council seeking artists to submit designs for Town Park Fitness Court Mural[®]

The Milford Cultural Council (MCC) is excited to announce a Call for Artists to submit designs for a mural to be installed in Milford's centrally located Town Park. Milford has partnered with National Fitness Campaign (NFC) and Blue Cross Blue Shield of Massachusetts to install a Fitness Court® in Town Park in the spring. As part of this project, the council is seeking artwork to be featured on the Fitness Court's 32' wide multipurpose training wall.

Area artists are encouraged to submit designs for consideration now until midnight on Friday, Jan. 12, 2024. Artwork can be created in any medium; however, it must be submitted digitally. The selected artist will work with the NFC to adapt their art to fit the Fitness Court and will receive a grant of \$5,000.

Details about artist requirements and design criteria are provided in the "Call for Artists and Entry Guidelines" document, which is available on the Town website at this link: bit. ly/mcc-townparkmural. Artists can complete their entry form and upload their designs at this link: bit.ly/mcc-callforartists.

The Fitness Court mural wall will be 32' L x 7' H in size and printed digitally on high quality antigraffiti laminated vinyl.

The front side of the Fitness Court training wall will also feature four small zones of artwork ("windows") framing the Fitness Court usage and reference information. The two side panels of the training wall will feature the selected artist's headshot, logo, and short bio/ description of the work. The winning artist will be joining a network of over 30 artists across the country who have participated in the campaign.

See more information about the campaign and local artist participation at: nationalfitnesscampaign.com/local-artists

"The Parks Department is so pleased to be partnering with National Fitness Campaign and Blue Cross to install a Fitness Court in Milford Town Park as a part of our major renovation project. The new Fitness Court will not only provide an innovative exercise area, but its completed mural will also enrich this public space through color and art," says Jim Asam, Milford Parks and Recreation Administrator.

Applicants for this project must be 14 years or older. Minors under the age of 18 will need parental consent to enter the contest. The winning artist will be required to provide a completed W-9 form.

Artwork should promote positive, light-hearted imagery and represent local or regional values unique to the area. The goal is to share fun, vibrant, innovative artwork that tells the story of wellness and fitness in our community.

The winning artist will be contacted before March 1, 2024. The grant award will be mailed to the winning artist after the final installation of the artwork and Fitness Court by National Fitness Campaign this spring.

Questions about the Town Park mural project can be emailed to culturalcouncil@ townofmilford.com.

The 2024 Town Park Fitness Court mural project adds a new phase to the MCC's ongoing Art in the Parks initiative, conducted in partnership with the Milford Parks Department and Highway Department. Art in the Parks was launched in 2021 with the Brush to Table Picnic Table project and followed by the Trash to Treasure Barrel project in 2022, a second round of Brush to Table, and the installation of hand-crafted game boards at Louisa Lake in 2022. 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



Sample Fitness Court Murals. TOP: Mural by Daisy Camacho at Kit Carson Park in Santa Ana, CA. MIDDLE: Mural by Eileen Dorsey at Beachwood City Park in Beachwood, OH. BOTTOM: Mural by Remy Glock at Rancho San Rafael Regional Park & South Valleys Regional Park in Washoe County, NV.

or sponsored by the council. Interested Milford residents are encouraged to attend meetings, which are held the third Tuesday of each month at 7 p.m. typically in Room 14 of Town Hall. Learn more online at: MilfordMA.gov/milfordcultural-council.



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SCHOOLS -**Milford School Highlights**

District

On Tuesday, Nov. 7, the Fall Vertical Choral Concert filled Milford High School with sounds of excellence. Peers worked with peers across the district to organize a wonderful evening of choral music for their family and friends. Special thanks to the Music Department for organizing this district-wide event. The highlight of the evening was the finale, where three separate grade spans (3-12) and over 250 vocalists worked in unison to perform "Give Us Hope" by Jim Papoulis.

Milford Public Schools held its annual Pink Out Day on Oct. 20 to show support for breast cancer awareness month. Students and staff showed their support by wearing pink during the school day.

New Elementary Start and End Times

School hours for our three elementary schools have shifted for the 2023-2024 school year. The new school hours for our elementary schools beginning in August are as follows:

Brookside Elementary School 8:55 a.m. - 3:05 p.m.

Memorial Elementary School 8:55 a.m. - 3:05 p.m.

Woodland Elementary School 8:35 a.m. - 2:50 p.m.

Times for Shining Star Early Childhood Center, Stacy Middle School, and Milford High School have not changed.

Milford Public Schools Offers Meals at No Cost for 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.

Save the Date:

11/24 - No School - School Offices closed 12/1 - Early Release K-12

- PreK closed - School Offices Open

12/7 - School Committee Meeting 12/21 - School Committee

Meeting 12/22 - Vacation Begins at the Close of School

1/1 - New Year's Day - No

School - School Offices Closed 1/2 - School Resumes

1/4 - School Committee

Meeting

1/12 - Early Release K-12-PreK Closed - School Offices Open

1/15 - Martin Luther King Day - School Closed - School

DMH Behavioral Health Hotline

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

Spanish:

El Departamento de Salud Mental ha lanzado una nueva línea, Behavioral Health Help Line (Línea de Ayuda de Salud Mental) a la que se puede llamar o enviar un mensaje de texto al 833-773-2445. Está disponible 24 horas al día, siete días a la

semana en más de 200 idiomas. La línea de ayuda puede ayudar a personas y familias a navegar por el sistema de salud del comportamiento y acceder a tratamiento, incluyendo servicios móviles de crisis. Para más información, consulte FAQ (preguntas frecuentes). Cualquier persona que tenga preguntas o dudas sobre la línea de ayuda puede enviar un correo electrónico al director de la línea de ayuda a Mio.Tamanaha@mass. gov.

Portuguese:

O Departamento de Saúde Mental lançou uma nova Behavioral Health Helpline (Linha de Ajuda de Saúde Comportamental) em que as pessoas podem ligar ou enviar mensagens de texto para 833-773-2445. Ela está disponível 24 horas por dia,

MILFORD SCHOOLS continued on page 21

Coming March 2024 SeniorLiving

Capture the Attention of Thousands in Your Local Community **Interested in Senior Life and Care!**

Diverse Content: Senior Living will feature a wide array of articles that revolve around senior life, covering essential topics that matter most to seniors and their loved ones.

Engaged Readership: Thousands of local readers who share a passion for senior life and care frequent our newspapers, making it an ideal space for your business to shine.

Key Demographic: Targeting this age group is crucial, as seniors and their families actively seek solutions and services tailored to their unique needs.



The Yankee Xpress BLACKSTONE VALLEY **Xpress**

localtownpages





Offices Closed 1/18 - School Committee Meeting

SCHOOLS -

MILFORD SCHOOLS

continued from page 20

sete dias por semana, em mais de 200 idiomas. A linha de ajuda pode ajudar indivíduos e famílias a navegar o sistema de saúde comportamental e acessar tratamentos, incluindo o serviço de crise com atendimento pelo celular. Para mais informações, consulte o FAQ (perguntas frequentes). Qualquer pessoa com dúvidas ou perguntas sobre a linha de ajuda pode enviar um e-mail ao diretor da linha de ajuda em Mio. Tamanaha@mass.gov.

Milford High School

Congratulations to Milford High School student-athletes Caleigh Wilson, Nate Dinis, and Ben Parson for being selected for a leadership conference which was facilitated at the state level by the MIAA on Friday, Oct. 20, 2023.

Congratulations to the MHS Academic Decathlon Team for placing 4th in the first round of competition. Yu Zheng was the top scorer for the MHS, earning 2nd in social science, 4th in math and literature, and 5th in economics place ribbons. Seline Zheng earned 3rd place in social science. Violet Tran earned 1st place in social science, 2nd place in science, and 3rd place in music. Elsie Sutherland earned 3rd place in literature. MHS wishes participants good luck with the upcoming Regional competition.

The Milford High School Booster Club held their first annual tailgate in the MHS courtyard on Oct. 27. MHS Superbowl Champions from 1983, 1986, and 1987 were honored at the event. Special thanks to the members of the Booster Club and volunteers for making this event a successful one.

Stacy Middle School

Stacy Middle School led by the Student Council showed their respect to Veterans, holding a Veteran's Breakfast in the cafeteria. Red and white flowers, hand drawn and written messages from students, and flags were proudly displayed as select students shared readCelebration Reception for individuals in attendance. Veteran Guest Speakers included Erick Porter, Alan Nye, and Livia Giovani.

ings, music, and a Veterans Day

Woodland Elementary School (WES)

Student leaders, local scouts, and the WES chorus joined their peers in the cafeteria on Nov. 10 to lead WES in Veterans Day activities to honor Veterans. The keynote Veteran speaker for the event was Sgt. Michael Mastroianni of the Milford Police Department.

Principal Kearnan announced the second Principal's Council of the year. Students were nominated by their teachers for showing exemplary Effort. Students nominated work hard and received the recognition for putting forth their best effort in the classroom, consistently trying until they accomplish something, taking extra time to add more to their responses, paying attention to details, and going the extra step to show their complete thinking. The WES school community congratulates this group of students for their efforts.

Effort Grade 3: Michaella Lisandro, Alanna Rocha, May-

erli Chimbo Colcha, Herman Mejia Miguel, Maeve Vanderkeyl, Ana Laura Apolinario, Jhonatan Quinchi Quinchi, Joshua Francesconi, Sheily Henriquez Rivera, Samuel Pio, Victoria Santiago, Marya Da Silva, Isabelle Da Silva, Landon McLaughlin, Bernardo Oliveira, Josue Maza Yanza.

Effort Grade 4: Valentina Gonzalez Caraballo, Julia Viana, Guilherme De Araujo, Gabriella DeSouza, Everton Sousa, Ella Lemay, Eryck Lema Caguana, Eyva Leite-Silva, Miguel De Sousa, Maybeline Bunay Mediavilla, Ana Clara Alves, Maximiliano Roldan Guallpa, Miguel Noe Gomes, Charlotte Iannitelli, Jonathan Yupanqui Guasco, Lucas De-Paula.

Effort Grade 5: Evellyn Da-Cunha, Desmond Slattery, Jorge Caguana Caguana, Pedro Nunes, Morgan Bruder, Andre Basilio do Nascimento, Tanvi Ravi, Ariella Casto, Pedro Alves Bispo, Noah Rios, Kevin Guaman Acero, Jaxon Nieves, Leah Nelson, Donovan Voss-Leal, Emanuelly Oliveira, Miguel Dos Reis, Heitor Wessel.

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

Memorial Elementary School

On Nov. 8, Buddy D'agostino, Veteran, met with Mrs. Proctor's class at Memorial Elementary School to discuss the meaning of Veteran's Day. The students were thrilled to meet him and got a special keepsake bandana.

Memorial Elementary School will host an event on Dec. 2 for Memorial families. This will be a "Winter Createa-Craft Fair!" It will be a fun family event with crafts and hot cocoa.

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

Brookside Elementary School

Principal Houston would like to invite the Milford School community public to view the new modular classrooms on Sunday, Nov. 5 from 4 - 6 p.m. The staff and students have



settled in nicely and are enjoying, and very thankful, for their new workspace.

Brookside held its annual Monster Mash on Oct. 20. The event was well attended and fun was had by all.

Congratulations to first grade teacher Christine Zacchilli. She was acknowledged for her work with her class on publishing classroom books. She received the Blackstone Valley Educational Collaborative's Promising Practices Exemplar in Curriculum Award for the MPS District.

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

Shining Star Early Childhood Center (SSECC)

In early November, Christian Riordan of Suffolk Construction visited the Shining Star Early Childhood Center. The purpose was to engage preschool students in a conversation about construction. Following a collaborative design session, students were equipped with hard hats to construct their envisioned structures using materials. This marked the first project-based learning (PBL) activity on construction. Christian Riordan is scheduled to meet with high school students enrolled in the trades program. Subsequently, the high school students will collaborate with preschool students to build outdoor seating for the preschool playground. The SSECC wishes to thank Christian, and the high school trades program, for collaborating with Orange

Stars on this PBL project.

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

Milford Family & Community Network CFCE (MFCN CFCE):

MFCN CFCE registered playgroups are in full swing for the Fall session and although they are full, there is plenty of room on the waitlist for guests. Please contact the office if you would like to be added to the playgroup waitlist. The MFCN CFCE will hold a Drop-In Playgroup on Friday, Dec. 15 from 9-11 a.m. in the Milford Playcenter. This program is held on a first-come, first-serve basis. There will be a Playgroup registration for the Spring session in January. Details related to the Spring session will be released at a later time. For more information on any MFCN CFCE programs, please email familynetwork@milfordma. com or call the office at 508-277-4981.

Information on the MFCN CFCE Playgroups:

All playgroups are FREE and intended for children from birth to 5 years old with their parent/caregiver(s), unless otherwise specified. For more information on MFCN CFCE programs, visit https://www. milfordpublicschools.com/milfordfcn, email familynetwork@ milfordma.com or call 508-277-4981. You can also find and follow MFCN CFCE on Facebook at "Milford Family & Community Network CFCE".



SPORTS

Fletcher perfect in Cross Country season

Milford junior finished dual meet season unbeaten

By Chris Villani

Andrew Fletcher started running as a way to stay in shape for basketball. But the more he ran, the more he realized distance running is his strongest sport.

"I guess I just got better at it," he said.

The Milford High junior put that skill on display this fall, winning every dual meet during the Scarlet Hawks' regular season.

"I didn't know what to expect, but I thought going undefeated could be a possibility," Fletcher said. "After the halfway point, it became more real for me."

Fletcher had some tough meets along the way, including a big and talented Franklin team. But, even though the regular season was perfect, the postseason did not finish the way Fletcher would have hoped. He had to withdraw from the Hockomock League championships with an illness and his performance at states was subpar by his own lofty standards. The finish served as fuel.

"It makes me excited for next year and also for winter track," Fletcher said. "I was very excited to get back into running."

Fletcher is planning to run both the mile and the two-

mile during the winter and spring track seasons and may also compete in the 800 meter event. He said the mile is his favorite event since it combines speed and endurance. He also feels like he should be able to compete with the top runners in the state this winter.

"I saw the mile and two-mile state qualification times before the season and I want to start the year off and qualify right away," he said. "Both times are slower than my current personal record. If I can qualify early in the season, it would take a lot of stress out of the rest of the season."

Fletcher is also starting to think about colleges and whether he wants to continue to compete at the next level. He is looking at schools and planning to delve further into the college search once the track season comes to an end.

His goals for next cross country season are ambitions but attainable.

"I want another undefeated season," Fletcher said, adding that he hopes to compete for the league title during his senior year.

"I was a little mad towards the end of the season," he said. "I had a couple of bad races and that was the end of the year, but it will motivate me for next year." <image>

Andrew Fletcher crosses the finish line during a track meet. Photo source Andrew Fletcher



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SPORTS

Araujo caps off football career in style

Milford Senior scores 24 points on Thanksgiving

By Chris Villani

Nick Araujo has been a mainstay of the Milford High football program throughout his career, and the senior finished off his career by outscoring the opposition all by himself.

Araujo ran for two touchdowns, caught a touchdown pass, kicked a field goal, and booted three extra points in the Scarlet Hawks' 31-21 victory over Taunton.

"I think I played amazing," Araujo said, after a season that saw him win Hockomock League MVP honors. "I knew it was my last game stepping on the field, and I just wanted to play my hardest and set an example for the sophomores and juniors. I just played my heart out."

The victory capped off a 10-2 season for Milford that saw the Scarlet Hawks advance to the final four in the state before falling to Walpole. It also punctuated a great run for the MHS program, as the Hawks won 29 games over the past three seasons.

Making an impact on the gridiron is nothing new for Araujo, who is already fielding multiple Division I collegiate offers. He's been a two-way star as a running back and linebacker and perhaps the best part of his game is his skill as a placekicker.

That part of Araujo's game dates back to the third grade. In Pop Warner football, a kick through the uprights after a touchdown counts as two points, instead of the usual one. Araujo earned a spot as the team's kicker and gave the junior Hawks a big edge by

helping them put eight points on the board after finding the end zone.

"I've been kicking ever since," he said.

Last year, with time running out in the first half during a game against Attleboro, Araujo booted a 52-vard field goal. In practice, he is good from 60 yards, and said he loves the idea of lining up for a kick with the game on the line.

"I have a lot of confidence in myself," Araujo said. "I just take a deep breath and embrace the moment."

Araujo will not have any downtime during his senior year of sports. After the win over Taunton on Thanksgiving, Araujo's basketball season tipped off the following Monday. In addition to playing hoops, Araujo said he is hoping to hit the gym every day to cut some weight, add some strength, and get his body ready for college football.

Wherever he ends up, Araujo said he is planning to study criminal justice and either become a police officer or pursue another law enforcement field.

"My dad is a cop and my uncle is a cop, so it runs in the family," he said.

Family has been a big part of Araujo's athletic journey, particularly the support he has received from his parents, Maureen and Robert, and his three sisters, Jillian, Abby, and Anna.

"They have been a huge help," he said. "They have been to every single game, whether it's a home game or an hour away. They always find time to be there for me and cheer me on."



Nick Araujo is hoping to kick for a D1 college team after a stellar high school career. Courtesy photo







ners must meet program eligibility requirements prior to participating. Proposed equipment upgrades m ing, Eligibility for the HEAT Loan Program is based on pre-approval. Some restrictions apply and offers are ing is subject to credit approval. Additional Terms and Conditions apply.

Visit MassSave.com/HEATLoan or call 866-527-SAVE (7283) for details and to learn more about the program.

