

## Milford students travel to Quebec City

Mr. Brian Shuman and Ms. Holly Davoren, French language teachers at Stacy Middle School, recently took 28 Seventh and Eighth Grade French students to Quebec City, Canada during the city's winter carnival. The trip was four days long. The goals of the trip were to communicate in French outside of the classroom, as well as experience the culture of the Quebec province. Additionally, students compared and contrasted their own language and traditions to those of the Quebecois. Finally, middle school students practiced their independence and gained confidence through international travel.



Stacy 7th and 8th graders visited Quebec City for the Winter Carnival. In this picture, Milford students and staff gather at Chateau Frontenac. Courtesy photo

While in Quebec City, student activities included watching traditional Canadian dancing and instrument playing at a maple sugar shack, dog sledding, visiting a First Nations village, snow tubing,

experiencing an ice hotel, and tobogganing on the Saint Lawrence River in front of the Chateau Frontenac. It was a busy few days! Canadian foods sampled included poutine, beaver tails,

and lots and lots of maple syrup!

Special thanks to David Bertonazzi, Teresa Persico, and Nicki Perperis for chaperoning and supporting the co-advisors for the trip.

## Milford 8th grader selected for Project 351

Project 351 celebrates 15 years of a youth-led movement for change



Yati Tint, an 8th grader at Stacy Middle School, will represent Milford in this year's Project 351. Courtesy photo

Yati Tint, an 8th grader at Stacy Middle School, will represent Milford this year in Project 351, a youth-led movement for change powered by an eighth-grade unsung hero and high school Alumni mentors selected to represent every city and town in Massachusetts. It was founded in 2011.

"We were honored to select Yati Tint as our school's Ambas-

sador to Project 351," remarked Dr. Caridad Lopez, Principal of Stacy Middle School. "Yati is a very kind, compassionate, respectful and hardworking student. She is always willing to help others in her class. Her teachers often find her trying to help her peers and walk them through the steps to

### PROJECT 351

continued on page 8

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# 'The Remembering: Of Leather & Stone,' historical fiction set in Milford

The Milford Historical Commission congratulates Charles Paul Collins, author of "The Remembering: Of Leather & Stone." The recently published book is a historical fictional novel that is heart-warming and historical. You actually feel what it must have been like for a young man to cross the Atlantic Ocean for several weeks to arrive in America.

The residents of Milford are fortunate for the three years Charles spent compiling factual information about his family and Milford for this book. Once again, the history of the town comes alive with all the events that are related so vividly in the book. It is a pleasure to read and it leaves us with a new perspective and appreciation for our early settlers and the historical events that took place in Milford-town.

The book relates stories of Cornelius Collins arriving from Ireland, and Giuseppe Ambrosini, from Italy.

Cornelius Collins came to America to escape the Great Famine in Ireland. He wanted to find a better life here in America and help his family back home by sending them money. Cornelius couldn't read or write as so many of the Irish were denied the opportunity for an education.

Upon arrival, Cornelius was sent to Milford-town where he got a job in a boot factory on Central Street. He lived in an old barn converted into a bunkhouse and ate food that he purchased along with his fellow workers. He was happy, had everything he needed, a job, a place to sleep and food. Milford-town had much to offer.

The novel is of great importance to the town's heritage as

it offers a look back at the town, in the mid-1850s. Cornelius loved Milford-town, the first St. Mary's Church on Church Hill Street, as well as the beautiful new granite church, the parks, stores along the Main Street, the parades, the circus, and all the entertainment Milford-town provided.

He fell in love with his sweetheart, Johanna. They were married by Fr. Farrley, and eventually, lived on Purchase Street where their children attended school in a brick schoolhouse. (The little brick schoolhouse is still standing, built in 1832.)

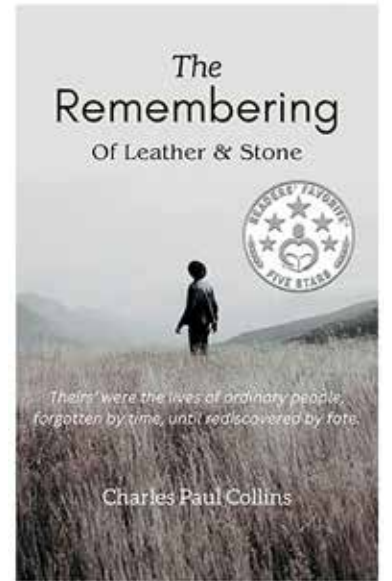
The second part of the book is "The Stonecutter - G. Ambrosini - Away to America - 1891."

"This young man was baptized Giuseppe, son Angelo Ambrosini and Luigia Lodi, on January 19, 1866, in Provincia

di Como, Lombardia, Italy. When he was 14 his father took him to learn the stone-cutting trade for marble and stone craft. He learned to read and write, study mathematics and architecture."

Giuseppe wanted to come to America where they were advertising for trained stone cutters. Milford Pink Granite was known as one of the finest granites in the country. Buildings and monuments were being built everywhere and stone cutters from Lombardia were especially sought after. Giuseppe arrived in New York, greeted by the Statue of Liberty. He first went to Quincy, but soon found a new home in Milford-town, where he worked in the quarries, raised his family, and was an active member of the community.

Charles Paul Collins is a remarkable storyteller with a pas-



Courtesy photo

sion for people and history. Books are available at Amazon and at the Milford Historical Commission, 30 School Street.

Submitted by the Milford Historical Commission

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# Spring into action with Milford Community School Use programs

As spring season approaches, Community Use is buzzing with exciting educational and recreational opportunities for residents of all ages. From our outdoor activities to personal development, there's something for everyone in our spring program lineup.

### Boating Safety Course

Massachusetts boaters should take note of an important upcoming change: starting in 2026, all boat operators born after 1989 will be required to hold a boating certificate license. All operators born before 1989 will be required as of April 19, 2028. In preparation for this requirement, we have partnered with the Coast Guard Auxiliary to offer in-person certification classes. These sessions will cover the latest boating safety guidelines and regulations specific to Massachusetts waterways, ensuring our community's boaters are well-prepared for safe maritime adventures.

### Fitness Programs for Every Interest

Our adult education fitness programs continue to expand with a diverse range of offerings led by certified instructors. Whether you're looking to shake off the winter blues or continue your fitness journey. Participants can choose from popular favorites including Boot Camp, Swim Programs, Zumba, Circuit Fusion, and Yoga. These programs emphasize proper technique, with special attention to posture, body alignment, mindfulness, and injury prevention.



Milford Community School Use High School Counselor Staff during February school vacation week activities. (L to R) Jayla Lewis, Molly Brown, Zachary Hipolito, Josh Lewis, Talya Seri, Angelina Bonina, Tristan Hay, Eddie Hough. Courtesy photo

We are particularly excited to introduce ChiWalking, our newest addition, which will meet Monday evenings at 5:45 p.m. at the Lions Club Pavilion at Louise Lake starting in April. Based on the Science of Natural Movement, ChiWalking blends modern biomechanics with time-tested T'ai Chi principles to create a revolutionary approach to walking. You will be guided through gentle, progressive techniques that work with your body's natural design—not against it.

### Photography

Photography enthusiasts can

perfect their skills just in time for wedding and prom season through our comprehensive photography classes. Additionally, we're proud to offer free workshops focused on Senior Safety, Retirement Planning, and Financial Well-being, demonstrating our commitment to supporting our senior community members.

### Youth Activities & Vacation Programs

Young community members have plenty to look forward to this spring. We've established a partnership with the Milford Youth Girls Softball program

to facilitate in-town registration, while F.A.S.T athletics will provide activities for our PreK children.

We had a great February vacation week with an Olympic games theme and a week full of fun activities.

Watch for registration to be open soon for April vacation week. Community Use will host another engaging program featuring swimming, arts and crafts, sports, games, movies, and special surprise activities.

### Hobbies & Special Interest

Registration for all programs is now open. For specific pro-

gram details, schedules, and registration information, please visit our Website at [milfordcommunityprogram.activityreg.com/clientpage\\_t2.wcs](http://milfordcommunityprogram.activityreg.com/clientpage_t2.wcs) or contact the office at 508-478-1119.

We are always looking to add more program opportunities to our Adult Ed schedule, so if you or someone you know has a hobby or interest and you would like to offer a program with us, please email our office at [communityuse@milfordma.com](mailto:communityuse@milfordma.com). Let's grow together as a community.

Submitted by Milford Community School Use Program

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# Milford High School Sophomores Earn Honorable Mention in National French Media Contest

Milford High School Sophomores Elise Cartier, Sophia Coelho, Judith de Melo, Isabella Grady Harper, Fiona Lentini and Lina Lyubkin have been recognized with an Honorable Mention in the 2024 American Association of Teachers of French (AATF) Media Contest, themed "Le français, une langue globale!"

Competing against 123 video submissions from 48 schools nationwide, the students showcased their creativity and passion for the French language through their original video project. Their work highlighted the global impact of French, demonstrating its cultural and linguistic significance across different parts of the world.

The AATF Review Board praised the students' submission, describing their video as "impressive, heartwarming, creative, and engaging."

Since 2013, the AATF has sponsored a student media contest to encourage connections to



(L to R): Judith de Melo, Fiona Lentini, Elise Cartier, Isabella Grady Harper, Lina Lyubkin, Sophia Coelho, Principal Josh Otlin. Courtesy photo

Francophone themes. Students create short videos or interactive media projects based on a designated theme. The 2024 theme,

"Le français, langue globale!," highlighted the global presence of the French language. Held as part of National French Week

in November, the contest is open to all middle and high school French students in the United States.

# Milford Family & Community Network CFCE

Do you have a child who will be entering Kindergarten this fall and are wondering how to best prepare them? Start the journey early with our upcoming "Kindergarten Bootcamp" program designed for children who will be 5 years old by 8/31. This 4-week series will provide structure, routines and activities that take place in a typical kindergarten classroom to help

you and your child learn what to expect, while having fun. This program requires registration, please call the office for more information.

Our biggest community event of the year, The Family Fun & Disability Awareness Fair, will be held on March 15 from 11 a.m. - 2 p.m. in the Milford High School Cafeteria. This family resource fair sponsored by The

Milford Commission on Disabilities, Open Sky Community Services and the Milford Family & Community Network CFCE, is free and open to all ages. There will be a wide range of exhibitors who work with families from the prenatal stage through adolescence. Exhibitors will include health care professionals, social services, community and educational programs, day care provid-

ers, and small businesses. There will be a DJ, inflatable obstacle course, face painting and door prizes throughout the day. Join us for fun for the whole family!

Questions? Call our office at 508-277-4981 or email familynetwork@milfordma.com. Don't forget to find, like and follow us on FaceBook at Milford Family & Community Network CFCE.

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# Women caregivers face financial challenges



Mark Freeman, CEPA

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On March 8, we observed International Women’s Day. Although this event celebrates women’s achievements, it’s still true that women, especially caregivers, face significant financial hurdles. How can these challenges be met?

To begin with, let’s look at some concerning statistics connected to American women in the “sandwich generation” — those who care for children and parents or other relatives —

from a study by Edward Jones and research firms NEXT360 and Morning Consult:

- Nearly half of women report feeling financially strained.
- Almost two-thirds of women say caregiving duties have harmed their ability to save for their own financial goals.
- More than half of women have had to reduce their professional responsibilities due to caregiving, resulting in the loss of potential income.

So, if you’re a sandwich-generation woman, what can you do to improve your financial outlook?

Consider these suggestions:

- *Establish your own financial goals.* Depending on the length and complexity of your caregiving duties, your own financial goals could be affected. For example, you may need to change your retirement date from what you had originally intended, or else adjust the retirement lifestyle you had

envisioned. However, this doesn’t mean you shouldn’t try to establish your own short- and long-term financial goals and then create a strategy for achieving them. In doing so, you may find it helpful to work with a financial professional.

- *Contribute as much as you can to your retirement accounts.* Your caregiving obligations may be preventing you from working as many hours as you like, or perhaps even from accepting a higher-paying position. In either case, your ability to contribute to your retirement accounts may well be diminished. Nonetheless, each month try to put in as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And if you do get salary increases, think about boosting your monthly contributions to your plan.
- *Don’t rush into taking Social Security.* You can start collecting Social Security as early as age 62, and you might be tempted

to do so if you’re feeling some financial pressure because of your caregiving responsibilities. But your monthly benefits can be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. So, if you can find other ways to bridge this gap — possibly through a spouse’s income or your own savings — it may well benefit you to wait as long as you can before collecting.

- *Maintain separate finances.* If your parents are concerned about falling behind on their bills, they might suggest combining their bank accounts with yours. This may not be a good idea — if your finances get tangled with those of your parents, you could end up paying for some of their expenses, even if they can afford to do so themselves. Consequently, try to keep your finances separate.
- *Create a financial power of attorney.* You may want to see whether your parents will

agree to give you a financial power of attorney, so you can make decisions on their behalf should they become incapacitated. Such an arrangement can help protect them and you.

There’s no sugar-coating it: Caregiving can be financially taxing on caregivers. But by taking the appropriate steps, you may be able to help reduce some of the stress involved.

Contact Mark today to discuss this topic or any of your financial goals.

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## Resident defaces cruiser, utters racial slurs

*Note: All suspects are innocent until proven guilty in a court of law*

On Saturday, Feb. 15, at approximately 4:48 p.m., the Milford Police Department responded to calls for a disturbance on Dogwood Lane. On arrival, officers encountered an intoxicated male.

As a result of an on-scene investigation, Matthew Daniello, 28, of Milford was taken into custody. During the transport

process, Daniello became uncompliant, defacing the officer’s vehicle and uttering racial slurs to an assisting officer.

Daniello has been charged with assault & battery, defacing property (2 counts), assault, strangulation or suffocation, disorderly conduct, disturbing the peace, assault & battery on a police officer, civil rights violation.

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



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# Milford Public Schools update

**Important Dates:**

**March 14** - Early Release, All schools

**April 18** - No School - Good Friday

**April 21-25** - No School - April Vacation

**District**

During this January's Early Release day, the Milford Public Schools staff gathered at MHS for the third session in a lecture series with Dr. Sharroky Hollie from the Center for Culturally Responsive Teaching and Learning (CCRTL). Dr. Hollie continues to work with our staff on the mindset, skills, reflection, and response that is required to build a community of learners amongst a group of students with vastly different experiences, backgrounds, cultures, and languages. Talking to, relating with, and teaching students who have such different lived experiences from ourselves and each other demands different approaches in the classroom and in our schools if we want our students to achieve the successful outcomes we all hope for them to achieve. Dr. Hollie has given us much to think about and work on in previous sessions, and we look forward to our continued partnership with him and the CCRTL.

**The Multilingual Parent Advisory Council** had a big night on Jan. 29. Nearly 70 parents and caregivers attended the MPAC meeting. Two infor-

mational sessions were held in addition to the childcare room. Session/Option 1 featured the Youth Center and director Jen Ward. Ms. Ward presented about the center in general, how it is funded, after school and summer programs offered, and ways the MYC interacts with the Milford community. Session 2 featured Director of English Language Learner Program Jenn Noorjani. Ms. Noorjani presented various opportunities for adult ESOL classes, including in-person, online, self-facilitated, and for-cost options.

**At Woodland and Milford High**, a group of randomly selected fourth grade students and 12th grade students participated in the National Assessment for Educational Progress (NAEP) this week. This test provided macro data at the state and national level and is used in the creation of the National Report Card. The students selected (by DESE) are intended to represent a true cross section of our student body. Thank you to all the students who participated and gave it their best effort!

**The fall 2025 Kindergarten registration packet pickup** was Feb. 5, from 6 - 7:30 p.m. at Milford High School atrium/cafeteria. We had 203 families come to register their child for Kindergarten! This is a phenomenal turnout! However, each year of student enrollment is usually around 325 students, so more families still need to



complete their child's enrollment paperwork. If you missed the Kindergarten packet pickup, please visit the Family Resource Center (FRC) at 189 Main Street, 2nd floor, at your earliest convenience. The office is open Monday-Friday from 8 a.m. - 3 p.m. Public parking is located on Main Street or behind the building off of either Fayette Street or Exchange Street. If you would like to call ahead, please contact the FRC Manager at 774-268-3843. Thank you!

**The Milford Family & Community Network** will be hosting the **27th Annual Family Fun and Disability Awareness Fai** on March 15 at Milford High School from 11 a.m. - 2 p.m. There will be interactive exhibits and information from community and educational programs, health care professionals, social services, small businesses, early education and care providers and more!

**Milford High School Best Buddies Sponsors are Needed!** Milford High School Best Buddies will be hosting our 10th annual beauty pageant for individuals with Intellectual Disabilities from the Milford Area!

We are looking for sponsors, all donations (raffle baskets, items, gift cards, etc.) and donations of time and service. If you are interested please reach out to Lexi Forgit (aforgit@milfordma.com).

On January 23, a group of 19 MHS students visited the **Job Corps** campus in Grafton. This trip was an opportunity for the students to explore potential career pathways and learn more about the educational and vocational training programs offered at Job Corps. The visit was particularly important because it provided these students with firsthand exposure to a variety of trades and career options that they might not have previously considered. Job Corps is a federally funded program that offers free education and vocational training for young people aged 16 to 24. During the visit, the students learned about the diverse trades available at Job Corps. These include programs in healthcare, construction, automotive technology, advanced manufacturing, culinary arts, and more. The instructors and staff provided detailed explanations about each trade, the training involved, and the potential career opportunities available upon completion. The tour concluded with a delicious lunch in the Job Corps cafeteria, prepared by students in the culinary arts program. This was a highlight of the visit, as it allowed our students to see the skills and professionalism demonstrated by

their peers in the culinary field.

**Stacy Middle School**

Stacy Middle School marked the 90th day of school with a fun and nostalgic twist—students and staff dressed up in their best '90s-inspired outfits to celebrate the best decade ever! From flannel shirts and scrunchies to bright neon colors and baggy jeans, the school was filled with '90s vibes, bringing energy and excitement to the milestone day.

Stacy Middle Grade 7 Science students took on an exciting egg drop challenge, testing their engineering skills and problem-solving abilities. One of Ms. Mele's class' egg survived a 31 foot drop, and one of Ms. Haley's remained intact even from 34 feet!

Stacy Middle School student, Giovanni Montecalvo, recently earned a top-ten spot at the state's annual Veterans of Foreign Wars (VFW) Patriot's Pen Youth Essay Competition. The seventh grader represented District 8 and advanced to the state's competition on Jan. 26. In addition to his district-level recognition, Giovanni will be honored at a ceremony in March hosted by Milford VFW Post Commander Steve Petak as an "outstanding young spokesperson of the future" for his essay submission.

Eighth-grade Service Ambassadors representing the Commonwealth's 351 cities and towns kicked-off a year of youth-led service with Project 351 last Saturday. This year's Class includes Yati Tint, an eighth grader at Stacy Middle School, representing Milford. Project 351, a nonprofit organization, annually unites a class of unsung heroes for a transformative year of leadership development, enrichment, and impact through unifying statewide service campaigns. Dr. Caridad Lopez, Principal of Stacy Middle School, shared, "We were honored to select Yati Tint as our school's Ambassador to Project 351. Yati is a very kind, compassionate, respectful and hardworking student. She is always willing to help others in her class. We are proud of her

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# The blurry truth: Understanding and addressing the rise of refractive errors

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

Have you noticed more people wearing glasses these days? It's not just a feeling. Refractive errors, those eye conditions that blur our vision, are becoming increasingly common, particularly nearsightedness (myopia). This article explores what these errors are, why they're on the rise, and what we can do about it.

## What are Refractive Errors?

Our eyes are intricate organs, acting like sophisticated cameras. Light enters, is bent (refracted) by the cornea and lens, and ideally focuses perfectly on the retina, the light-sensitive tissue at the back of the eye. This focused image is then sent to the brain, allowing us to see clearly.

Refractive errors occur when the eye's shape prevents light from focusing correctly on the retina, resulting in blurry vision. Common types include:

- **Myopia (Nearsightedness):** Close objects are clear, but distant objects are blurry. This happens when the eye is too long, or the cornea is too curved, causing light to focus *in front* of the retina.
- **Hyperopia (Farsightedness):** Distant objects are clear, but close objects are blurry. This occurs when the eye is too short, or the cornea isn't curved enough, causing light to focus *behind* the retina.
- **Astigmatism:** Vision is blurry or distorted at all distances. This happens when the cornea or lens is irregularly shaped, preventing proper light focus.
- **Presbyopia:** This age-related condition makes focusing on close objects difficult. As we age, the lens loses flexibility, hindering its ability to change shape and focus up close. This is why many over 40 need reading glasses.

## Why the Rise?

The increasing prevalence of refractive errors, especially myopia, is a global concern. While the exact causes are still being researched, several factors are believed to contribute:

- **The Screen Time Surge:** Our modern lives involve significant screen time – smartphones, tablets, computers, and televisions. This constant close-up focus strains the eyes and may contribute to myopia development and progression.
- **The Great Indoors:** Studies suggest that spending time outdoors, especially in childhood, has a protective effect against myopia. The wider range of distances the eyes focus on outdoors, along with increased natural light exposure, may be beneficial.
- **The Genetic Factor:** Genetics play a significant role. If your parents or siblings have myopia, you're more likely to develop it.

- **The Urban Influence:** Urban environments often have limited green spaces and encourage indoor activities, potentially contributing to the myopia rise.
- **Lifestyle Shifts:** Changes in diet, like increased processed food consumption, and reduced physical activity may also play a role, though more research is needed.

## What Can We Do?

While we can't entirely eliminate the risk, we can take steps to minimize the impact and potentially slow myopia progression:

- **Limit Screen Time:** Encourage children and adults to take regular breaks. A helpful tool is the 20-20-20 rule: Every 20 minutes of screen time, take a 20-second break to look at something 20 feet away. This allows the eye muscles to relax and refocus, reducing strain.
- **Embrace the Outdoors:** Aim for at least 1-2 hours of daily



outdoor activity, especially for children.

- **Maintain a Healthy Lifestyle:** A balanced diet and regular physical activity are crucial.
- **Regular Eye Exams:** Comprehensive eye exams are essential, especially for children. Early detection and treatment are key.

## EYE CARE

continued on page 8





# MILFORD - FRANKLIN EYE CENTER





Roger M. Kaldawy, M.D.



Mark Barsamian, D.O.



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## MILFORD SCHOOL

*continued from page 6*

current accomplishments and looking forward to her further contributions as a model student and leader." Way to go Yati! Stacy and the MPS are proud of you!

### Woodland Elementary School

Woodland students had the opportunity to virtually meet with Astronaut Clayton Anderson. Astronaut Anderson spent more than 167 days in space serving aboard the International Space Station completing 6 spacewalks. He has also served in various other roles with NASA. Thank you to Woodland STEM Teacher Mr. Kurt Shady for organizing this event and thank you to the Woodland PTO for supporting it.

Woodland Fourth Graders visited Gillette Stadium to learn about architecture and bridge design while also taking a tour of the Patriots Hall of Fame. Thank you to Ms. Pivonka and the fourth grade faculty for organizing this trip! A huge shout out goes to the

Woodland PTO for financially supporting it.

Ms. Sarah Boyle, Tech Integration Specialist for MPS, delivered over 1,000 Valentines to the radio station Mix104.1 to give to Karson & Kennedy's "Valentines for Veterans" program. It was organized by Ms. Boyle and Ms. Laura Dolan, Counselor at Woodland. Students at Woodland and Memorial were asked to make Valentines. Two full boxes were delivered! They were distributed to various Veterans organizations in MA by the radio station hosts.

### Brookside Elementary School

Milford's Animal Control Officer Keith Haynes visited first grade classrooms at Brookside to kick off a Project Based Learning Unit on animals. He spoke to the different types of animals found in Milford, how to identify if they are rabid, animal safety, and the tools and equipment he uses as part of his job. Grade 1 students will be researching animals found in the Milford area, their habitats, and how their body features help them to survive.

Brookside students had

their artwork and poetry on display at Rail Trail Flatbread Company during the month of February.

### Shining Star Early Childhood Center

Shining Star is very proud to congratulate the January Star Student Character Traits for the month of January! Congratulations to the following Responsible Star Students: Yaksha from Ms. Pedersen's class, Kai from Mrs. Riordan's class, and Hailey from Mrs. Verdura's class. Hip-hip hurray to the following Star Students who displayed Acts of Kindness to their peers: Mason from Ms. Tomaso's room, Gabriel and Joao from Mrs. Austin's room, Vada from Mrs. Riordan's class, and Nicolas from Mrs. Gray's room. Finally, way to go, Star Student Kaylee from Ms. Pedersen's room for displaying Cooperative traits.

Shining Star Early Childhood Center hosted an Art Extravaganza on Feb. 10, highlighting the preschool students' Artwork. The extravaganza was well attended by our families! Our families were impressed with our Stars' creativity.

## EYE CARE

*continued from page 7*

- **Corrective Lenses:** Glasses or contacts are the most common and effective correction.
- **Myopia Control:** For children with progressive myopia, doctors may recommend treatments like atropine eye drops, multifocal contact lenses, or orthokeratology.
- **Surgery:** Refractive surgery like LASIK or PRK may be an option for some, but consult with an eye doctor to discuss risks and benefits.

### The Future of Vision Care:

Researchers are actively exploring new prevention and treatment methods, investigating the roles of genetics, environment, and lifestyle. New technologies, such as advanced lens designs and drug therapies, are also being developed.

The increasing prevalence of refractive errors is a significant public health issue. By understanding the causes and taking proactive steps, we can protect our vision. Remember, regular eye exams are essential. If you have any concerns, consult an eye care professional.

## Milford-Franklin Eye Center: Your Partner in Eye Health

At Milford-Franklin Eye Center, our dedicated team of ophthalmologists and optometrists, supported by highly trained staff, are available to treat various eye problems, including refractive errors. We offer a dedicated optical shop with a children's boutique, providing quality glasses and contacts. We also provide world-class cataract surgery and advanced treatments, including procedures that can eliminate the need for glasses in select cases. All surgeries are performed in our accredited surgical facility. Our in-house optical shop crafts glasses while you wait, and new patients receive a complimentary pair of select frames. We offer after-hours, same-day emergency appointments and Saturday availability. With over four decades of dedicated service, Milford-Franklin Eye Center is committed to delivering advanced eye care close to home.

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## PROJECT 351

*continued from page 1*

understand the academic material. Yati was very excited to be selected as Ambassador to grow her skills as a service leader in her community. We are proud of her current accomplishments and looking forward to her further contributions as a model student and leader."

On Saturday, Jan. 25, Ambassadors were joined by Governor Maura Healey, Lieutenant Governor Kim Driscoll, Massachusetts Secretary of Education Patrick Tutwiler and other community leaders for a day of service and celebration in Boston.

"The young people who serve with Project 351 are great examples of what makes Massachusetts a leader in so many important ways," said Gov. Healey. "These Ambassadors demonstrate what is possible when we work together to make the changes we all want to see in our own communities. I'm

proud to join them as they embark on this important year of leadership and service."

Project 351, a nonprofit organization, annually unites a class of unsung heroes for a transformative year of leadership development, enrichment, and impact through unifying statewide service campaigns. This year, Project 351 celebrates its 15th year with a collective social impact on more than 1.4 million lives. Project 351's annual Launch celebration honors the legacy of Dr. Martin Luther King Jr. and Coretta Scott King.

Launch Day kicks off 12 months of leadership development through Alumni mentorship and enrichment through Project 351's Service Leadership Academy. Through Project 351, Ambassadors develop the skills and confidence to mobilize their hometowns in service campaigns that address critical issues including hunger, clothing insecurity, and educational equity.

On Launch Day, Ambassadors

sadors traveled from across the state to convene at the John F. Kennedy Presidential Library and Museum for a celebratory morning program. The program also included remarks by James Gallagher, General Counsel, John Hancock/Manulife, a founding sponsor. Wearing their signature navy tee, Ambassadors mobilized by Service Hero teams for an afternoon of service at La Colaborativa, Brighton High School, and Cradles to Crayons. In partnership with these community leaders, Ambassador service impacted more than 34,000 neighbors.

"Project 351 is powered by the idealism and ideas of 8th grade change makers," said Carolyn Casey, Project 351 Founder and Executive Director. "As we welcome our 5,588th Ambassador, we celebrate the transformative good made possible when we unite in common cause. And we uplift the values they stand for – kindness, compassion, and respect for the dignity of all."



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

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

As for Hopedale in particular, Schadler says they are proud to have many repeat customers and friends in the area. The Schadlers live in nearby Milford and have coached and sponsored many

## Business spotlight

youth sports activities in both Hopedale and Milford.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relation-



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

ships 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 [affordablejunkremoval.com](http://affordablejunkremoval.com).

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# HELP WANTED: A guide to getting your next job

## You've landed an interview, now to prepare

By Theresa Knapp

Congratulations, the company has noticed your résumé and they've scheduled an interview with you. Now what?

Now you prepare. Getting a job is difficult and time-consuming. The more prepared you can be, the more confident you can be, and the more successful you can be.

For the employer, the purpose of the job interview is to assess the candidate's skills, their mo-

tivation, and to see if they are a good fit with the company's culture and mission.

For the candidate, the interview can help assess if the job description is accurate, if you're comfortable with the "feel" of the company and its representatives, etc.

### Preparation is key

- Read the job description thoroughly, research unfamiliar terms and acronyms

- Research the company through its website, blog, and LinkedIn page
- Search for company reviews on sites like GlassDoor, Indeed, Jobcase, etc.
- Search for the company in the news, is there anything about the culture, stock, etc., you should (or should not) discuss during the interview? A quick Google search could reveal important information
- Be familiar with the office location (even if it's a virtual position or interview)
- Have your elevator pitch ready

### Your "elevator pitch" should be "u-nique"

An elevator pitch is your introduction. The pitch should be 30 to 60 seconds long and should address your professional history, accomplishments of which you're most proud of, and relevant career goals which tie in with the job for that you're applying.

The pitch should end with a fun fact about yourself, something that can help you stand



out from the other candidates. It should be positive and not too personal.

Many employers receive hundreds of applications for each job. It will help your chances if you have a memorable interview. What makes you "u-nique"? Employers often ask each candidate the same list of questions so they can make accurate comparisons, and they often hear similar answers from each applicant. By sharing something unique about you – that you can directly relate to the job responsibilities – your chances of standing out can increase. Do you speak several languages? Do you have a unique hobby? Did you audition for American Idol? Were you at the 2004 Red Sox World Series Game?

### Five questions to ask yourself as you prepare

According to the job search engine Indeed.com [bit.ly/Indeed5questions], five questions to ask yourself before a job interview include:

- What past accomplishments are you most proud of?
- What three things do you want to get better at this year?
- What skills do you have that you've noticed differentiate you from your peers?
- What would your past or present colleagues say is the best thing about working with you?
- Where do you want to be in three or five years?

Take some time to think about your answers. An in-

terview is the time to shine, to identify areas in which you are proud, and to share those accomplishments. Let the employer know what skills and energy you'll bring to their company.

If you're wondering how to highlight your strengths in an interview, Indeed [bit.ly/IndeedPersonalStrengths] says focus on quality not quantity, back up your strengths with examples, and provide original answers to routine questions – you want to provide the answers they're looking for while standing out from the competition.

### 10 common job interview questions and how to answer them

According to the *Harvard Business Review* [bit.ly/HBR10CommonInterviewQuestions], the following questions are often asked during a job interview:

- Could you tell me about yourself and briefly describe your background?
- How did you hear about the position?
- What kind of work environment do you prefer?
- How do you deal with pressure or stressful situations?
- Do you prefer working independently or on a team?
- How do you keep yourself organized when balancing multiple projects?
- What did you do in the last year to improve your knowl-

### First impressions count

According to the American Psychological Association, first impressions can have a real impact on your professional success. Ways to strengthen your chances of making a good first impression include:

1. **Know your audience:** Know who you're interviewing with so you can speak to them directly
2. **Exude confidence:** Speak slowly and calmly, make eye contact
3. **Field questions gracefully:** Don't get defensive, you don't know an answer, it's okay to say so
4. **Prepare and practice:** You cannot overprepare
5. **Be a good listener:** Pay attention, make eye contact, nod, don't interrupt or finish their sentences

Source: [www.apa.org/gradpsych/2012/11/first-impressions](http://www.apa.org/gradpsych/2012/11/first-impressions)

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# KEITH GATTOZZI

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PAID FOR BY CANDIDATE KEITH GATTOZZI

### INTERVIEW PREP

continued on page 11

# HELP WANTED: A guide to getting your next job

## INTERVIEW PREP

*continued from page 10*

edge?

- What are your salary expectations?
- Are you applying for other jobs?
- Can you explain a time gap on your résumé?

Be prepared to respond to these questions with the answer and, when appropriate, why that is the answer.

For helpful detailed responses, visit [bit.ly/HBR10CommonInterviewQuestions](http://bit.ly/HBR10CommonInterviewQuestions).

### “What is your greatest weakness?”

Another often-asked and often-dreaded interview question is, “What is your greatest weakness?” The purpose of this question is to see if you’re honest, self-aware, and open to self-improvement; it gauges your emotional intelligence.

According to [themuse.com](http://themuse.com) [[bit.ly/MuseGreatestWeakness](http://bit.ly/MuseGreatestWeakness)], there is a simple formula to answer this question:

- Clearly describe your weakness [ex. Delegating]
- Give a short example of a time your weakness affected your work [ex. The meeting started late because I did all the prep work myself, I should have delegated.]
- Talk about what you’ve done to improve your weakness. [ex. I now look to my team

or coworkers to ask for assistance at the beginning of a project.]

When answering the question, be sure to answer concisely and focus on the solution, not the weakness. And always leave the answer on a positive note.

### “Do you have any questions for us?”

At the end of most interviews is one last question: “Do you have any questions for us?” Your answer should always be “yes” even if the employer has answered every question you had. It is important you ask at least one question, preferably 1-3 questions as time allows. Suggestions include:

- How would you define success in this role?
- How is success measured in this role?
- What is the most challenging aspect of this role or this team?
- What do you like about working here?
- How many other members are in this department?
- How would you define company culture?
- What opportunities do you offer for professional development?
- Questions related to information on their website, blog, or social media
- What are the next steps in the hiring process? [this should not be your only question]

It’s always best to ask some of these questions during the interview but be sure to save one or two questions for the end.

For the “70 best questions to ask in an interview,” visit [bit.ly/Indeed51QuestionsToAsk](http://bit.ly/Indeed51QuestionsToAsk).

*This article includes original content and information from Indeed.com, themuse.com, Harvard Business Review, and PositivePsychology.com*

### “What’s your greatest weakness?” possible responses

When a potential employer

asks this question, and they usually do, the following topics can be good answers as long as the ‘weakness’ is not directly related to the job you’re seeking. For example, if you’re applying to be a salesperson, you would not say your weakness is cold calling; and if you’re applying to be an auditor, you would not say your weakness is math.

Other possible responses relate to:

- Public speaking
- Delegation
- Time management
- Writing

- Organization
- Attention to small details
- Cold calling
- Confidence
- Decision-making
- Explaining complex or technical topics
- Feedback, giving or receiving
- Grammar
- Math
- Patience
- Self-esteem
- Understanding when and how to say no


*A full list can be found at [bit.ly/MuseGreatestWeakness](http://bit.ly/MuseGreatestWeakness)*

## What is emotional intelligence?


Questions like “What is your greatest weakness” test your emotional intelligence, to see how you would behave, engage, and react in certain situations. Other questions used to gauge emotional intelligence, and could easily be asked during an interview, include:


1. How do you de-stress after a bad day at work?
2. What’s something you’ve achieved that you’re most proud of and why?
3. Who are some of your top role models, why do they inspire you?
4. How do you celebrate success?
5. How do you respond when a co-worker challenges you?
6. Have you ever had to change your behavior, either at work or home, if so, why did you have to change, and how did you change?
7. How do you recover from failure?
8. When have you felt demotivated, and what did you do to overcome this?
9. How would some of your closest friends describe you?
10. What kind of behavior makes you angry/annoyed?


*Source: [positivepsychology.com/emotional-intelligence-interview-questions/](http://positivepsychology.com/emotional-intelligence-interview-questions/)*




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# HELP WANTED: A guide to getting your next job

## Résumés, cover letters, and references

By Theresa Knapp

Résumés and cover letters are important because they help job seekers convey their qualifications, experiences, and skills to potential employers. Your resume and cover letter should be tailored to each specific job and should mention several of the qualifications listed in a job description.

Many companies use an Applicant Tracking System (ATS) so it is important to use as many keywords from the job description as possible as this will increase your chances to make it past the initial filter.

### Résumés

Résumés provide a first impression to the employer and should put your best foot forward. The ideal resume is one page long, but two pages is common.

The layout should include your name, email address (be sure it is a professional email address), and phone number at the top of the page, your home address is not necessary. The next section can be a Professional Summary or Objective (optional), then Experience (in reverse chronological order) in paragraph or bulleted list form. Follow this with Education, and end with an optional Achievements or Skills section.

Do not include a Reference section on your resume. According to indeed.com, resume tips to help you land an inter-

view include:

- Look for keywords in the job posting and include those on your resume
- Review resume examples for your industry
- Résumés should be simple and brief
- Include concrete achievements and metrics when possible
- Include only relevant information
- Use a professional font, 12 points, black font (unless your industry prefers color and creativity)
- Margins should be one inch (expand to 1.15 or 1.25 inches if you don't have a lot to fill the document)
- Call attention to important achievements within a job description or in a separate "Achievements" or "Skills" section at the bottom of the resume
- Proofread, proofread, proofread
- Make multiple versions of your resume

Source: [www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips](https://www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips)

Coursera [coursera.org] suggests using action words such as *generated, reviewed, crafted, analyzed, developed, compiled, arranged, secured, collaborated, documented, presented, administered, refined, produced, accomplished, increased, grew, improved, managed, delivered, transformed, fulfilled, engaged, negotiated*, etc.



For 150 resume action words, visit [www.coursera.org/articles/resume-action-words](https://www.coursera.org/articles/resume-action-words). According to Forbes.com, the top skills to put on your resume in 2025, if applicable, are:

- Data analysis and project management
- AI and machine learning
- Software engineering and IT infrastructure
- Critical and strategic thinking
- Problem-solving
- Adaptability and agility
- Collaboration and teamwork
- Communication skills

Source: [www.forbes.com/sites/rachelwells/2025/01/10/top-skills-to-put-on-your-resume-in-2025/](https://www.forbes.com/sites/rachelwells/2025/01/10/top-skills-to-put-on-your-resume-in-2025/)

### Cover letters

If a job description says a cover letter is not required, you don't have to submit one. If it says a cover letter is optional, it's in your best interest to submit one.

A cover letter is a short letter that accompanies your resume and illustrates how your experience would directly relate to the specific position to which you're applying.

According to the Columbia University Center for Career Education, the goal of a cover letter is to highlight your quali-

fications, showcase your motivation, and reflect your voice and written communication skills. To write an effective cover letter, you should review the job description and research the company and its values and mission. The Columbia website says, "As you craft your cover letter, use examples that demonstrate your relevant skills, knowledge, and interests."

The standard format includes a heading that matches your resume (centered), the address of the company (against left margin), then a salutation (if no name is given use "Hiring Manager or the title mentioned in the job description). The first paragraph is the introduction where you say what job you're applying for and why; and the second paragraph (this could be two paragraphs, if need be) can highlight one or two skills or experiences and how they are relevant to the job for which you are applying. The last paragraph is a conclusion where you recap what you would bring to the organization and your interest in the position, and thank them for their consideration.

Source: <https://www.careereducation.columbia.edu/resources/how-and-why-write-great-cover-letter>

### References

References are typically not requested until a job offer is pending, though some companies may request them up front.

Be sure to alert the people you are using as references so they are not surprised when they receive an email or phone call related to your application.

Carefully consider who in your current job you can use as a reference that will not compromise your current work situation.

When choosing your references, the American Association of University Women (AAUW) says you should find colleagues you can trust, pay attention to titles, be prepared (always keep an updated list of references, keep them updated with current information), follow up after they provide a reference with a thank you note and tell them if you got the job. And finally, never misrepresent your references or yourself.

Source: [www.aauw.org/resources/career/boost-your-career/providing-references/](https://www.aauw.org/resources/career/boost-your-career/providing-references/)

This article includes original content and information from the American Association of University Women, coursera.org, forbes.com, indeed.com, and Columbia University.

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# HELP WANTED: A guide to getting your next job

## Job search and technology, what you need to know about AI

By Victoria Rayel  
Career Counselor and  
Life Coach

If you're thinking about starting the new year with a new job, it's important to be clear about your job targets, ideal industry, location, pay, and have a résumé. With an increasing number of applicants due to a

expedite the process.

To stand apart in this market, you need to know what to expect when it comes to technology in the job search. Three tips to ensure you don't get lost in the application 'black hole' include using artificial intelligence (AI), helpful automatic tools, and networking.

can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

For example, upload your résumé and the job description into ChatGPT, then try these prompts:

Type "Select three accom-

plishments from my résumé that match this job best" or

### Consider "Apply for me" Tools

Sites like Ladders and LazyApply apply to jobs on your behalf for a fee. You will fill out a series of questions, select the jobs that are interesting, then the tools will submit your application. Job searching can be a tedious task, and technology can help you save time in applying. Now you can spend more time on important things like interview preparation, upskilling, and the next tip.

### Networking

Roughly 15% of positions are filled through online applications, so it is suggested job seekers spend at least 50% of their job search time on reconnecting with their existing networks and building new relationships. If online applications are not

### WHAT IS "ARTIFICIAL INTELLIGENCE"

According to NASA, citing the National Defense Authorization Act of 2019, "Artificial intelligence refers to computer systems that can perform complex tasks normally done by human-reasoning, decision making, creating, etc."

[nasa.gov/what-is-artificial-intelligence](https://nasa.gov/what-is-artificial-intelligence)

helping you get interviews, start having conversations. Coffee chats, phone calls, networking events, LinkedIn Group discussions, Discord, Facebook and any community groups you're involved in can be an amazing resource to connect to people.

Finally, don't let AI intimidate you. It's time to embrace the new normal and leverage technology to help you succeed.



changing business environment, geo-political landscape and overall economic changes, recruiters use tools like AI to help them quickly find top applicants and

### Use AI to Beat AI

When applying for a position, it's important to make sure your application materials match the job for which you're going. You

can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

Type "Create a list of key skills this job is looking for and list where they come up on my

# Zoom Into Health & Fitness!

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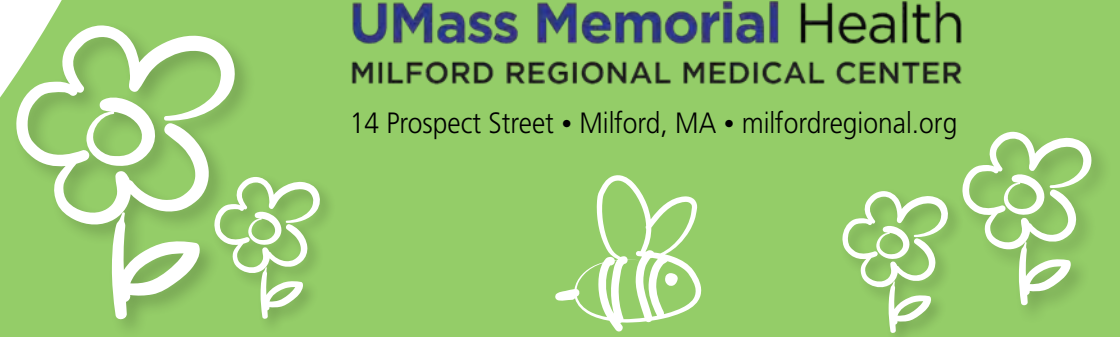
### For More Information/To Register:

Visit [milfordregional.org](http://milfordregional.org) & select "Classes and Events" on the homepage.



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# MHS teacher and students named state winner in STEM contest

Recently, Milford High School shared some great news of exciting work happening in one of the MHS Science classrooms, under the direction of one of our educators, Mr. Tim Walsh.

Mr. Walsh, and students Kingston Rowlands (MHS '27), Dylan Sparks (MHS '24), and Ian Wheelock (MHS '25) have been working on a Science, Technology, and Engineering project as part of the Samsung Solve for Tomorrow contest. Mr. Walsh, Kingston, Dylan, and Ian have been collaborating over the past year on a science and engineering project, called "Creating an Adaptable Micropipette." The project aims to make the use of a micropipette tool in lab sciences more inclusive and accessible for people with range of motion challenges. Congratulations to the MHS team for identifying a real world challenge, designing a solution, and working to make the field of science more accessible and inclusive for all scientists! They engineered and submitted this project to the Samsung Solve for Tomorrow contest, and were awarded a \$2,500



**Ian Wheelock ('25), Kingston Rowlands ('27), and Science Teacher Tim Walsh with their prototype Adaptable Micropipette. Not picture: Dylan Sparks ('24).** Courtesy photo

prize to be used for technology equipment and supplies in the classroom.

The news only gets better! Samsung has announced that this project has been selected as a State Winner in the 2024-2025 Solve for Tomorrow competition! The prize package Mr. Walsh, Kingston, and Dylan, and Ian were awarded on behalf of Milford High School

now includes \$12,000 worth of Samsung technology, and they are now eligible to compete to become one of ten National Finalists!

As one of 50 State Winners from across the country, Milford High School is extremely proud of Mr. Walsh, Kingston Rowlands, Dylan Sparks, and Ian Wheelock on this exciting accomplishment!

## Recent Home Sales

Date	Milford	Amount
02/20/2025	160 Purchase Street	\$520,000
02/18/2025	24 Elizabeth Road	\$525,000
02/18/2025	1 Governors Way #B	\$495,000
02/14/2025	25 Parker Hill Avenue	\$400,000
02/11/2025	18 Elm Street #A	\$790,000
02/07/2025	14 Edgewood Drive	\$510,000
02/07/2025	8 North Terrace	\$388,000
02/07/2025	5 Ariana Circle	\$560,000
01/31/2025	2 Shadowbrook Lane #4	\$269,500
01/30/2025	3 Memory Lane	\$485,000
01/30/2025	3 Kalen Crescent	\$758,000

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



**The 2-bed, 1-bath, 842-square-foot house at 348 Main Street in Milford recently sold for \$350,000.** Image credit www.zillow.com

## Milford residents named to Worcester State University's Dean's List for Fall 2024

The following Milford students have been named to the Worcester State University Dean's List for Fall 2024, including Jada M Carney, James K Cruz, Brandon R Dulak, Gustavo A Herrera Polo, Mykya Kocherha, Yael Lopez De Victoria, Andre P Luciano, Benjamin L Miano, Alicia A Pacheco, Kyle A Perry, Kristel Ann A Regala, Elizabeth F

Rodriguez, Lorena D Santos, Amanda D Silva, and Brooke A Velardi.

Dean's List honors are awarded to matriculated undergraduate students who have earned a 3.5 GPA or higher. Full-time students must have earned a minimum of 12 credits and part-time students must have earned a minimum of 6 credits.

## Sousa to receive Milford Rotary Club award

Carlos Sousa is this year's recipient of the Milford Rotary Club's "Paul Harris Award."

The Rotary International Paul Harris Award honors individuals for significant contributions to the Rotary Foundation

or exemplifying "Service Above Self."

A celebration will be held on April 12.

For more information on the celebration or the organization, visit [www.milfordrotary.org/](http://www.milfordrotary.org/)

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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

### AARP Tax Aide Program

The Milford Town Library is once again proud to partner with the AARP Foundation, which provides free tax help for low-to-moderate income taxpayers.

Appointments are required and are available on Saturdays through April 5, 2025. These appointments are 1 hour each, between 9:30 a.m. - 2:30 p.m.

Returns are only prepared for e-filing. To ensure that volunteers can help those most in need, taxpayers with more complicated or lengthy returns may be asked to come back on a different day or time.

Note that AARP cannot prepare the following types of returns:

- Out of state
- Rental property
- Clean vehicle tax credits
- Virtual currency or digital assets
- Home foreclosures
- Small businesses with inventory, losses, or employees
- Returns with more than 2 brokerage statements and/or more than 4 dividend and interest statements

### Tax Forms

All the federal and state tax forms that the library has received are available on the Grab and Go table at the library entrance. Please note that additional forms and schedules are available at irs.gov or the Massachusetts Department of Revenue website.

### Catherine Marengi & Len Abram Reading/Signing

On Wednesday, March 12 at 7 p.m., Native Milfordians Catherine Marengi and Len Abram return to the Milford Town Library to read from their new books. Catherine's latest book is a volume of poetry *Things We Take, Things We Let Go*. Len's latest novel is *Killer Apps*, the third in a crime trilogy featuring Boston detectives Schwartz and Di Natale. His previous books include *Empty Doorways*, *The Medallion* and *Debris: A Novel of Love, War and the Lusitania*.

Catherine Marengi is an award-winning author of the historical novel *Our Good Name*

(2022); and *Glad Farm: A Memoir* (2016) which President Jimmy Carter called "inspiring". It tells of a life rooted in poverty on a former gladiolus farm, and the power of a house to change our destiny. Her historical novel *Our Good Name* is based on her Italian immigrant ancestors.

Her three books of poetry are *Breaking Bread* (2020), *Unfurled: Love Poems* (2023), and her latest, *Things We Take, Things We Let Go* (2024). This latest poetry collection is a meditation on the things we carry with us through life—both physical and emotional cargo—and the things we inevitably leave behind during times of transition and change. Her life-altering move from Massachusetts to Mexico infuses this text with joy, humor, inspiration, longing, and love.

Among her writing awards are first-place honors from the Academy of American Poets university poetry prize program and a Pushcart Prize nomination. The acclaimed poets Richard Blanco and Jennifer Clement each selected her poems as first-place winners of separate poetry contests sponsored by Crossroads Magazine. Her work has appeared in numerous international publications. She has served on the board of the San Miguel Poetry Café and also co-founded Poetry Mesa, an international poetry community.

Catherine divides her time between San Miguel de Allende, Mexico, and Cape Cod, Massachusetts.

Len Abram is the author of four novels: three featuring Boston based detectives Schwartz and DiNatale including his latest *Killer Apps* (2024), *Empty Doorways* (2019), and *The Medallion* (2014) as well as the standalone, *Debris: A Novel of Love, War and the Lusitania* (2015). His short story "A Cup of Kindness" was included in Adam Patcher's collection *Final Fenway Fiction: More Short Stories from Red Sox Nation*.

Len has also published numerous articles in *The Belmont Patch*, including "The Race Is Canceled. Bombs: A First-Person's View of the Boston Marathon" and book reviews in *The Jewish Advocate*. He earned

a PhD in American literature, and taught at three universities, including the University of Maryland armed forces program overseas (Korea, Thailand, Taiwan, Japan, and Bermuda). Later, he wrote technical documents for BBN Communications, the Federal Reserve in Boston, and Fidelity Investments, also earning a broker's license. He also wrote articles for its financial services magazine and interviewed Suze Orman and Larry Kudlow.

### Mahjong at Milford Town Library

In March, a newly formed Mahjong group will begin meeting Tuesday evenings twice a month at the Milford Town Library. This group welcomes



beginning and developing players to join for enjoyment of the game, not for high stakes competition! The group will meet in the Quarry Room on the lower level. Mahjong sets will be provided. For more information call the Information Desk at 508-473-2145 ext. 2 or email:

milfordreference@cwmar.org  
 March & April meetings:  
 03/18/2025 6 - 8 p.m.  
 04/08/2025 6 - 8 p.m.  
 04/22/2025 6:00 6 - 8 p.m.

### LIBRARY

continued on page 16

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## Library 'mitten tree' benefits local organizations including military families

It has become an annual tradition for the Milford Town Library to collect hats, gloves, and scarves as part of its Mitten Tree Drive. A portion of what is collected is given to military families with the assistance of Thanks To Yanks, a local charity that serves military families.

Michael Shain, the founder and president of Thanks to Yanks said, "The town library has a wonderful history of supporting those who wear the uniform of our nation."

For more information on Thanks To Yanks, visit them on Facebook .



Samantha Cesario, Milford Town Library Youth Services Supervisor, and Michael Shain, founder and president of Thanks To Yanks. Courtesy photo

## Multi-agency investigation leads to larceny, fraud arrests

**Framingham men charged with crimes in Milford, surrounding towns**

*Note: All suspects are innocent until proven guilty in a court of law*

During the late hours of Wednesday, Feb. 19, and Thurs., Feb. 20, the Milford Police Department became aware of a series of larcenies and related attempted fraud transactions that took place in Milford, Hopedale, Medway, Ashland and Framingham.

Through multi-agency efforts, police department investigators from Milford, Hopedale, Medway, Ashland, and Framingham were able to identify the main suspects as Lucas Peli,

21, and Guilherme Branco, 22, both of Framingham.

On Monday, Feb. 24, members of the Milford, Medway, Ashland and Framingham Police Departments executed search and arrest warrants at the homes of Peli and Branco. With the suspects in custody, a search operation resulted in the discovery and collection of many of the stolen items.

Milford Chief of Police Robert Tusino said, "Crimes that affect multiple communities only get solved when there is synergy amongst law enforcement. This is a demonstration

of, not only the multitude of resources that teamwork brings, but the quick resolution showcases the talent across local law enforcement."

Lucas Peli and Guilherme Branco were arrested at their residences and transported to await arraignment. The suspects are charged with credit card fraud under \$1200, larceny under \$1200 (2 counts), identity fraud, breaking & entering vehicle/boat nighttime for felony, conspiracy.

For more information, visit [www.milfordpolice.org](http://www.milfordpolice.org).

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

### LIBRARY

*continued from page 15*

#### Community Puzzle Swap

Join us on Saturday, March 15 from 9 a.m. - 4 p.m. for another installment of our popular community jigsaw puzzle swap. Stop in and trade a puzzle for another or simply take one if you like. The puzzles will be located across from the Circulation Desk.

#### Milford Area Wordsmiths

Looking for a quiet, dedicated time and place where you can write? Join the Milford Area Wordsmiths writers' group! We provide a safe place for adults (18+) to write and even share your work if you desire. All levels are welcome, from first-time writers to published authors. All genres are welcome, too, from picture books to romantasy to nonfiction!

Established in November, the group meets the first and third Monday of each month (except holidays) from 7 to 8:30 p.m. Drop-ins are welcome. The Milford Area Wordsmiths will be facilitated by Carol Allen, a first-time writer of children's books, lifelong bookworm, and recently retired middle-school teacher. For more information, please call 508-473-2145, option 2.

#### English Classes

The library offers free drop-in classes for adults who want to learn and improve their English. Beginner classes are held on Tuesday and Thursday evenings from 7 - 8 p.m. An intermediate class is held on Thursdays from 5:30 - 6:30 p.m. Classes are held on the lower level of the library in the ESL Classroom. Registration is not required. For more information, please call the Information Desk at 508-473-2145 ext. 2.

Las clases gratuitas sin cita previa para adultos que quieran aprender y mejorar su inglés comienzan el martes 14 de enero de 2025. Las clases para principiantes se llevan a cabo los martes y jueves por la noche de 7 a 8 p.m. Una clase intermedia se lleva a cabo los jueves de 5:30 a 6:30 p.m. Las clases se llevan a cabo en el nivel inferior de la biblioteca en el aula de ESL. No es necesario registrarse. Para

obtener más información, llame al mostrador de información al 508-473-2145 x 2.

As aulas presenciais gratuitas para adultos que desejam aprender e melhorar seu inglês começam na terça-feira, 14 de janeiro de 2025. As aulas para iniciantes são ministradas nas noites de terça e quinta, das 19h às 20h. Uma aula intermediária é ministrada às quintas-feiras, das 17h30 às 18h30. As aulas são ministradas no nível inferior da biblioteca, na sala de aula ESL. O registro não é necessário. Para obter mais informações, ligue para o balcão de informações em 508-473-2145 x 2.

#### Center Book Group

The Center Book Group meets next on Tuesday, March 18 at 10 a.m. at the Milford Senior Center. The March book selection is *Hello Beautiful* by Ann Napolitano. This novel by the author of *Dear Edward* and other titles is a sweeping story of the four Padavano sisters, a sort of modern retelling of *Little Women*. Napolitano's storytelling combines emotional depth and page-turnability.

To reserve a copy of *Hello Beautiful*, call the Information Desk at 508-473-2145 ext. 2, order online or email: [aberard@milfordma.gov](mailto:aberard@milfordma.gov). Copies are available in regular, larger print and via the Libby App an ebook or eaudio.

#### Cat Supplies Drive

Thanks to the generosity of many patrons, the winter cat supplies drive to benefit the Milford Humane Society was a success. The library collected 294 cans of cat food, 14 bags of dry food, 15 toys, litter and a few cat beds. Established in 1990, The Milford Humane Society is an all-volunteer, non-profit, no-kill shelter for stray and abandoned cats. While most cats are housed at the shelter, others are cared for in foster homes until space becomes available at the shelter. Admission to the shelter is not based solely on adoptability but on need. The motto of the Milford Humane Society is to share the gift of unconditional love with as many cats and kittens as possible. The society also welcomes other donations and has a wish list on Chewy. To learn more, visit [milfordhumane.org](http://milfordhumane.org).

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# Electronics Recycling Day April 26

The First Congregational Church at 4 Congress St. in Milford is sponsoring an Electronics Recycling Day on Saturday, April 26 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 \$40 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 park-

ing lot on Saturday, April 26. 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, 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 the church office at 508-473-5259.

# Pet of the Month: Garth

Blame it all on his roots, he showed up in boots. The cutest little white ones. This cowboy is ready to settle down. Could he be your Mr. Right? Garth is a 2-year-old orange tuxedo cat with a laid back personality. He didn't have the easiest start in life, but you can't keep a good man down!

In the few weeks that Garth has been with us he has settled in nicely. He gets a long well with the other cats he has met and he is happy to share the attention of the volunteers with his other cat friends. Once he has had a walk about and investigated all corners of the room, Garth tends to find a nice spot to lounge. He is happy to watch the kittens playing wildly, but shows no interest in joining in. We think Garth could share a home with another laid back pet or be your one and only!

For more information on Garth or the other cats at the Milford Humane Society, visit [www.milfordhumane.org](http://www.milfordhumane.org)




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## SPORTS

# Milford captures another state wrestling crown

**Scarlet Hawks win it all third time in four years**

By Chris Villani

After the Milford High School wrestling team put together back-to-back state title performances in 2022 and 2023, MHS suffered a setback a season ago when it came up just a point-and-a-half short to Minnechaug in the Division II meet.

This season, the Scarlet Hawks left no doubt. Head Coach P.J. Boccia's team finished a full 23.5 points clear of second-place Bridgewater-Raynham and captured its third state championship in the past four years.

During the recent competition in Salem, Milford had seven wrestlers compete for individual state titles and three of them emerged victorious. Seniors Aidan Baum and Michael Boulanger took home champion-

ships in the 144 and 157-pound divisions, respectively. Junior Derek Marcolini finished first in the 126-pound division.

"This is one of the best teams to compete at MHS," Boccia said. "Seven wrestlers made it to the state finals and three repeated as state champions."

But team state titles are also about securing points by those who don't quite get to the top of the podium. The Scarlet Hawks had four runner-up performances with Brayden Boccia, Josiah Carney, Luke Donis, and Ryan Flis all taking home second-place in their respective brackets.

After winning the divisional state crown, Milford continued its strong season at the Massachusetts All-State tournament.



Milford poses with the championship banner after winning its third state wrestling title in four years. Courtesy photo

Baum and Boulanger again finished first, and Boccia and

Marcolini earned fourth-place finishes in the competition that blends all divisions to determine the very best wrestlers in the state. Milford placed third as a team.

The Scarlet Hawks also had two girls stand out in their all-state matches. Amelia Hough finished third in her bracket, and Cloe Boccia placed sixth.

Prior to capturing the state championship, Milford earned its fourth straight Division II sectional title with a performance that was nothing short of dominant. Seven Milford wrestlers won individual sectional titles, and the Hawks added a second, third, fourth, fifth, and sixth-place finish en route to the title. Milford also easily captured the Hockomock League champion-

ship, with six wrestlers earning individual league championships along the way.

Both Baum and Boulanger are set to continue their wrestling careers at the collegiate level next season. Baum has committed to wrestle for Division III Wisconsin-La Crosse and Boulanger will compete at the Division I level for ACC powerhouse Duke. The pair led a strong senior class, but numerous talented underclassmen are set to return.

"These seniors have won five consecutive Hockomock League titles, four consecutive state championships, and three state championships in the last four years," Boccia said. "It has been a great run, and it's not over yet."

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SPORTS

# Milford Boys Hoops back on big stage

**Strong finish earned Scarlet Hawks another tourney bid**



The Milford High boys basketball team earned another tournament berth this winter. *Courtesy photo*

By Chris Villani

From the start of the season, Milford High boys basketball head coach Dana Olson had hoped his team would get the chance to play meaningful games in March. For the second year in a row, the Scarlet Hawks did just that. Milford knocked off Archbishop Williams and Taunton, both tournament teams, before beating Longmeadow in the first round.

“We are taking steps,” Olson said. “They are coming slower than I would like them to come, but the ship is pointing in the right direction.”

The Hawks have been led by two big-time scorers all season.

Senior Andrew Rivera broke the program scoring record and

averaged around 18 points per game. “He has a great impact,” Olson said. “Riv has played a lot of basketball, he plays for a high-end AAU program in the offseason. He has driven the bus, but we have a good supporting cast too.”

Another star for Milford this

winter is Gus Coutinho, who is one of the best rebounders in the country. Coutinho put up a double-double in points and rebounds nearly every game and finished the regular season averaging 18 points and 17 rebounds per contest. Olson said he has been around basketball

his entire life and he has never seen someone put up the kind of numbers Coutinho has. The senior finished the year 12th in the nation in rebounding despite being 6-foot-2, an average height for a high school forward.

“He just has a nose for finding the ball and attacking and getting the ball at its highest point on offensive and defensive rebounds,” Olson said. “He has good body control and long arms, which helps, but everyone knows the biggest thing for rebounding is effort. He has a motor that doesn’t stop.”

Senior Luca Testa has been a solid third option for MHS, averaging around nine points per game. Olson also had high praise for sophomore Matt

DaSilva, who averaged eight points per game, and junior Riley Burns, a strong contributor off the bench for the Hawks.

Milford’s first-round victory earned the team a date with the top team in the state, Malden Catholic, in the round 16. Playing on this big stage is exactly where Olson wants to see his team.

“What an opportunity,” he said prior to the game. “We have an opportunity to really measure where we are as a program.” The coach noted what, no matter the result, the single game will not define the team or its season.

“It’s just another step in the progression of building this program,” he said.

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**2022 CHEVY EQUINOX LS**

AS LOW AS **\$74/WK**

#46741L • ALLOYS, AWD, TURBO

NEW RETAIL PRICE: ~~\$35,190~~ | **WHOLESALE PRICE: \$20,977**

**2022 KIA SPORTAGE**

AS LOW AS **\$74/WK**

#D14797L • LX TRIM, AWD, ALLOYS

NEW RETAIL PRICE: ~~\$28,590~~ | **WHOLESALE PRICE: \$20,977**

**2021 FORD F-150 XL 4x4**

AS LOW AS **\$120/WK**

#P17231L • SUPERCREW, STX

NEW RETAIL PRICE: ~~\$46,250~~ | **WHOLESALE PRICE: \$33,977**

**2020 FORD EXPLORER 4x4**

AS LOW AS **\$96/WK**

#46968A • XLT, SUNROOF, NAV

NEW RETAIL PRICE: ~~\$45,765~~ | **WHOLESALE PRICE: \$26,977**

**2021 JEEP WRANGLER 4x4**

AS LOW AS **\$120/WK**

#D14605 • UNLIMITED RUBICON

NEW RETAIL PRICE: ~~\$49,810~~ | **WHOLESALE PRICE: \$33,977**

**2022 CHRYSLER VOYAGER**

AS LOW AS **\$88/WK**

#D14902 • LX TRIM, HEATED SEATS

NEW RETAIL PRICE: ~~\$34,265~~ | **WHOLESALE PRICE: \$24,977**

**2021 TOYOTA TACOMA 4x4**

AS LOW AS **\$112/WK**

#TP5005 • SR TRIM, DBL CAB, 3.5L

NEW RETAIL PRICE: ~~\$42,605~~ | **WHOLESALE PRICE: \$31,677**

**2023 DODGE DURANGO SXT**

AS LOW AS **\$116/WK**

#D14655L • ALLOYS, AWD, 3.6L

NEW RETAIL PRICE: ~~\$48,595~~ | **WHOLESALE PRICE: \$32,677**

**2024 GENESIS GV70 3.5T**

AS LOW AS **\$202/WK**

#TP4468 • NAV, HEATED LEATHER

NEW RETAIL PRICE: ~~\$64,700~~ | **WHOLESALE PRICE: \$52,977**

**2022 TOYOTA CAMRY LE**

AS LOW AS **\$78/WK**

#TM24-1043A • 28/39 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$38,625~~ | **WHOLESALE PRICE: \$21,977**

**2024 CHEVY SILVERADO 4x4**

AS LOW AS **\$134/WK**

#46458 • CUSTOM, 2.7L TURBO

NEW RETAIL PRICE: ~~\$54,180~~ | **WHOLESALE PRICE: \$37,977**

**2023 NISSAN ROGUE SV**

AS LOW AS **\$78/WK**

#P17354 • ALLOYS, TURBO, AWD

NEW RETAIL PRICE: ~~\$31,710~~ | **WHOLESALE PRICE: \$21,977**

**2025 CHEVY TRAX 2RS**

AS LOW AS **\$78/WK**

#125025A • HEATED SEATS, SUNROOF

NEW RETAIL PRICE: ~~\$28,565~~ | **WHOLESALE PRICE: \$24,977**

**2024 TOYOTA TUNDRA 4x4**

AS LOW AS **\$173/WK**

#TP5047 • SR5, CPO, ALLOYS, V6

NEW RETAIL PRICE: ~~\$58,405~~ | **WHOLESALE PRICE: \$48,977**

**2018 JEEP CHEROKEE 4x4**

AS LOW AS **\$71/WK**

#46893A • TRAILHAWK, ALLOYS

NEW RETAIL PRICE: ~~\$34,400~~ | **WHOLESALE PRICE: \$18,977**

**2022 HYUNDAI TUCSON SEL**

AS LOW AS **\$92/WK**

#D14852L • AWD, HEATED SEATS

NEW RETAIL PRICE: ~~\$36,750~~ | **WHOLESALE PRICE: \$25,977**

**2023 TOYOTA COROLLA LE**

AS LOW AS **\$74/WK**

#TP4677 • 32/41 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$26,589~~ | **WHOLESALE PRICE: \$20,977**

**2018 CHEVY CRUZE**

AS LOW AS **\$46/WK**

#46886A • PREMIER, ALLOYS

NEW RETAIL PRICE: ~~\$32,395~~ | **WHOLESALE PRICE: \$12,977**

**2021 TOYOTA RAV4 LE SUV**

AS LOW AS **\$88/WK**

#TM25-185A • 27/34 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$34,560~~ | **WHOLESALE PRICE: \$24,977**

**2021 FORD EDGE SEL**

AS LOW AS **\$88/WK**

#P17266L • 2.0L TURBO, SUNROOF

NEW RETAIL PRICE: ~~\$40,395~~ | **WHOLESALE PRICE: \$24,977**

**2024 VW JETTA SPORT**

AS LOW AS **\$78/WK**

#47000 • TURBO, HEATED SEATS

NEW RETAIL PRICE: ~~\$29,550~~ | **WHOLESALE PRICE: \$21,977**

**2020 LINCOLN CORSAIR**

AS LOW AS **\$88/WK**

#124361A • SUNROOF, LEATHER

NEW RETAIL PRICE: ~~\$46,645~~ | **WHOLESALE PRICE: \$24,977**

**2022 FORD BRONCO 4x4**

AS LOW AS **\$134/WK**

#124-199B • TURBO, BIG BEND

NEW RETAIL PRICE: ~~\$43,995~~ | **WHOLESALE PRICE: \$37,977**

**2019 SUBARU OUTBACK**

AS LOW AS **\$64/WK**

#TP4638A • AWD, MOONROOF, V6

NEW RETAIL PRICE: ~~\$34,695~~ | **WHOLESALE PRICE: \$17,977**

**2021 MERCEDES GLC 300 SUV**

AS LOW AS **\$118/WK**

#TM25-197A • TURBO, LEATHER

NEW RETAIL PRICE: ~~\$50,800~~ | **WHOLESALE PRICE: \$32,977**

**2022 HYUNDAI SONATA SEL**

AS LOW AS **\$78/WK**

#TP5021 • 27/37 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$28,680~~ | **WHOLESALE PRICE: \$21,977**

**2022 CHEVY COLORADO**

AS LOW AS **\$119/WK**

#46774L • LT TRIM, 4X4, ALLOYS

NEW RETAIL PRICE: ~~\$39,180~~ | **WHOLESALE PRICE: \$33,677**

**2018 HONDA CR-V EX-L**

AS LOW AS **\$71/WK**

#TM25-075A • 27/33 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$34,190~~ | **WHOLESALE PRICE: \$19,977**

**2021 BUICK ENCORE AWD**

AS LOW AS **\$83/WK**

#46830 • GX SELECT, 1.3L TURBO

NEW RETAIL PRICE: ~~\$32,225~~ | **WHOLESALE PRICE: \$23,377**

**2021 MAZDA MAZDA CX-5**

AS LOW AS **\$88/WK**

#46823 • MOONROOF, LEATHER

NEW RETAIL PRICE: ~~\$29,899~~ | **WHOLESALE PRICE: \$24,977**

**2023 BMW X1 xDrive28i**

AS LOW AS **\$113/WK**

#TP4816 • AWD, TWIN TURBO, NAV

NEW RETAIL PRICE: ~~\$51,595~~ | **WHOLESALE PRICE: \$31,977**

**2022 RAM 1500 BIG HORN**

AS LOW AS **\$131/WK**

#TP5159 • 4X4, HEMI, ALLOYS

NEW RETAIL PRICE: ~~\$45,710~~ | **WHOLESALE PRICE: \$36,977**

**2023 TOYOTA HIGHLANDER**

AS LOW AS **\$127/WK**

#TP4692 • LE TRIM, ALLOYS, CPO

NEW RETAIL PRICE: ~~\$45,775~~ | **WHOLESALE PRICE: \$35,977**

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