

From Milford to Hollywood, MHS grad wins Emmy for work on Disney series

Composer Alex Cote, MHS'10, thanks MHS teachers for 'infusing a love of stories and music'

By Scott Calzolaio

A parent can only hope that when their child picks up a violin and painfully squeaks out "hot-crossed buns" for the first time, that someday it will end with an Emmy in hand.

For one Milford native, that's exactly what happened.

Alexandre Cote, 32, MHS Class of 2010, and his team received this year's Emmy for "Outstanding Music Direction and Composition for a Live Action Program" for their work in



Milford native Alex Cote, MHS'10, poses with the Emmy he and his colleagues won at this year's Emmys. The inscription reads, "2023-2024 Children's & Family Emmy Awards / Outstanding Music Direction and Composition for a Live Action Program / Percy Jackson and the Olympians / Disney+ / Alexandre Côté, Composer." Courtesy photo

EMMY

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Milford Public Schools appoints Dr. Craig A. Consigli as next Superintendent

The Milford School Committee is pleased to announce the appointment of Consigli succeeds Dr. Kevin McIntyre, who will step down as Superintendent but remain actively involved over the next year to support Dr. Consigli and the School Committee during the leadership transition.

Dr. Consigli has dedicated his entire 27-year educational career to Milford Public Schools, most recently serving as Assistant Superintendent for Curriculum, Instruction, and Assessment. Throughout his tenure, he has demonstrated outstanding leadership, driving curriculum development aligned with state standards, implementing innovative instructional methods, and overseeing professional development programs that have significantly enhanced teacher effectiveness.

"We are thrilled to appoint



Dr. Craig A. Consigli the next Superintendent of Milford Public Schools, effective July 1, 2025. Courtesy photo

Craig Consigli as the next Superintendent," said Matthew Zacchilli, Chair of the Milford School Committee. "His deep understanding of our community,

CONSIGLI

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Summer 2025 registration reminder from Milford Community School Use Program

Summer is just a hop, skip, and a jump away—have you registered your kids for camp yet?

We just wrapped up a fabulous April Vacation Week, and now our amazing Camp Supervisor Gianna Krovocheck and her stellar team are busy planning 7 weeks of unforgettable summer fun! That's right, we've added an extra week this year to pack in even more smiles, crafts, games, and adventures.

Gianna isn't just a supervisor—she's part of our camp family. With over 13 years of experience, she started as a camper herself, worked her way up through college as a counselor, served as our Arts & Crafts Supervisor, and now—armed with a degree in Art Therapy and Mental Health Counseling—she brings a unique blend of creativity and care to our camp activities.

Not only does Gianna work at Ashland Public School during the school year, but she's always excited to return to Milford

Community Use Camp each summer.

Gianna is joined by an incredible team, including:

- Colby Pires, Phys Ed teacher at Framingham Public Schools, bringing energy and excitement to our activities;

- Joe Gagnon, seasoned camper and counselor, soon-to-be graduate from UNE;

- Emily Naff, another former camper turned counselor, soon-to-be graduate from Stonehill College; and

Plenty of returning counselors, eager to bring the fun!

Important Dates & Reminders:

Camp starts soon! Registration is open—don't miss out on securing your spot; and keep an eye out for our upcoming weekly themes and camp schedule.

To register or for more information, visit milfordcommunityprogram.activityreg.com/clientpage_t2.wcs or contact communityuse@milfordma.com or call 508-478-1119.



MCSUP Camp Supervisor Gianna Krovocheck, pictured here, and her stellar team are busy planning seven weeks of unforgettable summer fun through the Milford Community School Use Program. Registration is now open. Courtesy photo

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The future of BVT is with Steele

BVT has a new Superintendent

UPTON – For the first time in 31 years, the Blackstone Valley Vocational Regional School District is proud to announce that, effective July 1, 2025, Assistant Superintendent-Director/Principal Mr. Anthony E. Steele II will become the next Superintendent-Director, making him the fourth leader in Blackstone Valley Tech's (BVT) history. With a three-year agreement, he will take over for Dr. Michael F. Fitzpatrick, who will retire at the end of June. BVT is excited about Steele's leadership and his vision for the future.

With nearly three decades of education experience at BVT, Mr. Steele has held many roles. The first was in 1997, when he began his career as an English teacher. He can still recall his first interview for this position. "I vividly remember cresting the hill on Pleasant Street in 1997 and laying my eyes on our school for the first time. Customary jitters aside, I was relieved that my McNally Road Atlas led me to our campus on time and without incident. I was confident, yet hopeful to be offered the job, but I never imagined that BVT would become my home for the next 28 years and come to represent my life's work."

For BVT, it was an exciting and pivotal time when education reform would challenge vocational schools to meet the MCAS standard. Bringing a vocational perspective to the position, Steele said, "As a 22-year-old construction worker, I hung

up my hard hat to try my hand at teaching English. I never anticipated the numerous opportunities for professional growth beyond improving my classroom teaching."

When Mr. Steele was named Assistant Principal/Director of Curriculum in 2001, BVT sustained a feverish pace of redefining what was possible in vocational education.

"It was thrilling to be a key player in transforming BVT from a strong, traditional vocational school to a nationally acclaimed career-technical center for the new era."

He says there has never been a dull moment in his career. "For the past thirteen years, I have been honored to serve as the Assistant Superintendent-Director/Principal under Dr. Fitzpatrick, who encouraged innovation and embraced change," said Mr. Steele. "My leadership experiences and growth at BVT were not accidental, but rather a philosophy in action that has allowed our school to develop talent, maintain focus on our mission, and ensure smooth transitions as time passes. We strategically develop succession plans to maintain a deep bench of talent that ensures the upward trajectory of our school for generations. I am well prepared to build on Dr. Fitzpatrick's legacy and lead our school on a continued path of innovation and excellence."

Mr. Steele has also served on various state committees and held leadership positions



in professional organizations throughout his career, including the Massachusetts Association of Vocational Administrators and the Massachusetts Secondary School Administrators Association. He appreciates the perspective gained from his longevity at BVT and is most proud of the school's culture of high expectations, collegiality, and the resulting success of its graduates.

Mr. Steele has been a key player in transforming the school into the successful model it is today. His foresight for the future is exciting for many reasons, and he has several immediate goals for the district:

Expand Access to Career Technical Education (CTE): Establish the Blackstone Valley Technical Institute, which will expand our adult Moonlight Program to implement 200-hour, credential-based programs in HVAC, Electrical, Plumbing, Welding, and Advanced Manufacturing. This grant-funded program will

allow us to deliver high-quality CTE to adults interested in upskilling and retraining, provide skilled labor to the local workforce, and generate non-taxpayer revenue to help fund the school.

Artificial Intelligence (AI) Across the Curriculum: Continue to refine our AI Governance policies as we embrace this technology in our teaching and learning. We are training our academic teachers and vocational instructors to use AI in their classrooms and shops, and likewise, we are training our students on the responsible use of AI. It is vital that we stay current with emerging AI tools and practices and that our graduates are prepared to utilize AI in the modern workplace.

Maximize the benefits of the "Skills-Based-Hiring" Movement: Through our Co-operative Education (Co-Op) Program, we will continue to increase the number of students placed in Co-Op employment positions. Over 180 students participate in Co-Op each year, providing a seamless pathway to employment after graduation. Our students learn sophisticated career planning through their Career Enrichment courses, and we are giving extra attention to analyzing emerging opportunities as the Skills-Based-Hiring movement grows nationwide. We will also continue to work with employers to create attractive opportunities for seniors going directly

to work after graduation.

Expand the Role of The Valley Tech Education Foundation: With sensitivity that there are fewer tax and State dollars available each year, it is imperative to generate alternative revenue streams to maintain the quality of education at BVT. We wish to increase the Education Foundation's efforts to seek charitable donations through businesses, foundations, and the private sector, and expand fundraising activities and events. The goal is to strengthen the quality of education and student opportunities at BVT while decreasing the reliance on member town assessments.

"I am eager to provide the unique blend of administrative experience, historical perspective, local knowledge, leadership style, and philosophy required of the next superintendent-director," said Mr. Steele. "I am honored to serve my school in this new role, and I am very excited about our future."

Having nurtured the talent within its administrative team, BVT has qualified, prepared internal candidates for the assistant superintendent-director and principal roles, and they will lead an exhaustive search for outside candidates as well. Either way, BVT will continue to be led by bold, innovative, mindful leaders with new ideas.

Submitted by Blackstone Valley Regional Vocational Technical High School

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Citizens for Milford announces return of Field of Flags to Draper Memorial Park

Flags available for purchase through May 18

Citizens for Milford and the Milford Corps of the Salvation Army are excited to announce that the Field of Flags will return to Draper Memorial Park this month to commemorate Memorial Day. The flags are installed on three patriotic holidays each year (Memorial Day, Independence Day, and Veterans Day) to honor the service and sacrifice of our veterans and active military personnel.

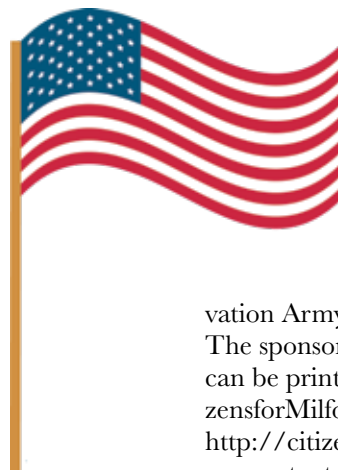
All area citizens, organizations, and businesses are invited to sponsor a 3'x 5' American flag to fly on a 10' staff in Draper Memorial Park for a \$40 donation. Previous sponsors are encouraged to renew their flag sponsorship for another year and will receive an enrollment form either by email or U.S. mail.

Sponsors can choose to honor a veteran (alive or de-

ceased), an active member of the military, or all our nation's veterans.

Each flag includes a yellow ribbon with an attached card naming the person being honored, the honoree's military branch and years of service, and the sponsor's dedication. Sponsors can personalize each flag by providing a photo if desired.

To sponsor a flag for the Draper Memorial Park Field of Flags project, citizens need



to complete a form and mail it to the address provided on the form with a \$40 check made out to the Salvation Army before May 18. The sponsorship order form can be printed from the CitizensforMilford.com website at <http://citizensformilford.com/wp-content/uploads/2025/04/Field-of-Flags-Sponsorship-Form-SPRING-2025.pdf> or scan this QR code. Requests for a printed sponsorship form to be mailed to you can be submitted by email to CitizensforMilford@gmail.com.

A total of 210 flags can be installed, so Citizens for Milford urges everyone who would like to sponsor a flag to send

their form and check as soon as possible.

Questions can be emailed to CitizensforMilford@gmail.com.

Citizens for Milford is a volunteer, nonpartisan, grassroots organization, which includes a diverse group of citizens who care about our community. Participation in our projects and events is open to everyone in Milford. More information is available on the group's website CitizensforMilford.com.

Submitted by Citizens for Milford



Milford Family & Community Network update

May is a busy month at the Milford Family & Community Network. On May 1, we rolled out our 3- week kindergarten readiness program called "Kindergarten Bootcamp." Children headed to kindergarten in the fall learned basic skills they needed to successfully walk into the doors of their classroom with confidence.

On May 21 we will hold our round table parent/caregiver program called Desserts & Discussions where we chat about the challenges and triumphs of parenting.

Our Community Helpers Day will take place on Thursday, May 22 from 11:30 a.m. -1 p.m. in the parking lot of Sacred Heart Church, Milford. We will

be welcoming a community ambulance, the Milford Fire Department and the Milford Police Department including their K-9 division and drone unit.

Indoor Explorers will take place on May 27 at our Milford Club Room. Join us for some indoor camping fun!

Our 29th Annual Southwick's Zoo trip will take place at the

end of May. Meet other MFCN families for a walk through the Zoo. Call the office to register for this fun program.

Looking to register or have 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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EMMY

continued from page 1

the Disney+ series “Percy Jackson and the Olympians.”

“I remember reading the books as a kid, and I totally fell in love with them,” Cote told the Milford Free Press from his home in Los Angeles. “Working on the series was such a pleasant surprise, to return to a bit of childhood.”

Cote personally thanks Milford Director of Music Nadine Pomeroy, MHS band instructor Jillian Langford-Boday, as well as retired English teacher Jim McCallum, for “infusing a love of stories and music.”

“The music program there was such a big part of my belief that this was doable,” Cote said. “I feel like I lucked into a musical town, and that helped build me up to where I am now.”

Call it luck, talent, serendipity, or fate - Alex calls it what it is to him, ‘a dream job.’

“Somewhere in the middle of high school, it clicked for me that this is what I wanted to do,” he said. In his living room, lost deep in Middle Earth, Howard Shore’s undeniably epic soundtrack to the “Lord of the Rings” sunk its musical teeth into a young Cote, and there was no looking back, he said.

“So yes, this is the dream. And I’ll say that the dream is going alright so far,” he laughed. “Part of the reason anyone chases the so-called ‘Dream of Hollywood’ is because something in childhood resonated with you. Having the opportunity to revisit that as an adult, and create the things that brought you so much joy as a kid, there’s just so much magic and power to that.”

From high school, Cote auditioned at Berkeley School of Music for violin, was accepted, and received his undergrad before taking an internship in Los Angeles.

Over the past 10 years, Cote has built his way up from working as an assistant to being responsible for writing scores to entire projects.

The music for the TV adaptation of “Percy Jackson” was led by composer Bear McCreary and his L.A.-based company, Sparks and Shadows. Cote was a member of the Sparks and Shadows team as a composer for this project.

Milford native and Emmy winner Alex Cote, MHS’10, personally thanks Milford Director of Music Nadine Pomeroy, MHS band instructor Jillian Langford-Boday, as well as retired English teacher Jim McCallum, for “infusing a love of stories and music.”

“The music program there was such a big part of my belief that this was doable,” Cote said. “I feel like I lucked into a musical town, and that helped build me up to where I am now.”

Here’s how it breaks down. McCreary acts as “lead composer” working directly with the showrunners to come up with themes and musical motifs for each character.

“As we get into the nitty-gritty of composing each episode, we divide and conquer the labor of writing the actual underscore,” he explained.

When Cote is assigned a scene to score, he goes through the creative process of drawing inspiration, soaking in McCreary’s vision, and synthesizing a soundtrack digitally in his studio.

“My job is to apply everything that we’ve built up for the show, for that specific scene,” Cote said.

Once the score is approved by McCreary and the showrunners, the parts are then translated to sheet music and handed over to a live orchestra to record.

For his compositions in Percy Jackson, Cote said he tried to channel a bit of John Williams’ score from “Harry Potter.”

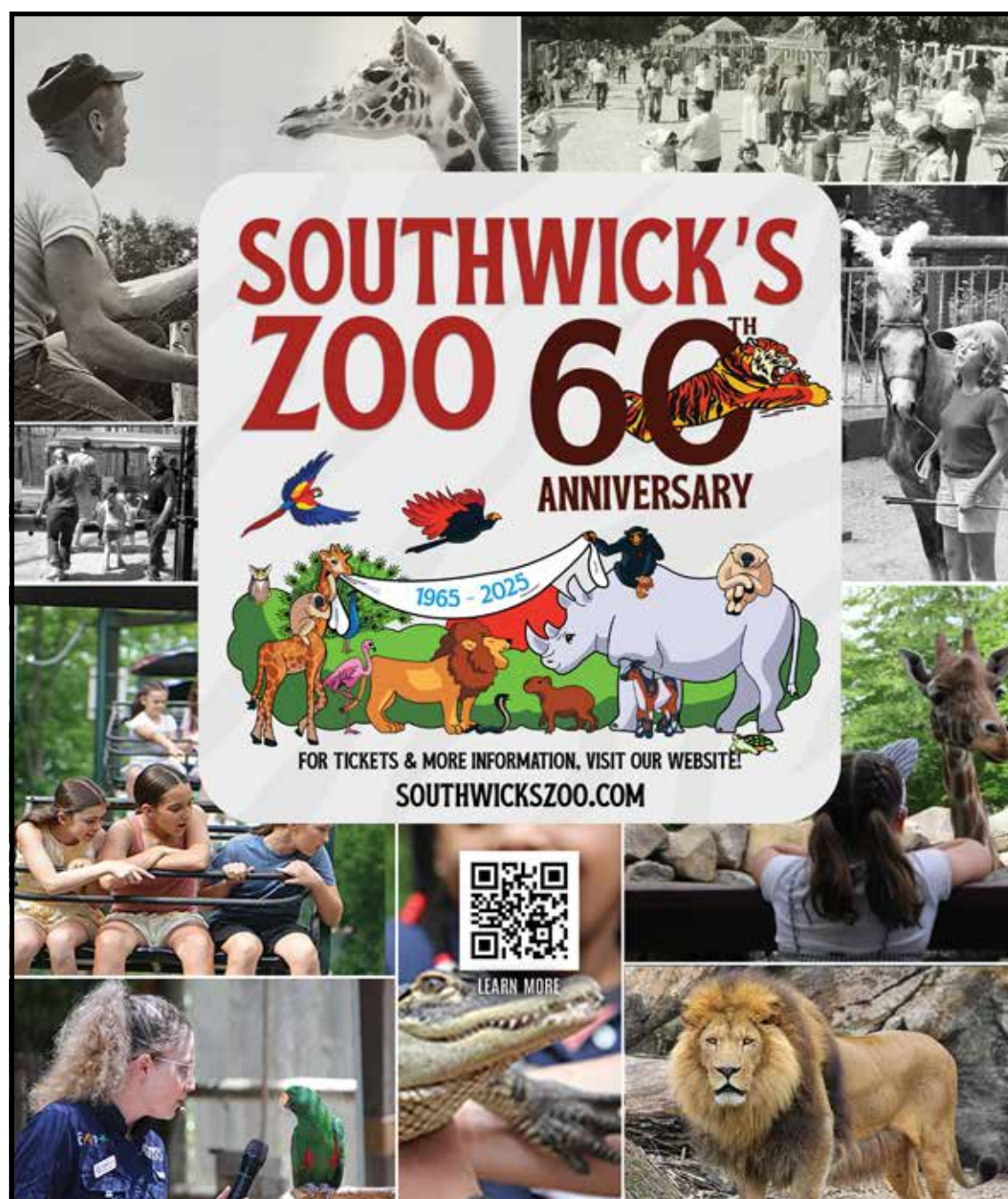
There are a lot of parallels between “Percy Jackson” and “Harry Potter,” he said. “I wanted to try and capture some of the magic you feel listening to ‘Harry Potter’ but change the ‘colors’ to more of what we were working with for ‘Percy Jackson’.”

Though his part in the composition of the score was imperative, he humbly acknowledges that this is not a one-man show.

“There are a ton of moving parts, there are so many people involved in making these scores a success, and this one worked perfectly,” Cote said. “No one person made this thing happen, and we all deserve this recognition as a team.”



Alex Cote (far right) poses with his colleagues at Emmy Awards ceremony in March. Photo source: LinkedIn



Stacy Middle School Second Trimester Honor Roll

PRINCIPAL'S LIST
Grade 6
Alemnkia, Joshua; Allegrezza, Harper; Barbosa, Olivia; Burdierd, Sophie; Calzolaio, Jude; Castro Tacuri, John; Ciarametaro, Maxwell; Colesano, Angelo; Corbett, Niall; Day, Jacob; De Oliveira, Natalia; DiVitto, Luca; England, Tanner; Gachau, Isabella; Grucelski, Jordyn; Held, Anna; Johnson, Lilliana; Karlin, Jillian; Karlin, Seth; Kearnan, Clare; King, Daniel; Knapp, Cassidy; Lema, Lisa; McLaughlin, Angelyn; Mendonca-Young, Rhea; Nelson, Leah; Nnyanzi, Matthew; Oliveira, Arthur; Oliveira, Emanuelly; Paredes Ortiz, Danna; Rios, Noah; Sena Da Matta, Sarah; Tessicini, Kelsie; Varner, Zina; Voss-Leal, Donovan

Grade 7
Ateawung, Myra; Awaru, Avika; Brothers, Michelle; Carvalho, Kamilla; Connerney, Carter; Consigli,

Rita; Cunningham, Brooke; Damata, Ava; DeTore, Cameron; DiGiallonardo, Brandon; Dwarampudi, Visishta; Falk, Liam; Falk, Nolan; Fonseca, Mason; Garay, Judah; Geofroy, Cali; Gomes, Nathan; Healey, Brandon; Hukanovic, Mirza; Iacovelli, Grace; Keenan, Makayla; Macchi, Emma; McGrath, Logan; McNeil, Keagan; Merrill, Colton; Metodiev, Georgi; Naugler, Abigail; Nnyanzi, John; O'Toole, Emmett; Perez, Rafael; Perry, Teagan; Pinto, Jackson; Powers, Alexandra; Purtell, Melanie; Silva Hughes, Isabella; Sobers, Aria; Villa, Mey; Walker, Jack; Walthers, Audrey; Webster, Samuel; Zhagnay Loja, Ellyn

Grade 8
Barbosa, Gabriella; Blackmar, Luke; Bourassa, Marcella; Cales, Mila; Capuzziello, Dante; Corbin, Jeffrey; Da Cunha, Leticia; Deans, Quinn; Freeman, Junior; Guikema, Emelia; Hausmann, William;

Held, Colin; Kearnan, Meghan; Knapp, Ella; LaTour, Cameron; Lefter, Anela; Marques, Leticia; Mauricio, Jordyn; McDavitt, Adrian; Mendez-Salazar, April; Michel, Isabella; Murphy, Isabella; Naves, Grace; Oliveira, Beatriz; Padilla Munoz, Sebastian; Persico, Tessa; Prevelige, Leah; Reneau, Alexa; Saad, Samarah; Saeteros Loja, Katly Janet; Santomenna, Mia; Vazquez, Emma; Viera, Claire; Vootla, Aakash; Wright, Riley

HONORABLE MENTION
Grade 6
Altamirano Magallan, Kailiy; Assis, Mariana; Beaton, Barrett; Boccia, Carter; Cales, Selina; Campbell, Declan; Carmo, Julia; Cruz, Brendan; De Araujo, Isadora; De Faria, Ana Carolina; De Freitas, Icaro; De Oliveira, Luca; De Souza, Samuel; Demeglio, Brody; DePietro, Ashley; DiFava, MacKenzie; Dos Santos Arruda, Samuel; Ferreira, Tyler; Haus-

mann, Cecily; Hornberger, Blake; Jorge, Elizabeth; King, Edgar; Maia, Davi; Mauricio, Taylor; Meehan, Sophia; Merrill, Amelia; Mitchell, William; Molinari, Olivia; Monforte, Melissa; Ojoseitan, Joshua; Paiva, Sarah; Pesantez Namina, John; Pierce, Marlee; Rivera, Sofia; Warren, Jacob

Grade 7
Albert, Alexandra; Bersin, Silas; Bourassa, Mason; Caccin, Luigi; Canenguez Alfaro, Roberto; Carvalho, Lucas; De Oliveira, Sophia; Earl, Kendall; Fagone, Elyse; Fenneuff, Samantha; Goncalves, Kemy; Gross, Camden; Lefter, Jayden; Lima, Rhyanna; Mancina, Destinee; Mastroianni, Vincent; McGovern, Kennedy; Miranda, Isabella; Mojica, Solenn; Moreira, Mayara; Oliveira, Alice; Perez Sauca, Lesly; Quickmire, Nicholas; Repella, Nicholas; Reynolds, Tristan; Roderick, Cooper; Roderick, Logan; Ross, Addison; Straffello, Kai; Theze, Christelle; Tomas, Aiden; Utino, Moara; Vieira, Luanna; Wisa, Giovanni

Grade 8
Aboalanin, Rami; Abrantes, Benjamin; Acquafresca, Aleah; Amos, Nneoma; Asong, Rose; Auger, Annie; Barbosa, Melissa; Bien, Charlotte; Brown, Jonathan; Bukenya, Nicholas; Caetano, Evan; Castro



Tacuri, Felipe; Chiccarelli, Liana; Corkrey, Madalyn; da Costa, Luiza; Da Silva, Melany; D'Amico, Olivia; De Faria, Miguel; De Oliveira, Emanuele; De Oliveira, Lorena; De Souza, Anna Alicya; De Souza, Gabriel; De Souza, Geovanna; Dias, Julio Cesar; Duchi Quizhpilema, John; Ferreira, Madelynn; Flanagan, Brian; Goncalves, Luca; Gualan Cango, Luis; Hawkins, Colin; Hughes, Lily; Juarez Hernandez, Sergio; Khipo Tene, Brihanna; Marin, Sophia; Martinelli, Dominic; Martinez Quiroa, Sasha; Martins, Ana; McDonald, Isabella; Molloy, Serenity; Moreira Ocampo, Hellen; Mowry, Liam; Nashawaty, Kaylyn; Oliveira, Nathiely; Oliveira, Pedro; Pellegrini, Santino; Pomavilla Lema, Juan; Rocha, Emely; Rodriguez, Aliyah; Sainvilus, Juniece; Tint, Soe; Torres, Arianna; Vereker, Grant; Vieira, Ana Clara; Warren, Kiniya; Wright, Reagan

Submitted by Milford Public Schools

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How to cope with market volatility



Mark Freeman, CEPA

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The financial markets always go through periods of instability. And we may see more of that now, given concerns about tariffs, inflation and the economy. As an investor, how can you deal with this volatility?

Some investors try to take advantage of market ups and downs by attempting to follow the age-old advice to “buy low and sell high” — that is, they seek to buy stocks when they feel prices have bottomed out and

they sell stocks when they think the market has reached a high point. In theory, this is a great idea, but in practice, it’s essentially impossible, because no one can really predict market highs and lows.

Rather than trying to anticipate highs and lows, your best strategy for coping with the price fluctuations of the financial markets is to diversify your investment portfolio by owning a mix of stocks, bonds and other types of securities. Different types of financial assets can move in different directions at any given time — so, for example, stocks may be up while bonds are down, or vice versa. If you only owned one of these types of assets, and the market for that asset class was down, your portfolio could take a bigger hit than if you owned a variety of asset types.

And you can further diversify within individual asset categories. Stocks can be domestic or international, large-company or small-company — and these

groupings can also move in different directions at the same time, depending on various market forces. As for bonds, they too don’t always move in a uniform direction, or at least with the same intensity — for instance, when interest rates rise, bond prices tend to fall, but longer-term bonds may fall more than shorter-term ones, which are closer to maturity with fewer interest payments remaining. Conversely, when rates are falling, longer-term bonds may be more attractive because they lock in higher yields for a longer time. Consequently, one diversification technique for bonds is to build a “ladder” containing bonds of varying maturities.

Some investments, by their nature, are already somewhat diversified. A mutual fund can contain dozens, or even hundreds, of stocks, or a mixture of stocks and bonds. And different mutual funds may have different investment objectives — some focus more on growth, while others are more income-oriented — so, further diversifica-

tion can be achieved by owning a mix of funds.

Furthermore, some investors achieve even greater diversification by owning alternative investments, such as real estate, commodities and cryptocurrencies, although these vehicles themselves are often more volatile than those in more traditional investment categories.

While a diversified portfolio is important for every investor, your exact level of diversification — the percentages of your portfolio devoted to stocks, bonds and other securities — will depend on your individual risk tolerance, time horizon and financial goals. You may want to consult with a financial professional about creating the diversified investment mix that’s right for your needs.

Ultimately, while diversification can’t guarantee profits or protect against all losses, it can help you reduce some of the risks associated with investing and better prepare you to deal with the inevitable volatility of the financial

markets — two key benefits that can help you over the many years you’ll spend as an investor.

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

Mark Freeman, CEPA
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Milford Public Schools update

Important Dates
May 16 - Last full day of school for MHS Seniors
May 23 - Early release - all schools
May 26 - No school - Memorial Day
June 1 - Milford High School Graduation
June 16 - Last day of school for Shining Star Early Childhood Center
June 17 - Last day of school for MHS, Stacy Middle, Brookside, and Memorial - Early release
June 18 - Last day of school for Woodland - Early release

District News
A team of Milford educators visited the MA Statehouse to help advocate for additional funding to provide “high dose” 1:1 Literacy Tutoring for students. At Memorial and Brookside, students identified for this additional reading support as part of the Ignite Reading Program, generously funded by a grant from the One8 Foundation, have been receiving this targeted instructional support

several times a week. (Thank you, One8!) We have observed some very promising gains and outcomes amongst our students. Our team, led by Dir. of Literacy Carol Svirsky, Memorial Asst. Principal Samantha Hinnant, and Memorial Teacher Kathleen Ballard, shared stories of success, supported by data proving student gains in reading. We’d love to see this continue with additional budget funding via the Legislature. Several First and Second graders have graduated from the Ignite Reading Program and many more are nearing graduation.
Save the Date! Milford Special Olympics presents the annual School Day Games on Thursday, May 29, with a rain date of May 30. Athletes and their buddies will be competing in lots of fun and exciting games at the Milford High Turf.
Milford High School
The MHS Pre-Apprenticeship Training Program for the spring is underway! In partnership with the NE Laborers’ Union and

MassDOT, MHS students are getting hands-on training and exploring various pathways to careers in the trades.
Students from the Milford High School World Language Honor Societies worked hard to collect clothing and household items as part of the Clothing and More Drive. The goal was to raise funds to support World Language programs and make a positive impact in our community — and they delivered! Thanks to the students’ dedication and the generous donations from students, families, and staff, they successfully filled a U-Haul truck with items. On April 11, these amazing students came together to help load the truck with everything collected — showing true teamwork, leadership, and commitment to service. Extending a special thank you to Motuzas Automotive & U-Haul in Upton for generously donating the use of the U-Haul truck. Their support made this project possible! The World Language teachers are very proud of their students’

efforts and grateful to everyone who contributed to making this fundraiser a success!
Senior Class of 2025 Activities Schedule
May 16 - Last full day of school
May 19-22 - Senior Final Exams
May 21 - Senior Athletic Awards
May 23 - Mock Accident
May 23 - Senior Prom and After-Prom Party
May 27 - Cap and Gown Day
May 28 - Senior Carnival
May 28 - Senior Awards Night
May 29 - Senior Night
June 1 - Milford High School Graduation

Stacy Middle School
In March, over 100 eighth-grade students at Stacy Middle School participated in AAPPL (Assessment of Performance toward Proficiency in Languages) testing as part of their World Language or Heritage Language classes with language teachers Ms. Maria Calvillo and Ms. Holly Davoren. Students demonstrated their skills in reading, writing, listening, and speaking in Spanish or Portuguese. This marks the first time Stacy students have taken the AAPPL test, and their performance was a proud moment for the school. Their scores will help them better understand their language development, and many students earned certificates recognizing their achievements. Several were honored with the Multilingual in Milford certificate, celebrating their progress toward multilingualism, while others received the Biliteracy Pathway Certificate at the Participation, Attainment, or Achievement level — an important step toward earning the prestigious Seal of Biliteracy in the future. These students approached this challenge with maturity, determination, and enthusiasm. We are incredibly proud of their hard work and success!



Shoutout to our Grade 8 Team! A huge thank you and congratulations to our 8th-grade staff! Both the Washington, D.C. trip and Heritage Week were a big success. We appreciate all the planning, coordination, and care from Stacy staff and families that went into making these experiences meaningful and memorable for our students.


Woodland Elementary School
Woodland hosted its annual Math and Literacy Night on March 27. It was a wonderful experience and the staff at Woodland was grateful to see all the families that were able to join us.
Woodland Elementary School hosted a student Art Fair on April 15. Woodland was temporarily turned into an Art Museum highlighting the work of our students. It was all very impressive! A huge shoutout to Ms. Delaney and Ms. Duarte for organizing this wonderful event!

Brookside Elementary School
MHS wrestlers were Mystery Readers at Brookside. This is a great community connection between schools, and our First Grade students loved looking up to our MHS students! Thank you Ms. Oliva and Ms. Mitchell


SCHOOLS
continued on page 10

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Introducing the PanOptix® Pro IOL: A breakthrough in cataract surgery – and a first for Massachusetts

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

Cataract surgery has evolved dramatically over the past few decades, moving from a simple removal of the clouded natural lens to a transformative procedure that can restore full-spectrum vision. The introduction of advanced intraocular lenses (IOLs) has redefined the standard of care, allowing many patients to regain sharp vision at multiple distances without the ongoing need for glasses.

Now, a new generation of lens technology is poised to elevate outcomes even further: the Clareon® PanOptix® Pro Trifocal IOL. Alcon recently announced the official U.S. launch of this lens, with commercial availability starting in May 2025. I'm honored to share that I will be performing the first PanOptix Pro implantation in Massachusetts, bringing this

groundbreaking innovation to our community.

What Is the Clareon® PanOptix® Pro IOL?

The Clareon PanOptix Pro is Alcon's latest trifocal intraocular lens designed for use during cataract surgery. It builds on the success of the original PanOptix® IOL, which was the first trifocal lens approved by the FDA in the United States. This new version offers enhanced optics, improved light management, and a more seamless range of vision.

This lens features EN-LIGHTEN® NXT optical technology, a refinement that allows for 94% light utilization — the highest reported light transmission of any trifocal IOL on the market today. Compared to its predecessor, PanOptix Pro also boasts a 16% increase in contrast between intermediate and distance vision, delivering

a sharper, more comfortable visual experience across the entire range.

Additionally, targeted diffractive refinements help redirect 50% of light previously lost to scatter toward useful focal points, greatly enhancing image clarity and reducing glare.

Why It's Better Than the Original PanOptix

The original PanOptix lens already offered excellent outcomes, allowing patients to see clearly at near (reading), intermediate (computer), and distance (driving) ranges. However, some patients experienced visual disturbances like halos or glare, especially in low-light settings. The Clareon PanOptix Pro addresses these concerns with:

- Improved contrast sensitivity
- Reduced light scatter
- More uninterrupted light distribution
- Enhanced optical image



sharpness

These refinements translate to better night vision, clearer contrast, and greater patient satisfaction, especially in visually demanding environments.

Another major improvement is the Clareon AutonoMe® preloaded delivery system, which allows for more precise, consistent lens placement during surgery — a benefit for both surgeons and patients.

Key Benefits for Patients

- Seamless vision across distances — from reading a phone to driving at night

- Reduced dependence on glasses
 - Brighter, sharper vision
 - Low-light confidence, such as in restaurants or while driving at night
 - Built-in UV and blue light filtering for retinal protection
- Risks and Considerations**
- While the PanOptix Pro IOL offers impressive advantages, it's important to remember that no intraocular lens is perfect for every patient. Some individuals

EYES

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SCHOOLS

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Hartford for arranging this event!

Brookside Grade 1 students held a virtual meeting with author and illustrator Pete Oswald, who wrote the children's book, *Hike*. Mr. Oswald talked with our students about his process as a writer and artist in getting ideas from his head onto the page.

Brookside held its annual Fun Run in early April. Students ran various laps around the gymnasium that was all neon and a-glow! Brookside raised over \$18,000 for this fundraiser! This will assist in funding field trips for next year. Thank you to Brookside staff, families, and PTO for a fun and successful event.

Brookside held its third annual Poetry Party in honor of National Poetry Month! Each class recited a Poem that they had been practicing to an audience of peers and staff. This promotes reading skills, listening skills & public speaking, along with building self confidence!

Framingham State University Graduate Students presented a lesson to Brookside Kindergarten classes about healthy eating habits and nutrition. Thank you Nurse Gray for organizing this!

Brookside is taking donations for the Milford Animal Control Officer as part of a unit of

study on Animals and Habitats. The Animal Control Office is in need of dog food, leashes, paper towels, and bleach. Collections are being taken in the Brookside Lobby.

Memorial Elementary School

Memorial Elementary School was excited to honor over 60 students who completed 100% of their ST Math journey! Wow! Way to go mathematicians!

Memorial Elementary School first grade students enjoyed a "Project Smile Dental Presentation" from the Blackstone Valley Technical dental students. The first grade students rotated through four different learning stations: Arts and Crafts, Oral Hygiene Instruction, Nutrition and a "Visit to the Dentist."

Memorial Elementary School celebrated over 200 students who completed an eight week Books and Beyond Reading Program! Our students were "bookworms" and collectively read over 11,000 books!

Shining Star Early Childhood Center

Families interested in registering their child for the Shining Star Early Childhood Center for the 2025-2026 school year should email the SSEC Main Office for a registration packet. Registration is currently underway. All students must be 3 years old by

08/31/25 in order to register for a placement.

Shining Star's Annual Invention Convention took center stage as part of our exciting "Imagine It, Make It" theme! Each class received a large cardboard box, sparking a flurry of creativity as students brainstormed what to build. After narrowing down their ideas to three options, they voted on the structure they wanted to create. From there, the real fun began! Students crafted detailed blueprints and designed smaller replicas of their projects. Then, working together, they tackled the challenge of constructing stable, functional structures out of cardboard. This year's creations were nothing short of impressive! Highlights included a chicken nugget food truck with a variety of dipping sauces, a bustling car wash, a giant LEGO man, a pizza shop offering whole pizzas and slices, a car with seating for four, a candy shop, an ice-cream shop with a variety of flavors to choose from, an aquarium, and a farm complete with a barn, cow, horse, pig, and chicken coop. Families were invited to come see these incredible projects up close, and they were blown away by the collaboration and creativity on display. Our Stars truly shined, demonstrating outstanding teamwork, planning, and imagination throughout the entire process.

EYES

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may still experience mild visual disturbances such as glare or halos, particularly in the first weeks after surgery. The brain also requires time to adapt to trifocal optics, and some patients may need a short adjustment period.

The lens is not recommended for those with significant macular disease, irregular astigmatism, or certain other ocular conditions. A comprehensive preoperative consultation is critical to determine candidacy.

Alternatives to the PanOptix Pro

For patients not suited to trifocal lenses, several other IOL options exist:

- Monofocal IOLs: Provide clear vision at one distance, typically requiring glasses for near or intermediate tasks
- Multifocal IOLs: Offer multiple focal points, though with a more limited range than trifocals
- Extended Depth of Focus (EDOF) IOLs: Improve intermediate and distance vision with reduced halos, though near vision may still need support

Choosing the right IOL is highly individualized and should be guided by lifestyle, eye health, and visual expectations.

A First for Massachusetts

Bringing the Clareon PanOptix Pro to Massachusetts is a milestone I'm proud to be part of. Our practice has always embraced cutting-edge technology to enhance patient outcomes, and this next-generation lens is no exception. Performing the first PanOptix Pro implant in the Commonwealth underscores our ongoing commitment to innovation, excellence, and personalized care.

We believe our patients deserve access to the latest proven technologies — not just to restore vision, but to improve how they live, work, and experience the world.

Why Milford Franklin Eye Center?

Cataract surgery is all about better precision, more safety,

and excellent outcomes. At Milford Franklin Eye Center, I am proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser-assisted cataract surgery — and the first in Greater Boston to implant the original PanOptix lens. We are now excited to bring the PanOptix Pro to our community.

The top five teaching hospitals in the nation offer bladeless laser cataract surgery — and so do we. All surgeries are performed at our state-of-the-art surgery center in Milford using advanced laser technology and premium lenses that correct for distance, near, and everything in between. Many cases of astigmatism are now fully correctable with these modern lens implants.

Our complication rates are among the lowest in the nation. One hundred percent of surgeries are performed under topical anesthesia — meaning no needles, no shots around or behind the eye, no stitches, and no scalpels. It's truly no knife, no shots, no stitch surgery.


We have anesthesiologists present for all cases and we never perform surgery in an office space, unlike some other practices. We also do not charge additional fees for use of the operating room — another key difference. There is no longer any need to travel hours for your cataract surgery. The most advanced care is already here, close to home.

It's Time to Be Pro Panoptimistic!

The Clareon PanOptix Pro IOL is more than just an upgrade — it's a significant leap forward in cataract surgery outcomes. With its groundbreaking light utilization, refined optics, and proven range of vision, it stands to become the new gold standard for patients seeking independence from glasses and sharp, vibrant vision at all distances. Experience cataract surgery results second to none — here, closer to home, at the Milford Franklin Eye Center.

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Rooted in community: George DiGregorio joins Primary Residential Mortgage, Inc.

By Jennifer Russo

George DiGregorio understands what it means to put down roots and love the place where you live. A lifetime Milford, Massachusetts resident with more than 20 years of experience in the mortgage loan industry, he knows the ins and outs of the housing market in Massachusetts and Rhode Island and is driven by a strong commitment to help people achieve their home ownership dreams.

Primary Residential Mortgage, Inc. (PRMI) is proud to welcome George to its expert team! George brings a proven track record of service in helping clients navigate the home financing process, walking them through the steps to make it as simple and easy as possible. His deep expertise makes him a valuable asset to the business, furthering the company's mission of providing exceptional mortgage solutions.

"George's deep market knowledge and genuine commitment to client success make him an ideal addition to our team," said Sean Zierak, Division President at PRMI.

George isn't just interested in helping people get loans, he also wants to help them build a foundation for long-term success and generational wealth. As someone with deep local roots,



he is not only a lender, but someone who genuinely cares about his neighbors and strives to strengthen the community by providing personalized service and reliable guidance to everyone he works with.

"I'm excited to be working with a great team at PRMI that gives me the flexibility and support to assist my clients in the best way possible," George shares.

Unlike a traditional bank, PRMI is solely dedicated to home financing, specializing in helping clients through every stage of obtaining the funds needed to be able to purchase a home for themselves, invest in a property, or refinance an existing loan. Because mortgages are their focus, they offer



George DiGregorio
NMLS#349109 // MA MLO349109

a broader range of loan programs and more flexibility than most banks, helping clients to navigate the process with confidence.

"I am always available to help clients at any time, whether it's about structuring a complicated scenario or providing answers to questions on mortgage basics. Doing this work for so many

years, I have a strong skill set in taking the mystery out of the process and making it easily understandable," says George.

While many people may think that they need perfect credit, or a large down payment to qualify for a home loan, there are a wide range of programs offered by Primary Residential Mortgage, including FHA, VA, USDA, and state-specific assistance including MassHousing, Rhode Island Housing, and Connecticut Housing – all of which are designed to help people with a variety of credit profiles and specific needs. George is licensed in both Massachusetts and Rhode Island, with a deep understanding of the local markets and the unique needs of buyers in these areas.

His love for his work goes hand in hand with his commitment to his community. Outside of work, he and his wife enjoy boating on Narragansett Bay, a

passion that mirrors his steady, thoughtful approach to service.

In this new role, he is eager to make an immediate impact, and to put his experience into work to drive growth, stability, and opportunity throughout the area. With the support of PRMI's robust lending platform behind him, George is enthusiastic about educating and assisting all borrowers, from first-time homebuyers to seasoned property owners.

To learn more about how George can assist you in the financing of your next home purchase, visit <https://primarylocal.com/team/george-digregorio/>

You can call him directly at 508-596-2207 or reach him by email at gdigregorio@primeres.com. You can also follow PRMI on Instagram @primeresmortgageinc or on Facebook at www.facebook.com/primeresmortgageinc

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Milford Town Library Calendar of Events

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by Reference Department

Memorial Day

The library will be closed on Monday, May 26 in observance of Patriots’ Day. Regular hours resume on Tuesday, May 27 at 9 a.m.

Charlot Lucien: Haitian American Storyteller & Lecturer

In honor of Haitian Heritage Month, join us for an afternoon bilingual presentation by storyteller and lecturer Charlot Lucien. Participants will discover how the 1803 Haitian revolution made Haiti the First Black Republic in the world and impacted US history & the abolitionist movement in Massachusetts.

Learn about monuments, schools, towns named after Haiti in 10 US states to establish the little-known but definite influence of the Haitian Revolution in antebellum America and most importantly, how to connect this history to Haiti’s con-

temporary challenges.

Scholar, storyteller, artist, poet and founder of the Haitian Artists Assembly of Massachusetts, Charlot Lucien, frequently presents on Haiti’s culture & history in various international academic and cultural venues, often examining the intersections between the US abolitionist movement and the Haitian revolution. He has won numerous awards for his cultural and humanitarian endeavors.

Charlot will be joined by drummer Fred Hilaire. This event is sponsored by the Friends of the Milford Town Library.

Nan onè Mwa Eritaj Ayisyen, vin jwenn nou pou yon apre-midiprezantasyon bileng pou konprann kijan 1803 ayisyen an revolisyon te fè Ayiti Premye Repiblik Nwa nan mond lan epi li te afekte istwa Etazini ak mouvman abolisyonis nan Massachusetts.

Aprann sou moniman, lekòl, vil ki gen non Ayiti nan 10 eta

ameriken pou etabli enfliyans revolisyon ayisyen an ki pa t konnen men byen klè nan anvan belèl Amerik la. E sa ki pi enpòtan, ki jan yo konekte istwa sa a ak defi kontanporen Ayiti.

Scholar, conteur, atis, powèt ak fondatè Asanble Atis Ayisyen nan Massachusetts, Charlot Lucien, souvan prezante sou kilti ak istwa Ayiti nan divès lokal akademik ak kiltirèl entènasyonal, souvan egzamine entèseksyon ki genyen ant mouvman abolisyonis Ameriken an ak revolisyon ayisyen an. Li te genyen anpil prim pou efò kiltirèl ak imanite li yo.

Charlot pral rejwenn pa tanbouyè Fred Hilaire. Evènman sa a patwone pa Friends of the Milford Town Library.

May Monday Metalsmithing with Heather Beck - Copper Bookmark Workshop

Just a few spots remain for a copper bookmark metalsmithing program on Monday, May 12 at 6:30 p.m. as artisan Heather



Beck leads a workshop to create hand hammered copper book-marks.

Participants will learn about the structure of copper, and how to use stamps to create textures and words on the bookmarks including favorite quotes, names, or drawings.

This program, free of charge and open to those 16 years or older, is sponsored by the Friends of the Milford Town Library. Register online through our events calendar.

Based in Easthampton, MA, Heather is a fine jewelry maker whose studio work ranges from hand-textured collections inspired by the natural world to custom pieces that symbolize the magic in her clients’ lives. She holds beginner to advanced metals classes in her studio. Heather travels extensively around the state, teaching adult and teen metals workshops for libraries, Scout groups, and more. For more information about Heather and her work, visit heatherbeckdesigns.com.

Spring Puzzle Swap
Back by popular puzzler demand - we’re hosting a Spring Swap to refresh your stash! Puzzles will be available on Saturday, May 24 from 9 a.m. - 4 p.m. on our display table by the main entrance. Take one or more puzzles home and leave

a puzzle or puzzles if you want. (These are not part of the library’s collection and are FREE to take home - they do not need to be checked out.)

If you enjoy working on puzzles, please also consider participating in our Community Puzzles in the Non-Fiction area of the library! (Note that this is a quiet area - group puzzle work is welcome, but please be considerate of others who are studying/working.

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

LIBRARY

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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, May 20, at 10 a.m. at the Milford Senior Center. The May book selection is *The Midnight Library* by Matt Haig.

In this relatable novel, the mundane and the fantastical meet when Nora Seed, a depressed thirty something woman has a chance to experience alternative versions of her life via book in the midnight library. With her former school librarian as a guide, Nora discovers how different her life may have been if she had made other choices.

Novelist Jodi Picoult called *The Midnight Library* "a beautiful fable, an It's a Wonderful Life for the modern age – impossibly timely when we are all stuck in a world we wish could be different."

Haig is a British author whose previous books include *Reasons*

to Stay Alive, *Notes on a Nervous Planet*, *The Comfort Book*, and an assortment of children's books.

To reserve a copy of *The Midnight Library* or to learn more about the Center Book Group, call 508-473-2145 ext. 2.

Shawna Foundation Library Poetry Tour

The next stop on the Shawna Foundation Library Poetry Tour will feature New Bedford poet Jasmine Ramos. This special event, part of the Shawna Foundation's mission to uplift diverse voices and foster creative expression in community spaces, will take place at three different libraries: the Simon Fairfield Public Library in Douglas on May 19; the Milford Town Library on May 21; and the Uxbridge Free Public Library on May 22 – all readings begin at 7 p.m. and are free of charge.

Jasmin Ramos was born and raised in New Bedford. After serving in the Army, she embraced her role as a mother of three while passionately pursuing her love for poetry. Her journey reflects a blend of strength, creativity, and dedication to her craft.

The Shawna E. Shea Memorial Foundation, Inc. is a 501(c)3 arts nonprofit organization dedicated to supporting and promoting independent filmmaking, youth empowerment, and the arts. Established in memory of Shawna E. Shea, the foundation provides scholarships, grants, and mentorship programs to encourage creativity, resilience, and artistic expression.

Through film festivals, community events, art exhibits, poetry performances, and educational initiatives, the Foundation fosters a vibrant artistic community while honoring Shawna's legacy. Learn more at www.shawnafoundation.org.

The foundation thanks the Milford Cultural Council, the Uxbridge Cultural Council the

Massachusetts Cultural Council for their ongoing support.

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. Carol Allen, a first-time writer of children's books, lifelong bookworm, and recently retired middle-school teacher, serves as facilitator of the Milford Area Wordsmiths. For more information, please call 508-473-2145, option 2.

**Mahjong Comes to MTL**

A newly formed Mahjong group meets twice a month at the Milford Town Library. This group welcomes players familiar to Mahjong to join for enjoyment of the game, not for high stakes competition! The group meets on select Tuesdays from 6 - 8 p.m. at the library in the Quarry Room. The spring meeting dates:

- May 22
- June 10
- June 24

Those who are interested can attend any of the meetings. Mahjong sets are provided. Questions? Please call the Information

Desk at 508-473-2145 ext. 2.

Coming Soon:

Level Up @ Your Library: Adult Summer Reading Program. Watch our website, www.milfordtownlibrary.org and social media for details!

Ongoing:

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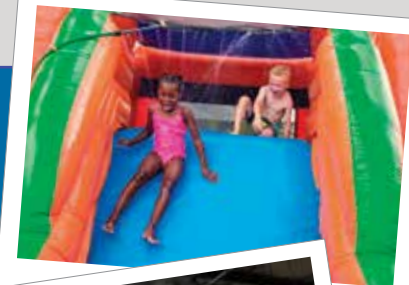
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Recent Home Sales

Date	Milford	Amount
04/22/2025	9 N Vine Street	\$725,000
04/15/2025	3 Ariana Circle	\$560,500
04/15/2025	5 Amanda Circle	\$752,500
04/11/2025	34 Howard Street	\$699,900
04/11/2025	1 Rogers Street #A	\$293,000
04/11/2025	15 Zain Circle	\$645,000
04/10/2025	26 Reservoir Road	\$862,500
04/04/2025	11 State Street	\$381,000
04/01/2025	138 Congress Street	\$630,000
03/31/2025	2 Rupert Road	\$730,000
03/28/2025	36 Briar Drive	\$740,000
03/28/2025	19 Metcalf Avenue	\$546,000
03/27/2025	18 West Street	\$525,000

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



The 4-bed, 2-bath, 2,436-square-foot house at 18 West Street in Milford recently sold for \$525,000. Image credit www.zillow.com

SAFE Coalition to build Adolescent Wellness Center

SAFE Coalition has received a \$25,000 grant from Community Health Systems Foundation to break ground on its Adolescent Wellness Center. The Center will be a central space for teens across southeastern Massachusetts to access resources that combat substance use and mental illness.

Built inside SAFE HQ in Franklin, the space will offer a fully dedicated spot for teens-only support, hosting drop-in hours, referral services, mentorships, peer groups and classes as well as educational nights for area caregivers.

The Center is designed to directly address the high rates of mental illness and substance use among teens. Events like drama therapy, sobriety nights, and trauma-informed yoga will offer more ways to play, cope, and grow.

Supports will also be available for education, prevention and recovery from substance use.

The Center will offer programs to help students build resiliency tools that combat the perceived need for substance use, while support groups and peer mentorship will give teens added ways to be heard, gain advice, and belong. Recovery plans, referral services, and accountability check-ins will offer additional touchpoints.

Research shows that offering teens neutral social spaces is essential to maintaining a sense of wellbeing. Such spaces decrease social isolation and build a psychological sense of belonging. Regular visitors to these places report better overall mental health. Neutral social spaces are associated with higher levels of community cohesion and wider social networks, too.

The need for teen mental health and substance use support is greater than ever. Rates of teen depression and anxiety have remained high since 2020 and remain one of the Surgeon

General's top priorities. And teen overdose is at an all-time high, while the prevalence of vaping and other substance use persists.

Yet in-school and extracurricular programs across the region have shuttered due to cuts in school spending despite their success in preventing teen isolation, increasing touchpoints with supportive adults, and building self-esteem. Community-led programs are helping to close a critical gap in support by offering judgement-free, compassionate care to teens who need it most.

Community Health Systems (CHS) was established in 1994 to support nonprofit organizations that enhance the community's capacity to achieve optimal health, wellness, and quality of life.

SAFE serves over 55 communities in Massachusetts with programs for teens, support groups for loved one's impacted by others' substance use, harm reduction education, resources for families in need like a community diaper bank, housing support, and more. SAFE's services are free to recipients and no insurance is needed.

SAFE began in 2015 after a community discussion on the increasing deaths from opioid use and what could be done to combat the rising epidemic. Today, the nonprofit works with first responders, local and state politicians, municipalities, schools, other nonprofits, and concerned citizens across southeastern Massachusetts to fill gaps in substance use prevention and education, harm reduction, recovery, and mental health support.

Learn more about SAFE Coalition at 508-488-8105 or info@safecoalitionma.org.

Submitted by SAFE Coalition

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CONSIGLI

continued from page 1

combined with his proven leadership and commitment to excellence, make him the ideal candidate to continue advancing the district's mission and goals."

Dr. Consigli holds a Doctorate in Leadership in Schooling from UMass Lowell and has served Milford Public Schools in several critical leadership roles, including Principal at Woodland Elementary and Middle School East. His extensive experience includes serving on the Woodland School Building Committee, a role instrumental in successfully overseeing the construction of the new Woodland Elementary School. Consigli is excited to bring this experience to bear once again with the upcoming Milford High School building project.

Dr. Consigli expressed enthusiasm about his new role, stating, "I've been fortunate

to spend the entirety of my career in the Milford Public Schools. It's been wonderful to work with great people who truly care about each and every student. The town of Milford is very proud and supportive of the schools. I will continue to be an active member of the school community and will make it a priority to listen carefully to all members of our community, develop solutions that benefit all of our students, and work with all stakeholders to ensure continued growth and excellence in our schools. I look forward to helping all students overcome adversity, dream big, and achieve greatness in whatever path they choose."

The Milford School Committee thanks Dr. Kevin McIntyre for his dedicated service and thoughtful leadership. His proactive support during this transition underscores the district's dedication to stability and continuity.

Submitted by Milford Public Schools

Girl Scouts donate cookies to deployed military



Left to right Lily Brodeur, Emma Breach, and Hannah Grenier all troop 64825 delivering cookies from Service Unit 109 (A Valley United) serving Douglas, Northbridge, and Uxbridge.

Also pictured is Michael Shain the founder and president of Thanks To Yanks. Yearly the non-profit accepts cookies donations for local scouts to send to those deployed, Shain said, "it is heartwarming to work with

such a caring group of young, dedicated patriots. "For more information on Thanks to yanks, "Like" them on Facebook.

Submitted by Michael Shain of Thanks To Yanks

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Coral is a beautiful petite tortoiseshell cat who craves

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Milford receives fire safety grants for gear and education

In April, the Healey-Driscoll Administration announced that more than 300 Massachusetts fire departments would receive over \$3 million in grants to support safety equipment for firefighters and life safety education for kids and older adults.

“Massachusetts firefighters do much more than fight fires – they’re our first line of defense in any emergency,” said Gov. Maura Healey. “These grants will help firefighters protect themselves from injury and illness, rescue people in danger, and keep our most vulnerable residents safe from fires and other hazards at home. We are proud to be able to support these vital first responders who never hesitate to answer a call for help.”

The Town of Milford received a \$5,992.53 grant for safety equipment; a \$7,199.90 SAFE grant; and a \$2,599.44 Senior SAFE grant.

The awards are drawn from three grant programs coordinated by the Department of Fire Services.

The Firefighter Safety Equipment Grant Program (SEG) reimburses local fire departments

for purchases of turnout gear, hazardous gas meters, SCBA components, accountability systems, thermal imaging cameras, and more. This round of grants will provide \$1.63 million in funding to fire departments in 266 communities. In many cases, the reimbursed purchases will help them attain compliance with Occupational Safety & Health Administration or National Fire Protection Association safety standards.

“Firefighters train tirelessly for every conceivable emergency so that they can be prepared to help those in need,” said Lt. Gov. Kim Driscoll. “Through this program, we acknowledge that tremendous commitment by investing in the equipment they need to be safe in any situation.”

The Student Awareness of Fire Education (SAFE) Grant Program funds firefighter-educators who deliver age-appropriate fire and life safety education to school-age children. Since the grants’ inception in 1995, the number of Massachusetts children who die in fires has dropped to historically low levels, from two dozen or more

per year to zero for nearly three consecutive years. This year’s awards will deliver more than \$1.1 million to 204 local fire departments.

“For 30 years, the SAFE grants have delivered life-saving lessons to Massachusetts’ kids and teens through our local firefighters,” said Secretary of Public Safety and Security Terrence Reidy. “This is just one of the powerful local-state partnerships that make Massachusetts one of the safest places in the nation to live, work, and raise a family.”

In 2014, DFS launched the Senior SAFE Grant Program, which is geared toward

another vulnerable population – older adults, who face a disproportionate risk of death or serious injury in a fire. Nearly \$485,000 will support alarm installation, fire safety education, fall prevention strategies, and other resources delivered by 203 local fire departments in partnership with local senior centers, councils on aging, and other community partners.

“People aged 65 and older are at greatest risk of death or serious injury in a fire at home,” said State Fire Marshal Jon M. Davine. “The Senior SAFE grants make a difference by sending trained firefighters



to conduct home safety assessments, install or replace smoke and carbon monoxide alarms, and help our seniors age in place safely and independently.”

Submitted by the Department of Fire Services

Alzheimer’s Support Group at Cornerstone at Milford


On May 13, at 6 p.m., the Cornerstone at Milford Assisted Living and Memory Support Community (11 Birch St., Milford) will host a meeting of the Hearts, Hugs & Hope: An Alzheimer’s Support Group.

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. Our guest this month will be Jay Marsden, of Marsden Law, P.C. who will present on the topic of “Elder Law.”


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


This group meets on the second Tuesday of the month.



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SPORTS

Returners give MHS Girls Tennis a boost

Scarlet Hawks playing with more confidence this spring

By Chris Villani

Milford High girls' tennis head coach Julie Rabinowitz came into the 2025 season optimistic after returning her entire lineup from the season before. Her confidence in her team has been mirrored by her team, as the Scarlet Hawks have increased their swagger, and win total, in 2025.

"We have been much more competitive with some of our opponents this season, compared to previous seasons, it's a step in the right direction," Rabinowitz said. "Having everyone playing where they were last season, this is a much more confident team."

The results have shown through on the court. Senior captain Mallory Brickley has been one of the team's top players out of the number two singles spot, winning four of her first five matches on the season. Fellow senior captain Audrey Brannigan also picked up an early win, and her coach praised her for the progress she was able to make since last year.

Milford's increased success is also due to the effort the players made before the year even began.

"They did a lot of work in the offseason," Rabinowitz said. "They did some playing at local clubs indoors, so they put in a lot of time and effort to get ready for the season as well."

Senior captain Ava Merrill is in the top singles spot for Milford and, match-in and match-out, has given some of the best players in the area a run for their money.

At first doubles, MHS has featured juniors Chloe Murdock and Sam DeNegris, who played doubles together last spring.

"They are also best friends, which helps," Rabinowitz said. "They know how to work well together and communicate and they are able to figure things out during every match."

Rabinowitz has three players — seniors Lillian Bogonis and Riley Donovan and sophomore Catie Delaney — who rotate into the second doubles spot.

"They have great attitudes,"



Milford High's girls tennis team is all smiles, despite the cold, as a veteran lineup came into the 2025 season with added confidence. Contributed photo

the coach said, "and they work well together."

The Scarlet Hawks are looking to increase their win total from a season ago, but success to Rabinowitz is also about being competitive in every single match. Against King Philip at

the start of the year, Milford lost 3-2 against a team that had earned a 5-0 sweep last spring. Results like that, even though they aren't wins, represent just another lift to an improving program.

"After every single one of

these matches, I show them the last time we played that team compared to now and how many individual gains we have made," Rabinowitz said. "It gives them really good confidence, and they know the work that they put in, it really helps."





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SPORTS

Milford Boys' Tennis brings aggressive approach

Scarlet Hawks on pace for best win total in years

By Chris Villani

Luck has not been on the side of the Milford High boys' tennis team so far this year, but that has not stopped the Scarlet Hawks from picking up a couple of early victories and setting themselves up for their most successful year in recent memory.

"With a little bit of luck, we could be better on the record side of things, but we have been playing well," said head coach Shawn Austin.

Austin was referring to an injury suffered by senior captain Connor Wong in a match against Attleboro where he seemed well on his way to victory. Milford ended up losing a close one, but Wong has been working his way back by playing first doubles and continues to be a key contributor.

Senior Corey Rattray is at the top singles spot for Milford and Austin praised him for his talent and consistency.

Another senior captain, Sean Privilege, has been a mainstay in one of MHS' singles spots. But the Hawks are also getting contributions from their doubles teams. Senior Todd Ostertog is a first-team doubles player who has had success this spring.

Junior captain Drew Cahill is a versatile player who has been a strong pairing with both Ostertog and Wong.

"Drew has been a great partner working with Todd and

Connor, Drew has been great as the anchor for first doubles," Austin said. "And Todd is a great two-way player. He can play both doubles and singles really well."

At second doubles, Milford has relied on seniors Luke Fabry and Lokesh Addagiri. While doubles has been a challenge for MHS in the past, this year, it has been an area of strength. Austin credits the veteran lineup for helping the team improve its depth and thinking about getting to the state tournament.

"We have seven seniors, and we have never been to the play-offs, so that is what we are going for," the coach said. "Even if we barely get in and only play one round, we'd love to make the playoffs."

In order to make that goal a reality, Austin said his team needs to keep an aggressive mindset and learn to play to win, rather than simply not to lose. It's something the team has been developing over the past few years, as many of his current standouts came into the program having not played much, or any, competitive tennis.

"They have the tools now, and they want to use those to play aggressively and maximize our strengths," Austin said. "That's the theme: take the opportunity when you have it. Don't worry about missing shots, just make sure you take the right shot."



Milford's boys' tennis team is deeper than it has been in years, and is hoping to earn a playoff spot. Contributed photo

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<div><h4>2023 CHRYSLER VOYAGER</h4><p>AS LOW AS \$85/WK</p><p>#D15012 • LX TRIM, HEATED SEATS</p><p>NEW RETAIL PRICE: \$34,265 WHOLESALE PRICE: \$23,977</p></div>	<div><h4>2021 TOYOTA TACOMA 4x4</h4><p>AS LOW AS \$106/WK</p><p>#TP5005 • SR TRIM, DBL CAB, 3.5L</p><p>NEW RETAIL PRICE: \$42,605 WHOLESALE PRICE: \$29,677</p></div>	<div><h4>2022 DODGE DURANGO GT</h4><p>AS LOW AS \$117/WK</p><p>#25149A • ALLOYS, AWD, 3.6L</p><p>NEW RETAIL PRICE: \$48,595 WHOLESALE PRICE: \$32,677</p></div>	<div><h4>2022 GENESIS GV70 3.5T</h4><p>AS LOW AS \$138/WK</p><p>#D14928 • NAV, HEATED LEATHER</p><p>NEW RETAIL PRICE: \$64,700 WHOLESALE PRICE: \$38,977</p></div>	<div><h4>2022 TOYOTA CAMRY LE</h4><p>AS LOW AS \$74/WK</p><p>#TP5050 • 25/34 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$38,625 WHOLESALE PRICE: \$20,977</p></div>	<div><h4>2022 CHEVY SILVERADO 4x4</h4><p>AS LOW AS \$135/WK</p><p>#47193 • CUSTOM, 2.7L TURBO</p><p>NEW RETAIL PRICE: \$54,180 WHOLESALE PRICE: \$37,677</p></div>	<div><h4>2023 NISSAN ROGUE SV</h4><p>AS LOW AS \$74/WK</p><p>#P17727R • ALLOYS, TURBO, AWD</p><p>NEW RETAIL PRICE: \$31,710 WHOLESALE PRICE: \$20,977</p></div>
<div><h4>2025 CHEVY TRAX 2RS</h4><p>AS LOW AS \$78/WK</p><p>#125025A • HEATED SEATS, SUNROOF</p><p>NEW RETAIL PRICE: \$28,565 WHOLESALE PRICE: \$24,977</p></div>	<div><h4>2024 TOYOTA TUNDRA 4x4</h4><p>AS LOW AS \$173/WK</p><p>#TP5047 • SR5, CPO, ALLOYS, V6</p><p>NEW RETAIL PRICE: \$58,405 WHOLESALE PRICE: \$48,977</p></div>	<div><h4>2018 JEEP CHEROKEE 4x4</h4><p>AS LOW AS \$71/WK</p><p>#46893A • TRAILHAWK, ALLOYS</p><p>NEW RETAIL PRICE: \$34,400 WHOLESALE PRICE: \$18,977</p></div>	<div><h4>2022 HYUNDAI TUCSON SEL</h4><p>AS LOW AS \$92/WK</p><p>#D14852L • AWD, HEATED SEATS</p><p>NEW RETAIL PRICE: \$36,750 WHOLESALE PRICE: \$25,977</p></div>	<div><h4>2023 TOYOTA COROLLA LE</h4><p>AS LOW AS \$74/WK</p><p>#TP4677 • 32/41 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$26,569 WHOLESALE PRICE: \$20,977</p></div>	<div><h4>2018 CHEVY CRUZE</h4><p>AS LOW AS \$46/WK</p><p>#46886A • PREMIER, ALLOYS</p><p>NEW RETAIL PRICE: \$32,395 WHOLESALE PRICE: \$12,977</p></div>	<div><h4>2021 TOYOTA RAV4 LE SUV</h4><p>AS LOW AS \$88/WK</p><p>#TM25-185A • 27/34 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$34,560 WHOLESALE PRICE: \$24,977</p></div>
<div><h4>2021 FORD EDGE SEL</h4><p>AS LOW AS \$88/WK</p><p>#P17266L • 2.0L TURBO, SUNROOF</p><p>NEW RETAIL PRICE: \$40,395 WHOLESALE PRICE: \$24,977</p></div>	<div><h4>2024 VW JETTA SPORT</h4><p>AS LOW AS \$78/WK</p><p>#47000 • TURBO, HEATED SEATS</p><p>NEW RETAIL PRICE: \$29,550 WHOLESALE PRICE: \$21,977</p></div>	<div><h4>2020 LINCOLN CORSAIR</h4><p>AS LOW AS \$88/WK</p><p>#124361A • SUNROOF, LEATHER</p><p>NEW RETAIL PRICE: \$46,645 WHOLESALE PRICE: \$24,977</p></div>	<div><h4>2022 FORD BRONCO 4x4</h4><p>AS LOW AS \$134/WK</p><p>#124-199B • TURBO, BIG BEND</p><p>NEW RETAIL PRICE: \$43,995 WHOLESALE PRICE: \$37,977</p></div>	<div><h4>2019 SUBARU OUTBACK</h4><p>AS LOW AS \$64/WK</p><p>#TP4638A • AWD, MOONROOF, V6</p><p>NEW RETAIL PRICE: \$34,695 WHOLESALE PRICE: \$17,977</p></div>	<div><h4>2021 MERCEDES GLC 300 SUV</h4><p>AS LOW AS \$118/WK</p><p>#TM25-197A • TURBO, LEATHER</p><p>NEW RETAIL PRICE: \$50,800 WHOLESALE PRICE: \$32,977</p></div>	<div><h4>2022 HYUNDAI SONATA SEL</h4><p>AS LOW AS \$78/WK</p><p>#TP5021 • 27/37 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$28,686 WHOLESALE PRICE: \$21,977</p></div>
<div><h4>2022 CHEVY COLORADO</h4><p>AS LOW AS \$128/WK</p><p>#C47287 • Z71 TRIM, 4X4, ALLOYS</p><p>NEW RETAIL PRICE: \$44,290 WHOLESALE PRICE: \$35,977</p></div>	<div><h4>2018 HONDA CR-V EX-L</h4><p>AS LOW AS \$71/WK</p><p>#TM25-075A • 27/33 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$34,190 WHOLESALE PRICE: \$19,977</p></div>	<div><h4>2021 BUICK ENCORE AWD</h4><p>AS LOW AS \$83/WK</p><p>#46830 • GX SELECT, 1.3L TURBO</p><p>NEW RETAIL PRICE: \$32,225 WHOLESALE PRICE: \$23,377</p></div>	<div><h4>2021 MAZDA MAZDA CX-5</h4><p>AS LOW AS \$88/WK</p><p>#46823 • MOONROOF, LEATHER</p><p>NEW RETAIL PRICE: \$29,895 WHOLESALE PRICE: \$24,977</p></div>	<div><h4>2023 BMW X1 xDrive28i</h4><p>AS LOW AS \$113/WK</p><p>#TP4816 • AWD, TWIN TURBO, NAV</p><p>NEW RETAIL PRICE: \$51,595 WHOLESALE PRICE: \$31,977</p></div>	<div><h4>2022 RAM 1500 BIG HORN</h4><p>AS LOW AS \$131/WK</p><p>#TP5159 • 4X4, HEMI, ALLOYS</p><p>NEW RETAIL PRICE: \$45,710 WHOLESALE PRICE: \$36,977</p></div>	<div><h4>2023 TOYOTA HIGHLANDER</h4><p>AS LOW AS \$127/WK</p><p>#TP4692 • LE TRIM, ALLOYS, CPO</p><p>NEW RETAIL PRICE: \$45,775 WHOLESALE PRICE: \$35,977</p></div>

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