

Proposed 40B development for 190 East Main Street under review

180 units to be a mix of one, two, three bedrooms

By Scott Calzolaio

A new Chapter 40B housing proposal at 190 East Main Street is making its way through town departments and committee reviews, as developers work to address concerns over parking, traffic, and infrastructure.

The proposed rental complex, led by national development firm Wood Partners, would be built on an eight-acre lot and feature a mix of one-, two-, and three-bedroom units across multiple residential buildings.

Wood Partners, which has operated in Massachusetts since 2009 and developed more than 5,000 housing units statewide, is “aiming to bring high-quality rental housing” to Milford with this project,



A 180-unit affordable housing project has been proposed for 190 East Main Street. Image source: www.milfordma.gov

said Development Director for Wood Partners, Jim Lamberts.

The design includes four residential buildings and a

fifth clubhouse-style amenity building. On-site fea-

40B

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Summer internship focused on redeveloping Shoppers World into a ‘15-minute city’



Sami Ettahiri, center, a 10th grader at Milford High School, participated in this year's 2025 PROJECT VISION summer internship program through the Christa McAuliffe Center for Integrated Science Learning at Framingham State University. The last day included a presentation to family. Pictured here are Sami's father, Abdu Ettahiri, and Sami's sister Sarah Ettahiri (MHS grade 12). *Courtesy photo*

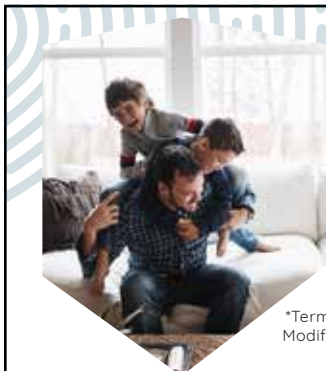
By Theresa Knapp

This summer, Milford High School students Sami Ettahiri, grade 10, and Jon Majkut, grade 12, participated in the “2025 PROJECT VISION” internship

through the Christa McAuliffe Center for Integrated Science Learning at Framingham State

SHOPPERS WORLD

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Stacy Middle School third trimester Honor Roll

Stacy Middle School Principal, Dr. Caridad Lopez has announced Stacy Middle School's Honor Roll for trimester three.

PRINCIPAL'S LIST Grade 6

Allegrezza, Harper; Altamirano Magallan, Kailiy; Assis, Mariana; Barbosa, Olivia; Carmo, Julia; Colesano, Angelo; Cruz, Brendan; De Faria, Ana Carollina; De Freitas, Icaro; De Oliveira, Natalia; Dos Santos Arruda, Samuel; Gachau, Isabella; Hausmann, Cecily; Held, Anna; Hornberger, Blake; Johnson, Lilliana; Karlin, Seth; Kearnan, Clare; King, Daniel; Knapp, Cassidy; Lema, Lisa; Machado, Marcos; Mauricio, Taylor; McLaughlin, Angelyn; Mendonca-Young, Rhea; Nelson, Leah; Nnyanzi, Matthew; Oliveira, Emanuelly; Paredes Ortiz, Danna; Pierce, Marlee; Stacey, Jake; Tessicini, Kelsie; Varner, Zina; Warren, Kiara

Grade 7
Ateawung, Myra; Awaru, Avika; Bencosme Garcia, Nathanael; Bourassa, Mason; Canenguez Alfaro, Roberto; Carvalho, Kamilla; Connerney,

Carter; Consigli, Rita; Damata, Ava; DeTore, Cameron; DiGiallonardo, Brandon; Dwarampudi, Visishta; Earl, Kendall; Falk, Nolan; Fonseca, Mason; Garay, Judah; Geoffroy, Cali; Gkalios, Demos; Gomes, Nathan; Goncalves, Kemy; Healey, Brandon; Iacovelli, Grace; Keenan, Makayla; Larios, Arnold; Macchi, Emma; Mastroianni, Vincent; McGovern, Kennedy; McGrath, Logan; McNeil, Keagan; Metodie, Georgi; Mutegyeki, Neria; Nnyanzi, John; Perez Sauca, Lesly; Pinto, Jackson; Purtell, Melanie; Roderick, Cooper; Roderick, Logan; Sanampudi, Vikrant; Silva Hughes, Isabella; Sobers, Aria; Tacuri Caguana, Neymar; Vieira, Luanna; Villa, Mey; Webster, Samuel; Zozzaro, Aubrey

Grade 8
Abrantes, Benjamin; Barbosa, Gabriella; Bertoni, Jessica; Bourassa, Marcella; Bournazian, Madison; Brown, Jonathan; Cales, Mila; Capuzziello, Dante; Connors, Reese; Corbin, Jeffrey; da Costa, Luiza; Da Cruz, Giovanna; Da Cunha, Leticia; De Souza, Anna Alicya; De Souza, Gabriel; Deans, Quinn; Dias, Julio Cesar;

Duchi Quizhpilema, John; Ferreira, Madelynn; Flanagan, Brian; Freeman, Junior; Gualan Cango, Luis; Guikema, Emelia; Held, Colin; Holland, Margaret; Huerta, Leslie; Kearnan, Meghan; Knapp, Ella; LaTour, Cameron; Lefter, Anela; Martinelli, Dominic; Martinez Quiroa, Sasha; Martins, Ana; Mauricio, Jordyn; McDavitt, Adrian; Michel, Isabella; Murphy, Isabella; Naves, Grace; Oliveira, Beatriz; Oliveira, Nathiely; Padilla Munoz, Sebastian; Persico, Tessa; Pomavilla Lema, Juan; Prevelige, Leah; Reneau, Alexa; Saad, Samarah; Saeteros Loja, Katly Janet; Santomenna, Mia; Turner, Olivia; Vazquez, Emma; Viera, Claire; Wright, Reagan; Wright, Riley

**HONORABLE MENTION
Grade 6**
Aguilar, Corah; Alemnkia, Joshua; Beaton, Barrett; Boudreau, Caitlin; Caguana Caguana, James; Cales, Selina; Calzolaio, Jude; Campbell, Declan; Castro Tacuri, John; Chimborazo Guaman, Daira; Ciarametaro, Maxwell; Corbett, Niall; Costa, Ariele; Courville, Aiden; Day, Jacob; De Araujo, Isadora; De Souza, Samuel; De-

Pietro, Ashley; DeTore, Dylan; DiVitto, Luca; England, Tanner; Ferreira, Tyler; Fogaca, Agatha; Haynes, Cayleigh; Jorge, Elizabeth; Largo Loja, Juan; Leon Barillas, Jordan; MacAllister Jr, John; Maia, Davi; Meehan, Sophia; Mitchell, William; Mojica, Harlynn; Molinari, Olivia; Monforte, Melissa; Murray, Timothy; Novelli, Kaira; Nunes, Thalyta; Ojoseitan, Joshua; Paiva, Sarah; Papastathopoulos, Joanna; Pereira, Livia; Rios, Noah; Sena Da Matta, Sarah; Sousa, Immanuel; Tacuri Castro, Kindra; Voss-Leal, Donovan

Grade 7
Ballard, Evan; Bersin, Silas; Brothers, Michelle; Caccin, Luigi; Carvalho, Lucas; Cruz Morales, Zabryna; Cunningham, Brooke; De Oliveira, Melissa; De Oliveira, Sophia; Falk, Liam; Files, Kaylee; Gross, Camden; Hanna, Samuel; Hukanovic, Mirza; LeBlanc, Landon; Lefter, Jayden; Lima, Rhyanna; Long, Sophia; Merrill, Colton; Miller, Maeve; Mojica, Solenn; Monteiro, Murilo; Nakazibwe, Hellena; Naugler, Abigail; Oliveira, Alice; Perry, Teagan; Powers, Alexandra; Quickmire,

Nicholas; Reynolds, Jackson; Reynolds, Tristan; Rocha, Joao Victor; Ross, Addison; Stokes, Madison; Strafello, Kai; Theze, Christelle; Underwood, Lily; Walker, Jack; Walthers, Audrey

Grade 8
Aboalanin, Rami; Acquafresca, Aleah; Allton, Charlotte; Amos, Nneoma; Asong, Rose; Bien, Charlotte; Blackmar, Luke; Bukenya, Nicholas; Coelho, Alissa; D'Amico, Olivia; De Faria, Miguel; De Oliveira, Emanuele; Dominguez, Lucas; Donelan, Sean; Goncalves, Luca; Harbachuck, Lily; Hausmann, William; Hawkins, Colin; Hughes, Lily; Jordan, Connor; Karlin, Evan; Kearnan, William; Khipo Tene, Brihanna; Letendre, Hunter; Maietta, Allie; Marin, Sophia; Matos, Adalis; Mendez-Salazar, April; Molloy, Serenity; Morais, Pedro; Mowry, Liam; Nystrom, Keira; Oliveira, Pedro; Perez, Vanessa; Puri, Grayson; Richard, Benjamin; Richards, Henry; Rodriguez, Aliyah; Sainvilus, Juniece; Scher, Melissa; Silva, Ellen Kathleen; Silva, Fabiane; Sullivan, Isabella; Teixeira, Brian; Tint, Soe; Torres, Arianna; Warren, Kinyia

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Event celebrates renovated Milford Town Park



By Theresa Knapp

In June, residents gathered to celebrate the recently renovated Milford Town Park on Congress Street, between Spruce and Walnut Streets. Hundreds of people attended the celebration that included vendors, food trucks, and musical entertainment.

The renovation project began in 2024. The space now includes new tennis and pickleball courts; basketball courts with options for street hockey and futsal (a soccer-based game); and play areas specifically designed for children ages 2-5 years old, and 5-12-years old.

The youth play area was donated in memory of James “Slatt” Slattery. The basketball courts were rededicated to the memory of John S. “Chili” Frabotta, a former basketball official and coach, teacher, and friend; the original field was dedicated to his

Features of the newly-renovated Milford Town Park include a 32-foot mural wall, a rededication of the basketball court to John S. 'Chili' Frabotta, and a 7-zone fitness court. Photo credit: Theresa Knapp

memory in 1987.

The focal point of the outdoor facility is a Fitness Court® Studio funded by the Milford Parks Department, Milford Cultural Council, Blue Cross Blue Shield of Massachusetts, and the National Fitness Campaign.

This court is designed for people

TOWN PARK
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Beating the heat: Fun-filled Summer days at MCSUP Summer Camp



Courtesy photo

With temperatures soaring into the 90s and heat indexes climbing well past 100 degrees, you might think the summer heat would slow us down—but not here! Our incredible staff is rising to the weather challenges, with creative ways to keep the kids entertained, engaged, and cool no matter what Mother nature throws our way.

From the moment we kicked off camp, our calendar has been packed with exciting activities designed to spark creativity, promote teamwork, and make lasting memories. Daily we have classic camp games that keep everyone moving (with plenty of water breaks, of course), and the swimming pool is always a fan favorite destination to beat the heat. Throughout the summer we will have Field Trips, Water slides and other activities planned to bring extra thrills and activities to help ensure that the summer weather doesn't stand a chance at slowing us down.

Thanks to the dedication and energy of our staff, kids that attend Campers will have Summer Days to remember—full of laughter, learning, and lots of fun!

Milford High to hold 65th class reunion on Sept. 13

The Milford High School Class of 1960 will hold its 65th reunion on Sept. 13 from 1 to 5 p.m. at Restaurant 45 (formerly Speroni's) at 45 Milford St. (Route 109) in Medway.

For more information, contact Judy (Villani) Tusino at 774-573-8487 or Judy (Tommaso) Poirier at 508-473-0296.

Town of Hopedale Historic Town Hall accepting bids to purchase and redevelop

The Town of Hopedale announced today that following a vote at Annual Town Meeting in May authorizing the sale and redevelopment of the historic Hopedale Town Hall building located at 78 Hopedale Street, a Request for Proposals (RFP) was issued to sell and redevelop the property.

Over the past two decades, the Town has explored renovating the property or finding alternative uses for the building other than Town offices due to its condition. Town meeting had voted against comprehensive renovation work in 2011, and a proposal to move Town offices to nearby Adin Street did not gain support. Town offices will be relocated to suites acquired by the Town at 54 Hopedale Street.

Of the sale, Hopedale Selectboard member Scott Savage said that the opportunity “marks a difficult but bold step forward,” and added that any future redevelopment of the site will be focused on “honoring our past through keeping the façade of the building intact,” a sentiment echoed by residents at Annual Town Meeting. Chairman Savage added “I hope that along with other initiatives currently underway, this will be a symbolic and strategic move towards a new chapter in Hopedale's long and esteemed history.”

When reached for comment, Town Administrator Mitch Ruscitti said this of the disposition and move: “the Town is committed to providing a safe work environment and meeting space for both employees and the public. In meeting with the Health Director and Building Commissioner, it became apparent that the building was no longer suitable for those purposes,” adding that “repairs to this building to bring it to modern standards and required ADA safety mechanisms would be nearly \$20 million.”

Bids are due to Town Hall on Sept. 1, 2025, at 10 a.m. The RFP and all corresponding documentation can be found at www.hopedale-ma.gov, COMMBUYS, and through the Central Register. The award will be made based on Selectboard review and projected community impact.

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Does the 4% rule still make sense for your retirement?



Mark Freeman, CEPA

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You may have heard of the “4% rule” when it comes to retirement. The idea is simple: After you retire, you withdraw 4% of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it's not a one-size-fits-all — and it's definitely not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you retire, if you'll work part time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let's start with age. The 4% rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate, maybe closer to 3%. And if you retire later, you might safely withdraw a little more — perhaps 4.5% to 5% — depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may

need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there's inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs — about 2.75% per year. But you don't need to take a raise just because the calendar says so. If the markets have had a tough year or you don't need the extra income, it might be smart to skip an increase. Being

flexible can improve the chances your money will last.

It's also important to understand what's known as your “portfolio reliance rate” — how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don't forget the IRS. If you're drawing from a traditional IRA or 401(k), you'll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4% rule is a useful starting point, but it's just that — a starting point. A good financial advisor

can help you build a strategy that reflects your age, your goals and your full financial picture. By revisiting your plan regularly and staying flexible, you'll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

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

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Electronics Recycling Day on Sept. 13

The First Congregational Church of Milford is sponsoring an Electronics Recycling Day on Saturday, Sept. 13, from 8 a.m. to 12 noon. The church will ensure that 99% of dropped off items will be re-used 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 \$45 per item. Cell phones can be recycled at no charge and will be donated to charities that recycle and reuse them. The recycling vendor will erase and shred all hard drives at no additional cost.

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

and bring them to the church parking lot on Sept. 13. A drive-thru 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



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Clean out your closets for Yankee Quilters

Yankee Quilters, a non-profit quilt group active in the MetroWest area, is holding a collection drive for gently used soft-lines and books on Saturday, Sept. 6, from 9 a.m. to 12 p.m. The organization's volunteers will be at their drop-off location - Prime Storage, 302 Hartford Ave., Bellingham - and are also available to pick up donations at your home.

Yankee Quilters helps local cancer patients by donating quilts to Dana Farber, families in need through additional charitable organizations, and people around the world through Wrap the World in Quilts. Volunteers use mostly donated materials to make these quilts, however, funds are needed for batting which is used for warmth. This fundraiser also helps with lectures to improve member skills.

Email the Guild at yankeequilters11@gmail.com for information on how to drop-off or have your donations picked up.

Submitted by Yankee Quilters



Earlier this year, with the help of the Millis Council on Aging & Friends, Yankee Quilters sent 52 quilts and 44 teddy bears to Wrap the World with Quilts. The items were earmarked for victims of the Los Angeles fires. Photo source: Facebook @YankeeQuilters



The Milford Free Press is currently seeking freelance writers who live in the area and are interested in writing for our publication. If interested, please send a résumé and writing sample to editor@milfordfreepress.com.

Milford Family & Community Network (MFCN) CFCE

Did you know that MFCN will offer 15 weeks of FREE registered playgroups in the fall? Registration for this Fall Session will take place daily from Monday, Sept. 8 to Thursday, Sept. 11, between 9:30 a.m. and 2:30 p.m. in the MFCN Office. The lottery will be held on Tuesday, Sept. 16, and playgroups will begin the week of Sept. 22.

For more information on MFCN CFCE playgroups and/or programs, feel free to visit our website calendar or contact us via the following:

- Phone: 508-277-4981
- Website: milfordpublicschools.com/milfordfcn
- Email: familynetwork@milfordma.com
- Facebook: Milford Family and Community Network CFCE

Alzheimer's Support Group to meet Sept. 9

The Hearts, Hugs & Hope, an Alzheimer's support group at Cornerstone at Milford, will meet on Sept. 9 at 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford.

This group for caregivers meets in person.

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

experiences with others who completely understand what you're going through. You will also learn about proven strategies to help you better care for your family member.

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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40B
continued from page 1

tures include an outdoor pool, firepit, grilling stations, resident lounges, work-from-home spaces, and fitness areas.

At the Zoning Board of Appeals meeting on July 10, Lambert confirmed that a Project Eligibility Letter had been issued on Sept. 5, 2024, by the Massachusetts Department of Housing and Community Development (DHCD), granting the developer the green light to begin formal planning and local review.

“We’re getting ahead of the parking concerns the board had last time,” Lambert said, noting that the team is preparing a revised site plan that will feature fewer units and more parking. The updated plan proposes 180 total units, a 1.9 parking space-to-unit ratio, and 343 total parking spots, including four handicap-accessible spaces per building.

Paul Matos, Senior Project Manager with Allen Engineering and Associates, and the project’s lead civil engineer, said the developers have been in contact with the Milford fire, water, and sewer departments since their last Zoning Board appearance in June. Each department raised specific concerns requiring further revision.

Transportation consultant Daniel LaCivita of Vanasse & Associates conducted a traffic study starting in January 2024. The study included the Route 16 corridor, from Fortune Boulevard to the Route 109 intersection at Hamilton Avenue. Route 109 falls under MassDOT jurisdiction, meaning an access permit will be required for the project to proceed. This also means the entrance to the complex is out of the town’s hands.

“The access related to this project is really entirely under MassDOT’s control,” LaCivita noted during the meeting.

The study also identified “high crash locations” at several nearby signalized intersections, though no formal mitigation plan has been submitted yet.

The updated plan proposes 180 total units, a 1.9 parking space-to-unit ratio, and 343 total parking spots, including four handicap-accessible spaces per building.

The proposed design includes a single 24-foot-wide entry/exit point, with internal roads planned throughout the development. The projected increase in vehicle queueing is expected to raise current values by at least two cars.

Milford currently has four separate 40B proposals under review, including this one. The Zoning Board has indicated that the town is nearing its 10% affordable housing threshold, as required under Massachusetts law. Officials have stated that not all four projects will be accepted, and the town will not consider additional proposals that could oversaturate the housing market.

The next hearing for the 190 East Main Street proposal is scheduled for August 14, at which time revised renderings and updated engineering feedback are expected to be presented.

The Zoning Board has indicated that the town is nearing its 10% affordable housing threshold, as required under Massachusetts law.

Milford under Stage III mandatory water restriction

Repeat violators will have water service terminated

At press time, the Town of Milford is under a Stage III mandatory water conservation, according to www.milfordma.gov.

A Stage III restriction is also known as a drought advisory, according to www.milfordwater.com. Restrictions are mandatory and subject to termination of water service.

Outside water usage is limited to handheld hose only between the hours of 7 p.m. and 7 a.m. and for no more than one hour.

Customers are prohibited from using lawn sprinklers, irrigation systems, soakers, and unattended hoses. Washing of walkways, driveways, motor vehicles, and filling of pools is also forbidden.

The Milford Water Department monitors for violators and will issue a warning for the first violation. Subsequent violations will result in the termination of water service. Once service has been terminated, the cost of restoring service will be the responsibility of the owner.

For the most up-to-date information, visit www.milfordwater.com or www.milfordma.gov.



Image source: www.milfordwater.com





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Back to school eye health and Computer Vision Syndrome

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

Don't Wait: Now Is the Time to Book Back-to-School Eye Exams

As the back-to-school season quickly approaches, families everywhere are checking off their to-do lists — backpacks, notebooks, shoes, and clothes. But amid all this preparation, there's one essential task that often gets forgotten: scheduling your child's eye exam.

Why Eye Health Should Be a Top Priority This School Year

Vision plays a central role in learning. Whether reading from the board, using a tablet, or completing homework, children rely on their eyesight throughout the school day. With digital learning becoming more prevalent, eye health matters now more than ever. A comprehensive eye exam could be the key to preventing learning struggles, missed milestones, or behavioral issues tied to undiagnosed vision problems.

Unfortunately, vision disorders often go undetected. In fact, 1 in 17 preschoolers and 1 in 4 school-age children have a vision problem that remains untreated — problems that can cause kids to fall behind or struggle academically.

Book Now — Avoid the Rush

Late summer is one of the busiest times of the year for eye doctors. Appointments fill up fast. Booking your child's exam now ensures they're seen before the first day of school — giving them the best possible start to the academic year.

The Critical Role of Routine Eye Exams

Eye exams are more than just a quick vision check. They help identify problems early and connect families with treatment options. Regular screenings and exams also help prevent future complications, including potential permanent vision loss. Here's what every parent should know:

Five Key Steps to Protect Your Child's Vision:

- 1. Know the Value:** Understand how important vision care is to your child's development and academic performance.
- 2. Screen Early and Often:** Make sure your child receives regular vision screenings using trusted tools and trained screeners.
- 3. Refer When Needed:** If a screening reveals a concern, follow up promptly with an eye care professional.
- 4. See an Eye Doctor:** Choose an optometrist or ophthalmologist experienced in pediatric eye care for a full evaluation.
- 5. Follow Through:** Stick to treatment plans and share exam results with schools or caregivers as needed.

Watch for These Signs That Your Child Needs an Eye Exam:

- Frequent squinting or head tilting
- Holding books or devices very close
- Complaints of headaches or



- eye fatigue
- Trouble concentrating on reading or close-up tasks
- Sensitivity to light or frequent tearing

If you notice any of these, don't wait — book a comprehensive eye exam today.

EYES

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EYES

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hensive exam as soon as possible. And remember: *When in doubt, moms always know best.* Trust your instincts. Get a second opinion.

Digital Learning and Eye Strain: A Growing Concern

Screens are everywhere — tablets, laptops, smartboards — and kids spend hours a day using them. This puts many students at risk for Computer Vision Syndrome (CVS), also known as Digital Eye Strain.

Symptoms of CVS Include:

- Blurry or fluctuating vision
- Eye burning or stinging
- Light sensitivity
- Frequent headaches
- Neck or shoulder pain

CVS typically develops after two or more hours of continuous screen time, especially if the screen is too close, too bright, or used without proper eye correction.

Tips to Prevent Digital Eye Strain:

- **Follow the 20-20-20 Rule:** Every 20 minutes, look at something 20 feet away for 20 seconds.
- **Position Screens Properly:** Keep the monitor about 20–28 inches away and slightly below eye level.
- **Reduce Glare:** Use shades, reposition screens, or apply anti-glare filters.
- **Encourage Blinking:** Remind kids to blink often and use lubricating drops if needed.
- **Use Correct Eyewear:** Make sure your child's glasses are up-to-date, especially for screen work.

Despite the buzz around blue light glasses, there's no scientific evidence they help with eye strain. The American Academy

of Ophthalmology does not recommend them.

Choosing the Right Glasses for Kids

If your child needs glasses, the right pair makes all the difference. Look for:

- Durable, child-friendly frames
- Comfortable fit
- UV protection for outdoor play
- Skip the blue light lenses — focus on fit and function

Our Commitment to Your Family's Eye Health

At Milford Franklin Eye Center, we know how critical this time of year is. That's why we're making it easy and convenient to get your child's eye exam done right — and done in time.

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Don't delay. Now is the time to schedule your child's back-to-school eye exam. Let's make sure your child has clear vision and the confidence to succeed this school year. Call us today or book online — appointments are filling fast!

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What's happening with Milford Community Use...

Before & Afterschool Extended Day Program

Working families can count on the Milford Community School Use Program's (MCSUP) Extended Day Program for safe, supervised care before and after school. The program operates Monday through Friday at Memorial, Brookside, and Woodland Elementary Schools. Each day includes structured activities, outdoor play, arts and crafts, and is staffed by caring, experienced professionals. Before school care begins at 7 a.m. and runs until the school day starts, while after school care begins at dismissal and con-

tinues until 6 p.m. Spaces are limited, and registration is now open for the 2025–2026 school year. Visit our website for more information and to register.

Fall Fitness for Adults

Milford, MA — As summer winds down, it's time to refocus on wellness and embrace the season of renewal with the exciting lineup of Fall Fitness Programs offered by Milford Community School Use Program (MCSUP). Whether you're aiming to try something new, maintain your fitness goals, or just get moving again, there's something for everyone starting in September 2025.

Classes begin the week of Sept. 2 and are held at Milford High School and other convenient community locations.

From energizing cardio sessions to calming yoga, MCSUP provides affordable and accessible fitness options for adults of all ages and abilities. All classes are led by certified instructors, ensuring a safe and supportive environment. Popular offerings this fall include Circuit Fusion, Yoga & Stretch, Zumba, Chi Walking, and Indoor Walking for Wellness. With programs available from early morning pool workouts to evening classes, there's a schedule to fit every lifestyle.





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Recent Home Sales

Date	Milford	Amount
07/25/2025	19 Mill Pond Circle	\$850,000
07/25/2025	5 Fells Avenue	\$575,000
07/25/2025	39 1/2 Forest Street	\$688,000
07/25/2025	92 Beaver Street #A	\$685,900
07/24/2025	32 Nancy Road	\$550,000
07/24/2025	50 Depot Street	\$510,000
07/21/2025	20 W Walnut Street	\$543,210
07/21/2025	29 Brown Bear Lane	\$650,000
07/18/2025	379 Central Street	\$600,000
07/18/2025	26 Governors Way #B	\$490,000
07/17/2025	7 Highland Street	\$340,000
07/17/2025	10 Polar Court	\$640,000
07/17/2025	46 Walden Way	\$743,000
07/14/2025	12 Depot Street	\$400,000
07/14/2025	96 West Street	\$535,000
07/11/2025	4 Country Club Lane #B	\$400,000
07/09/2025	1 Robin Road	\$560,000
07/08/2025	25 Yale Drive	\$625,000
07/07/2025	3 Diego Drive	\$765,000
07/01/2025	10 Shadowbrook Lane #45	\$285,000
07/01/2025	2 Parker Hill Avenue #A	\$390,000
06/30/2025	49 Briar Drive	\$825,000
06/30/2025	39 Muriel Lane	\$590,000
06/30/2025	36 Country Club Lane #D	\$500,000
06/30/2025	21 Sumner Street	\$750,000
06/27/2025	7 Shadowbrook Lane #10	\$285,000
06/27/2025	25 Country Club Lane #C	\$415,000
06/27/2025	5 Governors Way #D	\$485,000
06/27/2025	105 Depot Street #A	\$582,900
06/26/2025	163 Cedar Street	\$700,000
06/26/2025	3 Shadowbrook Lane #15	\$260,000
06/26/2025	27 Ravenna Street	\$480,000
06/26/2025	72 Camp Street	\$833,000

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



The 3-bed, 3-bath, 1,911-square-foot house at 9 Divittorio Drive in Milford recently sold for \$575,000. Image credit www.zillow.com

A sizzling showcase!

BVT students earn 135 medals at SkillsUSA Competitions in 2025

Blackstone Valley Regional Vocational Technical High School (BVT) students proved their vocational-technical ability at the annual SkillsUSA National Leadership & Skills Conference in Atlanta, Georgia, June 23-27. The event is the world's largest showcase of career and technical education students.

The highlight of the conference is the SkillsUSA Championships, where thousands of outstanding career and technical education students – all state contest winners from across the nation – compete in hundreds of hands-on skill and leadership competitions. Students work against the clock and each other, proving their expertise in occupations such as electronics, computer-aided drafting, precision machining, medical assisting, and culinary arts.

In the third and final stage of the SkillsUSA competition series, BVT students competed with impressive results. Once again, the student competitors demonstrated their career-technical expertise and proudly claimed four gold and three bronze medals. The contestants who medaled or those in the top five who met a threshold contest score for their event as an indicator of proficiency were also awarded skill point certificates.

"Our students welcome the opportunity to compete at

the SkillsUSA District, State, and National Championships against themselves and other highly skilled vocational-technical students," said Superintendent-Director Mr. Anthony E. Steele II. "In 2025, our students proved their technical skills are among the best in the country by earning 135 medals at all three levels."

The following BVT students placed in the top 10 at the 2025 SkillsUSA National Leadership and Skills Conference Championships. More details are available at www.valleytech.k12.ma.us/skillsusa.

BLACKSTONE
5th Place: Haley McKinnon, Photography.

GRAFTON
Gold: Cooper Often, Mechatronics.
6th Place: Connor McInerney, HVAC/R.

HOPEDALE
National Officer: Kallie Allen.
Bronze: Ella Foster, Engineering Technology-Design.

MENDON
9th Place: Phoebe Burke, Robotics & Automation Technology.
National Voting Delegate: Payton Smith.

MILFORD
Gold: Andrew Dolan, Health Occupations Professional Portfolio.
National Voting Delegates: Emily Kee and Maria Clara De Oliveira.

MILLBURY
Bronze: Allison Garden, Engineering Technology-Design.
7th Place: Robyn Repekta, Telecommunications Cabling.

NORTHBRIDGE
Gold: Steven Caya, Principles of Engineering-Technology.
4th Place: Autumn Gromelski, Restaurant Service.
9th Place: Esther Alves, Robotics & Automation Technology.
9th Place: Zabel DerKosrofian, Technical Computer Applications.
National Voting Delegate: Bella Baltramaitis.

UPTON
Gold: Justin Fransen, Mechatronics.
National Voting Delegate: Madison Denise.

UXBRIDGE
Bronze: Gabrielle Gannon, Engineering Technology-Design.

About Blackstone Valley Regional Vocational Technical High School (BVT): Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

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

By Christie Vogt
Contributing Writer

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand

Business spotlight



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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 Milford, the Schadlers have been residents for over 20 years. Their four kids have gone to Milford schools. In addition to living in town, they are proud investors in the community. They sponsor and coach several sports teams, volunteer at the schools, and own both commercial and residential properties.

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




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

people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest

area," he says.

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

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Pets of the Month: Squeaky and Shelby

Squeaky and Shelby are 2.5-year-old sisters in search of their forever home. This adventurous duo loves to explore their surroundings. Squeaky is pretty black cat with round eyes and a round little body. Shelby is a cute tortie who is always on the move.

Shelby has the skills of an Olympic gymnast. She prefers high places and jumps from one to the other almost as if she was swinging on the high bars. Squeaky likes high places too. But she's not quite as confident or graceful in her dismount. Both sisters enjoy attention from the volunteers, but Squeaky is more interested in sitting still for some love. Squeaky also adores toys and treats.

For more information on Shelby and Squeaky or the other cats at the Milford Humane Society please visit www.milfordhumane.org



Shelby. Courtesy photo



Squeaky. Courtesy photo

To meet Squeaky and Shelby, please visit the Milford Humane Society at milfordhumane.org or call 508-473-7008 for more info.



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Former Nipmuc students' health records to be destroyed on Sept. 30

This is a notice to former students of Nipmuc Regional High School who transferred to another school or withdrew prior to graduation, your student health records, dated before 2018, will be destroyed on Sept. 30, 2025, in accordance with Code of Massachusetts Regulation 603 CMR 23.06.

Beginning in the spring of 2018, students who graduated from Nipmuc were provided their records at commencement. If you believe your health record is among these files, and you would like to obtain it, please call the Health Office prior to Sept. 30 at 508-529-2143.

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The Shawna Foundation’s Library Poetry Tour has three stops in August at three local libraries

Milford, Uxbridge and Douglas Public Libraries host Poet Kris Salvi

Milford Town Library to host Poetry Tour on Aug. 20
The Shawna E. Shea Memorial Foundation is proud to announce the next stop on its Library Poetry Tour, featuring Worcester-born poet Kris Salvi. This free event, part of the Shawna Foundation’s mission to uplift diverse voices and foster creative expression in community spaces, will take place Aug. 18, 20, and 21 at three different libraries in our area. We welcome everyone to experience the power of the spoken word.

The Library Poetry Tour

program will hit the Simon Fairfield Public Library in Douglas on Aug. 18; the Milford Town Library on Aug. 20; and the Uxbridge Free Public Library on Aug. 21 – all readings begin at 6 p.m. and all events are free.

Poet Kris Salvi was born in Worcester and has been in love with the gritty art of filmmaking and poetry ever since. His films and poetry delve deep into the dark heart and soul of the human condition. Salvi grew up in working class neighborhoods and has used his upbringing around seedy and amoral

characters to convey his stories of guilt, love, crime, corruption, and despair. Salvi has written a manuscript called “*Roses Are Blue*,” a compilation of poetry regarding love, violence, and heartbreak. Salvi’s poetry is a unique blend of stream of consciousness and absurdist, bawdy love stories.

The Shawna Foundation Library Poetry Tour is made possible by our local cultural council partners, financially supporting this program since 2023. The Milford Cultural Council ([https://www.milfordma.](https://www.milfordma.gov/309/Cultural-Council)

[gov/309/Cultural-Council](https://www.milfordma.gov/309/Cultural-Council)); the Uxbridge Cultural Council (<https://www.uxbridge-ma.gov/cultural-council>); and the Massachusetts Cultural Council (<https://massculturalcouncil.org/>) support a critical part of the mission of the Shawna Foundation by joining us in believing that giving voice to poets can change the world. Audience donations also support our poets and the program.

About the Shawna E. Shea Memorial Foundation (Shawna Foundation)
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.

Milford High School awarded Environmental Action Program Grant

The Milford Public Schools and Milford High School are very pleased to announce that Milford High School has been awarded a grant supporting hands-on learning experiences with environmental research and action by the National Oceanic and Atmospheric Administration (NOAA). Milford High School Science educators will have an opportunity to learn about local-impact, community-based science research, while students enrolled in Zoology, Wildlife Conservation, and Marine Biology courses under the direction of Mr. Austin Costa will partake in a number of research projects and field trips that will take them from local watershed sights all the way through whale watching trips in the Atlantic Ocean.

Through the NOAA and the conservation group Whales and Dolphins Conservation (WDC), the grant project will teach Milford High School students about their local watersheds, the Narragansett Bay watershed, and the Atlantic Ocean watershed. Students will discover and learn how the water in Milford is connected to the Charles River, Blackstone River, and Narragansett Bay,

and then ultimately connected to the Atlantic Ocean.

Mr. Austin Costa, MHS Zoology and Marine Biology teacher shared, “This project benefits both students and the local community. We get to see firsthand how actions in our own community in the middle of Massachusetts can impact some of the largest and most beautiful creatures in the ocean. It really brings the science home.”

Beginning in the fall of 2025, WDC staff, Milford science educators, and students will travel to the project’s field site at Louisa Lake, about one mile from Milford High School. WDC staff will train educators on Meaningful Watershed Education Experiences (MWEEs), collecting and recording clean-up data, and taking and testing water samples for microplastics and plankton. Teachers and students will continue to travel to the field site throughout the school year. Milford High School will be provided with NOAA education resources to implement the project throughout the school year.

Students and educators will travel downstream to the Blackstone River where they will

participate in a RiverClassroom tour aboard the Explorer River Tour. While on board, educators will teach about water ecology,

water quality, sustainable practices, and pollution. Continuing down the watershed, students will travel to Narragansett Bay

and participate in a local trash clean up. On the final field trip,

GRANT
continued on page 15



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SHOPPERS WORLD

continued from page 1

University.

The purpose of the program was to create a “15-minute city,” wherein essential urban services are within a 15-minute walk or bike ride, in the Shoppers World open-air shopping center in Framingham.

Students worked together to create a “100% clean energy, self-sufficient 15-minute urban community to replace the existing Shoppers World... This initiative comes at a crucial time, as Urban Edge, the new owners of Shoppers World, have already proposed converting portions of the mall into mixed-use development,” according to a press release from MHS.

"We believe that young people bring fresh perspectives and innovative thinking to urban planning challenges," said an unnamed McAuliffe Center representative in the press release. "Through PROJECT VISION, we're ensuring that the voices of MetroWest's next generation are heard in this important redevelopment process."

At the end of the program, the team of 11 students made a presentation to developers - including the new owners of the shopping center and city officials - that focused on integrating three key climate solutions: geothermal networks, photovoltaic systems, and passive building design. They made a second presentation to family members.

Ettahiri said, “This was presented in front of representatives of companies from HEET, GDA, Select Energy, Urban



Top row, L to R: Sami Ettahiri, Ollie deHollan, Joao Carlos Monteiro, Sameera Patnala, Jon Majkut. Bottom row, L to R: Brynlee Barrette, Sanvi Venkayala, Risha Patel, Nayva Mittal, Nhien Nguyen, Noah Menendez. Source: Milford High School

Edge, Linnean Solutions, and the City of Framingham... The next step in our project is to be able to take action on the project and initiate our vision.”

He continued, “I think that converting Shoppers World into a ‘self-sufficient 15-minute urban community’ has many benefits. It will provide housing to address housing issues in Framingham, and it will improve the quality of life for these residents in a way that they will have most of their needs within proximity.”

Majkut says the shopping center needs modernizing, and



"2025 Project Vision" summer interns worked together to create a conceptual '15-minute city' for Shoppers World in Framingham. Photo source: Jonathan Majkut

SHOPPERS WORLD

continued on page 15

Milford High introduces new Clean Energy Innovations Career Pathway

Milford High School students Sami Ettahiri, grade 10, and Jon Majkut, grade 12, are part of MHS's newly-designated Clean Energy Innovations Career Pathway.

MHS officials said in a press release "The participation of these Milford High School students aligns perfectly with the school's commitment to providing students with hands-on learning opportunities that extend beyond the traditional classroom. This real-world application of STEM concepts and community engagement reflects Milford High's dedication to preparing students for meaningful careers in sustainability, engineering, and urban planning."

Ettahiri said he is interested in the pathway "because it not only provides students with opportunities to be exposed to real-world job-like environments but also involves being part of solutions to climate change."

Majkut said, "I've always been interested in energy and how it can work and it's an important issue as global warming becomes a more and more prominent issue. After taking my Physics class with Mr. Sherman and Markers and Creators with Mr. Knapp, I wanted to pursue engineering and energy even further. And so, I joined the program."

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Exsultet! Auditions



Courtesy photo

Do you love to sing? Then we would love to meet you! We are Exsultet!— a fun-loving, women’s choral group made up of eighteen musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures, and incorporates readings and poetry into our performances.

Exsultet! has openings for Soprano 1 and 2 singers for the 2025-2026 season. Auditions will take place on Monday, Aug. 25 at 7 p.m. at First Congregational Church, 725 Washington Street, Holliston, MA.

- Exsultet! rehearsals for the 2025-2026 Season will be on Monday nights from 7 - 9 p.m.

in preparation for our two concert weekends. We typically perform our Holiday Concert in early December and our Spring Concert in April/May.

- To audition, download the audition piece, Seal Lullaby, from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!
- Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.
- Visit www.exsultet.us to learn more about the audition process.

GRANT

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students will participate in an Atlantic Ocean whale watch and research trip.

Students will analyze their data, develop project presentations, and present their results. This may include poster presentations, digital presentations, or other projects that could be shared and distributed to the school, community, town officials, political representatives, and/or on social media.

Once students have successfully followed the path of a

raindrop to the ocean, students will have a better understanding of how contaminants and litter move from Milford to the Atlantic Ocean.

Costa added, “We want to thank the NOAA and WDC for their support of this program. All of the professional development for our teachers, resources and equipment, and hands-on, experiential learning field trips for our students are being provided and funded by these groups. We can’t thank them enough for this opportunity to bring community-based science education to the Milford High school students.”

SHOPPERS WORLD

continued from page 14

thinks the idea of a 15-minute city is “amazing.” “Right now, the mall is lackluster and focuses on cars. We plan to build a community, with real interaction and entertainment, made for people.”

He described the format of the internship. “The presentation was the result of four weeks of prep. The first few weeks we collected data. The final week we practiced

and practiced. It was stressful, and I’m sure everyone participating was shaking as they approached their part, but it was worth it in the end! There were 11 kids, and they were split into four groups. Each kid presented part of their groups findings.”

Both students enjoyed the experience and would highly recommend the internship to others.

“The internship was great a way to make connections and learn about real world experiences, said Majkut. “Would

recommend to others.”

Ettahiri said, “People should know the value of internships like these. For the younger generation, it will give an amazing idea of how a real job environment plays out and the responsibilities that come with it, including the skills that are needed for something like a real job. I was able to practice and learn throughout the entirety of this internship, while also working on a project that will positively affect the environment.”

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Bellingham Harvest Fest returns Sept. 20

Bellingham’s Harvest Fest is making a comeback. The family-focused event is scheduled for Saturday, Sept. 20, at Bellingham’s Town Common from 11 a.m. to 3 p.m. A rain date, if needed, is Sept. 27.

The town’s two Baptist Churches — First Baptist Church and Bible Baptist Church — are organizing the day’s activities.

Harvest Fest began in 2017 and had a three-year run until Covid-19 forced the two churches to curtail the program. It’s being revived after a five-year absence.

For the youth, there will be pony rides, an obstacle course, gymnastic and karate exhibitions, hopefully a magician and other exciting activities. A Christian concert is also scheduled.

Many vendors will be on hand to promote and sell their products. The churches are still

The churches are still seeking sponsors and vendors. If interested, call 508-844-1843.

seeking sponsors and vendors. If interested, contact Pastor Baron Rodrigues at 508-844-1843.

After expenses are paid (police detail, permits, entertainment costs, etc.), any funds remaining will go to area food pantries.

Annual St. Mary’s Benefit Car Show & Community Event to be held Sept. 6

Sponsored by Knights of Columbus Council #1562

The Knights of Columbus Council #1562 of St. Mary’s Parish is thrilled to announce the return of the Annual Car Show & Community Event on Saturday, Sept. 6 from 10 a.m. to 2 p.m. at Uxbridge High School, 300 Quaker Highway, Uxbridge. Registration begins at 8:30 a.m.

This community event promises a day filled with classic and custom cars, family-friendly activities, local vendors, music, food, raffles, and more, all in support of local charitable initiatives.

Get Involved, support a worthy cause. Knights of Columbus Council #1562 has proudly served Uxbridge and surrounding communities for generations, promoting faith, family, and service. Proceeds from the Car Show and Family Fun Day will support local charities, and Knights’ programs that assist those in need.

- Ways to participate:**
- Event sponsorships: Gain exposure for your business or organization. Sponsorships include signage, online recognition, and booth space options.
 - Vendor tables: Local artisans, businesses, and community

groups are invited to reserve space to sell or promote their goods and services. Limited spaces available.

- Donations welcome: We gratefully accept raffle items, gift cards, services, or monetary donations to support our mission and event expenses.
- Attend the event: Join us for a fun-filled day! Mark your calendar for Sept. 6, 2025

- Event highlights:**
- Display of classic, muscle, and antique cars, trucks and motorcycles
 - Family-friendly activities, games, and kids’ entertainment
 - Food trucks, refreshments, and local treats
 - DJ music, raffles, and a 50/50 drawing

For more information, visit <https://bit.ly/StMarysUxbridgeCarShow2025>.

Call to Action, be a part of something bigger. Help us build a stronger community—one good deed at a time. To become a sponsor, reserve a vendor table, or contribute a donation, please contact Phil Cieply at 508-509-8870 or pcieply@msn.com, or Jeff Richard at 508-475-8950 or jlfad5@verizon.net.



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TOWN PARK

continued from page 3

aged 14 and older.

On one side of the 32-foot-wide multi-purpose training wall “is a full body circuit training center comprised of 7 movement zones. Each zone offers hundred of exercises, and trains different parts of the body through functional movement patterns,” according to signage. There are also detailed instructions on how to perform the movements: core, squat, push, lunge, pull, agility, and bend.

On the other side of the wall is a 32-foot-wide mural titled “Fitness for All” which depicts people of varying abilities in fitness and wellness activities. The mural is printed on anti-graffiti laminated vinyl and was funded by the Milford Cultural Council.



The Milford Town Park was recently renovated to include recreational courts and age-specific play areas. Photo credit: Theresa Knapp



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SPORTS

Milford's Baglione stands out for leadership

MHS grad was three-sport standout

By Chris Villani

Olivia Baglione said her favorite season at Milford High was her freshman year with the MHS softball team. In addition to putting together some of the best numbers of her career, Baglione said she was impressed with the upperclassmen and the environment they created. It's something that stuck with her as her career progressed, and she leaves with her coaches saying she is among the best leaders they have seen.

"I felt like, at a young age, I watched my older sister, Caitlyn, and she always led by example," Baglione said. "And I watched our upperclassmen that first year, and they set a good example for me. I always thought 'That's how I want to be, I want to lead by example and support my teammates like they did for me.'"

Milford softball coach Steve DiVitto called Baglione "an incredible leader."

"The kids always looked to her for answers," DiVitto said. "That's the type of kid she is. It made life easier as a coach knowing we had that type of player and individual in our program and in our school."

Milford Athletic Director Peter Boucher said Baglione is "one of the best leaders and captains I've seen in my 35 years of doing this."

Baglione, who also played soccer and basketball for the Scarlet Hawks, said being a good leader means being positive, no matter the situation.

"Whether you are winning or losing, you have to stay positive and encourage other people to be the same way," she said.

Leading by example is also

crucial, Baglione said.

"If I am not working as hard as I can or not doing what I am supposed to be doing, I can't expect everyone else to be doing great," she said.

Baglione is attending UMass-Amherst this fall and plans to major in communications. She is also considering continuing her softball career.

"It's something I have thought about," she said. "They have a lot of good club teams. One of my friends plays club softball and she loves it."

Baglione said she picked UMass in part due to its proximity to Milford, but she is also looking forward to striking out on her own.

"I am excited to meet new people and be out on my own a little bit and take more responsibility," she said. "It's a great school."



Olivia Baglione will be remembered for the leadership she brought to the MHS soccer, basketball, and softball. Courtesy photo

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SPORTS

Despite early end, Milford coach proud of 2025 season

Post 59 competed with class until the end

By Chris Villani

After 20 straight regular season wins, Milford Legion's playoff run came to a premature end with a pair of losses to East Springfield in the sectional tournament. But Milford manager Steve DiVitto said he was happy with the way his team carried itself all summer.

"It was an outstanding season," DiVitto said. "The kids have a lot to be proud of. They competed their butts off and they showed up every single day."

"Obviously, it's a disappointing ending," he added. "But that's baseball and, unfortunately, we weren't able to finish the job completely."

The season came to an ignoble end when Milford's penultimate game was halted after a fan and several East Springfield players fought along the third base line. Video of the incident quickly went viral and resulted in criminal charges for two people, but no Milford players were involved.

"I think the entire thing was disgusting, but I am proud that our team had absolutely nothing to do with that, we represented everything that's good in legion baseball," DiVitto said. "The rest of the situation was abhorrent. That was a night that I was not happy to be associated with, that team and the actions of their adults, that's the part that got me the most."

East Springfield was allowed to continue on in the tournament and eliminated Milford two nights later with a walk-off home run. Milford ended its campaign 24-3, including a mid-season tournament.

DiVitto described his team as a tight-knit group. Players like

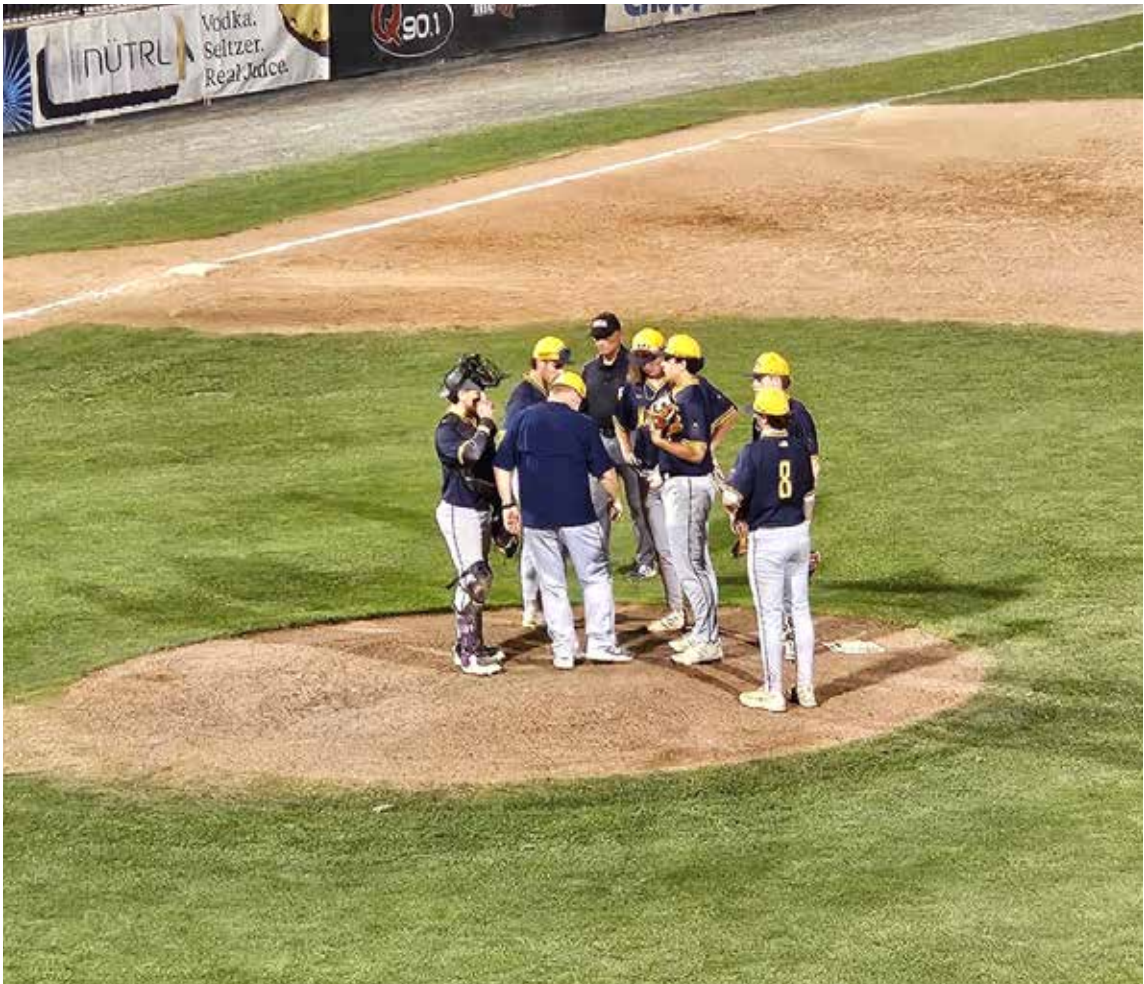
Sean McGee, Nick Koch, Jack Kraus and Keith Lee were all among Post 59s top hitters and have been with the program for several years.

"It was important to them," DiVitto said. "You could see that."

Milford was also buoyed by newer players like Braden Lewis, who hit an eye-popping .570 with five home runs. Dylan Ruff, Gavin Metcalf, Nick Pedrol, and Nick Gouveia were all newer players who DiVitto said "bought in right away."

Sam Schoenberg quickly became a mainstay for Milford at shortstop. On the mound, Dan Heisler, Anthony LaPierre, Tyler Ballard, Derek Hatherley, and Josh Giancola all played big roles as Milford rattled off an unbeaten regular season.

"They captured the surrounding communities, not just because they were winning, but with how they carried themselves and how dedicated they were to their craft," DiVitto said. "They are first-class individuals, and I was proud to be their coach."



Milford huddles around manager Steve DiVitto during a game this summer. Courtesy photo

NOTICE OF APPLICATION TO RELOCATE A BRANCH OFFICE

Notification is given that Citizens Bank, National Association, One Citizens Plaza, Providence, RI 02903, has filed an application with the Office of the Comptroller of the Currency on or about August 14, 2025, as specified in 12 CFR 5, for permission to relocate its existing staffed branch from 126 Medway Road, Suite 2, Milford, MA 01757 to 55 Medway Road, Milford, MA 01757. Any person wishing to comment on this application may file comments in writing with the Director for Large Bank Licensing, Office of the Comptroller of the Currency, 7 Times Square Large Bank Licensing 10th Floor Mailroom, New York, New York 10036, or by email to licensingpubliccomments@occ.treas.gov, within 15 days of the date of this publication. Written requests for a copy of the public portion of the application should be sent to the Director for Large Bank Licensing at licensingpubliccomments@occ.treas.gov. The public may find additional information regarding this application in the OCC's Weekly Bulletin at www.occ.gov.

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<div><h3>2024 CHEVY TRAX SUV</h3><p>AS LOW AS \$82/WK</p><p>#47621A • ACTIVE TRIM, TURBO</p><p>NEW RETAIL PRICE: \$28,565 WHOLESALE PRICE: \$22,977</p></div>	<div><h3>2024 TOYOTA TUNDRA 4x4</h3><p>AS LOW AS \$175/WK</p><p>#TP5715 • SR5, ALLOYS, 3.4L V6</p><p>NEW RETAIL PRICE: \$58,405 WHOLESALE PRICE: \$48,977</p></div>	<div><h3>2022 JEEP CHEROKEE 4x4</h3><p>AS LOW AS \$89/WK</p><p>#23141A • LATITUDE LUX, SUNROOF</p><p>NEW RETAIL PRICE: \$34,400 WHOLESALE PRICE: \$24,977</p></div>	<div><h3>2022 HYUNDAI TUCSON SEL</h3><p>AS LOW AS \$96/WK</p><p>#TP5647 • AWD, HEATED SEATS</p><p>NEW RETAIL PRICE: \$36,750 WHOLESALE PRICE: \$26,677</p></div>	<div><h3>2022 TOYOTA COROLLA LE</h3><p>AS LOW AS \$74/WK</p><p>#TP5790 • 30/38 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$26,569 WHOLESALE PRICE: \$20,677</p></div>	<div><h3>2022 HYUNDAI SANTA CRUZ</h3><p>AS LOW AS \$89/WK</p><p>#47004C • SEL TRIM, ALLOYS</p><p>NEW RETAIL PRICE: \$34,265 WHOLESALE PRICE: \$24,977</p></div>
<div><h3>2022 FORD EDGE SEL</h3><p>AS LOW AS \$96/WK</p><p>#P18138 • 2.0L TURBO, SUNROOF</p><p>NEW RETAIL PRICE: \$40,395 WHOLESALE PRICE: \$26,977</p></div>	<div><h3>2023 VW JETTA 1.5T SE</h3><p>AS LOW AS \$68/WK</p><p>#D14951L • HEATED LEATHER</p><p>NEW RETAIL PRICE: \$29,550 WHOLESALE PRICE: \$18,977</p></div>	<div><h3>2021 LINCOLN CORSAIR</h3><p>AS LOW AS \$96/WK</p><p>#P18001 • SUNROOF, LEATHER</p><p>NEW RETAIL PRICE: \$46,645 WHOLESALE PRICE: \$26,977</p></div>	<div><h3>2022 FORD BRONCO 4x4</h3><p>AS LOW AS \$170/WK</p><p>#C18031 • TURBO, BIG BEND, NAV</p><p>NEW RETAIL PRICE: \$54,995 WHOLESALE PRICE: \$47,977</p></div>	<div><h3>2022 SUBARU OUTBACK</h3><p>AS LOW AS \$89/WK</p><p>#D15211 • AWD, HEATED SEATS</p><p>NEW RETAIL PRICE: \$34,695 WHOLESALE PRICE: \$24,977</p></div>	<div><h3>2025 MERCEDES GLA 250 SUV</h3><p>AS LOW AS \$149/WK</p><p>#TP5839 • 2.0L TURBO, LEATHER</p><p>NEW RETAIL PRICE: \$50,800 WHOLESALE PRICE: \$41,977</p></div>
<div><h3>2023 CHEVY COLORADO</h3><p>AS LOW AS \$139/WK</p><p>#C5781 • Z71 TRIM, 4X4, ALLOYS</p><p>NEW RETAIL PRICE: \$44,290 WHOLESALE PRICE: \$38,977</p></div>	<div><h3>2025 HONDA CIVIC SPORT</h3><p>AS LOW AS \$96/WK</p><p>#D15241 • 31/39 MPG CITY/HWY</p><p>NEW RETAIL PRICE: \$34,190 WHOLESALE PRICE: \$26,377</p></div>	<div><h3>2022 BUICK ENCORE AWD</h3><p>AS LOW AS \$81/WK</p><p>#P18035A • GX PREFERRED, 1.3L</p><p>NEW RETAIL PRICE: \$32,225 WHOLESALE PRICE: \$22,977</p></div>	<div><h3>2022 MAZDA CX-5 2.5 S</h3><p>AS LOW AS \$81/WK</p><p>#P17904 • AWD, ALLOYS, SPOILER</p><p>NEW RETAIL PRICE: \$29,895 WHOLESALE PRICE: \$22,977</p></div>	<div><h3>2024 BMW X1 xDrive28i</h3><p>AS LOW AS \$127/WK</p><p>#TP5673 • AWD, TWIN TURBO, NAV</p><p>NEW RETAIL PRICE: \$51,595 WHOLESALE PRICE: \$35,977</p></div>	<div><h3>2022 RAM 1500 BIG HORN</h3><p>AS LOW AS \$120/WK</p><p>#D15138 • 4X4, HEMI, ALLOYS</p><p>NEW RETAIL PRICE: \$45,710 WHOLESALE PRICE: \$33,977</p></div>
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