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Milford High School Building Committee advances $527 million proposal

By Scott Calzolaio

The Milford High School Building Committee voted unanimously on Oct. 21 to submit a Preferred Schematic Report (PSR) to the Massachusetts School Building Authority (MSBA) advancing consideration of a proposal to renovate and expand the high school at an estimated total cost of $527 million.

The vote authorizes submission of the preferred design for state review, not construction or local spending. The latest preliminary pricing table does not establish what Milford residents would ultimately be asked to fund.

Committee members selected Option 3.2 on Oct. 14. The proposal calls for approximately 353,460 square feet of new construction and 95,475 square feet of renovations, including preservation of the existing gymnasium and swimming pool in the F-wing. The design accommodates 1,675 students in grades 9-12.

A preliminary pricing table



Building Committee Chair Jonathan Bruce answers questions during the public forum on Oct. 6. *Photo credit: Scott Calzolaio*

SCHOOL
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Christmas Tree Lighting planned for Dec. 4

Citizens for Milford is planning the Eleventh Annual Milford Christmas Tree Lighting ceremony in Draper Memorial Park on the evening of Friday, Dec. 4. All Milford residents are invited to arrive starting at 5:30 p.m. for free hot chocolate, cookies, brownies, and soup. The tree will be lit at 6:30 p.m. This free and festive community event is open to everyone. Highlights of this year's event will include the holiday carol sing-along led by members of the Greater Milford Community Chorus, as well as a special visit from Santa Claus. Santa will arrive at 5:45 p.m. and will visit with kids and families until the event ends before 7 p.m. Families are encouraged to take their own photos with Santa.

Event Chairpersons Rosemary Trettel and Kim Smith state, "We invite all residents to join us for the Milford Christmas Tree Lighting on Dec. 4 to launch the holiday season. This free and cherished event provides a perfect opportunity to gather with friends and family as we visit with Santa,



A photo from Milford's Christmas Tree Lighting last year. This year's event will be Fri., Dec. 4, at 6:30 p.m. at Draper Memorial Park. *Source: @CitizensforMilford on Facebook*

TREE
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Youth Center seeks donations on GivingTuesday

GivingTuesday is Tues., Dec. 1, and was created in 2012 as a simple idea: a day that encourages people to do good. GivingTuesday has now become a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

MYC asks that you consider donating to their group to help support the FREE, fun and educational 10-month after-school program provided to the youth of Milford! The Center is currently responsible for raising funds to continue programming and this is why monetary donations are so important! Some ways the Center is able to sustain itself and continue to grow is through rental revenue, grants, fundraisers, and donations like this! Last year, we had a goal of raising $4K but this year we are trying to reach $5K, with your help!

Currently, the Town of Milford supports the salary of the three full-time staff along with utility and maintenance expenses. Therefore, by donating, you are contributing to helping us purchase supplies and sustain additional staffing and physical fitness/ educational programming held at the Center! Donations are always welcome!

To donate, you can write a check, payable to "The Town of Milford -Milford Youth Center." Please just write in the memo "GivingTuesday." You can also donate via credit card through our two online payment centers (PayPal and UniBank) at https://milfordyouthcenter.org/donate/ .

Pereira wins CDA scholarship



Centerpoint Driving Academy awarded a $500 scholarship to Ana Julia Pereira, the winner of the CDA essay contest. (L to R) Ana Julia Pereira; Jim Beyer, co-owner of Centerpoint Driving Academy; and State Representative Brian W. Murray of the 10th Worcester District. *Courtesy photo*



TREE

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sing traditional songs, and count down together to light Milford's tree."

If it rains or snows heavily on Dec. 4, Citizens for Milford plans to light the tree at 6:30 p.m. but will scale back other activities as needed. Please check the Citizens for Milford Facebook page (Facebook.com/CitizensforMilford) for possible changes to the schedule, especially if the weather looks questionable.

Citizens for Milford is thrilled to be collaborating once more with the Greater Milford Community Chorus, Milford's Rail Trail Flatbread Company, Milford Public Schools Food Service, Milford Parks Department, and Milford Fire Department to provide the best possible community event this year. Citizens for Milford is also grateful to the Milford Cultural Council, which has awarded grant funds in past years to help fund this event.

Questions about the event can be emailed to CitizensforMilford@gmail.com. The historic and beautifully revitalized Draper Memorial Park occupies a triangle of land in the downtown Milford area, located at the intersection of Congress Street and Main Street.

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SCHOOL

continued from page 1

provided by project architects on Oct. 21 lists approximately $437.4 million in construction costs and $527 million in total project costs. Officials have stressed that state reimbursement applies only to eligible expenses, rather than the entire price tag. According to figures shown in a slideshow presentation, there is a base reimbursement rate of 72.54 percent.

Design representatives told committee members that retaining the pool could add roughly $5 million to $6 million in net costs after accounting for demolition expenses that would be avoided. Some support spaces for the Shining Star preschool program would also be ineligible for reimbursement, according to the study.

According to figures shown in a slideshow presentation, there is a base MSBA reimbursement rate of 72.54 percent.



The proposed site plan for Option 3.2, this design is not final. *Source: Oct. 21, 2026, slideshow*

next meeting.

At an Oct. 6 community forum, Milford High School Principal Joshua Otlin described vocational education as a priority for graduates entering the workforce. According to figures presented by Otlin, 142 of the 293 graduates in 2025 did not enroll in college.

"Our inability to provide high-quality career and technical education is our most pressing need," Otlin said.

During the forum, officials described substantial problems with the current building, which opened in 1973. A district presentation identified 40 of 47 general classrooms as smaller than MSBA standards, undersized science laboratories, aging building systems, and accessibility barriers.

During the forum, residents questioned affordability, student enrollment, traffic, and preservation of the pool.

Milford resident, Linda Lucas, acknowledged the need for improvements but raised concerns about the cost. "Folks' pocketbooks right now are pretty tight," she said.

Milford High School Building Committee Chairman Jonathan Bruce told attendees that "doing nothing is not an option."

The project schedule calls for submission of a more detailed schematic design in June 2027, with local funding decisions anticipated later that year. A borrowing authorization would require a two-thirds Town Meeting vote. The latest schedule projects substantial completion in two phases, in 2031 and 2032.

To watch a recording of the Oct. 21 meeting, visit www.youtube.com/watch?v=kCG-1sAkmcs .

What are "Chapter 74" programs?

Massachusetts Chapter 74 programs are state approved vocational technical education programs offered in about 90 schools statewide, covering more than 40 career areas such as Advanced Manufacturing, Culinary Arts, Health Assisting, HVAC/R, and Programming & Web Development.

Source: https://mava.us/about-chapter-74/

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Native Americans in Milford

By Marsha Mancuso
Milford Historical Society

So, were there Native Americans in Milford at one time? The answer is yes. But, remember that Milford was originally part of Mendon - first known as Squinshepauke and morphed through several versions of that to Quinshipaug Plantation and then Mendham - in the early days of our history. Quinshipaug means "Pickerel Pond," seemingly after the bodies of water in the area. It appears that the local lakes and ponds were abundant with this type of fish.

There was also an abundance of land out this way. People from Braintree and Weymouth were interested in expanding west. In 1659, a petition from the Town of Braintree was made. Recorded history says nothing else about this until 1662 when 150 acres (eight square miles) of land was allotted and originally deeded to Moses Payne and Peter Brackett. Ironically, neither one of these men ever lived in Mendon. Later, the rights were assigned to the selectmen of the Town of Mendon.

In his book on the history of Milford, Adin Ballou reports on the Native Americans. He says that the first people in this area were the Nipmuc (or Nipmuck) Indians, the word meaning "freshwater people." Originally, this tribe was in a wide area, from close to Boston to Rhode Island, Connecticut, and New Hampshire. At the time that property was first bought from this tribe (near Boston), they were governed by a squaw sachem (or chief), whose "regal home" was near Wachusett Mountain.

The Puritans began, as more immigrants arrived, to look at the bountiful lands that existed in the central part of New England. It was encouraged that the natives be paid a fair price for their land, but the settlers undoubtedly "made shrewd bargains." And one can only imagine the challenges of these early individuals in populating this wild, unsettled region. The pioneer settlers were setting out into the outpost of civilization in a westerly direction. The furthest west anyone had gone, at that time, was to Medfield. The entire area around present-day Milford was occupied by American Indians, who were not happy by this point, with the encroachment of these pioneers, and knew that these settlers showed no signs of retreating. And that was true; the incorporation of the Town of Mendon happened on June 7, 1667.

Of course, the "heathens" had to be Christianized. And that task was mainly accomplished by a man named John Eliot, who ambitiously translated the entire Bible into the native's language. Eliot lived to be 86 years old (he died in 1690), having converted 1,100 souls to his religion. But King Philip's War in 1675 saw most of those converts joining up with Philip. (Those who did not were still treated poorly by the White people.)



King Philip, also known as Metacom or Metacomet, was the son of Massasoit, who was known for maintaining peace with the Pilgrims who landed in Plymouth. He was responsible for saving their lives by teaching them how to hunt, grow, and fish to survive.



A plaque on this rock at the corner of Providence Street and East Hartford Avenue reads, "Near this spot / The Wife and Son of / Matthias Puffer / The Son of John Rockwood / and other inhabitants of / Mendon / Were killed by Nipmunk Indians / 14 July 1675 / The beginning of King Philip's War / In the Colony of Massachusetts"



This building, which was formerly a fire station, was later a cultural gathering place for Native Americans. *All photos: Milford Historical Commission*

Among those from Mendon lost to the violence in February 1676, was a Mrs. Puffer and her son, a boy of 12, and John Rockwood, another boy of about the same age. They were picking berries when they found themselves surrounded and then killed by the warriors. A plaque on a boulder at the corner of Providence Street and East Hartford Avenue in Mendon commemorates that dark event.

King Philip, also known as Metacom or Metacomet, was the son of Massasoit, who was known for maintaining peace with the Pilgrims who landed in Plymouth. He was responsible for saving their lives by teaching them how to hunt, grow, and fish to survive. In fact, he was among those who were present at the feast that later became known as Thanksgiving. King Philip and his brother, Alexander (originally Wamsutta), adopted English names as a gesture of goodwill toward their neighbors and to reinforce Massasoit's legacy of peace.

It was not peace but war that almost squashed the entire settlement of Mendon, which was one of the first towns to be attacked by King Philip and his fellow natives. There were six citizens murdered in Mendon and those who survived fled to the seacoast towns. February of

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Jen Schofield

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Theresa Knapp

Send Editorial to:
editor@milfordfreepress.com

Advertising Sales
Susanne Odell Farber
508-954-8148
sue@sodellconsult.com

Advertising Sales Manager
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

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Bess Couture
Kim Vasseur
Wendy Watkins

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Debunking five common Social Security myths



Mark Freeman, CEPA

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Provided by Edward Jones

Social Security is often one of the most important income sources in retirement. Yet widespread myths about how it works can lead to confusion, unnecessary worry and poor planning decisions. Here's the truth behind five of the most common misconceptions.

Myth 1: Social Security is going broke. You've probably heard this one, but the full picture is more nuanced. According to the 2026 Social Security Board of Trustees Report, if Congress does nothing, the program would need to reduce benefits starting in 2032, paying roughly 78 cents for every dollar owed.

But that's just one scenario. Congress could raise the combined payroll tax from 12.4% to 16.65%, which the trustees estimate would secure full benefits through 2100. Other options include eliminating the earnings cap subject to payroll tax or adjusting retirement ages. Lawmakers have tools to address this.

Myth 2: Social Security will cover all your retirement needs. Think of Social Security as a financial foundation, not the full building. According to the Social Security Administration, benefits replace only about 40% of pre-retirement income for a median earner. That means you'll likely need to account for most of your retirement income yourself. Building a strong personal savings strategy now can help close that gap.

Myth 3: You lose benefits permanently if you keep working. Not true. Social Security does have an "earnings test" that can temporarily reduce benefits for people who claim early and keep working. If your earnings exceed a set annual cap – which changes each year – Social Security will withhold a portion of your benefits. But once you reach full retirement age, the Social Security Administration adjusts your monthly check higher to repay those withheld amounts over time.

Myth 4: An ex-spouse's benefits come out of your own. If you were married for at least 10 years and are currently unmarried, your former spouse may be eligible to collect on your earnings record, or you may be able to collect on theirs. Divorced spouse benefits can be up to 50% of the other person's full retirement benefit. But those payments don't affect yours. Your monthly benefit is not reduced by anything paid to an ex-spouse or even a current spouse.

Myth 5: Social Security benefits are no longer taxed. Recent legislation caused some confusion here. The One Big Beautiful Bill Act did not eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you'll still owe taxes on a portion of your benefits.

The law also created a temporary deduction (available through 2028) for people 65 and older. Eligible taxpayers can deduct $6,000 per qualifying filer if their modified adjusted gross income is $75,000 or less for singles or $150,000 for couples. The deduction phases out at $175,000 for singles and $250,000 for joint filers.

The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
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Women's Auxiliary to hold annual Holiday Fair Nov. 21



The Women's Auxiliary will host their annual Holiday Fair on Saturday, Nov. 21, from 9 a.m. to 2 p.m. at the Hoboken Club located at 252 Central Street in Milford.

The event will feature unique Christmas gifts from local crafters, homemade baked goods, raffle baskets, and handmade cappelletti.

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Milford Youth Center seeks community help for Thanksgiving meal

The Milford Youth Center (MYC) is asking the community for help preparing a Thanksgiving meal for our After School program on Tuesday, Nov. 24.

Every year, with the help of the community and local businesses, the MYC offers a meal to our after-school members, full of turkey (and other various meat options like chicken and ham), multiple side dishes, delicious desserts, and drinks to celebrate everything we are thankful for. Last year, we served over 120 after school members.

To accomplish this, we are looking to the community (individuals, families, organizations, businesses, restaurants) to donate an item for our meal!?

Donations can include beverages, pre-made desserts, side dishes, gift certificates, etc. We request an ingredient card with every donation for anyone with allergies. We are trying to have all donations finalized asap.

If you are interested in participating, please email Emily at estienstra@milfordma.gov to schedule a time to pick up the item. If you donate a food item to the MYC Thanksgiving Day Meal, please provide a detailed description allergen card.

WE WANT TO HEAR FROM YOU!

Email us about an upcoming event or
a concern about things happening around town.
editor@milfordfreepress.com

NATIVE

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1676 saw the burning of every house, the meeting house, and almost all of the outbuildings. Twelve years of progress was destroyed. In the end, 1,000 colonists and 3,000 American Indians (about one-third of the total number in New England) perished in the battles of King Philip's War. When Metacom/King Philip was killed, he was only 37 years old. His wife and son were sold into slavery in the West Indies. His body was dismembered and beheaded. His head was displayed outside the Plymouth Colony for 25 years.

When the war ceased after the overthrow of King Philip and his followers, some of the original settlers (about 20 families) returned. Ten years later, there were 50 families living in Mendon, according to Mendon's Historical Society; but these people had been traumatized. That is deemed the main reason why there is very little in the way of firsthand accounts in the Mendon records. Although some returned, they were in a situation of poverty and had a "deep-seated dread" of the Native Americans.

From other members of the Milford Historical Commission comes more information: many Native American artifacts have been found by farmers and other seekers in the area of Mendon and present-day Milford. And the fire station on Purchase Street was later used as a meeting place for the early American Indians for a short period of time, before they moved to New Hampshire to convene. We know little about this via written history or the internet, but we know that the building still shows "EAICC" above the door, which a member believes stands for "Early American Indian Cultural Center."

As in all areas of our country, the history of the Native Americans may have been inadequate to show all the details or the whole truth; there may be missing information and there are always two sides to any story and maybe that's better than none. A Sioux proverb says as much, "A people without a history is like the wind over buffalo grass."

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Dr. Mark Barsamian brings advanced retinal eye care and personalized treatment to Hopedale

Business spotlight

Retina Physicians and Surgeons of New England

By Jess Ommen

Patients in need of specialized retinal care now have greater access to advanced treatment close to home with the opening of a new private practice in Hopedale led by Dr. Mark Barsamian, DO, an ophthalmologist and vitreoretinal specialist with more than 15 years of experience.

Dr. Barsamian opened Retina Physicians and Surgeons of New England in Hopedale earlier this year, giving him the freedom to build the kind of patient-centered practice he envisioned. His practice heavily focuses on personalized care, ensuring patients understand their diagnoses and treatment options.

"I take time to listen to my patients and educate them about their retinal conditions," he said. "When a patient has a good understanding of what's going on with their eyes and the treatment choices available to them, they tend to be more engaged with their retinal health, and this can lead to a better result for them. For example, with my diabetic retinopathy patients, showing them pictures of how diabetes is impacting their eyes can serve as additional motivation for them to continue to work on their blood sugars." Dr. Barsamian continued, "It's important for patients to be well informed. In fact, they tell me 'knowing what's going on' puts them at ease."

The doctor's Hopedale office is equipped with state-of-the-art technology that allows him to diagnose and treat many conditions in the office five days a week. He intentionally leaves room in his schedule for same-day appointments and new patients.

"I respect my patients' time, and I don't believe in overbooking," he stated.

Dr. Barsamian completed a two-year retinal fellowship—the highest level of subspecialty training available in the field—at The Ohio State University Wexner Medical Center and is board certified by the American Osteopathic Board of Ophthalmology.

Since becoming a vitreoretinal specialist in 2010, Dr. Barsamian has focused on diagnosing and treating complex conditions such as retinal detachments, diabetic retinopathy and macular degeneration. And, in addition to offering office-based procedures such as injections and lasers, he also performs advanced retinal surgeries for patients warranting such treatment to help them preserve and restore their vision.

His decision to pursue retinal surgery was inspired by a personal experience.

"When I was about 18 years old, my father had bilateral retinal detachments," he said. "His physician was a world-renowned retinal specialist who examined me because he was concerned I might also be at risk. That experience stayed with me."

While training in ophthalmology, Dr. Barsamian became fascinated by the precision of retinal surgery and the rapidly advancing technology used to perform it, further shaping his passion for the specialty.

In addition to treating patients in his clinic, he serves as a Clinical Instructor of Surgery at Brown University, where he teaches ophthalmology residents when on-call for the hospital system.

The most rewarding moments, he said, are seeing patients regain their independence.

"Maybe they don't get back to perfect vision, but if they can drive again or return to the activities they enjoy, that's a success," he said.

Outside the office, Dr. Barsamian enjoys spending time with his family, cycling, walking his dog and gardening.

Above all, he wants patients to know specialized retinal care is available close to home.

"I want people to know we're here," he said. "We're open five days a week, have a caring staff with more than 45 years' experience in Ophthalmology, and we're committed to providing timely, personalized retinal care in a warm, professional environment."



Dr. Mark Barsamian, DO, recently opened his new practice, Retinal Physicians and Surgeons of New England, in Hopedale.

Retina Physicians and Surgeons of New England is located at 54 Hopedale St., Suite #1 in Hopedale. The office is easily accessible, and the practice is open Monday through Friday from 8 a.m. to 5 p.m. and accepts most major medical insurance plans. For more information please call 774-396-6905 or visit www.rps-retina.org.

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Beyond daily drops: How modern advances are changing glaucoma care

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

Glaucoma remains one of the leading causes of preventable blindness worldwide. Widely referred to as the "silent thief of sight," this condition typically develops gradually without warning signs. Because vision loss begins in the periphery, many people do not notice changes until significant and irreversible optic nerve damage has already occurred.

Understanding how glaucoma develops—and how modern medical technology has transformed its treatment—is key to protecting your vision.

Understanding the mechanics of glaucoma

Inside the front section of a healthy eye, a fluid called **aqueous humor** continuously circulates to nourish surrounding tissues and maintain internal pressure. In a properly functioning eye, fluid drains out through a specialized mesh network known as the trabecular meshwork.

When these drainage channels become clogged or inefficient, fluid builds up, causing elevated intraocular pressure (IOP). This excess pressure exerts mechanical stress on the **optic nerve**—the biological cable transmitting visual information from the retina to the brain.

- **Open-Angle Glaucoma:** The most common form, where the drainage angle remains open but becomes progressively inefficient over time.
- **Angle-Closure Glaucoma:** A less common, sudden block of the drainage angle that can cause rapid pressure spikes and requires immediate medical attention.
- **Normal-Tension Glaucoma:** Optic nerve damage occurs even when eye pressure measures within standard, normal ranges.

Comprehensive early detection

Because early-stage glaucoma causes no physical discomfort or noticeable blurriness, routine comprehensive eye exams are vital. Modern clinical evaluation relies on multiple diagnostic technologies:

1. **Tonometry:** Measures internal intraocular pressure.
2. **Ophthalmoscopy & OCT Scans:** Optical Coherence Tomography generates high-resolution cross-sectional images of the retina and optic nerve head to detect microscopic nerve fiber loss.
3. **Visual Field Testing:** Maps peripheral vision to identify subtle blind spots.
4. **Gonioscopy:** Directly inspects the eye's drainage angle structure.



Modern treatment paradigms: From daily drops to sustained care

The primary goal of glaucoma management is lowering

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EYES

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eye pressure to halt or slow disease progression. Historically, daily prescription eye drops were the standard starting point. Today, frontline care has shifted toward longer-lasting, low-maintenance therapies.

1. Selective Laser Trabeculoplasty (SLT) as first-line care

Selective Laser Trabeculoplasty (SLT) has increasingly replaced daily eye drops as a preferred first-line therapy for open-angle glaucoma. Performed in-office in just a few minutes, SLT applies gentle laser energy to stimulate the body's natural cellular repair mechanism, clearing drainage channels. It is painless, repeatable, highly effective, and eliminates the daily burden of managing medication schedules.

2. Sustained-Release Drug Implants

For patients needing pharmaceutical control, novel sustained-release delivery systems solve the compliance challenges associated with eye drops:

iDose TR: A tiny, bio-compatible ocular implant placed inside the anterior chamber that steadily releases travoprost over many months, maintaining consistent pressure control without daily dosing.

Durysta: A biodegradable implant inserted into the eye that gradually dissolves while continuously delivering a prespecified dose of bimatoprost.

3. Traditional topical medications

When drops are prescribed, several classes exist, each targeting fluid dynamics differently:

- **Prostaglandin Analogs** (e.g., latanoprost, bimatoprost): Enhance fluid outflow.
- **Beta Blockers** (e.g., timolol): Decrease fluid production inside the eye.
- **Alpha Agonists & Carbonic Anhydrase Inhibitors:** Lower production and promote drainage.
- **Rho Kinase Inhibitors** (e.g., netarsudil): Target the trabecular meshwork to lower resistance to fluid outflow.

4. Minimally Invasive Glaucoma Surgery (MIGS)

MIGS procedures have altered surgical glaucoma management. Using tiny microscopic equipment and small self-sealing incisions, devices such as the iStent, Hydrus Microstent, or Xen Gel Stent are inserted to create reliable drainage routes. Often combined with routine cataract surgery, MIGS offers a fast recovery profile and significantly reduced risk compared to traditional surgeries.

5. Advanced incisional surgeries

In severe, advanced cases where non-invasive options fall short, traditional incisional surgeries are utilized to achieve maximum pressure reduction:

- **Trabeculectomy:** Creates a small flap in the sclera (white part of the eye) to allow fluid to bypass blocked channels into a reservoir beneath the conjunctiva.
- **Aqueous Shunt/Tube Implants:** Places a tiny silicone tube that drains fluid into an external reservoir plate implanted under the eye tissue.

Summary and clinical commitment

Glaucoma care has evolved beyond reliance on daily topical drops. Today's patients benefit from a comprehensive toolkit ranging from targeted lasers and sustained-release implants to minimally invasive microscopic stents.

At Milford Franklin Eye Center, we are committed to providing the latest evidence-based technologies. Our team was among the first in New England to offer DSLT laser treatment for glaucoma and perform the iDose TR procedure at the Cataract and Surgery Center of Milford—an achievement highlighted on local Channel 5 news. Through early detection, personalized treatment, and advanced technology, protecting your long-term sight is more achievable than ever.

For more details, see our ad on page 8.

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Pet of the Month: Thirteen





Do you enjoy the sound of a wind chime blowing in the breeze or waking up to birds singing outside your window in the spring? Does the song of the crickets in the evening lighten your heart? Then we would like to introduce you to Thirteen.

Thirteen is a handsome white and orange cat who has the most adorable vocalizations. The sounds are so sweet and varied that you might be able to learn his language and communicate with him.

Thirteen has been a little shy around other cats. Recently he has started following around another male cat, sitting near him and calling out to him. Thirteen also enjoys shadowing the volunteers. He wants to be noticed and have a conversation. We don't think he is interested in being picked up, but petting and brushing are much appreciated.

Can you turn Thirteen from just a number into the luckiest boy in the world?

For information on meeting Thirteen or the other cats at the Milford Humane Society, please visit https://www.milfordhumane.org/



Clear the clutter this fall with *Affordable Junk*

Business spotlight

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.



If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and Dumpster Rental and let a local small business take care of everything for you. Call Jay Schadler at 774-287-1133 or visit us online at AffordableJunkRemoval.com .

PAID ADVERTISEMENT



Virtual Alzheimer's Caregiver Support Group to meet Dec. 8

Hearts, Hugs Hope, a virtual Alzheimer's Caregiver Support Group sponsored by Cornerstone at Milford, will meet on Dec. 8 at 6 p.m. This month's group for caregivers meets on Zoom. 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.

Cornerstone AT MILFORD

Contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more information and for the Zoom link. This group meets on the second Tuesday of each month and is sponsored by Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford.

Milford Town Library Calendar of Events

80 Spruce Street, Milford • 508-473-2145 • MilfordTownLibrary.org • HOURS: Mon. – Thurs. 9-9 • Fri. 9-6 • Sat. 9-5 • Sun. CLOSED

By Reference Department

Saturday Hours

The library is open every Saturday from 9 a.m. to 5 p.m.

Thanksgiving Hours

The library will close at 1 p.m. on Wednesday, Nov. 25 and will be closed on Thursday, Nov. 26 for Thanksgiving. We wish all our patrons a happy, safe, and delicious holiday!

From Sea to Shining Sea: Atelier Artists Exhibit

During November, the Atelier Artists present their group exhibit, From Sea to Shining Sea in honor of the 250th birthday of the United States. In keeping with their annual tradition of a challenge theme, each artist will be showing a painting or photograph with their individual interpretations.

A communal painting, "Uncle Sam's Traveling Quilt", will be part of the exhibit. This "quilt" brings together twelve sections by different artists. The canvas passed from artist to artist over several months. Painting using a red, white and blue color palette, the sections were then skillfully "woven" together by artist Helen Bonnett. It's a vibrant piece of folk art. The Atelier Artists, a group of senior artists meet to support and inspire one another to make art. Artists work in oil, acrylic, watercolor, and other media.

Ted Reinstein: Greetings from Breed's Hill: Facts & Folklore for America's 250th

Local author and broadcaster Ted Reinstein celebrates the 250th anniversary of the nation with a new talk, Greetings from Breed's Hill: Fact & Folklore on America's 250th on Tuesday, Nov. 10 at 7 p.m. Just a few lesser-known stories behind the more famous ones from New England's Revolutionary War period. It's a fun and informative foray through fact vs. fiction. This FREE event is generously sponsored by the Friends of the Milford Town Library. While no registration is required, additional parking is available in the municipal lots on Pine Street.

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, call the Information Desk at 508-473-2145 ext. 2.

2 Lbs Classic Jazz Concert

Join us for an afternoon of the finest in vocal and instrumental music from the American Songbook with 2 Lbs Classic Jazz, a Boston Metrowest-based jazz quartet on Saturday, Dec. 5 at 2 p.m. The quartet features Wendy on vocals, Mike on bass guitar, Jonathan on piano, and Rachel on drums. This 2 Lbs Classic Jazz concert is generously sponsored by the Friends of the Milford Town Library. No registration is required for this FREE concert.

CommonShelf: The Palace Project

eBooks and e-audiobooks continue to delight readers and listeners and now there's a new FREE option, CommonShelf via the Palace Project App. CommonShelf is made possible by the Massachusetts Board of Library Commissioners, Boston Public Library, the Massachusetts Library System and your local library with federal funding from the Institute of Museum and Library Services. It provides (1) immediate access with a virtual library card that anyone in Massachusetts can get through the app, (2) a growing collection of 20,000 eBooks and audiobooks with titles in Spanish, (3) shorter holds/wait time, (4) access to Amazon exclusive titles, indie publishers and authors, (5) your library purchases eBooks and audiobooks that everyone across the state can use—the same way we share print materials.

How to Get Started with CommonShelf's Palace Project App and Get a Virtual Library Card; (1) Install the Palace Project app available in both the Apple App Store for iOS phones and tablets and the Google Play Store for Android phones and tablets. (2) Inside the app, use the "find my library" search function to find "CommonShelf of Massachusetts." (3) Browse the collection until you find a title you would like to read then either "get" or "reserve" that book. (4) Choose the option to create a virtual card and then complete the details in the form. You will need to enable the app's permission to use your specific location, just one time, for the creation of your library card. (5) Look in your email for your library card number. You can borrow items using that number and your new password.

Virtual cards can only be used with CommonShelf.

Adult Book Club: *Piranesi* by Susanna Clarke

Love reading and discussing books with others? Come join us at the Milford Town Library Adult Book Club! Designed for readers 18 and older, our meetings take place on the third Thursday of each month at 7 p.m. The next meeting will be on Thursday, Nov. 19 at 7 p.m. The November book selection is *Piranesi* by Susanna Clarke. Best known for her novel, *Jonathan Strange and Mr. Norrell*, Clarke won the Women's Prize for Fiction in 2021. In this elaborate fantasy, the title character Piranesi lives in a realm called "The House." It's a place of hallways and vestibules filled with statues. Piranesi keeps detailed daily journals, recording life, rhythms and tides of the House, the clouds above and the sea below. Piranesi communicates with a being called "The Other" and together they seek "A Great and Secret Knowledge."

Stop by the Circulation Desk to check out a copy of Piranesi. Copies may also be available via the Libby App.

Center Book Group

The Center Book Group meets next on Tuesday, Nov. 17 to discuss *Becoming Madam Secretary* by Stephanie Dray. A prolific author of historical fiction, Dray has also co-authored

LIBRARY
continued on page 17

Trinity Episcopal Church Annual
Christmas Fair
17 Congress St., Milford, MA
Saturday, December 5
9:00 AM - 2:00 PM
Raffle Tickets ~ Gift Baskets ~ Green Table
Treasure Trove ~ Christmas Gifts ~ Jewelry
Baked Goods ~ Santa ~ Lunch



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Community School Use Program updates

With the school year underway, Milford Community School Use Program has had a busy and exciting fall! From children's activities and school-based clubs to adult classes, there has been something for everyone to enjoy. As we continue to expand our offerings and introduce new opportunities, we are excited to see so many members of the community getting involved.



Milford Community School Use Program's haunted bus tour group. *Courtesy photo*

Pool programs

Our pool programs have gotten off to a great start this fall, with Lap Swim, SplasHIIT, and Stingrays Swim Clinics all up and running. Whether residents are looking to stay active, get in a workout, or improve their swimming skills, our aquatic programs offer opportunities for a variety of interests and experience levels.

After-school clubs and youth programs

Our after-school clubs at Woodland Elementary School have also been a big hit with students! We now offer four clubs: Art Explorers, STEM Club, Board Game Club, and Newspaper Club. These programs give students the chance to explore their interests, get creative, work together, and learn something new in a fun and welcoming environment. We also introduced a new after-school tennis clinic for middle school students on Thursdays throughout October. The clinic has provided another opportunity for students to stay active and develop their skills, and we look forward to bringing it back each season.

Some of our most popular children's programs have returned this fall, including Movie Nights, Culinary Creations, and Kids Night Out. These returning favorites were a big hit with participants, and we love seeing families continue to enjoy these opportunities. Along with bringing back familiar programs, we have introduced new experiences for children and families to enjoy. Our Haunted Bus Tour brought plenty of Halloween spirit to Milford, with children dressed in their costumes as they traveled to stops around town to collect candy and enjoy a festive evening. We also launched Community Use Adventures, a new program that gives children the opportunity to explore destinations beyond the classroom. Our first adventure took participants to Tougas Family Farm for a day of apple picking and seasonal fun, with more adventures planned for the future.

Fitness, wellness, adult programs

Community Use has also been offering a wide variety of programs for adults this fall, with opportunities to stay active, try something new, and take time for themselves. Our fitness offerings have included Zumba, Strength Cardio, Gentle Yoga, and Stiff Man Yoga, giving residents several ways to incorporate movement and exercise into their routines. We also introduced a new Meditation and Sound Bath class, providing a different approach to relaxation and wellness. For those who prefer to keep moving at their own pace, our Indoor Walking Program is back for the season! Residents can walk indoors Monday through Friday for one registration fee, making it an easy and affordable way to stay active throughout the colder months. The program will continue through May 28, 2027, following the Milford Public Schools calendar.

Beyond fitness and wellness, our adult offerings have included American Sign Language, Acrylic Painting, and Make Your Own Doormat. Our free Estate Planning class was especially popular, providing residents with an opportunity to learn valuable information in an accessible setting at Milford High School.

Exciting programs on the horizon

The excitement doesn't stop here! We have plenty of upcoming programs for residents to look forward to as we head into the winter months. One exciting addition is *The Long Game*, a new free seminar led by Milford High School Assistant Principal Rich Piergustavo. Designed for parents and students, the seminar will help families navigate the youth sports landscape, build character, and develop a healthy, long-term approach to athletics. The program will focus on the parent journey from youth sports through high school, with guidance for families as they consider the possibility of college athletics.

We are also looking forward to our next Community Use Adventures trip! On Dec. 29, students in grades K–5 will have the opportunity to travel to Agganis Arena in Boston to experience Disney On Ice during winter break. This trip offers families another fun way to keep children entertained and make the most of their time off from school. Additional upcoming programs include cooking classes, guided paint nights for both children and adults, along with a Family Craft Night where everyone in the family can come together to create something special.

We are proud to continue growing our programs while offering experiences that are fun, engaging, and accessible to Milford residents of all ages. There is always something new happening with Community Use! We encourage residents to keep an eye out for upcoming programs and registration announcements so they don't miss out on what's next.

Submitted by Milford Community School Use Program





Area food pantries available

The following food pantries offer services to area residents. Each location has varying hours and requirements so be sure to confirm information before seeking services.

UPTON

Upton Community Center Food Pantry, 9 Milford St.

Hours: Mon. (9:30-11:30 a.m.), Wed. (12-3 p.m.), Fri. (10 a.m.-1 p.m.)

Services: Residents may access the food pantry one time each week.

Donations: Financial donations can be dropped off at the Senior Center desk Monday-Friday from 9 a.m.-4 p.m.

Requested food donations include coffee, tea, salad dressings, mayonnaise, cooking oil, sugar. Not needed: mac and cheese or pasta. www.uptonma.gov/459/Upton-Community-Center-Food-Pantry

United Parish Food Pantry, 1 Church St.

Every other Tues., Nov. 17 and Dec. 1, from 9:30-11:30 a.m.

Services: The Food Pantry serves residents from Upton as well as nearby towns. Proof of income or church affiliation is not required. We offer non-perishable food, toiletries, paper products and infant needs. Donations can be dropped off in our donation shed located outside the church office on 1 Church Street, Upton.

Congregant dinner, Nov. 19 from 5:30-6:30 p.m., provided by the Faith in Action Committee. This month's meal will be white bean and chicken chili. Please call the church office at 508-529.-3192 by Nov. 13 to make your reservation. If you forget to reserve, please come anyway; we always make extra and would love to serve you. Occurs on the third Thursday of each month September through June.

Donations: Can be dropped off 24/7 at the Barnabas Barn along Church St., please check food for expiration dates. www.unitedparishupton.org/food-pantry.

St. Gabriel's Food Pantry, 151 Mendon St.

Mon. & Wed. (9:15 a.m.–3:30 p.m.), Tues. & Thurs. (9:15 a.m.–12 p.m.)

Services: Helping parish families in need. www.stgabrielsma.org

MILFORD

Daily Bread Food Pantry, 21 Exchange St., Milford

Tues. & Thurs. (6–7:30 p.m.)

Services: For Milford, Hopedale & Upton residents only; proof of address and household member info required.

Donations: Monetary donations accepted at "donate" tab on website www.dailybreadfood-pantry.org/

Source: www.uptonma.gov

MENDON

Mendon Food Pantry, 62 Providence St. (Senior Center)

By appointment only, call 508-478-6175 (ext. 2) for assistance. Day and evening hours available. Assistance is confidential Delivers are available for residents with ambulatory or transportation issues. Call for an order form.

Services: For Mendon residents in need who receive fuel assistance, SNAP (food stamps), are unemployed, and/or receive aid to dependent children or to those who are disabled and/or unemployed. Referrals from area churches, social agencies, or concerned citizens regarding seniors and families in need will also be accepted. Client names shall be kept confidential.

Donations: Non-perishable food products are accepted (check expiration dates) during Senior Center hours, preferably 9 a.m.-3 p.m. Monetary donations (checks preferred) and BJs gift cards are also accepted. For details, visit https://www.mendonma.gov/253/Food-Pantry-Thank-You-for-Your-Support.

Source: www.mendonma.gov

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Sweet Inspirations receives $10,000 grant

Sweet Inspirations, an organization that provides vocational training and employment opportunities to individuals with intellectual and developmental disabilities, received a $10,000 general operating grant from the philanthropic arm of Harvard Pilgrim Health Care and Tufts Health Plan, Point32Health Foundation.

"We are incredibly grateful to Point32Health and the Abilities+ Colleague Resource Group for their generous grant and shared commitment to supporting Sweet Inspirations," said Jennifer Walsh, co-founder and executive director of Sweet Inspirations. "This investment will ensure young people living with intellectual and developmental disabilities in Central Massachusetts have greater access to meaningful employment and achieve independence."

This grant is one of nine new investments directed by Point32Health's Colleague Resource Groups to improve health outcomes. In addition to the grant, Point32Health colleagues will engage with the organization through volunteer service or other opportunities throughout the coming year.

"Point32Health colleagues worked alongside Foundation staff to identify a community issue that reflects their group's affinity, researched nonprofits in the region, reviewed proposals and ultimately made a funding recommendation," said Beth Chandler, executive director of the Point32Health Foundation. "This partnership helps colleagues develop a deeper understanding of community needs, nonprofit leadership and the role philanthropy can play in advancing positive change."

Submitted by Sweet Inspirations

Sweet Inspirations is a nonprofit candy and specialty gift shop in downtown Milford, Massachusetts, created by the Aaron Zenus Foundation. Since opening in 2022, Sweet Inspirations has been much more than a candy store—it is a place where individuals with intellectual and developmental disabilities have the opportunity to receive vocational training, develop valuable workplace skills, and gain meaningful employment.

Inspired by the mission and legacy of Aaron Zenus and launched by the Aaron Zenus Foundation, Sweet Inspirations' mission is built on inclusion, opportunity, independence, and community. Every visit helps support a welcoming environment where our employees can grow, succeed, and make a meaningful contribution to their community.


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Recent Home Sales

Date	Milford	Amount
10/23/2025	7 Stoney Brook Ln.	$610,000
10/23/2026	12 Clarridge Cir.	$695,000
10/23/2026	138 Purchase St.	$584,000
10/23/2026	17 Dartmouth Dr.	$625,000
10/23/2026	36 Daniels St.	$455,000
10/22/2026	49 Purdue Dr.	$595,000
10/16/2026	15 Highland St.	$538,000
10/15/2026	25 Jionzo Rd.	$568,000
10/15/2026	1 E Main St.	$725,000
10/14/2026	24 Granite St.	$598,000
10/08/2026	25 Country Club Ln. #D	$415,000
10/07/2026	4 W Pine St.	$710,000
10/06/2026	8 Walden Way	$730,000
10/05/2026	28 Yale Dr.	$605,000
09/30/2026	46 W Fountain St.	$526,000
09/30/2026	17 Carroll St.	$320,000
09/30/2026	4 S Richard St.	$421,500
09/30/2026	5 Thoreau Trl.	$768,500
09/29/2026	1 E Wood St. #B	$449,000

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



The 4-bed, 2-bath, 2,758-square-foot house at 4 W Pine Street in Milford recently sold for $710,000. *Image credit: www.zillow.com*



Special Town Meeting approves data center restrictions, Waters TIF, school repairs

By Scott Calzolaio

During the Oct. 26 Special Town Meeting, members approved tighter zoning restrictions on data centers, a 15-year tax incentive for Waters Corporation, and $2.5 million for repairs at Stacy Middle School.

Data storage centers

The longest debate concerned Article 30, which restricts electronic data storage centers to the IB and IC industrial districts, and requires a special permit from the Planning Board. Members approved the changes in a 111 to 8 vote. This came immediately after rejecting an amendment that would have prohibited data centers in both districts in a close 56 to 61 vote.

Milford Planning Board member Joseph A. Calagione said the revised process would allow officials to evaluate potential effects on water supplies and electricity before approving a project. He said more detailed regulations are expected to be considered in spring 2027.

Precinct 8 Town Meeting member Mary Frances Best proposed the unsuccessful ban citing environmental concerns. Calagione said no data center applications were currently before the Planning Board.

Waters Corporation TIF

Under Article 23, members approved a tax increment financing ("TIF") agreement with Waters Corporation. Milford Town Counsel Brian Murray said the agreement would support a proposed $58 million investment in campus renovations, laboratories and equipment, with 25 new jobs anticipated.

Murray estimated the 15-year agreement would provide approximately $3.5 million in tax exemptions while generating $2.6 million in new property taxes from the improvements. Waters would continue paying taxes based on existing property values. A company representative said the investment would support approximately 1,500 existing jobs in Milford.

The measure drew opposition. Precinct 8 Town Meeting member Michael P. Visconti Jr. argued that tax incentives should benefit startups rather than established companies. Precinct 5 Town Meeting member Lauren Wilton questioned the need to subsidize a profitable corporation.

"Where's our tax break?" Wilton asked.

The measure passed.

Other business

Other approved spending included $850,000 for contamination remediation near the Upper Charles Trail and Milford Pond, $125,000 for continued investigation and cleanup of per- and polyfluoroalkyl substances (PFAS, commonly known as "forever chemicals") near the Birch Street Fire Station, and $525,000 to replace aging firefighter breathing equipment.

Members authorized $200,000 for fire department overtime to maintain nine firefighters on duty, $250,000 for a school district telephone system upgrade, and approximately $1.7 million for the stabilization fund. Milford Finance Director, Zachary Taylor, said the stabilization allocation is part of long-term planning for the high school building project.

Another vote authorized the Select Board to seek state legislation for an additional beer-and-wine license at 150 Main St., where local business owners propose opening a grocery market.

Members approved easements for a public access path from Eugene Circle to the Upper Charles Trail.

Article 13 was passed over without action. All other warrant articles were approved.

Cornerstone at Milford named a MyFM Quest for the Best organization

Cornerstone at Milford, a local senior living community, was recently named a MyFM Quest for the Best organization in assisted living and memory care. Cornerstone's dedication to person-centered care and focus on enhancing quality of life sets them apart from other senior living communities in the area, which led residents, families and local citizens to vote them as "best".

MyFM Media is a radio station that works to build community connections across towns in the heart of Worcester, Boston, and Providence. After votes were tallied, Cornerstone was a top name in senior living for the fifth year. Cornerstone's welcoming environment makes residents feel truly at home. Families appreciate Cornerstone's commitment to helping seniors maintain a healthy lifestyle through a well-balanced diet, opportunities to socialize, and activities that exercise their minds and bodies. Cornerstone's excellent dining and programming are the foundation of its award-winning approach to senior living, making a genuine difference in the lives of residents and their families.

Submitted by Cornerstone at Milford

Milford Community Use Newspaper Club

By Anastasia Myers, Student writer

Newspaper Club is an after school club for kids from 3rd grade to 6th grade. The kids at Newspaper Club write about things they have done recently or things that they have heard about. They can also write jokes or crosswords or really anything they want. Newspaper Club starts at 4 p.m. and ends at 5:30 p.m. on Wednesdays.

Newspaper Club is super fun and I would personally recommend it. They also interview people every month. Last year, they interviewed the President of the Celtics! After we finish writing our articles, we pass them in and they are put in our newspaper, Community Use Times. Copies of the newspaper go in our newspaper box in the library for anyone to take. We get copies to share with friends and family, and a digital copy is put on the Newspaper Club website.



This year's Milford Community Use Newspaper Club. *Courtesy photo*



Newspaper Club student Evan Santomenna created a comic entitled, "The Blob on the Run." *Courtesy photo*



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 email editor@ milfordfreepress.com



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Milford's Andrew Mainini named MIAA Boys' Volleyball Coach of the Year



Milford Public Schools is proud to announce that Andrew Mainini, head coach of the Milford High School boys' volleyball team, has been named a recipient of the 2025-2026 MIAA Coach of the Year Award for Boys' Volleyball (Spring). Mainini will be honored at the MIAA Awards Banquet on Monday, Dec. 7, at the DoubleTree Hotel in Milford.

Mainini led the Scarlet Hawks to a 15-8 record and a Final Four appearance in the spring of 2026. It was the program's fourth Final Four in five seasons, following runs in 2022, 2023 and 2024.

"This Spring, I had the unique view as Athletic Director to watch Andrew be the leader of our Boys Volleyball program," said Milford Public Schools Athletic Director Steven DiVitto. "I knew he was an excellent coach, but his leadership skills and the ability to have his players 'rowing the boat in the same direction' was such a pleasure to watch. He coaches with poise, passion and determination and gets a buy-in from his team that is unmatched."

Mainini has coached boys' volleyball at Milford since 2016, compiling a 152-73 record over 11 seasons. He also coached the girls' volleyball program from 2013 to 2019, going 117-35 and winning the 2017 Division 3 Central Massachusetts championship. His combined career record stands at 269-108.

MIAA award adds to a list of coaching honors that includes:

- 2023 Boston Globe Division 2 Coach of the Year
- 2022 MetroWest Daily News Coach of the Year
- 2019 Tri-Valley League Coach of the Year
- 2018 AVCA 30 Under 30 Coach

Mainini has taught Spanish and ESL at Milford High School since 2012. Beyond the school day, he has directed Mass Mayhem Club Volleyball since 2014 and the Milford Grass Volleyball League since 2021. Since 2025, he has organized the Linda Zacchilli Memorial Pickleball Tournament. He is a member of the Massachusetts Volleyball Coaches' Association (MAVCA), the New England Region Volleyball Association (NERVA) and USA Volleyball (USAV).

"Andrew is very prompt, thorough, dependable, and efficient with regards to carrying out his responsibilities," DiVitto said. "Andrew is not only a very pleasant, honest, and reliable individual himself, but has the ability to instill these qualities in others."

Mainini sees coaching as teaching first. He makes a point of explaining the "why" behind his instruction, so that his athletes may one day give back to the sport as coaches themselves.

"Coaches teach their athletes to be great people," Mainini said. "This means building athletes who are responsible, hard-working, selfless, empathetic, and good community members. A sport can bring a broader community together to celebrate and support its members who are working hard together towards a common goal."

That community reaches past any single season. Mainini works to keep alumni connected to the program and to the younger generations of players coming up behind them.

Submitted by Milford Public Schools

Camera Club to meet in November

The Stony Brook Camera Club meets in-person and/or virtually by Zoom on Thursdays at 7:30 p.m. from September to June. In person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin.

Meetings feature speakers, competitions, image studies, and discussions of general interest. The club also sponsors a number of photography activities and workshops throughout the year.

SBCC includes and welcomes members of all abilities.

Nov. 12: (Zoom) "How Competition Can Save Photographs" with Essdras Suarez

Nov. 19: (Zoom):"Be in control of Your Camera" with Mollie Isaacs

For more information and additional events, visit www.stonybrookcc.com.

BVT Admissions to hold open house, tours on Nov. 12

Blackstone Valley Regional Vocational Technical High School (BVT) will hold an Admissions Open House for prospective students and their families on Thurs., Nov. 12, from 5:30 p.m. to 8 p.m. No registration is needed.

The evening is an opportunity to tour the state-of-the-art facility located at 65 Pleasant Street in Upton and see for yourself how BVT is transforming education and the lives of its students. Meet staff members who will be on hand as a resource to answer questions about academics, student support services, student activities, and the admissions process.

The schedule of events will include mini-sessions featuring the Special Education program and the support available to students at BVT and during the application process. Also, learn more about the Spanish Immersion program and how to enroll.



Milford Senior Center for November-December

The Town of Milford Ruthanne Bleakney Senior Center is located 60 North Bow Street. Upcoming special events include the following. To register for a program, call 508-473-8334 or sign up at the front desk.

Fri., Nov. 13, at 11 a.m. – Charcuterie Workshop with Red Apron Charcuterie. Learn how to create a charcuterie cup using skewers, cheeses, nuts, fruits, and meat.

Wed., Nov. 18, at 12:30 p.m. – Thanksgiving luncheon. Entertainment with Luke Jackson; turkey and all the fixings provided by TJs of Ashland. Cost $10.

Thurs., Nov. 19, at 10 a.m. – Bone Health presentation. Learn how having good nutrition can help support bone health. Free.

Fri., Nov. 20, at 10 a.m. – Krafts with Kerry, a pinecone bird feeder. Free. Create your own natural pinecone feeder using peanut butter and bird seed. Limited to 12.

Fri., Dec. 11, at 10 a.m. – Holiday Button Ornaments. Create two beautiful button ornaments to display for the holiday season. Limited to 12. Free.

Source: https://milfordmaseniorcenter.com

LIBRARY

continued from page 11

several books with Laura Kamoie including *America's First Daughter, My Dear Hamilton* and *A Founding Mother. Becoming Madam Secretary* brings Frances Perkins, the first female to serve in the Cabinet as Labor Secretary under President Franklin D. Roosevelt, to life in fiction.

Born in Boston, Perkins advocated for workers and helped craft many New Deal programs like Social Security. Perkins also created the Immigration and Naturalization Service, believing immigrants deserved to be treated with humanity. Her views caused some friction with Congress which she weathered with trademark strength and commitment.

To reserve regular or large print copies, call us at 508-473-2145 ext. 2 or visit the Libby App.

Mahjong @ MTL

The Mahjong group meets twice a month on select Tuesdays from 6-8 p.m. in the Quarry Room on the lower level of the library. The next meetings are Nov. 17, 24, and Dec. 8, 22.

The group welcomes players familiar with Mahjong to join other players for fun, low-stakes competition. More experienced players often share strategies and tips to improve. The group meets on select Tuesdays from 6-8 p.m. at the library in the Quarry Room. 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.

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.

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 retired middle-school teacher, writer, and book lover, serves as facilitator of the Milford Area Wordsmiths. For more information, call 508-473-2145, ext. 2.

Next Meetings: Nov. 2, 16, Dec. 7, 21

Puzzle Swap: Sat., Dec. 12

Back by popular puzzler demand - we're hosting a quarterly Swap to refresh your stash! Puzzles will be available on Sat., Dec. 12, 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. Thank you!

Ongoing: Friends Book Store, Food Pantry donations

Find great deals on gently used books for children, teens and adults at the Friends Book Store and book table, replenished weekly.

Donations for the Daily Bread Food Pantry can be dropped off in the blue bin by the Friends book table.

A Thanks To Yanks dinner on Thanksgiving Day



According to the American Farm Bureau Federation, the average cost of a basic, traditional Thanksgiving Dinner for a crowd of 10 is reaching $10 per plate compared with last year's cost of $6 per person in 2025. For many veterans and elderly, Thanksgiving is not only a difficult time of year financially, but it can also be a day of depression and loneliness. This can be from loss of a loved one, diminished family structure, distance away from family, mental health struggles, or social isolation.

Realizing a gap in community service for those in need or alone, Mike Shain founder of Thanks to Yanks and Ray Fellows the CEO of Children Across America united to find a solution. They organized a free Thanksgiving dinner for community inclusion and camaraderie with the hopes of offering a more joyous holiday connection. The Garden Restaurant prepared 60 dinners with the Italian American Veterans Post providing the venue and local volunteers serving the full course Thanksgiving meal. No longer alone but with caring loving folks who simply want to give back to those in need.

Although the event was well attended, there were many who were unaware of the event or did not have the means to get there. With the ability to double the number of meals being served this year, the founders are able to provide transportation from Milford Senior Housing Centers that are managed by the Milford Housing Authority to the Italian American Veterans Post for the dinner. This year's dinner will focus on military families who are deployed, active duty, are a veteran or are families who have recently lost their soldier along with other community members in need. As Mike Shain stated, "Anyone else that needs a place to go to enjoy a free holiday meal served with a smile and strong sense of community."

The second annual Community Thanksgiving Dinner will be held at the Italian American Veterans Post 40 at 4 Hayward Field in Milford on Thanksgiving Day, Nov. 26. Doors will open at 11:45 a.m. to merrily welcome participants with dinner being served at noon. If you would like more information, would like to volunteer, or want to make a reservation contact Ray Fellows at 508-933-8915. Seating and transportation are limited so advance registration is kindly requested. Donations are most gratefully welcomed.

Submitted by Thanks To Yanks

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SPORTS

Milford soccer among state's best

Scarlet Hawks kicked off November with #5 ranking

By Chris Villani

The Milford High boys' soccer team rolled through the regular season with 12 victories against a top-flight schedule and entered the post-season as the 5th ranked team in the state. But the success did not come as a huge surprise to head coach Antonio Pinto.

"We have a good senior class, and we expected to do well," Pinto said. "I don't know if we expected to be ranked 5th and be this successful, but everything has gone well."

Pinto said he is most impressed by his team's drive on the pitch.

"These kids play hard," he said. "That's the biggest thing. Win or lose, the kids play with a high intensity every time. It makes other teams not want to play us."

Milford has eight seniors on the roster and all of them play significant roles. Pinto noted they are close, and most of them have played together for years. "They are a tight group," he said.

Senior captain Mayck Moreira and fellow senior Brian Ribeiro have held down the midfield all season and Pinto praised their ability to win battles for loose balls.

Twins Gio and Robbie Capelli are a unique duo. Gio is the team's top scorer, and Robbie is a standout goalkeeper.

"One of them prevents all the goals, and the other one is scoring the goals," Pinto said.

On defense, senior captain Gus Quaresma De Araujo is an anchor, and Pinto praised his ability as a central defender.

While the Scarlet Hawks have benefited from the strong senior class, there are underclassmen playing a big role this fall as well, including some freshmen. Luigi Caccin moved into the left back position and has been playing full games for MHS.

Aiden Tomas is another first-year player who has made a big impact in his rookie varsity season.

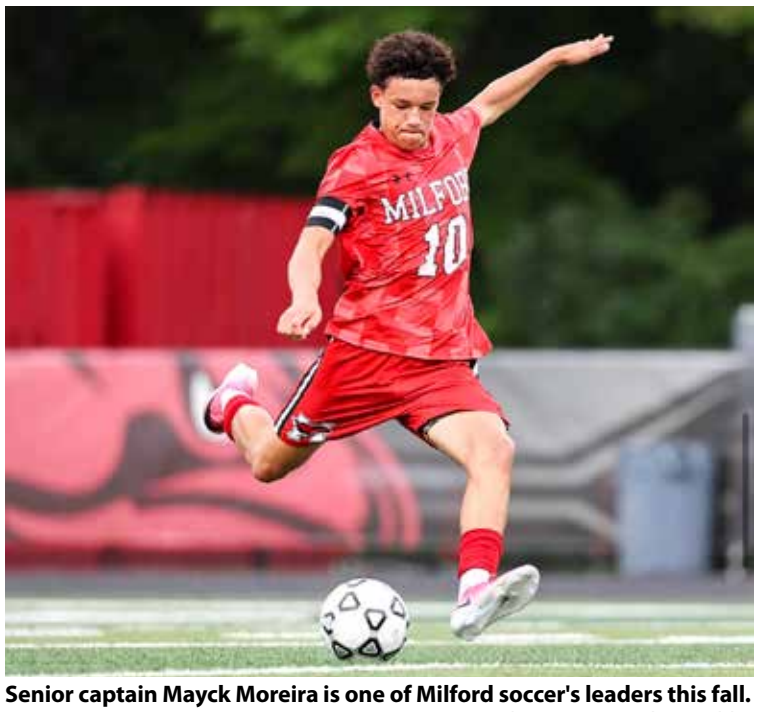
"He is a five-foot-nothing center midfielder, but he is really good at keeping possession," Pinto said.

The blend of experience and youth has Milford well positioned to keep the program running at a high level in the seasons to come. But the Hawks entered the postseason hoping to make a little bit of noise this fall as well. Pinto noted that the success in the regular season doesn't mean much once a win-or-go-home tournament gets underway, but he felt confident about his team's chances.

"I don't know if there is a team that can contain us," he said. "It's going to be a tight match with everybody."



The Scarlet Hawks played well enough to earn a #5 ranking statewide. *Photo source: Olga Lyubkin*



Senior captain Mayck Moreira is one of Milford soccer's leaders this fall. *Photo source: Olga Lyubkin*



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SPORTS

Milford golf seniors show strong leadership

Scarlet Hawks seniors set positive tone for program



Ben Richard was Milford's representative at this year's state golf tournament. *Photo credit: Owen Bullock*

By Chris Villani

Milford High School's golf team had an unusual roster makeup this fall with six sophomores and three freshmen joining the squad's three seniors. But Head Coach Jason Potty said the seniors the Scarlet Hawks did have were standouts and helped set the program up well for future success.

"We improved throughout the season," Potty said. "And I thought we played some pretty good golf."

Milford ran into some "buzzsaws" on its schedule, Potty said, but competed hard all year despite only four victories.

"Record wise, it was a bit rough," the coach said. "When the season starts, we have a goal to make the tournament as a team, and to not accomplish that the year was a bit disappointing."

Senior captain Lucas Richard and his brother, sophomore Ben Richard, were Milford's top two players. They both averaged around five over par per nine hole round, with Ben just barely edging out his brother for the low scoring honors. Ben Richard earned a spot in the state tournament as Milford's representative. Although he did not have his best day, Potty said the experience was invaluable.

"It was a really good tournament experience for him," Potty said. "He needs to play more tournaments of course, but the more he does it, the better he is going to get."

Senior Ryan Flis, a state champion in wrestling, also contributed despite being relatively new to the sport.

"I think it's only his second year golfing, but he is just an athlete, and he figured out how to do it," Potty said. "He goes out there every single day and grinds it out to try to come up with the best possible score for us."

The third senior, Matt Boulanger, is another relatively new golfer. But Potty said both he and Flis put together more than their share of strong scores.

Lucas Richard capped off a four-year career this fall. All three seniors were good role models for their younger teammates.

"The leadership we had was fantastic," Potty said. "The guys did a great job mentoring and providing a good example of what an athlete looks like and how an athlete acts. The other kids got a look at that this year, and that's a great thing."

Letter to the Editor policy

Letters to the Editor are welcome and encouraged. They provide readers with an opportunity to express their opinions on issues of local interest and to foster respectful community discussion.

The views expressed in letters are those of the individual authors and do not necessarily reflect the opinions or editorial position of this newspaper, its staff, or its publishers.

Submission of a letter grants this newspaper permission to edit, publish, and archive the letter in print, online, and on affiliated digital platforms.

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