

## Milford Teen Creates Website to Help People Help Others

Site connects volunteers with opportunities at organizations with needs

By Linda Chuss

Since seventh grade, Milford High School student Elsie Sutherland has been volunteering, most recently at Children Across America where she helps youngsters with math and reading. In 2022, Sutherland took her interest in volunteering to a new level by creating and running a website that presents volunteer opportunities so other people can easily find ways to help others.

CommunityConnectorMilford.com provides descriptions of one-time events where the organizers need help, as well as ongoing programs that seek contributors on a regular basis. Someone looking to volunteer can peruse the website to find a position that interests them and use the information provided to contact the organization.

Sutherland explained how



Milford High School junior Elsie Sutherland created a website to help match people looking to volunteer with suitable opportunities at local community organizations. Photo by Elsie Sutherland

she started Community Connector.

“It was a project I created at the MIT Leadership Training Institute during my sophomore year.”

Though she had no ex-

perience making websites, it was easy for her to learn the Squarespace application to

**WEBSITE**

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## Could You Be The Next Julia Child?

Milford Senior Center collecting recipes for community cookbook

By Linda Chuss

You don't have to be America's top chef or have a famous restaurant chain named after you to make a splash with your food creations in Milford. All you need is to share a favorite recipe with the Senior Center for the community cookbook to be published this year.

Deirdre Riley Thomson, a Program Coordinator at the Milford Senior Center, conceived of the idea for the cookbook during the first few months of the COVID-19 pandemic.

“The center was closed to the public, but our staff was still working. We were looking for ways to keep in touch with our seniors since we couldn't see them and be with them... We were all cooking, A LOT, and we thought it would be fun



Senior Center Chef Brenda Needleman working sauce into the pasta for macaroni and meatballs, a favorite meal at the center.

to hear what people were making.”

A community cookbook can also serve as a record to ensure

**JULIA CHILD**

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# Milford Regional's Donation Drive Collects Nearly 2,000 Items to Help Area Patients and Local Food Pantry

Although the holiday season is over, patients and local residents continue to benefit from the nearly 2,000 items donated by Milford Regional Medical Center's staff as part of the hospital's annual holiday drive to help those in need.

During the month of December, boxes were placed throughout the hospital and off-site offices for staff donations of nonperishable foods, toiletries, clothing and toys.

"Thanks to the kindness and generosity of our staff, a total of 1,863 items were collected, sorted and distributed to Milford's Daily Bread Food Pantry, as well as the hospital's Emergency Department, Maternity Department, and our social workers to share with patients

in need," said Milford Regional Medical Center's longtime Director of Volunteer Services Elaine Willey, who has been overseeing the charitable drive for the last 20 years. "Donation boxes were overflowing with items that have gone on to support our patients and others in the region."

The Daily Bread Food Pantry, which serves residents from Milford, Hopedale and Upton, received 17 boxes of food and nine boxes full of toiletries, socks, hats and toys.

Based on the donations, Milford Regional's Emergency Department and social workers continue to distribute toiletries, socks, hats, stuffed animals, and other toys to patients in need; the Maternity team issues dia-

pers, wipes, and onsies for in-need, new moms to bring home; and elder wellness volunteers offer word puzzles and cheater glasses to patients.

Over the years, other recipients of the holiday drive have included the United Way, military men and women serving overseas, and local shelters.

*Milford Regional Medical Center is a full-service, community and regional teaching hospital located in Milford, Mass. and serves patients from more than 20 towns in Central Massachusetts. The 149-bed medical center is a nonprofit, acute-care facility, where more than 300 primary care and specialty physicians are committed to providing exceptional healthcare services to our community with dignity, compassion and respect.*



Volunteers Kavitha Chandran and Denise McGovern help sort items donated by Milford Regional staff as part of the hospital's annual holiday drive. Courtesy photo

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## The Sweetest Season is Here

Girl Scouts are out in full force selling their iconic cookies. This tradition dates back to 1917 when a troop in Oklahoma sold shortbread cookies as a fundraiser. Over the past one hundred plus years Girl Scouts have grown their fundraiser to expand from the original trefoil shortbread cookie to more varieties and two national bakers to provide the cookies to all its Girl Scout troops across the country. Many of you wonder, what do they do with the money from all those cookie boxes? You see girls in grades K-12 selling them to friends and family, outside in parking lots in the cold and snow, and on forms posted at workplaces but how do Girl Scouts benefit from those sales.

First of all, profits are 100% spent locally for purposes of programing, training, facilities, camping equipment, parade flags, town supply of snowshoes and many other necessary items for Girl Scouting activities. Secondly, troops use funds to go on trips that range from kindergartners going to Build-a-Bear, to horseback riding, camping, whitewater rafting, high school trips to Montreal, philanthropic activities in the community, whatever exciting things girls enjoy budgeting and planning



for with their funds.

Just as important as raising funds is the experience. Girls learn valuable life skills of speaking to customers, financial planning, and money management. There are quite a few badges in financial literacy and business skills that girls can earn at each level from Daisies to Ambassadors. This year Cadette troop 30016 organized a cookie rally where the older girls set up games and activities for younger girls to play and practice their cookie skills and trivia. As stated by Ainsley Allen, "My favorite thing about the cookie rally was helping the younger kids and teaching them what I know about selling cookies."

So when you see those Girl Scouts out and about, stop by to purchase or donate a box or two. Be sure to talk to the girls to see what exciting things they have planned. Visit [www.gscwm.org](http://www.gscwm.org) to find a cookie booth near you. In case you are wondering, the national favorite is definitely thin mints!

# Milford Cultural Council Awards Grants for 2023

The Milford Cultural Council (MCC) recently awarded over \$20,000 in grants to 26 applicants for programming in the arts, humanities, and sciences.

This year's grants will help fund events for residents of all ages, including nine musical performances, poetry readings, readers theatre, puppet show, poster exhibit, outdoor mural at Memorial School, and two historical presentations. Grant funds were also awarded to several town events and projects, including the Christmas Tree Lighting, Welcome Santa Parade, and the Milford Post-9/11 monument. Also, the council awarded grants to provide operating support to Claffin Hill Music Performance Foundation, Greater Milford Community Chorus, and Milford High School's Joe B Band.

In addition, the Milford Cultural Council will be using grant funds to host a multicultural performing arts stage at Celebrate Milford on Saturday, May 20 in Milford Town Park. A call to performers will be announced soon.

"The Milford Cultural Council is pleased to award grant funds for cultural programming and support this year. Milford residents can look forward to a diverse schedule of upcoming

projects and events that bring art, music, stories, science, and historical appreciation to our community," says MCC Chairperson Geri Eddins.

A complete list of the recently awarded grants is available on the Milford Cultural Council page on the Town of Milford website. Go to: MilfordMa.gov/milford-cultural-council and click "Milford Cultural Council Grant Recipients" in the left menu panel.

The MCC is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences, and humanities every year. The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each community.

The MCC will seek applications again in the fall. For guidelines and complete information on the MCC, please visit the Milford Cultural Council page on the Town of Milford website (MilfordMa.gov/milford-cultural-council). Applications

and more information about the Local Cultural Council Program are available at MassCultural-Council.org. Applications will be due in mid-October 2023.

The MCC seeks to promote excellence, inclusion, education and diversity in the arts, humanities, and sciences to foster a rich cultural experience for all Milford residents. Membership in the Milford Cultural Council is capped at 13 members per its rules and regulations. Current members include Geri Eddins, Chair; Sandra Buckley, Vice Chair; Martin Montoya, Treasurer; Sara Vono-Caires, Secretary; C.C. Chapman, Joclyn Crivello, Jenny Lyons, Aboighasem Moazeni, Michele Pici, Noressa Santomena, Khizra Syeda, Denise Tracy, and Michael Visconti.

The MCC welcomes ideas, recommendations, and feedback regarding programs and events funded or sponsored by the council. Interested Milford residents are encouraged to attend meetings which are held every third Tuesday of each month at 7:00 p.m. typically in Room 14 of Town Hall. Comments and requests for information can be emailed to the council at CulturalCouncil@TownofMilford.com.

## Greater Milford Area Bar Association Honors Judge DeCapua, Jr.



L to R - Hon. Francis J. Larkin (Ret.), former Presiding Justice of the Milford District Court; Hon. Pacifico M. DeCapua, Jr.; Ryan P. Avery, Esq. of Mirageas & Avery, Attorneys at Law and President of the Greater Milford Area Bar Association; State Representative Brian W. Murray, Esq. (10th Worcester-D); and Hon. Gerald A. Lemire, First Justice of the Uxbridge District Court. Courtesy photo

The Greater Milford Area Bar Association recently honored Judge Pacifico DeCapua, Jr. at Willow Brook Restaurant in Mendon. Judge DeCapua is a Milford native who operated his own private practice for over 30 years throughout the local community before his appointment by Gov. Charlie Baker as an Associate Justice of the District Court Department in December 2021.

### WEBSITE

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build it. One unexpected benefit is Sutherland is honing her writing skills as she creates the descriptions, focusing on brevity so users can readily skim through.

Currently, there are 15 listings on the website, and those who sign up are notified when new ones are added. The

website makes it easy to find opportunities to volunteer and for organizations to list their volunteer needs which can be done simply by contacting Sutherland with the information.

Sutherland also created an Instagram account "communityconnectorma" as another way to spread the word.

While anyone can use Community Connector, Sutherland originally geared it to high

schoolers.

"School clubs, like National Honor Society, encourage members to give back to the community, so students are looking for those situations," she said. "It was natural to create this for students at my school."

After Sutherland launched the website, Principal Joshua Otlin announced it to the high school. "We're very proud of Elsie and genuinely impressed

with her innovative, high-impact project," he said. "She is supporting local organizations who are providing critical services to our community members, and she is showing her peers where they can serve and make a positive difference. This type of 'clearinghouse' is just what every community needs."

As for what's next for Suther-

land, she says she plans to share the Community Connector with other schools in the region. After graduating high school, she intends to go to aviation school in Florida and become a pilot. She also intends to mentor a younger student so they can take over the main responsibilities of the website and allow it to continue serving the community.

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# Milford Cultural Council Seeking Cultural Performers

The Milford Cultural Council (MCC) has opened up a call for cultural performers for the Celebrate Milford event in May 2023.

The MCC is excited to collaborate with the Celebrate Milford Committee to bring performances that celebrate the diversity of cultures that exist in and around Milford. A portion of the event, scheduled for May 20, 2023, will include featured performers selected by the MCC. The MCC has allocated funds for the purpose of attracting talented, established singers, dancers, musicians, and other entertainers.

"The greater Milford area boasts a diverse immigrant community and rich ethnic culture. When the council ex-

pressed a desire to present a program of entertainment that celebrates different cultures, it seemed a natural fit to partner with the Celebrate Milford committee. We are so pleased to be collaborating with them to add this new event to Celebrate Milford," noted MCC Chair Geri Eddins.

Singers, dancers, and other forms of entertainers that are representative of a cultural community are sought for the event. Interested performers must apply by March 17, 2023. An online application is available on the Milford Cultural Council page on the Town of Milford website. Go to: [MilfordMa.gov/milford-cultural-council](http://MilfordMa.gov/milford-cultural-council) and click "CALL TO PERFORMERS" in the left menu panel.

The MCC is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural

funding network in the nation, supporting thousands of community-based projects in the arts, sciences, and humanities every year. The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each community.

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# Visiting Cousin Witnesses her First Snow

## Searches internet for 'How to build a snowman'



**ElizNoelis ("Eli") Domenech Rivera of Puerto Rico witnesses her first-ever snow while visiting family in December. Courtesy photo**

By Theresa Knapp  
Editor

When thinking about her next visit to family in Massachusetts, ElizNoelis ("Eli") Domenech Rivera of Puerto Rico specifically chose December in the hopes of seeing snow. And she did.

"I saw snow toward the end of my vacation," said Rivera. "It was at my aunt's house in the morning. It was wonderful seeing snow first thing in the morning."

Cousin Melissa Nieves said it was "magical" to witness Eli experiencing the December snow.

"Her smile and energy of seeing snow for the first time was pure joy. This was the first time she has ever seen and experienced snow and a New England

winter," said Nieves. "She just kept saying, 'Looks like it's snowing' and 'It looks like a slushy' - she said it appears like a tropical shaved ice drink."

Rivera said, "When I woke up and saw snow I said, 'I want to make a snowman.' There was not a lot of snow so my aunt and cousin shoveled the snow to accumulate a pile to make the snowman."

She had the snow but did not know what to do next.

"I had my aunt [Mildred] search on her phone for 'How to build a snowman,'" said Eli. "I made a small snowman and we named her Tuti, which is my cousin's childhood nickname. Then I decorated it with some Christmas ornaments from my aunt's basement."

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# Can You Plan for an Unplanned Retirement?



Mark Freeman

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Many people plan to take an early retirement, so when that day arrives, they're ready for it. But what if you were to face an unplanned retirement? Would you be prepared to deal with the financial issues?

It's something worth thinking about, because any number of factors — illness, a spouse's illness, downsizing, other issues

— could lead to an abrupt departure from the workforce. But taking action while you're still working may help you make the transition easier on yourself.

Your first move, of course, should be to at least consider the possibility of having to retire earlier than you planned. You can then move on to some concrete steps, possibly including the following.

**Build an emergency fund.** Under any circumstances, it's a good idea to build an emergency fund — but it's especially important if you want to prepare for an unforeseen retirement. Generally speaking, your emergency fund should contain three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. But if you suspect an earlier-than-anticipated retirement may be in your future, and you have some time to prepare for it, you

should consider an emergency fund that contains a full year's worth of expenses.

**Consider your portfolio's asset allocation.** If you're concerned about an unexpected retirement, you may want to consider the equities allocation in your portfolio. If you think you may need to tap into your portfolio sooner than you expected, you may not want to be over-exposed to investments most vulnerable to market volatility. However, these are the same investments that offer you the most growth potential — which you'll need to help stay ahead of inflation. So, look for an investment balance that's appropriate for your needs. As part of this positioning, you may want to shift some assets into income-producing vehicles, while also adding to the "cash" portion of your portfolio to boost your liquidity.

**Evaluate your Social Security op-**

**tions.** An unplanned retirement may cause you to consider taking Social Security earlier than you had planned. You can start taking Social Security when you're 62, but your monthly benefits will be up to 30% lower than if you had waited until your full retirement age, which is likely between 66 and 67. If you have sufficient income through other sources, you may be able to delay taking Social Security until your checks will be bigger — but of course, if you need the money, waiting may not be an option.

**Address your health care needs.** If you take an unplanned retirement, and you have employer-sponsored health insurance, you'll have to look for alternatives. You might be able to get extended coverage from your employer, but this could be quite expensive. Of course, if you're already 65, you can get on Medicare, but if you're

younger, you might be able to get coverage under your spouse's plan. If that's not an option, you may want to explore one of the health care exchanges created by the Affordable Care Act. To learn more about these exchanges, visit [healthcare.gov](http://healthcare.gov).

Taking an unexpected retirement can certainly be challenging — but the more prepared you are, the better your outcomes are likely to be.

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

Mark Freeman  
Edward Jones Financial Advisor  
77 West Main Street,  
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## JULIA CHILD

*continued from page 1*

some of the old family recipes aren't lost over time. It also collects dishes originating from places around the world.

Think about a snack or dessert you make repeatedly because everyone loves it, or a main meal you never get tired of because it's tasty and easy to make. What special treat are you known for bringing to family gatherings or serving up for holidays and special occasions? Many people have at least one creation they are proud of, whether for breads, appetizers, soups, main dishes, cocktails, or desserts. Instead of just sharing the food with your relatives and friends, share the recipe with the Senior Center so others in town can make it for their loved ones.

While producing a book of recipes is something new for the Senior Center, cooking is certainly not. Chef Brenda Needleman cooks meals like the favorite macaroni and meatballs, which seniors no doubt hope will be included in the book. Instructions for preparing fresh vegetables, like those grown by gardener Nicky Trotta for lunches at the center, would also be a welcome addition.

Thomson will continue to accept entries through May, and then will compile them for publication in the summer. The Senior Center will sell the cookbook for a minimal price, with proceeds benefiting the Friends of the Milford Senior Center, which they will use to help plan and produce the fun events and informational programs at the Center.

Before it's too late, send

your recipe to [dthomson@townofmilford.com](mailto:dthomson@townofmilford.com), or mail it

to Milford Senior Center, Attention Deirdre Riley Thom-

son, 60 North Bow St., Milford, MA 01757.

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# Boston Marathon Icon and Prominent New England Photographer Join Forces for International Women's Month in Hopkinton

A new art gallery show, "Breaking Away," celebrating women's empowerment in honor of International Women's Month, opens March 8 at the Hopkinton Center for the Arts (HCA) and continues through April 20 in the Lotvin Family Gallery.

Located near the start of the Boston Marathon in Hopkinton,



Mural - "Victory" by Bobbi Gibb. Source: The Lotvin Family Gallery at Hopkinton Center for the Arts.

MA, the "Breaking Away" exhibition will feature two formidable female artists: Bobbi Gibb and Chelsea Bradway.

A public reception with these two artists will take place at the HCA on Friday, March 10 at 6 p.m. The reception is free and open to the public. The HCA plans to offer additional programming around this exhibition.

Bobbi Gibb is known to many as an icon of women's empowerment as the first woman ever to run and complete the Boston Marathon. Bobbi will exhibit a broad selection of her bronze figurines of the human body in motion, impressionistic paintings, and abstract paintings representing the patterns within her that reflect the patterns of nature and the universe. The exhibit will also include historical photographs and articles about Bobbi and her barrier-breaking 1966 run.

In 1966, Bobbi Gibb became the first woman to run the Boston Marathon, finishing ahead of two-thirds of the men at a

time when it was believed that women were not physiologically able to run marathon distances and were not allowed to compete in events longer than one and a half miles. Her feat disproved widely held beliefs about women and was a pivotal event galvanizing the second wave of the women's movement.

A Renaissance woman who worked in patent law and neuroscience and also studied sculpture and painting at the Museum of Fine Arts, Boston, Bobbi's artistic oeuvre includes realistic portrait heads, bronze figurines of the human body in motion, and both impressionistic and abstract paintings. Gibbs notes, "I sculpt how it feels to run from the inside. I catch the feeling of speed, joy and freedom I feel when I run."

Chelsea Bradway is a New England photographer drawn to photograph people in situations that bring the viewer's awareness of their strength, beauty and everyday struggles. Born in the Berkshires, Chelsea traveled

to Paris, Belgium and England, which influenced her artistic scope of the larger community that surrounds each of us.

Bradway's body of work will showcase woman of all ages, and how differently they view female empowerment.

"By creating a safe place for females to feel empowered, beautiful, strong, and comfortable in their own skin, a wondrous tapestry was born." Bradway continues, "I want to show the audience that all women are a force to be reckoned with, regardless of age, ethnicity, background, sexual orientation, social status, or political views".

The HCA is located at 98 Hayden Rowe Street in Hopkinton. Admission to view the exhibition is free. The Lotvin Family gallery is open Monday-Friday from 9 a.m. - 6 p.m., and weekends 9 a.m. - 2 p.m.. Private guided tours with a docent are available upon request.

For more information, contact the HCA via email: info@hopartscenter.org or call 508-



Bronze - "The Girl Who Ran" by Bobbi Gibb. Source: The Lotvin Family Gallery at Hopkinton Center for the Arts.

435-9222. Visit us at www.hopartscenter.com

The HCA is a non-profit 501(c)(3) organization serving the MetroWest region. HCA develops artistic skills, offers outstanding performances and art exhibitions, and enables visitors to experience art in all forms. Under one roof, HCA celebrates art through classes and events in visual art, theater, music, dance, ceramics, writing, and film.

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# Home Remedies for Simple Eye Problems

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

Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

## Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack, use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak or other raw meat on your eye. Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat

poses a high risk of infection.

## Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan. This usually involves antibiotic eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handkerchiefs or cosmetics. Change pillowcases frequently. Wash your hands often.

## Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your

allergy — whether it's pollen, pets or mold — can help relieve symptoms. If you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.

## Stye (also called hordeolum)

While a stye may look nasty, it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times, up to four times a day for at least a week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your con-

tact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

## Eye strain

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

## Bags under the Eyes

What we often call "bags under our eyes" is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the

puffy appearance.

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few minutes, applying very gentle pressure. Do this while sitting upright. Make sure you get enough sleep. Sleep with your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

## Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or don't go away, or if your vision is affected.

Some eye problems you should never treat on your own.

**EYES**

*continued on page 9*



## MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



John F. Hatch, M.D.



Bryan Hong, M.D.



Michael R. Adams, O.D.



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# Community Concert Band Seeks Members

## No "anxiety-inducing" audition required

By Jane Lebak

A fixture of the local music scene is reaching out to potential new members as it launches the 2023 season.

John Crowley says, "We are the Southeastern Massachusetts Community Concert Band. Since 1976, we've been very active, performing eight to ten concerts a year."

In 2022, the SMCCB performed in Ashland, Medway, Franklin, Wrentham, Hopkinton, Bellingham, Millis, and Attleboro.

The band consists of woodwinds, reeds, brass, and percussion instruments.

"We're all local musicians from the surrounding towns," says Crowley, a percussionist. "Our members range in age from people in their twenties to people in their eighties. We have people who played in high school or college and then put the

instrument away, and we have people on the other end who have been professional music educators for their career."

Laura Logan plays tenor sax, and her husband Mitchell Schwartz plays trombone. She joined the band in 1990. Logan says, "This band is a wonderful, comfortable, safe and welcoming place for musicians to come together to create music. I'll play there until I can't play anymore."

The band plays a wide variety of music. "Big band music, show tunes, patriotic music, a lot of popular music, even soundtracks from movies," says Crowley. "Every concert in the summer starts with The Star Spangled Banner, and ends with The Stars and Stripes."

As a testimony to how much fun and community the band members have with one another, some of the band's founding members are still participating. "It's an enthusiastic group," Crowley says. "We have members who've been in it from day one."

Their conductor for the past ten years is Bruce Houston, who has directed bands in the Massachusetts public schools for the past thirty-five years. He himself plays trombone professionally, and holds degrees from Syracuse University, Harvard University, and Southern Oregon University.

The band members are all volunteers. Crowley says, "We do it for the love of music." Moreover, all the concerts are free to the public. "We're hired a lot by the towns to play in their summer concert series. We play in the gazebos and town squares, and we also do a fair amount of playing in senior centers." This past December, the band gave three holiday concerts.

Band member Julie Samia has been playing flute and piccolo with the SMCCB since 1988. Samia says, "The SMCCB is special to me because

it is a place where every musician is accepted regardless of musical ability. There is no anxiety-inducing audition process, and we don't deny anyone based on full sections. Members have a commitment to provide live, free, good-quality, wholesome entertainment at a time when so little of that exists anymore."

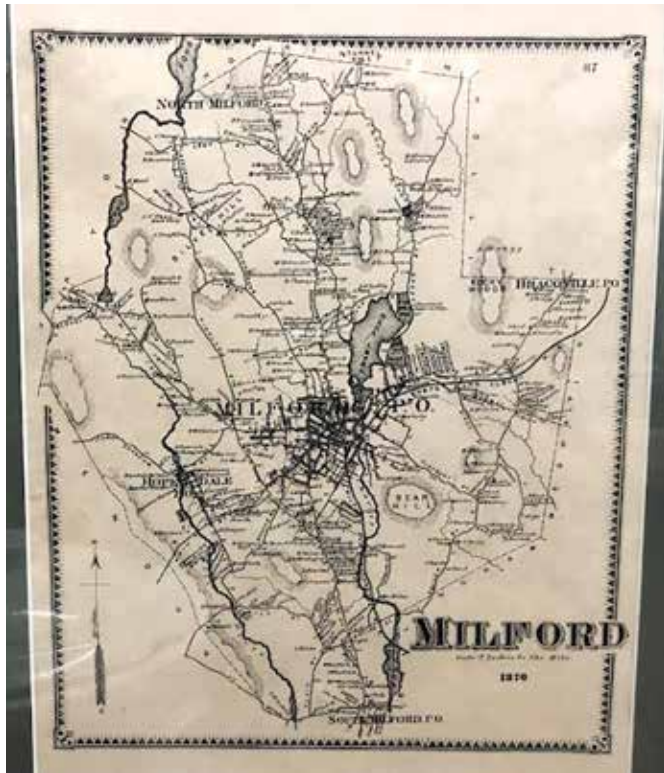
Crowley encourages anyone who has a clarinet (or a trumpet, or a saxophone, or a flute...) aging in the closet to consider dusting it off and reviving their musical skills. "I don't want anyone to shy away from it just because they haven't played in twenty years. The bulk of us are people who played long ago and then decided they want to get back to it."

Anyone on the fence about joining can call ahead and attend a rehearsal as a test run.

Crowley says, "I love music. I think our audiences appreciate hearing a large repertoire of familiar tunes. They're out there, stomping their feet, and everybody knows the tunes. It's a shared experience for us performing it and for the people listening to it."

Logan adds, "You can tell that people really enjoy live music. At one concert last summer, I noticed a lot of chair dancing. I'm also the announcer, so when I got up to announce the next piece, I said—clearly and dramatically—"The dance floor is open." And that's all it took. Two women came up to dance. They didn't even know each other. They started dancing, which encouraged other people to let loose and come up and dance. At the end of the concert, they'd made new friends. Music does wonderful things."

Rehearsals take place on Monday nights at the Medway Community Church. For more information about performances or joining the band, call 508-877-0635 or visit their website at <https://smcws.org>.



A reader recently spotted this 1870 map of Milford in a local antique store. Submit digital copies of your old photos to [editor@milfordfreepress.com](mailto:editor@milfordfreepress.com)



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## Local Towns Receive Nearly \$6k in Fire Safety Grants

In January, the outgoing Baker-Polito administration announced that 266 municipal fire departments would receive \$1.9 million in grants to fund fire and life safety education for children and older adults, setting a new record for the Student Awareness of Fire Education (S.A.F.E.) and Senior [citizen] SAFE programs. The previous record of 253 communities was set in FY 2018.

Milford received a S.A.F.E. grant of \$4,381 for child education, and a Senior SAFE grant of \$2,077 for educating senior citizens.

“For more than 25 years, the S.A.F.E. grant program has provided hundreds of thousands of Massachusetts students with fire and life safety lessons that last a lifetime,” said then-Governor Charlie Baker. “We are glad that this year’s awards will support consistent, state-wide, professional safety education in a record number of communities.”

The average number of children who die in fires annually has dropped by nearly 80% since the S.A.F.E. program began in FY 1996, and Massachusetts recently went nearly three years without losing a child to fire. The Senior SAFE program was launched in FY 2014, funding fire safety education for another vulnerable population – seniors, who face a disproportionate risk of dying in a fire at home.

The S.A.F.E. and Senior SAFE grant programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. A full list of recipient departments and their awards is attached. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.

## Best Buddies Sweetheart Pageant to Take Place in April

### Eighth annual event welcomes individuals with intellectual disabilities

By Scott Calzolaio

The Milford High School Best Buddies program is excited to announce the date for its eighth annual beauty pageant for individuals with intellectual disabilities from the Milford area. The theme is Mythology.

The pageant will take place at the Milford High School Auditorium on Friday, April 28 from 5 p.m. to 8 p.m. The event is open to the public and everyone is encouraged to attend to show their support.

“This event is a fun time where people with and without disabilities are able to shine,” says Alexis Forgit, the Pre Vocational teacher at MHS who teaches the Sub Separate program for the high schoolers in the pageant; she

is also an advisor for the Best Buddies club.

“Our Best Buddies officers work tirelessly to make sure all of our buddies get to have an amazing event,” says Forgit. “This year’s theme is mythology and it is definitely going to be amazing. I hope everyone stops by and checks out this great event.”

This pageant is an opportunity for the community to support these students in a showcase of talents and abilities. As usual, it promises to be an evening full of inspiration, entertainment, and above all, a celebration of diversity and inclusion.

“People should attend because it’s the best event of the year! Students with disabilities are getting the chance to showcase their strengths and strut their stuff,” says Forgit adding, “We are hopefully going to have our Milestones class from Brookside perform a closing act this year too!”

The Best Buddies Program is dedicated to creating opportunities for friendship, employment, and leadership development for people with intellectual and developmental disabilities. Milford High School leadership is thrilled to host this annual pageant as a way to help raise

awareness and promote inclusion for all individuals in the Milford area.

“I have been involved in Best Buddies since I was in high school,” says Forgit. “Working with, and supporting, these students has always been my passion. I am lucky enough to live in a community that fosters inclusion and these amazing programs for individuals with disabilities.”

Organizers are also seeking sponsors and donations of any kind, including raffle baskets, items, gift cards, and time and service to help make the pageant a success.

For more information about the program, to get involved, or make a donation, contact Alexis Forgit at [aforgit@milfordma.com](mailto:aforgit@milfordma.com).



### EYES

*continued from page 7*

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it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each and every one is family. We are from the community, most of us live in the community and our focus is to serve the community. As with any medical problem, the sooner you seek

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01/20/2023	10 Temple Street	\$590,000
01/18/2023	4 Dino Way	\$450,000
01/13/2023	2 Tina Road	\$555,000
01/13/2023	10 Clearview Drive	\$479,900
01/13/2023	7 Fordham Drive	\$510,000
01/12/2023	16 Sunnyside Lane	\$525,000
01/12/2023	3 Harvard Drive	\$450,000
01/10/2023	44 W Walnut Street, Unit D	\$294,000
01/10/2023	5 Hale Avenue	\$395,000
01/09/2023	12 Pond Street	\$316,000
01/06/2023	4 Eames Street	\$390,000
01/04/2023	45 Congress Street	\$500,000
01/03/2023	10 Walnut Street #5	\$242,500
12/30/2022	5 Colonial Road	\$485,000
12/30/2022	10 Yale Drive	\$250,000
12/30/2022	9 W Pine Street	\$420,000
12/30/2022	10 Otis Street	\$499,900
12/30/2022	71 Grove Street	\$310,000

Source: www.zillow.com / Compiled by Local Town Pages



10 Yale Drive in Milford recently sold for \$250,000. Photo credit www.zillow.com

## Milford Town Library Calendar of Events

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

### By Reference Department

**Library Closed Monday, Feb. 20 for Presidents Day.**  
**AARP Tax Program**

Appointments are now available for free income tax filing for senior citizens and lower income individuals. AARP preparers are able to assist with filing taxes for 2022, 2021 and 2020. Please note a separate appointment is needed for each tax year. Call 508-473-2145 ext. 219 to make an appointment or for more information.

### Tax Forms Now Available

The federal and state tax form that have arrived are available on the Grab & Go Table located at the library entrance, between the double doors.

### Oil Paintings: Angelo Falcone

During February we're pleased to have local artist Angelo Falcone return to exhibit his beautiful landscapes. Angelo is affiliated with the Atelier Artists group.

### Center Book Group

The Center Book Group will meet next on Tuesday, March 21 at the Milford Senior Center to discuss *The Extraordinary Life of Sam Hell* by Robert Dugoni.

This coming of age novel features a boy born with red pupils due to an eye condition. He's bullied by classmates and grows up to become an ophthalmologist who is devoted to his patients and their struggles.

To reserve a copy or to learn more about the Center Book Group, please call the Information Desk at 508-473-2145, ext. 219 or email Anne at aberard@milfordtownlibrary.org.

### Cookbook Club

The Cookbook Group will meet on Wednesday, February 15 at 7 p.m. in the Children's Program Room to try recipes from *Pasta Revolution*: by America's Test Kitchen. Place a copy on hold at the Information Desk in person or by calling 508-473-2145 ext. 219. If interested in becoming a member, email the Reference Department at reference@milfordtownlibrary.org.

### The Contemporary Book

The Contemporary Book Group will discuss *The Guncle* by Steven Rowley on Wednesday, February 22 at 7 p.m. in the Children's Program Room.

In this heartwarming novel, Patrick (aka Gay Uncle Patrick GUP) suddenly must become guardian of his niece and nephew. Patrick soon discovers that being an uncle is different than being a parent.

To reserve a copy of *Guncle* or for more info, call Shelley at 508-473-2145, ext. 223 or email msgammato@milfordtownlibrary.org.

### ESL Drop in Classes

Drop-In ESL Classes meet on Tuesdays and Thursdays at 7 p.m. in the ESL classroom on the lower level. No registration is necessary. Students should bring a pad of paper and a pen or pencil to take notes.

We have also created a Facebook Group that students can join to learn more. It's a place for tutors and students to communicate.

### Citizenship Preparation: Spring Session

Active Citizen, a free citizenship preparation program taught

by Instructor Atef Sorial returns for the spring session with a new day and time. Classes meet on Tuesday from 5 p.m. - 6:30 p.m. in the ESL Classroom on the lower level of the library.

Adult students must be nearing their residency requirements in order to enroll in the course. Guidance and approval will be given by the Instructor.

For more information, please call Anne Berard at 508-473-2145 ext. 219 or email reference@milfordtownlibrary.org.

### Love Local, Read Local

During February, the round table display near new fiction will be devoted to books by either Milford or Massachusetts authors. This theme aligns with the Massachusetts Center for the Book's 2023 Reading Challenge.

### Coming soon:

The Friends of the Milford Town Library will welcome Sheryl Faye performing as Ruth Bader Ginsburg in *I Dissent!* on Tuesday, March 28 at 7 p.m.

Catherine Marengi will be part of the Shawna Foundation Library Poetry Tour on Wednesday, April 5 at 7 p.m.

Libia Goncalves will offer an acrylic floral painting workshop on Tuesday, April 11 at 7 p.m. There will be a small materials fee and the workshop is open for ages 13 and older.

Eric the Plant Guy will present a cannabis growing workshop on Saturday, April 22 at 1 p.m. This event is 21+

Matt York will perform songs by and tell stories about Johnny Cash, Waylon Jennings, Kris Kristofferson & Willie Nelson on Saturday, May 6 at 1 p.m.

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. 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 2003. 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 ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic,

## Business spotlight

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 as well as Resellables, a thrift store in Bellingham. 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!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).

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## Milford Children Eligible for Vaccine Clinic

Children of Milford are eligible to receive childhood vaccines at the Ashland Board of Health weekly childhood vaccine clinic. This regional clinic was created to provide vaccines required by the state for school-aged children who are uninsured or underinsured. Residents must reside in Milford, Ashland, Framingham, Hopkinton, Hudson, Maynard, Millis, or Natick to attend this clinic, which has vaccinated more than 237 children so far in the region.

A public health nurse is present at every clinic to provide

the following vaccines for children and teens: DTap, HPV9v, HepB, IPV (Inactive Polio Virus), MCv4 (Meningococcal), MMR, Td (Tetanus and Diphtheria), Tdap (Tetanus, Diphtheria and Pertussis), and Varicella.

A Community Health Worker is also available during clinics to translate (for Portuguese speakers) if needed, and to connect clients with resources. If you would like your child to attend the next clinic, please call 508-733-3005 (for the Public Health Nurse) or 978-875-5384 (for Community Health Worker).

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## SCHOOLS

# Milford Public Schools Building Highlights

The following are updates from individual schools in the Milford Public Schools district.

## Districtwide News

**Save the Date:** Kindergarten packet drop off is scheduled for March 13 from 6 p.m. to 7:30 p.m. Each school will release the date and time. Kindergarten Information Nights will take place at a later date at each school. Call the Milford Public Schools Family Resource Center at 774-268-3843 with questions.

## English:

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

## Spanish:

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

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

## Portuguese:

O Departamento de Saúde Mental lançou uma nova Behavioral Health Help Line (Linha de Ajuda de Saúde Comportamental) em que as pessoas podem ligar ou enviar mensagens de texto para 833-773-2445. Ela está disponível 24 horas por dia, sete dias por semana, em mais de 200 idiomas. A linha de ajuda pode ajudar indivíduos e famílias a navegar o sistema de saúde comportamental e acessar tratamentos, incluindo o serviço de crise com atendimento pelo celular. Para mais informações, consulte o FAQ (perguntas frequentes). Qualquer pessoa com dúvidas ou perguntas sobre a linha de ajuda pode enviar um e-mail ao diretor da linha de ajuda em Mio.Tamanaha@mass.gov.

## Save the Date:

2/16: School Committee Meeting: 7 p.m.



2/20: President's Day - No School - School Offices Closed  
2/20-2/24: February Vacation  
2/27: School Resumes  
3/17: Early Release - K-12 - PreK Closed - School Offices Open  
3/22: String Vertical Concert (MHS Gym), 7 - 8 p.m.

## Milford High School

The "OneGoal" program is in its second year at Milford High School. The purpose of "OneGoal" is to provide first generation, economically disadvantaged, and underrepresented minority students who pursue post-secondary plans with support. Students enrolled will receive formalized support from program directors during their junior and senior years, and during their first year of college. The intent of the program is beyond helping students enroll in college, it's also to provide students with support and skills to complete their degree/cho-

sen program and compete in a global market. Program Directors are Anne Marie Fransen, a Foreign Language Teacher, and Aaron Annibali, a Special Education Teacher.

Milford High Senior Mackenna Bogartz has been selected as a semifinalist in the 2023 Coca-Cola Scholar program. She is one of 1,557 students selected from over 91,000 applicants throughout the United States to continue through to the semifinalist application process for the academic excellence, leadership, and service. Regional finalists will consist of 250 students and 150 will have the opportunity to be selected as a Coca-Cola Scholar, receiving a \$20,000 college scholarship. Mackenna plans to study Molecular Genetics in college.

A FY23 Math Acceleration Academies Grant for \$54,134 was secured by Kerry Taylor, Math Curriculum Supervisor, and will be used for Milford High School to run three February Math Acceleration Academies and three April Math Acceleration Academies during the vacation weeks.

## Save the Date:

3/17: Theater Production: Wizard of Oz, 7 p.m.  
3/18: Theater Production: Wizard of Oz, 7 p.m.  
3/19: Theater Production: Wizard of Oz, 2 p.m.  
4/29/23: Junior Prom  
4/28/23: Best Buddies Sweetheart Pageant, 5 - 8 p.m.  
5/26/23: Senior Prom  
6/4/23: Graduation

## Stacy Middle School

Two Stacy Middle School Students Selected as VFW Patriot's Pen Winners. Commander Steve Petak of the local VFW has announced that Gianna Renaud, a student at Stacy Middle School, has been selected as this year's winner for Milford Patriots Pen. Gianna will go on to compete at the district level and is eligible for the state title.

The Rockdale Post 7556 VFW selected Aubrey Buckley's essay as their district winner. She is going on to the state competition at a dinner in Boston.

The Patriots Pen is a VFW-sponsored youth essay contest. Last year, Gianna and Aubrey

wrote their applications in Mrs. Carol Monahan's ELA class.

Blackstone Valley Education Foundation (BVEF) offers "In the Workplace" Learning Experience for Students. Twenty students from Stacy Middle School joined 20 peers from the Bellingham Middle School at the Dell Manufacturing Facility in Franklin recently. Dr. Kevin McIntyre, Superintendent of Schools, worked with BVEF to bring the opportunity to SMS. Students interested in being considered for the opportunity had to apply as if it was a job opportunity, and the top candidates were selected. Students collaborated with peers on several engineering challenges in collaboration with Dell employees. After the challenges, students toured the facility and learned about the production side of Dell products. Students had the opportunity to talk with Dell employees about their experiences at Dell and potential career options for students interested in science, engineering, production, quality control, and safety.

"Our Community" - A short phrase that demonstrates the strong commitment members of the MindsMatter Club have towards their school. The club's mission is to foster well-being through positive thinking, self-care, and kind acts within Stacy Middle School and the community. Students created a colorful paper chain at the bus loop entrance. Individuals entering the bus loop each day will read "Our Community."

## Save the Date:

3/10: Performing Arts presenting High School Musical Jr. 7 - 8 p.m.  
3/11: Performing Arts Department presenting High School Musical Jr. 7 - 8 p.m.  
PTO Meetings are held on the third Wednesday of each month unless otherwise posted.  
3/15: Stacy PTO Meeting, 7 p.m.  
3/24: MindMatters Read-A-Thon 4 - 9 p.m.

## Woodland Elementary School (WES)

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# SCHOOLS

## MILFORD PUBLIC SCHOOLS

*continued from page 12*

Principal Kearnan is pleased to announce the latest round of nominees for the Woodland Elementary School Principal's Council. WES teachers nominate students from their classes who exemplify values important to us at Woodland. Respect, effort, inclusiveness, leadership, and helpfulness are examples of the types of prosocial, positive behaviors we value at Woodland and in our community. WES wants to recognize and celebrate students who demonstrate these behaviors consistently in class, school, and our community. WES hopes that students who have earned and deserve this nomination will be celebrated and recognized in our community and at home. These students ensure everyone feels like they are important community members. They connect with their classmates and build relationships that extend beyond differences. They find things people have in common and make sure everyone is noticed and feels significant. Everyone gets included when these classmates are around! Their teachers have nominated the fifth Council of the year for inclusiveness.

**Inclusiveness Grade 3:** Lila Consigli, Agatha Nazario, Helena Damata, Jayce Norton, Wesley Marcelino, Victoria Dos Santos, Colin Flanagan, Grace Hartford, Makhai Perez, Eduardo Meija Fuente, Lou Garland, Isabelle Gomes, Alexis Pizha Pinguil, Maxwell Dzindolet, Lucas De Paula

**Inclusiveness Grade 4:** Yasmin Santos, Julia Carmo, Jaden Williams, Srinithi Burramukku, Hayden Benton, Jacob Warren, Lulu Sousa, Jillian Karlin, Clare Kearnan, Sofia Rivera, Murilo Godoy, Franyeri Gomez Gonell, Arthur Oliveira, Tanner England, Selina Cales

**Inclusiveness Grade 5:** Isabella Silva Hughes, Jackson Pinto, Lohann Miranda, Makayla Keenan, Silas Bersin, Samuel De Oliveira, John Nyanzi, Mateus Martins, Stevie Grace Frederick, Jordan Jaboin, Naomi Harris, Bella DeBarros, Addison Ross, Jully Silva, Jake Cutler, Allison Carrier

A \$19,300 grant from the MetroWest Health Foundation was secured during the fall of 2022 for WES. Funds will be used to support and expand the WEAVE program at WES. The WEAVE program aims to provide English learner (EL) Newcomer students with comprehensive transition programming. The program empowers students to learn new communication and coping skills, process their traumatic experiences, and have opportunities to transfer their learning to real-world scenarios. The Social Work Department intends to partner with UMass Chan Medical School through the Science Participation Resource Center to enhance existing programming by incorporating an "in addition to" pilot component called Storytelling.

PTO Meetings are held on the second Wednesday of each month.

### Memorial Elementary School

Student Gives Back to their Community. Sophia Soares, Milford High School senior, designed and constructed a "Little Free Library" for Memorial School. Situated on the Memorial campus, this library is open for children and their families to share and borrow books.

The Little Free Library was Sophia's Girl Scout Gold Award Project. Sophia's goal is to promote literacy in her younger peers by increasing access to books within their school environment. The Memorial Elementary School community wishes to thank Sophia for creating a "Little Free Library" for their use.

Kids Learning to Create a Positive Vision at Memorial Elementary School. Memorial School is reading the "Energy Bus for Kids", by Jon Gordan. The book teaches students how to overcome negativity, bullies, and everyday challenges to be their best and share their positive energy with others.

During the months of November and December, Ms. Hinnant and Mrs. Burns shared the first rule from The Energy Bus for Kids. Rule number 1 is to "Create a Positive Vision." Ms. Hinnant and Mrs. Burns worked with the students to create a positive vision for their time at school. Many staff members are also reading "The Energy Bus - 10 Rules to Fuel Your Life, Work and Team with Positive Energy".

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

### Brookside Elementary School

Girl Scouts and classrooms from Brookside are teaming up to write letters for Valentine's Day to Seniors in nursing homes.

Wednesday night Weekly Zoom read-aloud is began January 25. The read-aloud events are to promote BES Love of Literacy.

Each week, staff members will be reading aloud stories and poems of their choosing to read aloud to any of Brookside's families that would like to log onto the virtual meeting.

Brookside classes will participate in a school-wide reading event throughout the school year. Each class will read stories from the "There Was an Old Lady Who Swallowed a Fly" series by Lucille Colandro. Staff members will hide The Old Lady and the items she ate around the school for students to spot.

A \$2,000 FY23 BVEF Foundation Unibank Enrichment Grant was secured on behalf of Brookside Elementary School. Funds are being used to support the Brookside Elementary School project titled: Increasing Student Mindfulness Using Creative Experiential SEL Yoga Practice.

The Milford Public Schools is interested in exploring and

implementing alternative, engaging instructional approaches that teach students lifelong wellness skills to improve students' academic and social learning outcomes in the early school setting. Students will participate in mindfulness activities throughout the year.

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

### Shining Star Early Childhood Center

Shining Star students will participate in a dental program on February 16 and 17. Students will learn important facts about dental care, oral health, and the importance of taking care of their teeth and gums.

Mr. Gerry visited Shining Star students on January 24, 26, and 27. Students learned about music and movement and participated in songs with Mr. Gerry, the staff, and their peers.

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

### Family and Community Network

Please visit the Family and Community Network at <https://www.milfordpublicschools.com/milfordfcn> for program details and to learn about programming opportunities.



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# SPORTS

## MHS Girls' Track Set to Make Mark at States

### MHS Athletic Hall of Fame Seeks Nominations

The Milford High School Athletic Hall of Fame Selection Committee is now seeking nominations for its Class of 2023 inductees. The Induction Ceremony and Banquet will be held in November.

Nomination Forms will be accepted until March 1 and can be obtained by contacting Committee Chairman Nick Zacchilli at nickzacc851@gmail.com.

Selections will be made by the Committee prior to April 15 when the new class will be announced.

*By Chris Villani  
Sports Writer*

Last season, Milford took a van full of girls to the state track meet during the winter season. This year, the team and head coach Dan Gordon set a new goal: take a bus to the title meet.

"Fortunately, we have managed to qualify enough athletes that we will need a bus," Gordon said. "You can only fit so many people in a van."

The Scarlet Hawks have a relatively small roster this winter with only 25 girls on the team. But Milford still managed a win and a tie during the dual meet campaign while competing in the always-challenging Hockomock League.

"You don't want to see a tie, but it's better than a loss," Gordon said. "We had a massive improvement considering the personnel we lost to graduation and how few members of the team we have now."

What MHS lacks in depth, it makes up for with top-end talent.

Kiyanni Simas has continued a dominant career that has seen her capture multiple state titles. The sprinter battled through injury during the first half of the season, but still placed second at the New England invitational in the 55-meter dash and her time is tops in the Hockomock and one of the best in the state this winter.

Simas is heading to Rutgers next year and is one of two Milford athletes who will continue their track careers at the Division I collegiate level. Fellow captain Sydney Kalil is committed to Stonehill and is one of the top runners in the state this winter in the two-mile.

"She was a Hockomock all-star in cross country and we are hoping she can secure another all-star award this winter," Gordon said.

The 4x200 relay team consisting of Simas, Kaylee Whitney, Gabrielle Peniche, and Evalysse Pierce qualified for states and Pierce, a junior captain, also earned a spot at states in the dash.



A member of the Milford High School Girls' Track team at a recent meet. Courtesy photo

Kay Wheelock is another captain who has been a versatile athlete for the Scarlet Hawks, competing in the 300, the 600, the high jump, and pitching in on the relays and hurdles when needed.

"She certainly has been instrumental in the success we have had this year," Gordon said.

Peniche, who is also a captain, had her own individual success as the team's top 300 runner all season and the second best long jumper.

"Our five captains are leading

the charge and scoring the most points," Gordon said. "It's been a tremendous season for the five of them."

Simas and Kalil will be among the favorites to compete for league titles in their respective events and the 4x200 relay team is expected to compete at states. Gordon said the bar is set high for his top athletes.

"I think we can see some more people qualify for the all-state meet this year," he said. "And we definitely have a chance to get some runners to the national meet."



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SPORTS

# New Faces Lift MHS Boys' Winter Track

By Chris Villani  
Sports Writer

The Milford High boys' winter track team has shown strong improvement this season, and head coach Dan Gordon credits some newer athletes who have stepped into significant roles.

The Scarlet Hawks' revamp started in the dash, where Gordon said a "complete overhaul" was needed when senior captain Patrick Delaney suffered a season-ending injury that knocked him out in the second week of December.

"In his absence, a couple of sophomores have stepped up in a huge way," Gordon said.

Jarrett Brown was Milford's top freshman in the sprint during last year's spring track season and he's followed that up with a winter season that has seen him qualify for the state meet. Yael Lopez has also improved a significant amount and become one of Milford's top sprinters.

Perhaps the biggest strides this season have been made by

co-captain Ben Parson. Gordon said Parson's success is the by-product of an "amazing" effort during the offseason.

"He was at the track five days per week through the fall, which is not so common with a lot of high school athletes," the coach said. "The amount of dedication he showed in the offseason was truly eye-opening. I knew he was in for one heckuva season when I saw the work he was putting in during the fall."

Taylor Feliciano and Shawn Pierce add depth to the sprinting crew and have made it among the most formidable in the Hockomock League.

"They are young," Gordon said, "but they are the future of the league for sure."

Mark Butters, another captain, followed up an all-star campaign in cross country by earning a spot in the state meet in the 1,000 meter run.

"He is having a great season and he is a great captain," Gordon said. "I can count on

Mark to run multiple events and I know I will always be getting a chance to win."

Sophomore Andrew Fletcher is in his first season running indoor track and has followed in the footsteps of the older distance runner, Butters.

"He is one of the best sophomores in the league," Gordon said. "We know he will be making a big jump in his performance over the next few weeks, he is ready to take it to the next level."

Senior captain Chris Benson has led the throwers all season and Gordon called him "a model of consistency and passion."

"He is an excellent captain and gets the most out of his talents," Gordon said.

If MHS had a weakness last season, it was the hurdling events. Aloiy Okhipo entered the season without a natural event and the coaching staff elected to have him give hurdles a try. He's now the top hurdler on the boys' team and earned



A member of the Milford High School Boys' Track team at a recent meet. Courtesy photo

multiple victories during the dual meet campaign.

Gordon said he wants to see as many athletes as possible compete in the postseason meets throughout February, including the league championships, the state meet, and the all-state meet of champions. The Scarlet Hawks are also aiming to qualify the sprint medley relay

for the national championship, which will be held in Boston this year. The quartet of Brown, Feliciano, Parson, and Butters ran a qualifying time earlier this season, but were disqualified for a technical violation.

"That happens sometimes," Gordon said. "But we know they can hit that time. We know they can do it."

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<p><b>2016 JEEP RENEGADE</b> AS LOW AS \$56/WK #122-773A • 4X4, ALLOYS, TURBO NEW RETAIL PRICE: \$36,165   <b>WHOLESALE PRICE: \$18,677</b></p>	<p><b>2020 TOYOTA TACOMA 4x4</b> AS LOW AS \$119/WK #TP1542 • LIMITED TRIM, SUNROOF NEW RETAIL PRICE: \$53,605   <b>WHOLESALE PRICE: \$36,477</b></p>	<p><b>2020 DODGE DURANGO SXT</b> AS LOW AS \$108/WK #D12643L • 18" ALLOYS, AWD, V6 NEW RETAIL PRICE: \$49,595   <b>WHOLESALE PRICE: \$33,477</b></p>	<p><b>2018 TOYOTA SIENNA LE</b> AS LOW AS \$99/WK #TP1890 • ALLOYS, THIRD ROW SEATS NEW RETAIL PRICE: \$49,725   <b>WHOLESALE PRICE: \$30,977</b></p>	<p><b>2020 TOYOTA CAMRY LE</b> AS LOW AS \$85/WK #ST0432A • LANE DEPARTURE, CPO NEW RETAIL PRICE: \$38,625   <b>WHOLESALE PRICE: \$26,977</b></p>	<p><b>2022 CHEVY SILVERADO 4x4</b> AS LOW AS \$138/WK #43900R • LTD TRIM, 2.7L TURBO NEW RETAIL PRICE: \$54,180   <b>WHOLESALE PRICE: \$41,977</b></p>	<p><b>2022 GENESIS G70 2.0T SEDAN</b> AS LOW AS \$120/WK #H03331 • LEATHER, NAV, SUNROOF NEW RETAIL PRICE: \$50,995   <b>WHOLESALE PRICE: \$36,977</b></p>
<p><b>2019 GMC ACADIA SLE</b> AS LOW AS \$87/WK #H03167 • AWD, APPLE CARPLAY NEW RETAIL PRICE: \$37,865   <b>WHOLESALE PRICE: \$27,677</b></p>	<p><b>2021 TOYOTA TUNDRA SR5</b> AS LOW AS \$159/WK #P14966A • ALLOYS, 4X4, CREWMAX NEW RETAIL PRICE: \$54,970   <b>WHOLESALE PRICE: \$47,977</b></p>	<p><b>2019 JEEP CHEROKEE 4x4</b> AS LOW AS \$99/WK #D12650L • LATITUDE LUX, ALLOYS NEW RETAIL PRICE: \$39,400   <b>WHOLESALE PRICE: \$30,977</b></p>	<p><b>2019 HYUNDAI TUCSON SUV</b> AS LOW AS \$88/WK #H03468 • AWD, SPORT TRIM, CPO NEW RETAIL PRICE: \$36,750   <b>WHOLESALE PRICE: \$27,977</b></p>	<p><b>2019 NISSAN SENTRA SV</b> AS LOW AS \$48/WK #H03562 • 29/37 CITY/HIGHWAY MPG NEW RETAIL PRICE: \$26,100   <b>WHOLESALE PRICE: \$17,677</b></p>	<p><b>2020 CHEVY TRAVERSE</b> AS LOW AS \$92/WK #43741 • AWD, LT TRIM, ALLOYS, V6 NEW RETAIL PRICE: \$39,995   <b>WHOLESALE PRICE: \$28,977</b></p>	<p><b>2022 HYUNDAI KONA N SUV</b> AS LOW AS \$98/WK #22-004B • NAV, LEATHER, ALLOYS NEW RETAIL PRICE: \$39,235   <b>WHOLESALE PRICE: \$30,677</b></p>
<p><b>2021 ALFA ROMEO GIULIA TI</b> AS LOW AS \$110/WK #D12700L • AWD, SUNROOF, NAV NEW RETAIL PRICE: \$54,865   <b>WHOLESALE PRICE: \$33,977</b></p>	<p><b>2021 MERCEDES GLC 300</b> AS LOW AS \$166/WK #H03231 • 19" ALLOYS, 4MATIC AWD NEW RETAIL PRICE: \$64,670   <b>WHOLESALE PRICE: \$49,977</b></p>	<p><b>2019 TESLA MODEL 3 AWD</b> AS LOW AS \$127/WK #43553B • SUNROOF, NAV, ALLOYS NEW RETAIL PRICE: \$59,990   <b>WHOLESALE PRICE: \$38,977</b></p>	<p><b>2022 FORD BRONCO 4x4</b> AS LOW AS \$219/WK #P15348GG • WILDTRAK TRIM, NAV NEW RETAIL PRICE: \$76,425   <b>WHOLESALE PRICE: \$64,977</b></p>	<p><b>2019 SUBARU WRX STI</b> AS LOW AS \$101/WK #43786A • TURBO, ALLOYS, LEATHER NEW RETAIL PRICE: \$46,100   <b>WHOLESALE PRICE: \$31,477</b></p>	<p><b>2022 HYUNDAI SANTA CRUZ</b> AS LOW AS \$120/WK #H03417 • AWD, 2.5T LIMITED TRIM NEW RETAIL PRICE: \$45,395   <b>WHOLESALE PRICE: \$36,977</b></p>	<p><b>2016 BUICK CASCADA</b> AS LOW AS \$53/WK #H03344 • PREMIUM TRIM, ALLOYS NEW RETAIL PRICE: \$33,440   <b>WHOLESALE PRICE: \$19,977</b></p>

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