

Alfred Consigli of Upton, formerly of Milford, now a centenarian

Army veteran shares countless memories

By Linda Chuss

In December 2023, Alfred Consigli of Upton turned 100 years old, an age achieved by only 3 out of 1,000 people in the country according to a Jan. 9, 2024 article published by the Pew Research Center. What also stands out about Consigli is a lifetime full of compelling stories he relates with frank charm.

He was one of nine boys born to Ceasar and Clara (Speroni) Consigli in Milford, where he lived for decades. During World War II, Consigli was a U.S. Army tank gunner and deployed to six European countries. "Seven of us brothers were in the war at the same time," said Consigli. "We all lived through it, but never talked about it."

Those seven broth-



Left to right, ALFRED CONSIGLI, JOSEPH CONSIGLI, MARIO CONSIGLI and JOHN CONSIGLI

ALFRED (top left), was the youngest of the seven Consigli brothers from Milford who served during World War II. Photo courtesy of John Consigli

ers are Alfred, George, John, Joseph, Louis, Mario, and Richard. The other brothers, Albert and Robert, were too young to join the military. Al-

fred is now the only surviving sibling.

CONSIGLI

continued on page 8

Mendon lifelong resident David Lowell finds his roots are broad and deep



A nearly full house came out in October to hear the Mendon Historical Society's presentation by Rich Schofield about resident David Lowell's long and storied ancestry. Courtesy photo

By Linda Chuss

On Oct. 22, 2023, Mendon Historical Society Treasurer Rich Schofield delivered an informative and lighthearted presentation about lifelong resident David Lowell's ancestry. "Finding Your Roots – Mendon Edition" revealed surprising and impressive connections Lowell's family has had in America dating back to 1620. Schofield said his "awareness of my friend David's rich past, interest in making local his-

tory engaging, and the popular PBS show of the same name were the program's inspiration."

Schofield also weaved Lowell's family experiences into Mendon's larger history, allowing current residents to better appreciate connections between themselves and the town's past. From even before the original founding of Mendon, through King Philip's War, witch-

LOWELL

continued on page 3

WATCH US TUESDAYS ON TRUCK TALK!

Thinking of buying your Valentine a New Home?

LET US HELP

We are your local REAL ESTATE EXPERTS!

ROBYN: 774-573-1336 • RobynAndSeanSoldMyHouse.com • SEAN: 774-696-6402

7 TIPS FOR RUNNERS!

- ✓ Stretch these Muscles
- ✓ Do this to Avoid Shin Splints
- ✓ Go Anti-Gravity

SCAN ME

Hover your phone over the QR Code for the FREE report!

concoerge
HOPKINTON, SHREWSBURY, SUTTON
978-517-4500

PRESIDENTS' DAY ★ MONTH-LONG MILLION DOLLAR CLEARANCE EVENT

OVER \$75 MILLION DOLLARS IN INVENTORY | NEARLY \$10 MILLION DOLLARS IN DISCOUNTS | OVER 2,000 VEHICLES DISCOUNTED FOR THIS EVENT

DISCOUNTS UP TO \$15,000 OR AS MUCH AS 30% OFF!

WE WORK WITH OVER 60 BANKS AND CREDIT UNIONS TO GET YOU THE LOWEST RATE POSSIBLE!

4 DEALERSHIPS | SEVEN BRANDS | BEST VEHICLE SELECTION IN NEW ENGLAND

SHOP AND COMPARE - SAVE THOUSANDS ON OVER 2,000 VEHICLES IN ONE LOCATION!

8-18 UXBRIDGE ROAD (RTE. 16) MENDON, MA | 300 FORTUNE BLVD, MILFORD, MA

IMPERIAL CARS.COM

Ford | Chevrolet | Chrysler | Dodge | Ram | Jeep | Toyota

Spooner: A 1778 crime story presented by Mendon Historical Society

On Sunday, Feb. 18, at 2 p.m., the Mendon Historical Museum (15 Hastings St.) will host "The Tragic and True 1778 Crime Story" presented by storyteller Sari Bitttocks.

Learn about the fascinating scandal that led to the unfortunate demise of Joshua Spooner at the hands of his wife Bathsheba Spooner in Brookfield. But the real question is why was Bathsheba really silenced and put to death? You be the judge.

The event is free but reservations are suggested by emailing mendonhistoricalsociety@gmail.com Snow date is Feb. 25.



Bathsheba Ruggles Spooner (1746-1778).
Source: www.findagrave.com/memorial/40581415/bathsheba-spooner

Read more about Bathsheba Spooner and the crime at bit.ly/3MAWomen

Mendon influenced Milford street names

Several street names in Milford reflect that town's past, but many also reflect "Mother Mendon" as well as Upton and other towns.

Quinshipaug Road, located off Dilla Street in Milford, is derived from the land known as the Quinshipaug Plantation that became Mendon. The Native American name meant "Pickerel Pond." Moses Payne and Peter Brackett purchased the land in 1662. Eight towns eventually broke away from what we call "Mother" Mendon, and those towns were Milford, Hopedale, Blackstone, Millville, Upton, Northbridge, Uxbridge, and Bellingham.

Purchase Street derived its name from the additional land purchased by Peter Brackett and Moses Payne. It was a

three-square-mile parcel north of the original laying-out, thus it was called the "North Purchase" and bounded on the east by Holliston, north by Hopkinton, and west by Upton.

In addition, Milford's Asylum Street, Highland Street, and Bear Hill also have interesting histories.

Asylum Street got its name from a farm purchased by Milford to establish an asylum in 1825. The paupers and mentally challenged people who lived there were under the care of the Milford Board of Selectmen and Overseers of the Poor. Highland Street was originally named "Magomiscock" which meant "ground affording a grand view." It is the highest point in Milford and, at one time, you could see the Wachusett and Monadnock mountains as well as the Blue Hills in Milton.

Bear Hill was originally named "Moshcock" which came from a Native American tale that meant "a haunt for



bears." For more information on Milford's history, feel free to visit the Milford Historical Commission any Thursday from 1 to 4 p.m. or by appointment. They are located in Memorial Hall, 30 School St., and can be reached at 774-462-3316 or memorialhall@townofmilford.com.

Submitted by the Milford Historical Commission



PARK PLACE DENTAL ASSOCIATES

Cosmetic & Family Dentistry
Relaxed, Friendly Atmosphere



John C. Park, DMD

- ◆ Cleaning & Exams
- ◆ Fillings
- ◆ Invisalign®
- ◆ Teeth Whitening
- ◆ Bridges
- ◆ One-Day Crowns
- ◆ Children Welcome

Welcoming
NEW
Patients

508-473-6500

parkplacedentalma.com

54 Hopedale St., Suite 8, Hopedale

Additional location in Hopkinton – HopkintonDMD.com



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



Get back to doing what you love

Everyone deserves to live a pain-free life. Your well-being is our top priority, and we are here to help you get back to doing what brings you joy.



SCAN ME

Our highly skilled and compassionate team is here to help - Call today!

PLATINUM
PHYSICAL THERAPY
All major insurances accepted

1 Lumber St., Suite 201, Hopkinton
196 E. Main St., Milford (in The Gym)
Additional locations in
Ashland and Maynard

Visit platinumpma.com or call
508-544-1540 for an evaluation

Get more out of your checking account

Put your money in an account that does more for you when you open a free Premium Checking Account at Central One.

- Cash back on purchases
- ATM reimbursement
- Early access to your regular direct deposit

Open at our Milford branch located at 82 Prospect Street or online at centralfcu.com



Terms and conditions apply. See website for details. Federally insured by NCUA.



LOWELL

continued from page 1

craft hysteria, and supporting the Revolutionary and Civil Wars, Lowell's ancestors were there.

About the presentation, Schofield said, "We were excited to have 75 people attend, including David's relatives and friends, curious Mendon residents, and other local history buffs."

Among the biggest surprises for Lowell was learning The Mayflower Society awarded him membership based on being verifiably descended from John and Priscilla Alden, notable passengers aboard the famed ship. He was also presented with a certificate from the Sons of the American Revolution, acknowledging proof of several ancestors who were patriots.

Schofield said, "What impressed David most was learning he's related, in one way or another, to 43 of 45 U.S. presidents. When you can trace your roots back as far as David can, there are an unbelievable number of connections because

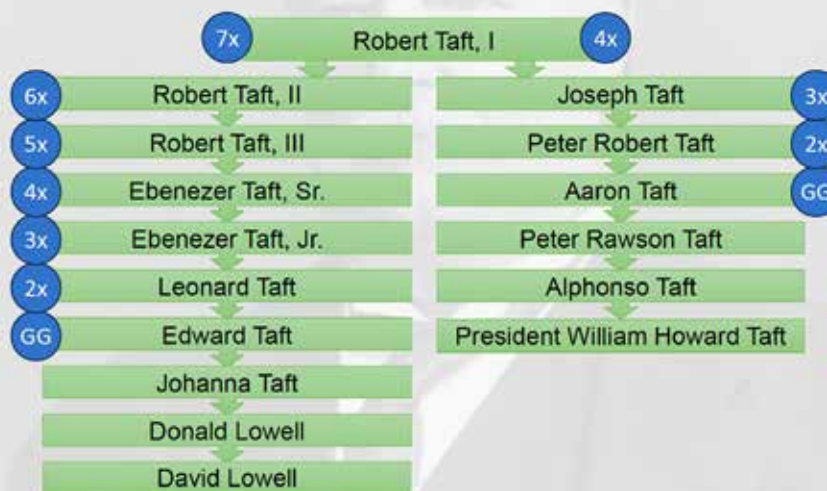
every generation doubles the number of direct ancestors in your tree. For example, everyone has 2,048 ninth great-grandparents, meaning there are lots of paths to lots of distant relatives. Many people are related to a president or two – I'm related to 11. But David's lineage in this regard is remarkable.

"Closer to home, Lowell counts 18 of the 39 names on the plaque at Mendon's Founders' Park among his direct ancestors. Of Mendon's five original selectmen, four were his eighth or ninth great-grandfathers. Probably the most fun bit David learned was Justine (Southwick) Brewer, owner of Southwick's Zoo and a life-long acquaintance, is his sixth cousin."

"Finding Your Roots" was just one of the many engaging programs the Historical Society regularly conducts. Starting in February and continuing through spring, they will feature a local true crime story from 1778, an indigenous history of the area, and an antiques appraisal day.

For more about events, mem-

President William Howard Taft is David's 5th cousin 3x removed.



Finding out he was related to 43 of 45 U.S. presidents really impressed David Lowell – this tree shows the lineage tracing him to President Taft. *Courtesy photo*

bership, opportunities to contribute, and other information, see mendonhistoricalsociety.org. To set up an appointment to visit the museum at 15 Hastings St. in Mendon, email mendon-historicalsociety@gmail.com.

An online video of the presentation is available to view at bit.ly/MendonFindingRootsLowell for a donation in any amount, which helps support the society's activities; the password is "mendon" (all lower case)

- STATE OF THE ART CAR WASH
- 24 HOUR RAIN GUARANTEE
- FULL SELECTION OF DETAIL SERVICES AVAILABLE
- APPOINTMENTS AVAILABLE OR SIMPLY STOP IN
- 10% DISCOUNT FOR SENIORS, VETERANS & FIRST RESPONDERS

14 UXBRIDGE RD | MENDON, MA 01756 | 508.478.7697

IMPERIALWASHANDDETAIL.COM

MON-FRI: 7:00 AM - 7:00 PM | SAT-SUN: 7:00 AM - 6:00 PM

\$500 OFF

OUR SIGNATURE IMPERIAL WASH

IMPERIAL WASH ONLY. CANNOT BE COMBINED WITH ANY OTHER PROMOTIONS, OFFERS, OR DISCOUNTS. NOT VALID ON PRIOR PURCHASES. LIMIT OF ONE PER CUSTOMER. EXPIRES 02/29/24.

\$500 OFF

ANY DETAIL SERVICE

CANNOT BE COMBINED WITH ANY OTHER PROMOTIONS, OFFERS, OR DISCOUNTS. NOT VALID ON PRIOR PURCHASES. LIMIT OF ONE PER CUSTOMER. EXPIRES 02/29/24.

FREE PRESS



Scan this
QR CODE
to visit our
Facebook Page



FREE PRESS

Published Monthly
on the 2nd Thursday
Mailed FREE
to the Communities of
Upton & Mendon
Circulation: 6000
households & businesses

Publisher

Chuck Tashjian

Editor

Theresa Knapp

Send Editorial to:

editor@uptonmendonfreepress.com

Advertising Sales

Susanne Odell Farber

508-954-8148

sue@sodellconsult.com

Advertising Sales Manager

Jen Schofield

508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry

Kim Vasseur

Wendy Watkins

Ad Deadline is the Wednesday
8 days prior to publication date.

Reader Submission Deadline

is the 25th day of the month
preceding the publication
date. For example, items should be
submitted by Feb. 25 to
be included in the March issue.

Please submit to

editor@uptonmendonfreepress.com

*Free Press assumes no
financial liability for errors or
omissions in printed advertising and
reserves the right to reject/edit
advertising or editorial submissions.*

© Copyright 2024 Free Press

Taft Public Library Calendar of Events

29 North Avenue, Mendon • 508-473-3259 • TaftPublicLibrary.org

HOURS: Tues. & Wed. 10-7 • Thurs. 3-7 • Fri. 12-5 • Sat. 9-12 • Sun. & Mon. CLOSED

ADULT PROGRAMS**FEBRUARY 2024****Upcoming Events:**

To register for an event, click on the Library Event Calendar & Registration link at the top of the library's homepage (www.taftpubliclibrary.org).

Handcrafting Group

Let's get crafty! Join us on Wednesday, Feb. 7 and Wednesday, Feb. 21 at 2 p.m. downstairs in the library and get your craft on. Bring your own craft project, whatever it might be, to work on while you visit. Intended for adults. Crafts are NOT supplied.

Adult Book Club

The Adult Book Club will meet on Monday, Feb. 12 at 7 p.m. to discuss *The Clockmaker's Daughter* by Kate Morton. Adult Book Clubs are typically held on the second Monday of the month. For upcoming book clubs contact the library at 508-473-3259 to request copies of the books or log in to your account from our website to request them through interlibrary loan. The upcoming Adult Book Club book discussion schedule is as follows:

March: *The House of Mirth* by Edith Wharton

April: *Find Her* by Lisa Gardner

May: *Memorial Drive: A Daughter's Memoir* by Natasha Trethewey and the poetry of Amanda Lovelace

German Conversation Club

Are you looking for a place to practice what German you remember or to improve your German vocabulary? Conversations in German is no pressure, just fun! Lead by Library Assistant (and Mendon resident)

Monika Schmid, the group typically meets the last Monday of each month. Mark your calendars for Monday, Feb. 26 at 6pm for the next session. Registration is required. To register, visit our website.

Footnotes Nonfiction Book Club

The Footnotes Nonfiction Book Club meets downstairs in the library on a quarterly basis. Those interested are asked to stop at the downstairs desk to sign the Footnotes registration sheet and pick up a copy of the latest book. Upcoming books in the Footnotes series: *The Revolutionary: Samuel Adams* by Stacy Schiff (Thursday, April 25 at 7 p.m.).

Friends of the Taft Public Library Meeting

The Friends of the Library will meet next on Tuesday, Feb. 27 at 7 p.m. downstairs in the library's Art Holmes Community Room for their monthly board meeting. Board meetings are typically held on the last Tuesday of the month at 7 p.m., unless it falls on a holiday or during a school vacation. There will be no meeting in December. All are welcome (and encouraged) to attend. If you plan on attending, it's always a good idea to call the library at 508-473-3259 or email the Friends at friendsoftaflibrary@gmail.com to confirm the date and time of the meeting. The group will do its best to post any meeting changes on the Taft Library web site.

Coming in March!

On Thursday, March 21 at 7 p.m. join Jennifer Carlino, Mendon resident and Land Use and Environmental Planner for

the Town of Easton, for *Painted Wild Dogs, Cheetah, and Elephants, Oh My!: A South African Presentation* which highlights her volunteer work with Wildlife ACT in South Africa. In the hour-long program Carlino recounts her two-week volunteer vacation and presents photos and stories from the trip in which she tracked cheetah, wild dogs, elephants, hyenas, vultures, lions, and other endangered species. Registration required. To register and for further information visit our website starting in February (taftpubliclibrary.org).

TAFT CHILDREN'S NEWS-FEBRUARY 2024

Registration is required for all programs. Please log onto our website: www.taftpubliclibrary.org and find the events page to register along with more information for the programs.

Itty Bitty Story Time

Itty Bitty Storytime is designed for our youngest patrons birth to 3 years old. Join us for a lot of fun on Tuesdays and select Wednesdays at 9:30 a.m.

Story & Craft Time

Join us for Story and Craft Time! Perfect for the preschool-aged child. All sessions take place on Tuesday mornings at 10:30 a.m.

Alphabet Storytime

It's all about the alphabet! Each week we will focus on a different letter. We will read a couple of books, sing songs, and learn about the letter of the week! Wednesday mornings at 10:30 a.m. Please note there is no Alphabet Storytime the first Wednesday of the month.

Coffee and Conversations & Puppet Storytime

Dates: Wednesdays; Feb. 7, March 6, April 3, May 1 and June 5. **Time:** 9:15 to 10:15 a.m. **Location:** Taft Public Library, 29 North Ave., Mendon

Join us for an informal playtime where families will be able to build social connections and learn about early childhood development and family friendly resources. The library will supply Muffin House Muffins.

Please stay for the 10:30 a.m. Puppet Storytime. Join Newton & Friends of Through Me to You Puppetry for songs and stories. At the end of the 30-minute show, children can greet the puppets. Geared for children 2 to 5 years, but all are welcome.

Preschool Kidding Around Yoga

We will learn yoga poses, dance, sing, and meditate. This class is all about fun-all abilities are welcome. Mats are available, or feel free to bring your own. Wednesday, Feb. 7 at 9:30 a.m.

Book Clubs

Graphic Novel Book Club: This month we will be reading: *The First Cat in Space Ate Pizza* by Mac Barnett & Shawn Harris. The book club will be held downstairs on Tuesday, Feb. 6 at 5 p.m.

8-12 Book Club: This month we will be reading: *The Last Kids on Earth* by Max Brallier. The book club will be held downstairs on Tuesday, Feb. 13 at 5 p.m.

6-9 Novel Book Club: This month we will be reading: *The Story of Gumluck the Wizard* by Adam Rex. The book club will be held downstairs on Tuesday, Feb. 27 at 5 p.m.

YOUR HOMETOWN PET GROOMER

Dog & Cat Grooming Services




The Bark ARK




Family Owned & Operated For Over 50 Years!

COUNTRY HILLS PLAZA, MENDON
• 508-473-4744

How would you handle forced early retirement?



Mark Freeman

FINANCIAL FOCUS®
Provided by Edward Jones

When you plan to retire at a certain age, you can follow a strategy that incorporates your investment moves, your health insurance and other factors. But what happens if you're forced to retire earlier than you anticipated?

Unfortunately, this situation is not that uncommon. About 40% of Americans say they have been forced into retirement, according to a recent survey from Edward Jones and

Morning Consult, a research firm. If this were to happen to you because of a layoff, company downsizing or a health issue, would you be prepared to maintain your lifestyle today — and in the future?

Everyone's situation is different. If your forced retirement happened only a short time before you actually expected to retire, you might not need to take any steps at all. But if it was a matter of a year or more, you may need to look into the following areas:

- **Cash flow** — Obviously, a sudden, unexpected loss of employment will affect your cash flow. And if yours was the only source of income for your household, the situation could be especially concerning. Still, you may well have options that can help. You might find a part-time job, for one thing — many employers hire seniors for various types of service-oriented work. And if you've built an

emergency fund containing several months' worth of living expenses, now might be the time to tap into it. You also might need to start withdrawing funds from your IRA and 401(k), though, ideally, you'd like to delay this move as long as possible, as these withdrawals may be taxable.

- **Health insurance** — Health insurance can be a major concern if you face an unexpectedly early retirement. Once you're 65, you'll be eligible for Medicare, but what if you haven't reached that age? Through the COBRA legislation, you might be able to remain on your employer-based health insurance for a while — typically 18 months after your job ends. However, COBRA is expensive: If you're qualified, you might have to pay the entire premium for coverage, up to 102% of the cost of the plan, according to the U.S. Department of Labor. If you're

married, you might be able to get on your spouse's health insurance, but if this option isn't available, you could explore a Marketplace plan by visiting the healthcare.gov website.

- **Social Security** — A forced early retirement could affect your decision on when to start taking Social Security. You're eligible to begin collecting payments at 62, but your checks will be considerably bigger if you wait until your full retirement age, which is likely between 66 and 67, depending on when you were born. If your sudden retirement puts you in a real cash crunch, you might have to start taking payments regardless of your age, but if you have enough in savings, or your spouse's income is enough to keep you afloat, you may want to wait as long as possible so you can get the larger checks. Of course, if your retirement comes while you're still several years away

from Social Security eligibility, you won't have to make this now-or-later decision right away.

Being forced to retire before you planned can certainly be challenging. But by looking at the options available to you, in terms of finances and health insurance, you may well find choices that can help you minimize the disruption to your life.

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

Mark Freeman
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA
508-293-4017
Mark.Freeman@edwardjones.com

THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Tips for **Dry Eyes** in Cold Weather

Stay hydrated to maintain moisture in your eyes.

Use a humidifier to add moisture back into the air.

Protect your eyes from wind and particles.

Schedule a consultation to explore treatment options to bring relief to your symptoms; you don't need to suffer with dry eyes in *any* kind of weather!

Dr. Steven Perryman, O.D.

— HOPKINTON —
VISION CENTER



508-435-4711

Schedule a consultation or dry eye appointment today.

Miboflo & IPL are effective, drug-free, drop-free treatments for your chronic dry eyes.

Itchiness / Redness
Soreness & Fatigue
Burning Sensation
Sensitive to Light
Blurry Vision
Dryness

Mendon Senior Center Programs for February and March

Greetings from the Friends of Mendon Elders

Welcome to 2024 from the Friends of Mendon Elders. Our year ahead is very exciting as plans are pulled together for a new center. To help our endeavors, we need all the friends we can get. Each new friend is a source of new ideas and skills. Please consider joining our ranks and sharing your talents with us. Please help us get the word out about the wonderful programs running at the senior center and share with us the programs you would like to see in the future. The Friends meeting is a great place to start making new connections and getting involved in the community. As a new resident of Mendon, I have found a warm welcome here. Come join us Monday, Feb. 12 at 10:30 a.m. Carolyn Wass (President)

The Friends is a 501(c)(3) non-profit organization raising funds for the benefit of the senior center and the seniors it serves. New members are always welcome. Join us to learn more about the events and activities at the Senior Center. Catch up with members and enjoy some light refreshments prior to start of meeting.

We have not raised the membership fee this year (\$5) but if you are able, we would welcome an additional donation. We hope to see you at our next month

meeting on Monday, Feb. 12 at 10:30 a.m. Board members, please arrive early at 10 a.m.

We also invite you to join us for the Friends monthly Dine Out.

Friends Dine Out— Car-pool with friends from the senior center the 3rd Wednesday of each month at 11:30 a.m. or meet at the restaurant at noon. The cost of lunch is your responsibility but the company is free! **Wednesday, Feb. 21 Dine Out ~ Roast House, Blackstone New Players Welcome!**

The Mendon Senior Center offers a variety of recreational activities including:

- *Scrabble* – Tuesdays 9 a.m.
- *Cribbage* – Wednesdays 9:45 a.m. The Cribbage group is always looking for new players, stop in Wednesdays at 9:45 a.m., all levels welcome.
- *Hand, Knee and Foot Card game* – Tuesdays 1 p.m.
- *Mah-Jong* (tile game) – Thursdays 1 p.m.

Please check our schedule regarding days, times, and availability. Don't see your favorite game listed, please let us know what you'd like to see offered.

Weekly Lunches – Tuesday and Thursday noon

Consider this friendly, affordable alternative to eating out or eating at home alone. Our volunteers will make you feel right at home. The varied Tri-Valley menus offer nutritious, delicious choices. Lunch

is served noon on Tuesdays and Thursdays for \$3. Transportation is available. Come be our guest. Your first meal is on us! (*New diners only please.*)

Thank you to our friendly Tri-Valley lunch servers: Janet Ahearn, Phil Cieply, Betsy Edsall, Bev Fior, Rosie Hare, Julie King, John Lauzon, Peg Nogueira, Dona Son, Carolyn Wass, Karen Mills and Diane Howell. If you'd like to volunteer once or twice a month, please contact Amy Wilson Kent at 508-478-6175.

February Menus

Thursday, Feb. 1 - Lasagna & Meatballs

Tuesday, Feb. 6 - Braised Beef & Gemelli Pasta

Thursday, Feb. 8 - Jambalaya & Rice Pilaf

Tuesday, Feb. 13 - Hot Dog, Baked beans & Coleslaw

Thursday, Feb. 15 - Chicken Cacciatore, Gemelli Pasta & Spinach

Tuesday, Feb. 20 - Chicken Pesto & Delmonico Potatoes

Thursday, Feb. 22 - American Chop Suey, Broccoli & Birthday Cake

Tuesday, Feb. 27 - Non-Tri-Valley meal – Pizza & Salad \$5

Thursday, Feb. 29 ~ Leap Year!

- Potato Crunch Fish, Veg Rice Pilaf, Peas & Birthday Cake

Friendly Reminder! Meals are served at noon. The cost is \$3 donation per meal. Reservations must be made 48 hours in advance.

Transportation is available. Call to schedule. *Meals are subject to change.*

AARP Tax Preparation

The AARP Foundation Tax-Aide program offers free tax preparation. You don't have to be an AARP member, and there's no age requirement to get tax help from IRS certified volunteers.

The Hopedale Senior Center will hold free tax preparation clinics for Seniors and low to moderate income individuals on Thursdays, beginning Feb. 8 through March 9, 2024 between 9 a.m. - 2:30 p.m. The procedure for the program is as follows:

1. Schedule an appointment
2. Meet with a Tax-Aide volunteer to go through your documents.
3. A Tax-Aide volunteers will complete and review your Tax Return. (*Those filing jointly, must both attend and sign.*)
4. After you approve and sign the Tax Return, the document will be filed electronically.

Registration is required. Call 508-634-2208. You must speak to a Staff member to schedule an appointment.

Please bring the following documents if applicable: **1.** Prior years' tax returns, **2.** Social Security Benefit statement, **3.** W-2s, **4.** All income documents, Retirement Plan, IRA, and Brokerage statements. **5.** If you are filing for Circuit Breaker Credit a copy of your last three (3) years of Real Estate Tax

bills and your Water and Sewer bills for the prior filing years.

Valentine's Day Luncheon Wednesday, Feb. 14 at noon.

Plan to join us for a special holiday meal. We'll be serving pasta, meatballs, salad, garlic bread and dessert! Our COA Co-Chair Earl Pearlman will serenade us with piano ballads while lunch is served and enjoyed. Registration is required for this special event and the cost is \$5 pp. Space is limited.

Valentine's Cards and Crafts

... during the week of Feb. 5 an assortment of materials will be provided for this free craft. Just bring your creativity and imagination. Also, do you have a picture of you and your sweetheart or a special someone that you would like to share? Bring the picture in to the Center by Feb. 8 and we will incorporate it into a display for Valentine's Day! Photos will be returned.

Mendon History with Jim Buckley

Join us on Tuesday, Feb. 20 at 11 a.m. when life-long educator Jim Buckley, a Milford resident, volunteers his time to dip into his treasure trove of Mendon stories and share with us some of the more exciting people and events of our town's past. Jim has writ-

MENDON SENIOR CENTER

continued on page 7



Here Today. Here to Stay.

While "big banks" sure like to talk about their commitment to the community, at the end of the day they are the first to bail out and close branches. **Our customers know they can count on Charles River Bank for not just the powerful solutions they need, but the personal connections that make the difference.**

Personal Connections. Powerful Solutions.

Visit CharlesRiverBank.com or visit one of our convenient locations to open a new account today.



Charles River Bank
Personal Connections. Powerful Solutions.
CharlesRiverBank.com
70 Main Street • Medway • 508.533.8661
2 South Maple Street • Bellingham • 508.966.2857
1 Hastings Street • Mendon • 508.422.9792



Member FDIC | Member DIF

If We Can't Clean It No One Can!



Colonial ChemDry
The Healthier, Deeper Carpet Cleaner™
of Upton

Carpet & Upholstery Cleaning

Call us today 508.529.4115

carpetcleaningcd.com • Veteran owned

MENDON SENIOR CENTER

continued from page 6

ten over 1,400 published historical stories, including dozens that highlight stimulating stories from Mendon's past. On Feb. 20 Jim will enlighten us about a Mendon sharp-shooter and his son during the Revolutionary War. Please stop by or call the Mendon Senior Center at 508-478-6175 to register for this free program.

Home Safety Tips for Fall Prevention Thursday, Feb. 22 at 11 a.m.

According to the Center for Disease Control and Prevention (CDC), falls are the leading cause of injury for adults ages 65 year and older. Over 14 million, or 1 in 4 older adults, report falling each year. Join us for an informative fall prevention program called STEADI offered by Debra Vescera, MSN, BSN, RN, Regional Public Health Nurse, with Blackstone Valley Partnership for Public Health (BVPPH) Please call the senior center at 508-478-6175 or stop by the center to register for this important program.

Virtual Freedom Trail Tour ~ Including Boston's Black Heritage Trail Tuesday, Feb. 27 11 a.m. ~ followed by Pizza & Salad lunch at noon.

Embark on an immersive journey through Boston's rich history with a curated historic tour of the iconic Freedom Trail without leaving your seat and the comfort of the Mendon Senior Center on Tuesday, Feb. 27 at 11 a.m. Our tour guide Chris Joazard will engage our audience

with conversation, storytelling, and humor during Black History Month. Travel the cobblestone streets, trace the footsteps of figures from the past, and explore significant landmarks, all while delving into captivating narratives that shaped the course of our history. Join Chris for an unforgettable tour of Boston's Freedom Trail, including Boston's Black Heritage Trail, where the echoes of history resonate in every step. Please call 508-478-6175 or stop by the center to register for this program generously sponsored by the Friends of Mendon Elders, Inc. Please register separately for the pizza and salad luncheon following the program. The cost of lunch is \$5 per person paid in advance if possible.

Mendon Senior Center Spring Day Trip ~ Friday May 24 Register now, space is limited. Duck Boats of Boston with lunch at Maggiano's Little Italy and tour of Isabella Gardener Museum. Motor coach departs and returns to Mendon Senior Center - 9 a.m. to 5 p.m.

Cost: \$145 per person (includes everything: round trip transportation, duck tour, family style lunch, and admission to Isabella Gardner museum and gratuities) Payment is due May 1. Checks should be made out to Friends of Mendon Elders (please add 'trip account' in memo line) Call Trip Coordinator Beverly Fior, 508-473-8382 for more information.

Housing Solutions—Shape Mendon's Future!

Mendon residents are invited to participate in an upcoming workshops offered on Monday,

March 4, 2024 at 10 a.m. at the Senior Center to learn about the Town's strategic planning efforts for local housing solutions. The workshops will be led by staff from the Town of Mendon and Central Mass Regional Planning Commission, and will feature a presentation, Q&A, and interactive activity. Your input will help the Town understand and plan for the types of homes that are needed in Mendon and the most appropriate locations for new housing. Please call 508-478-6175 to register. Drop-ins welcome. Feel free to contact Emily Glaubitz eglaubitz@cmrpc.org if you have any questions.

Real Estate Tax Exemptions

While taxes cannot be avoided, some taxpayers may be entitled to partial relief via a "real estate tax exemption." A tax exemption is a discharge from the obligation to pay all or a portion of a tax. There are several types of exemptions each with its own requirements; one that is age related (65 years or older; details follow), others given due to blindness, surviving spouse or veteran's status. Mendon's Principal Assessor, Jean Berthold will be at the Senior Center on Wednesday, March 6 at 1 p.m. to review the details.

Please stop by or call the senior

center at 508-478-6175 to register. If you are unable to come to our presentation on Mar. 6 please contact the Assessor's office 508-473-2738 for confidential assistance.

Applications for all of these exemptions are due no later than April 1, 2024.

Clause 41D of Chapter 59 provides a \$1,000 exemption to persons 65 years of age or older who satisfy the following requirements:

1. An individual must be either 65 years of age or older or a joint owner with a spouse 65 years or older as of July 1 of the tax year.
2. An individual must have been continuously domiciled in Massachusetts for the last 10 years preceding the application and have owned and occupied the property or other property in Mass for 5 years.
3. The holder of a "Life Estate" satisfies the ownership requirements.
4. If the domicile is held in a trust, a person must be a trustee or co-trustee and possess a sufficient beneficial interest in the domicile through that trust.
5. Gross receipts, minus an annual social security allowance of \$5,201 for the worker and

\$2,601 for the spouse, must be less than \$29,123. if single, \$43,731. if married (increases annually.)

6. Whole estate cannot exceed \$58,307. if single, \$80,174. if married (increases annually.) The value of a person's domicile, cemetery plots, registered motor vehicles, wearing apparel and household furniture and effects kept at the domicile should be excluded from the calculation of the whole estate. If you qualify for this exemption, you also receive the full CPA exemption.
- Deeds, Homesteads, Trusts and Estates**

On Wednesday, Mar. 13, 2024 at 1 p.m. the Mendon Senior Center will host Worcester Registry of Deeds Registrar, Kathryn A. Toomey and Registrar of Probate Courts Registrar, Stephanie Fattman. Listen as the nuts and bolts on how the Registry of Deeds and Probate Court work together for the residents of Massachusetts. Join us in a dialogue about land ownership and how probate issues can legally affect what happens to your property. Introductory information and an

MENDON SENIOR CENTER

continued on page 13

SHEAR EXCITEMENT
... is celebrating their 25th year in business!
Stop in March 5-9 to CELEBRATE WITH US!
Thank you to all for your support
Lori & Cheri
508.529.7766 • 1 Milford Street, Upton

UPTON HOME IMPROVEMENT

- Kitchen and Bathroom Remodeling
- Basement Finished
- Window & Door Replacement
- Wood Flooring Installation & Refinishing
- Deck Replacement and Repair
- Siding - Roof
- Masonry - Walk Way & Patio
- Power Washing • Painting • Carpentry

Detailed & Meticulous • Reasonable Rates
CALL MAURICIO 508.202.8602

FULLY INSURED
MA HIC.#169427

Touchstone COMMUNITY SCHOOL

Play, Explore, Learn:
an **ADMISSIONS EVENT**
FOR KIDS AGES 2-7

Join us on Saturday, February 10th at 1pm

For more information & to register please call or go to our website
touchstoneschool.com
508-839-0038
54 Leland St., Grafton

CHICK HATCHING HAPPENS IN THE CLASSROOM

MATH LEARNING HAPPENS EVERYWHERE

CONSIGLI

continued from page 1

Serving in the war had a momentous impact on his life. Even now, he wears a hat and jacket with World War II veteran emblems and the stars and medals he was awarded.

“When I turned 18, I had to go but I was scared,” Consigli said. “They sent me for tank training. I was good at it, but it wasn’t good for me – the best were sent to fight first, and that’s the most dangerous. One time in Germany, our tank was stuck in mud, so the others went ahead; that was okay because I didn’t want to always be first. I was an expert sharpshooter too because as a kid, I had a .22 rifle for target practice but not much money for bullets – I had to make every shot count.”

Consigli wielded his expertise at Utah Beach in Normandy and the Battle of the Bulge. “There were so many dead, in the road and in deep trenches. We saw one soldier laying there with his wedding picture and you could tell he’d just gotten married. Then a tracer came overhead and we quickly backed up our tank; the next shell would have hit us. They were going to promote



Alfred Consigli, born in Milford and now living in Upton, celebrated his 100th birthday with family and friends in December. Photo courtesy of John Consigli

me after that but soon the war was over.”

After returning home, Consigli restored older model cars and built his repair shop by himself. He said, “When I sold the building, I bought a Rolls Royce, but then I didn’t like that it was a right-side driving car.”

These days, Consigli fixes watches he buys at flea markets,

then gives them away. He hauls in the wood he uses to heat his home, and sometimes even splits it.

He still plays the harmonica, which he did at the 100th birthday celebration his family held for him. Consigli celebrated a second time at the American Heritage Museum in Hudson, where he has shared his war photos and been a speaker.

As for his secret to a long, healthy life, it could be the 10 sugars he takes in his coffee.



Alfred Consigli restored older model cars – he’s shown here with a Studebaker and the repair shop he built himself, which is now occupied by U-Haul in Milford. Photo courtesy of John Consigli



Alfred Consigli is presented with a cake by his nephew Paul Consigli at the American History Museum where he had a 100th birthday celebration. Photo courtesy of John Consigli

POWERED BY PROPANE

HIGHLY EFFICIENT

Home Heating • Grilling • Generators
Fireplaces & Fire Pits • Outdoor Kitchens
Spa & Pool Heating • Patio Heating & Lighting

MEDWAY OIL & PROPANE
"Your Total Home Comfort Company"

Call today to make your life better with propane & ask about our NEW Customer Programs!

508.533.6561
info@medwayoilpropane.com
medwayoilpropane.com

2021 QUEST-BEST HOME HEATING
2022 QUEST-BEST HOME HEATING
2023 QUEST-BEST HOME HEATING

f BBS A+

Use this QR CODE to visit our Website

FREE PRESS

Liberate Your Property!

COMPLETE SOLUTIONS FOR PROPERTY CLEARING

Removal of brush, briars, brambles, vines, unwanted saplings, dead trees, logs, stumps, overgrown weeds & grass!

- BRUSH CUTTING
- SHED SITE PADS & PREP
- BOBCAT / SKID STEER WORK
- FIELD MOWING
- STUMP GRINDING
- PROPERTY CLEARING
- BRUSH PILE / JUNK REMOVAL
- TRIAxLE DUMP TRUCK SERVICE

DAN KASANOVICH HAULING & RECOVERY LLC
NORTHBRIDGE, MA

CALL or TEXT: 774.280.1691
Visit us at: **DKHAUL.com**

Macular Degeneration: 2 new treatments

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

Age-related macular degeneration (AMD) stands as a major cause of blindness in the United States, predominantly affecting seniors. Recently, two innovative treatments for geographic atrophy (GA), an advanced form of AMD, have emerged. This article delves into the various AMD types and identifies potential candidates for these groundbreaking treatments.

Between ages 60 to 70, only 0.7% of the U.S. population exhibits AMD, but by ages 80 to 90, it affects 12% of Americans. This means less than one in 1,000 individuals in their 60s will have AMD, contrasting with over one in 10 in their 80s.

The progression of AMD unfolds gradually, spanning over 20 years. Initial signs include fine drusen and disruptions in the retinal pigment epithelium (RPE) with depigmentation and pigment clumping. If there's no visual loss, these serve as precursor findings, with not all patients progressing to visually significant AMD.

Effectively managing this condition involves evidence-based medicine while acknowledging the art of medical therapy. Personal approaches include discussing findings like fine drusen and RPE dispersion with patients, reassuring them they don't yet have AMD. Emphasiz-

ing higher risk and the need for follow-up visits is crucial. Key risk factors include genetics, behavior, and associated diagnoses. Although genetic testing isn't recommended currently, advocating for a diet rich in green leafy vegetables and discussing AREDS-type vitamins are common practices. Smoking cessation, if applicable, might require expert referral, and patients with hypertension or hyperlipidemia are encouraged to manage these conditions with their primary care physician.

Once drusen, RPE changes, and vision loss occurs, early AMD is diagnosed in 60-65% of cases. Despite no clear evidence supporting AREDS vitamins, many patients choose them. As AMD advances to intermediate stage (20-25%), evidence suggests daily vitamin and AREDS vitamin use can delay disease progression. Some specialists also recommend omega-3 supplements.

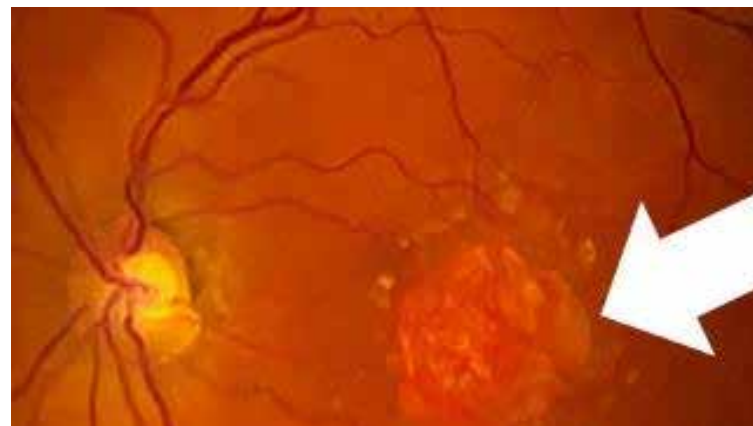
Late AMD, affecting 10-15% of the 20 million U.S. AMD patients, manifests as wet AMD, GA, or a combination. Those are the real serious types of AMD. Treatment for wet AMD with anti-VEGF intravitreal injections is a significant breakthrough. While the financial and personal cost toll is evident, the vision improvement is substantial.

Distinguishing treatment for

dry AMD and GA is essential. AREDS vitamin supplementation for intermediate AMD and monthly intravitreal injections for GA slow progression but don't improve current vision. Adopting vitamin therapy is easier, but monthly injections pose challenges, especially for GA patients. Despite an equal number of wet AMD and GA patients in the U.S., fewer GA patients might opt for intravitreal injection therapy.

With two recent FDA-approved intravitreal injection products delaying GA progression, treated patients can retain reading and driving vision for more years. Decisions regarding intravitreal injection therapy for GA patients need personalized counseling, highlighting the importance of smoking cessation. Patients with family history or bilateral disease are more likely to choose treatment.

Ophthalmologists and optometrists play a vital role in managing and counseling AMD patients. Differentiating between



AMD stages and accurate diagnosis can be achieved through careful examinations, regular OCT testing, and advanced imaging. Collaboration with retina specialists is essential, ensuring appropriate referrals for wet or combined AMD patients.

Patients with GA opting not to proceed with intravitreal injections can be managed without immediate referral. As their disease progresses, some may change their minds, emphasizing the evolving nature of decisions. All patients with significant visual loss deserve an

evaluation for appropriate low vision aids.

In the ever-evolving landscape of AMD research, many more advances are anticipated. As the population ages, preparing every ophthalmologist and optometrist for the integral role of counseling and managing AMD patients becomes paramount.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of

MACULAR DEGENERATION

continued on page 10

New England Steak & Seafood Restaurant



OPEN WEDNESDAY FEB. 14

Come Celebrate Valentine's Day With Us!

OPEN 4 - 9 pm
REGULAR DINNER MENU SERVED

Route 16, Mendon • 508-473-5079
nesteakandseafood.com

BeaFabulous
— BEAUTY SPA —

TO BOOK AN APPOINTMENT

CALL OR VISIT US AT

508.733.4881  

FACIALS • BODY TREATMENTS • LASER HAIR REMOVAL



MILFORD - FRANKLIN EYE CENTER

WORLD- CLASS SURGICAL FACILITY
QUADA-ACCREDITED • NO OFFICE SURGERY

Comprehensive Eye Exams
Full Optical Shop
Eye Glasses - Contacts

New Patients Receive a Free Pair of Select Glasses

Optical Shop On-Site **SMILEFORVISION.COM** **Saturday & After Hours Available**

Roger M. Kaldawy, M.D. | Jorge G. Arroyo, M.D. | Dan Liu, M.D.
Michael R. Adams, O.D. | Shalin Zia, O.D. | Donald L. Conn, O.D. | Dr. Purvi Patel, O.D.

FRANKLIN OFFICE 750 Union St. 508-528-3344	MILFORD OFFICE 160 South Main St. 508-473-7939	MILLIS OFFICE 730 Main St. 508-528-3344	SURGERY CENTER MILFORD 145 West St. 508-381-6040
---	---	--	---

Recent Home Sales

Date	Mendon	Amount
01/17/2024	4 Myrtle St.	\$437,000
01/17/2024	153 Hartford Ave.	\$405,000
Date	Upton	Amount
01/12/2024	21 Maple Ave.	\$390,000
01/05/2024	124 Main St.	\$320,000

Source: www.zillow.com / Compiled by Upton Mendon Free Press



The 2-bed, 2-bath 1,712 sf house at 124 Main Street in Upton recently sold for \$320,000. Photo credit www.zillow.com

Food and Fuel Assistance – Help is just a call away

If you or someone you know is having trouble making ends meet this winter, please consider contacting the Mendon Senior Center. Our helpful staff including Janet Hubener, Outreach Coordinator, are here to offer confidential assistance with fuel assistance applications and nutritional support to Mendon residents of all ages.

The SMOC Fuel assistance program helps defray heating costs incurred between Nov. 1, 2023, and April 30, 2024 for eligible

households (see household size/income guide.) Please call for guidelines for larger households. Additionally, the Mendon Food Pantry, housed at the senior center is well stocked and available to Mendon residents in need.

Call the senior center at 508-478-6175. Help is just a phone call away.

Household Size	Income Limit
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

MACULAR DEGENERATION

continued from page 9

eye problems, including macular degeneration. We have a dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD, including the 2 recent treatment modalities discussed in this article. With the presence of this service and equipment that rivals the best found in major teaching eye hospitals, our practice continues to provide world class eye care closer to home.

For more details, see our ad on page 9.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Milford Regional and UMass Memorial Health reach affiliation agreement

Agreement will enable Milford Regional to advance community-focused mission

Milford Regional Medical Center, inclusive of Milford Regional Physician Group, and UMass Memorial Health have signed a definitive agreement for a corporate affiliation. The organizations will now seek regulatory approval.

The definitive agreement follows a period of due diligence that began with the September 2023 signing of a non-binding letter of intent that made it possible to explore the potential

corporate affiliation.

“Agreeing upon the key terms of our corporate affiliation moves us closer to the growth and expansion necessary for Milford Regional to advance its community-focused mission,” said Milford Regional Medical Center President and CEO Edward J. Kelly. “This is the right time, UMass Memorial Health is the right partner, and we

have the right deal to pave the path for our promising future,” added Kelly.

A full-service, community and regional teaching hospital, Milford Regional is a 148-bed, nonprofit, acute care facility serving a region of 20-plus towns with more than 300

AGREEMENT

continued on page 15

RELIABLE PET SITTING

Professional Dog, Cat and Horse Care at Your Home





CALL MAGGIE
508-769-9634

Dependable • Year-Round Service
Excellent References

35 Years Professional Experience






Download the FREE myQ® app



See clearly. Close securely.

Kids make it home from school? Did you close the garage door? Give yourself peace of mind that your family and home are safe and secure with the LiftMaster Secure View™ 84505R. The built-in camera lets you stream video, record it, and offers 2-way communication through the myQ app — which also allows you to remotely open and close your garage door from anywhere, at anytime.

Model 84505R

UNMATCHED REPUTATION, OVER 30 YEARS IN BUSINESS

Your trusted local professional service & installer



LiftMaster

Call or visit our website today!

mygaragedoor.com • 508-883-4522

745 South Main St., Bellingham

*View a live-stream of your garage for free. 7-day and 30-day video storage options are available via a monthly or yearly subscription. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. © 2022 The Chamberlain Group LLC. All Rights Reserved. LiftMaster, the LiftMaster logo, myQ and the myQ logo are registered trademarks of The Chamberlain Group LLC. 300 Windsor Drive, Oak Brook, IL 60523 | LiftMaster.com | Wi-Fi is a registered trademark of Wi-Fi Alliance 18967801



Type III Funeral Director/Embalmer Funeral Home, Inc.

David A. Consigli

www.consigliruggeriofuneralhome.com

Tel. 508-473-0513 • Toll Free 1-800-675-0513 • Fax 508-634-3662

Email: Dave@ConsigliRuggerioFuneralHome.com

46 Water Street, P.O. Box 513, Milford, MA 01757




DECKS • KITCHEN REMODELS • ADDITIONS
BATH REMODELS • ROOFING
SIDING • WINDOWS • GUTTERS
ENTRY DOORS • DORMERS • AND MORE!

774-573-9811

FREE ESTIMATES • REFERENCES AVAILABLE • LICENSED & INSURED

Upton Town Library Calendar of Events

9 Milford Street, Upton • 508-529-6272 • UptonLibrary.org • HOURS: Tues., Wed. & Thurs. 9-8 • Mon., Fri. & Sat. 9-4 • Sun. CLOSED

By Matthew Bachtold, Library Director and Lee Ann Murphy, Children's Librarian

Upton Library is now at 9 Milford Street

The Library has moved and is now open at our new location at 9 Milford Street, inside the Upton Community Center.

February Hours

Upton Town Library will be closed on Monday, Feb. 19.

Passport Services

Upton Town Library is now a passport acceptance agency. We can help with providing forms and answering questions about getting or renewing a US passport. Once you have all your documents, forms and photograph ready, make an appointment for your passport execution. The appointment takes 15-30 minutes and afterwards we send your packet to the State Department to issue your passport. Call us 508-529-6272 or make appointment at uptonlibrary.org

Cultural Council Events

The following three events held at the Community Center in March are supported in part by a grant from the Upton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Generations of Jazz Thursday, March 22, 7 - 8:30 p.m. An evening of music with musicians of several generations. Teachers and students coming together to share their love of music and especially Jazz and improvisation! **"The Beat Generation" Culture of the 1950s** Monday, March 25, 12:30 - 1:30 p.m. A multimedia presentation that highlights the cultural nuances of the 1950s. This presentation features live acoustic music and audience sing-alongs, coupled with audio and video clips highlighting the best (and sometimes the worst) of the 1950s. This hour-long presentation is suitable for all ages and it is family-friendly. The presenter is Fran Hart, founding member of the

Beatles tribute band 4EverFab. **Adult Art Workshops** Each Thursday in March, 6 - 7:30 p.m. Instruction in a variety of art techniques from professional artist Lauren Scheuer. Each week will focus on a different style and medium of art.

Registration is required for each event.

Special Events

Puzzle Swap Wednesday, Feb. 14, 1 - 2 p.m.

Swap an old puzzle out for a new one! Bring in gently used puzzles with no missing pieces to exchange. A Yankee Swap will be held at 1 p.m., and then stay to freely exchange puzzles afterwards and leave with new-to-you puzzles. Registration requested at uptonlibrary.org

Virtual Author Talk Series

View free online author talks, either live or recorded. Register and get more information at the library website, or at <https://library.org/uptontownlibrary> **Author Talk with Nina Totenberg:** The Power of Friend-

ship - Wednesday, March 5, 4 - 5 p.m.

Author Talk with Christopher Paolini: 20 Years of Dragon Riding in YA Fantasy - Thursday, March 14, 4 - 5 p.m.

Children's & Young Adult Events

Buildwave, Wednesday, Feb. 21, 1 - 2 p.m. Buildwave is a workshop event featuring a 1-hour high energy, creative building program that encourages play and collaboration. Families are encouraged to come and build together! The program is designed for ages 5+ and features materials your kids already love, like Lego, but in a gamified format that will amaze them. Generously funded by The Friends of the Upton Town Library.

Big Backyard Bird Count, Saturday, Feb. 24, 10 a.m. - 12 p.m., at West Hill Dam. Join Children's Librarian Mrs. Murphy and West Hill Dam Park Ranger Viola Bramel at West Hill Dam in Uxbridge

watching birds and learning all about them. In as little as 15 minutes, identify, count and help us submit information to help scientists better understand and protect birds around the world. *This event takes place offsite at West Hill Dam in Uxbridge.* Please pre-register and remember to dress for the weather.

Amigurumi for Teens, Tuesday/Wednesday/Thursday Feb. 20/21/22 5:30 - 6:30 p.m. Over the course of 3 sessions, learn crochet basics and make an amigurumi octopus. No crochet experience needed. Program is free and all materials are provided. For ages 12+. One registration is for all 3 sessions.

Monthly Library Events – Register now!

Please note changed times for many children's programs. All programs and events require pre-registration at uptonlibrary.org.

UPTON LIBRARY

continued on page 17

You want to know your bank will be there *for you.*

RELIABILITY ASSURED

National banks are making headlines lately—charging hidden fees and penalties, withholding reward bonuses, and closing local branches.

At Dean Bank, we're here to stay. With four branches to meet your needs, we make the lives of our customers and communities better. With mortgages tailored to your needs. Debit card rewards that really pay off. No hidden fees or surprise charges. And the local perspective and advice to help you reach your personal and small business goals.

Ready to switch
to the bank that's
staying put?



DEAN BANK

It's my bank.SM

   deanbank.com • (508) 528-0088

Member FDIC Member DIF NMLS#412095



All our branches are open and ready to serve you.
Bellingham | Blackstone | Franklin | Mendon

OBITUARY

Lucille B. Rintala

Lucille B. Rintala, 85, of Upton, passed away on Thursday, January 18, 2024, at home. She was the wife of Kaarlo A. Rintala. They had most recently celebrated their 66th wedding anniversary. Together, they lived in Upton for 52 years, raising their children and tending their horse farm.

Born in Worcester, she was the daughter of the late Clayton and Sara (Buxton) Adams and was raised and educated in Boylston.

She was employed at Beaumont Skilled Nursing and Rehabilitation Center in Westborough for 20 years prior to her retirement. But the job she loved most was caring for her grandchildren and great grandchildren.

Lucille loved the outdoors, gardening, her flowers and her many pets. She was a 4H leader, a lifelong horsewoman and was still riding into her 80's. But most of all, she loved her family and her friends who were like family. Known affectionately as Ma, she was kind and caring and her home was always open with coffee ready in the pot.

Prior to her passing Lucille was able to have one more Thursday night dinner, a long-



standing family tradition.

In addition to her husband, she is survived by three children, Kaarlo Rintala, Jr., and his wife, Cheryl, of Bellingham, Cheryl Rayner and her husband, Russ, of Worcester and Karla Barrows and her husband, Glenn, of Upton; one sister, Millie Crandall, of Boylston; five grandchildren, Christina, Sara, Stacy, Elina and Suzie and five great-grandchildren, Elizabeth, Julia, Aeva, Chase and Cody.

Calling hours were held on Saturday, January 27, in the Pickering & Son Upton Funeral Home.

In lieu of flowers, donations in her memory may be made to the Alzheimer's Association at act.alz.org

To leave condolences and view her online tribute, please visit www.UptonFunerals.com

United Parish Upton February programs

The United Parish would like to invite you to participate in our community events this month. We welcome all people to our ministries and events. Membership in UMC or UCC is not required to participate.

Feb. 13, 27, March 12: 9:30 to 11:30 a.m. - 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.

Feb. 15: Community Supper - on the third Thursday of each month from September through June at 5:30 p.m., our Faith in Action committee provides a delicious and nutritious meal for the community. Everyone is welcome. Please check our website:

<https://www.unitedparishupton.org/ministries/community-supper> for this month's menu.

March 2: 10 a.m. to noon - Have fun making adorable painted wood winter decorations while sipping coffee with treats and enjoying time with friends! All materials and instructions provided. Sign-up before Feb. 17 at soulfuel.org

Early Learning Center enrollment for the 2024-2025 school year is now open: 3 day class (must be 2.9 by Sept. 1) 9 a.m. - 12:30 p.m., 5 Day Class (must be 4.0 by Sept. 1.) 9 a.m. - 12:30 p.m. We offer extended day (with hot lunch on Wednesdays for the 5 Day class). Before and after school care for Memorial students (kindergarten through 4th grade) - 7 - 8:30 a.m. (bus picks them up at the church), 3:15 - 6 p.m. (bus brings children from Memorial). Private tours can

be scheduled by calling Angela Simonds at 508-529-6382 or by email @unitedparishschool@gmail.com.

Soul Fuel Cafe is open Tuesday through Friday, 8 a.m. - 2 p.m. and Saturday from 8 a.m. to 12 p.m. Free WiFi. Coffee, Tea, Daily fresh bread, pizza, brownies, cookies and more. This is a great place to hang out with friends, work on a puzzle, read, write or just chill. There is always a friendly face to greet you.

Feb. 14: 7 p.m.: Special Ash Wednesday service held in our sanctuary to mark the beginning of the Lenten season.

Every Sunday at 9:30 a.m., we hold worship service in our sanctuary. All are welcome. Simultaneous streaming is available for those unable to join us in person. Please visit our website at www.unitedparishupton.org to find the LiveStream link.

Mendon town officials discuss strategic planning related to local housing solutions

Residents of all ages in the town of Mendon are invited to participate in an upcoming workshop on Mon., March 4, at 10 a.m. at the Mendon Senior Center to learn about the

town's strategic planning efforts for local housing solutions. The workshop will be led by staff from the Town of Mendon and Central Massachusetts Regional Planning Commission,

and will feature a presentation, Q&A, and interactive activity. Community input will inform the update of Mendon's Housing Production Plan, helping the Town understand and proactively plan for the types of homes that are needed in Mendon and the most appropriate locations for new housing. Please reach out to Emily Glaubitz eglaubitz@cmrpsc.org if you have any questions.



CPR Etc.

**CPR, AED, First Aid Training
Bloodborne Pathogen**

On-Site Training
Companies • Schools • Private (in-home)
No Class Too Small • Any Time, Anywhere

Susan Tetreault
Licensed & Insured

508-473-3630
cpr_etc@comcast.net

PHARMACY OUTREACH

Helping MA Residents Lower Drug Costs
Providing Free Medication Information
CALL Today 1-866-633-1617



MASSACHUSETTS COLLEGE of PHARMACY
and HEALTH SCIENCES

Pharmacy Outreach Program
19 Foster Street, Worcester, MA 01608 | M-F 8:30 am to 5 pm



Give Us a Call ... No Job Too Small

Bedrooms | Basements
Bathrooms | Kitchens
Decks, Patios, Yards | Garages
Living Rooms | Dining Rooms

Your local handyman

☑ Reliable
☑ Experienced
☑ Responsive

☑ Professional
☑ Insured

LabofAllTrades.com | 508-377-2137

BETTER MILK

Enjoy
Maple Farm
DAIRY Products



Door to Door Home Delivery with the Highest Quality Products

If you use dairy and are not satisfied with store choices, we offer an alternative. We make weekly or biweekly deliveries with farm fresh MILK and many other premium products. 100% of the MILK we offer comes from a Family Farm.

PLEASE CONSIDER MAPLE FARM DAIRY FOR WEEKLY OR BIWEEKLY DELIVERY SERVICES
TEXT INQUIRES **508-478-MILK (6455)**

**Use this
QR CODE
to visit our
Website**



FREE PRESS

BVT first trimester Commendation List

Acknowledging Academic and Vocational Achievements – January 5, 2024

Blackstone Valley Regional Vocational Technical High School Superintendent-Director's Commendation List for the first trimester of the 2023–2024 school year has been released. BVT students must meet rigorous standards to be named to the Commendation List, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester.

Congratulations to the following students from Mendon and Upton:

SENIORS (Class of 2024)

Mendon: Tyler Clare, Information Technology; Ava Lozeau, Construction Technology; and Noah LeFave, Electronics & Engineering Technology.

Upton: Gray Campbell, Multimedia Communications; Skyla Jack, Construction Technology; Brian O'Connell, Automotive Technology; and Laith Shloul, Electrical.

JUNIORS (Class of 2025)

Mendon: Kalyrn Bellefontaine, Health Services; Sophia Blalock, Cosmetology; Kyle Miller, Electrical; and Abigail Scharnagle, Health Services.

Upton: Samantha Carroll, Information Technology; Ryan Poirier, Advanced Manufacturing & Fabrication; Cassidy

Lyon, Health Services; and Jack Nealley, HVAC&R.

SOPHOMORES (Class of 2026)

Mendon: Greyson Blalock, Electrical; Phoebe Burke, Engineering & Robotics; Aiden Fayer, Information Technology; Charles Lozeau, Engineering & Robotics; Jacob MacDonald, Engineering & Robotics; and Aiden Quimby, Engineering & Robotics.

Upton: Nicole Amburtseva, Dental Assisting; Justin Fransen, Engineering & Robotics; Alexa Ladd, Multimedia Communications; Emma Langner, Engineering & Robotics; Jack Lupien, Electrical; Nivedita Sharma, Health Services; and Roan Tajiani, HVAC&R.

FRESHMEN (Class of 2027)

Mendon: Emma Coombs, Construction Technology; Lila Kaye-Kuter, Health Services; Mandi Kaye-Kuter, Health Services; Peyton Keefe, Health Services; James Roberts, Plumbing; Karen Saeteros-Pizha, Dental Assisting; and Brady Usher, HVAC&R.

Upton: Ekakshar Bhardwaj, Plumbing; Thomas Clancy, Engineering & Robotics; Avery Myers, HVAC&R; Jacob Poirier, Engineering & Robotics; Erin Reilly, Plumbing, and Makenna Walls, Health Services.

MENDON SENIOR CENTER

continued from page 7

overview will be provided about Deeds, Homesteads, Trusts and Estates. Save the date for this informative program. Please stop by or call the Mendon Senior Center at 508-478-6175 to register.

Tornado & Storm Chasers

Do not, I repeat do not, miss this soon to be rare opportunity to meet Bill Kessler, recently retired Mendon Fire Chief, prior to his departure to chase storms this spring. Bill will share his passion for the chase with us on the first day of spring Tuesday, March 19 at 11 a.m. Come listen to his thrilling experiences.

He has said, "I went on my first chase in 2005 as a bucket item check off. Little did I know I have so many buckets to check it off from! Since that first year, I just can't let it go. It's not just the thrill of the chase, the exploration of the Midwest is pretty cool too." Register at the Mendon Senior Center. Space is limited.

Please welcome Administrative Assistant, Julie Tulacro

The Mendon Council on Aging is pleased to welcome Julie Tulacro as the new part-time administrative assistant at the center. Julie will be available on Mondays, Tuesdays and Thursdays to answer questions, assist with program registrations and transportation needs among other things. Julie shared, "I am a longtime resident of Mendon, and am very excited about starting this new journey with the senior center. I look forward to working with everyone and having the opportunity to meet new people, and having the ability to help in any way I can." Please stop by and say hello to Julie!



Sunday
BRUNCH *Buffet*

Every Sunday: January 21 - March 24 | 10AM to 2PM



FOR RESERVATIONS: **508.928.0928**

2 Southwick Street, Mendon, MA

Galliford's
RESTAURANT & TAVERN
www.gallifords.com

Coverage for wherever you call home

Benjamin Insurance Agency
401-765-5000
North Smithfield, RI
401-767-2061
Bellingham, MA

Allstate
You're in good hands.

Subject to terms, conditions, and availability. Allstate Vehicle and Property Ins. Co., Allstate Property and Casualty Ins. Co. & affiliates: 2775 Sanders Rd Northbrook IL 60062. © 2019 Allstate Insurance Co.

18679493

Nipmuc Regional High School hosts Spanish Exchange Students

Mendon-Upton Regional School District Superintendent Maureen Cohen, World Language Department Chair Tricia Moloney, and Spanish Immersion Teacher Ana Soto are pleased to share that Nipmuc Regional High School recently hosted Spanish Exchange Program students.

Nipmuc Regional High School hosted Spanish Exchange Program students from the Divina Pastora School in León, Spain, from Dec. 3-19.

During this visit, 27 students had the opportunity to live with local host families and shadow Nipmuc students through their daily lives, while learning about the history and culture of the U.S.



Nipmuc High School students, Spanish Exchange students and host families during the goodbye dinner on Dec. 18. Photo Courtesy Mendon-Upton Regional School District

The Nipmuc Regional High School community also hosted activities for exchange students and their host families, including

pizza parties, bowling, and field trips to Fenway Park, Old Sturbridge Village, the Natick Mall, and Hebert Candy Mansion, fostering strong connections.

The visit concluded with a goodbye potluck dinner on Dec. 18 at the Nipmuc High School cafeteria.

“I would like to thank Sra. Soto for her hard work in organizing this program once again this year, and all of our host families and students for opening their homes,” said Supt. Cohen. “This program is a wonderful way for our students to experience a different culture in alignment with the District’s Portrait of a Learner. In learning about different experiences and cultures our students are on the path to



Spanish Exchange students visit Fenway Park during their trip abroad to Nipmuc Regional High School. Photo Courtesy Mendon-Upton Regional School District

becoming true global citizens.”

Source: www.mursd.org

WE ARE YOUR RELIABLE INSURANCE NEIGHBOR



Work with people you can trust:
Nicole, Julie, Brian, Mike, Letty, Amy

Our family-owned and operated independent agency offers only competitively priced and time-tested insurance products designed to fit your individual needs. Specializing in home, auto, business, condo and renters insurance since our establishment in 1950, our agency is deeply rooted in the communities we serve and committed to providing the very best of value for your hard earned dollars. Whether new to the area or a lifelong resident, you will benefit from the sound advice provided by our professional service advisers.

MAPFRE | INSURANCE

Contact us today!

(508) 435-6388

80 Main Street, Hopkinton
PhippsInsurance.com

HOME • CONDO • RENTER • AUTO • BUSINESS

SHAHOOD & SONS INC

PLUMBING - HEATING - COOLING

Quality & Trust Since 1949

Family Owned and Operated
for 3 Generations

RESIDENTIAL • COMMERCIAL • INDUSTRIAL

Service Work • Repairs • Boilers
Water Heaters • Remodeling
New Construction • Air Conditioning
Heat Pumps • Mini-Splits

We provide 0% interest loans & rebates of
up to \$10,000 through Mass Save
Fully licensed and insured

CONTACT US TODAY!
508-875-3413
ShahoodPlumbing.com



Joseph T. and Adrián G., welcoming the exchange students arriving at Nipmuc Regional High School. Photo Courtesy Mendon-Upton Regional School District



Three women - Jimena G., Madelyn W. and Yara G. at the arrival of Spanish Program students. Photo Courtesy Mendon-Upton Regional School District

AGREEMENT

continued from page 10

primary care and specialty physicians. Milford Regional has a long history of investing in community health needs; in 2015, it opened a 78,000 square-foot building that houses a new emergency department, intensive care unit and private patient rooms.

UMass Memorial Health and Milford Regional have long enjoyed a strong collaboration since 1991 when Milford Regional Medical Center became the first hospital to clinically affiliate with UMass Memorial Medical Center. Since then, many additional clinical and educational programs have been created with UMass Memorial Health to bolster the level of care offered to the greater Milford community.

Key tenets of the newly approved definitive affiliation agreement include:

- Preserving Milford Regional Medical Center as an acute care hospital offering inpatient and outpatient services, ensuring access to high quality, local care for the Milford community;
- Supporting strategic capital investment in facilities, equipment and other infrastructure to support clinical care and the local community;

- Integrating Milford Regional into the Epic electronic medical record system;
- Maintaining Milford Regional's role as an employer of choice in the local/regional market, and enhancing Milford's ability to address ongoing workforce challenges; and
- Retaining a local community board of trustees, with Milford Regional having representation on the UMass Memorial parent board.

"We are excited to take this step forward in the process to form a corporate affiliation with Milford Regional, which will build upon UMass Memorial's longstanding collaboration with this exceptional organization," said UMass Memorial Health President and Chief Executive Officer Eric Dickson, MD. "Together, UMMH and Milford Regional will be better positioned to provide outstanding care to patients and support the health and wellbeing of communities across Central Massachusetts," he added.

"Health care organizations across the state and nation continue to face extreme financial, staffing and operational challenges, and these issues are most acute for community hospitals," said UMass Memorial Community Hospitals President Douglas Brown. "We are confident that

Mendon house fire Jan. 23



On Jan. 23, the Hopedale Fire Department posted about this house fire in Mendon.

"Just after 1 a.m., Ladder 1, Tanker 2 and Car 1 responded to the town of Mendon for a house fire. Mendon Fire Department

arrived to a fully-involved attached garage. No injuries were reported. The fire was under control in about an hour. Strong work by all involved. Milford Fire Department, Upton Fire & EMS, Northbridge Fire

Department, Millville Fire Rescue, Bellingham Firefighters Local 2071, Uxbridge Fire Department, Douglas Fire Dept., Sutton Fire."

Source: Facebook @Hopedale Fire Department

a corporate affiliation is the best way to ensure local access to high quality care for patients and ongoing investment in technology and workforce development in support of the Milford

Regional community." Milford Regional and UMass Memorial Health leaders expect the regulatory approval process for this corporate affiliation to take up to nine months. With

regulatory approval, Milford Regional Medical Center and Milford Regional Physician Group will formally become a member of the UMass Memorial Health system.

Pickering & Son
Upton
FUNERAL HOME


David A. Pickering • Andrew D. Pickering
Funeral Directors

Offering dignified service to those of all faiths in Upton, Mendon and the surrounding communities since 1902

45 Main Street, Upton, MA 01568
508-529-6992 • uptonfunerals.com

Checking with all the benefits.
High-yield. High-tech. High-satisfaction.

<p>e by UniBank Checking</p> <p>2.99%^{APY}¹</p> <p>Balances less than \$15,000</p>	<p>2.99%^{APY}¹ - 1.20%^{APY}¹</p> <p>Balances \$15,000 and above</p>	<p>Basic Rate of Interest</p> <p>0.01%^{APY}¹</p> <p>On entire balance when minimum requirements are not met</p>
--	--	---



Scan to open an account online or visit any UniBank branch! Find your nearest branch at unibank.com/locations.

UNIBANK

www.unibank.com
800.578.4270

MEMBER FDIC ¹Annual Percentage Yields (APYs) effective as of 2/1/2024 and subject to change at any time after the account is open. The interest rate and annual percentage yield for your account depend upon the applicable rate tier. The interest rate and annual percentage yield for these tiers may change. The APY range assumes a maximum deposit of \$50,000 for illustration purposes only. Fees may reduce earnings. The account does not have a maximum deposit limit. Refund of domestic ATM surcharge transaction fees are capped at \$25.00 per statement cycle. Non-UniBank ATM Surcharges are those fees charged by the bank that owns the non-UniBank ATM used. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Minimum balance of \$10 to open the account. Limit one account per customer holding position of primary account holder. Other restrictions may apply.

- In order to be eligible for the disclosed Tier I and Tier II interest rate, Annual Percentage Yield (APY), and refund of domestic ATM Surcharges the following conditions must be met in a given statement cycle.
- A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.

Nipmuc esports team offers unique opportunities for student growth

School program part of burgeoning competitive gaming field

By Linda Chuss

Esports is a relatively new field in which video game players compete online as teams or individuals against opponents located anywhere in the world. People not yet familiar with it may hold common misconceptions. Some might picture an isolated teenager playing nonstop at home. Others might envision cutthroat superstars battling in a stadium for impressive payouts. Those aspects are not representative of the Nipmuc Regional High School esports team, nor of most players.

“Esports provides an opportunity for students who are passionate about gaming to participate in a structured format,” said the Nipmuc team coach, Sam O’Neal, who is a staff member in the school’s technology department. “Our program started in 2021 after

Athletic Director Chris Schmidt approached me about it. I’m a gamer and was on a team in college.”

“Our players are phenomenal, often surpassing me in ability. I help them navigate from an administrative and technology viewpoint. In January, we set up our esports center, a gaming environment for the team to practice and play matches in a single location. The students helped tremendously with that, from determining needs to installing equipment.”

Gaining computer-related expertise is one unique benefit for team members. O’Neal described other ways players develop. “Similar to what you find in traditional sports, there’s a lot of strategy, especially around getting a group to work together to succeed. Team captains provide leadership and facilitate



Students on the Nipmuc Regional High School esports team gain valuable skills including cooperation and strategic thinking. Courtesy photo

player growth. And students have to communicate well with each other to win. Nipmuc’s teams have been

In 2021, when Nipmuc High’s esports team was formed, there were 8600 U.S. high schools with esports teams, according to the National Education Association. As reported by Forbes magazine and the Statista market research firm, prize money, players, and viewers all number in the hundreds of millions worldwide. In 2023, the global esports market size was just under \$2 billion and is projected to quadruple by the end of the decade.



Mitsubishi Electric Ductless Systems provide year-round comfort and are up to 40% more efficient than traditional systems.



Boucher Energy is an approved Mass Save Heat Pump Installer. Contact us for a free estimate. 508-473-6648 www.boucherenergy.com



very successful, placing in the top five multiple times and winning a championship in Rocket League, one of four games they play, O’Neal related. He added, “Some students can even obtain

ESPORTS

continued from page 16

esports college scholarships; we'll be visiting Assumption College to learn about their program. After college, players may work in a related industry, or become doctors or anything while continuing to game with friends for fun or to de-stress."

For anyone interested in the esports team:

- Register for the fall or spring season through the athletic department.
- Bi-weekly practices and weekly matches are held at the esports center, where all equipment is provided.
- Each team member plays at least one game at every

match.

- Spectators can watch matches, which are streamed on Twitch and YouTube Live.
- Follow the team on social media under the name nipmucesports.
- Discussions are underway to add a middle school program.

To better understand esports, O'Neal recommends the guide for parents at bit.ly/nfhsParentsEsports which is provided by PlayVS, the organization administering the high school league. One finding it cited is that nearly all players reported they "found a community they could connect with." O'Neal provided his own summary: "Esports is a fun and engaging way for like-minded students to learn from each other."



About the new gaming center, Nipmuc High esports team member Makary "Meko" Mansy said, "Now we have our own room with a complete setup" Courtesy photo

Flanagan named to Siena College Dean's List for fall semester

Catherine Flanagan of Mendon has been named to Siena College Dean's List for the Fall 2023 semester. Flanagan is majoring in Economics and is a 2022 graduate from Nipmuc Regional High School.

To be named to the Dean's List, a student's grade point average for the semester must be between 3.5 and 3.89. Siena College is a private Franciscan college in Loudonville, NY.

UPTON LIBRARY

continued from page 11

org or call 508-529-6272. Registrations open the month prior to events.

Music & Movement – NEW DAY - Select Mondays 9:30 a.m.

Music & Movement with Deb Hudgins will take place Feb. 12 and March 4 and 18 in the Greatroom. Join us for stories, songs, and fun. Best for ages 1-5. Partial funding for this program is through a grant from Beginning Bridges CFCE in Uxbridge. Pre-registration is required.

Baby Storytime – Fridays at 9:30 a.m.

Baby Storytime is for ages birth to 3 and is held on Fridays. This is a 20-30-minute lapsit program featuring stories, songs, and nursery rhymes. Pre-registration required.

Preschool Storytime – Thursdays at 9:30 a.m.

Preschool Storytime is for ages 3 to 5 and is held on Thursdays. This is a 45-minute program, featuring longer stories, songs, rhymes, and crafts. Pre-registration required.

Saturday Storytime – Feb. 13 and March 9 at 9:30 a.m.

Once a month we offer a

30-45-minute Saturday Storytime, blending Baby and Preschool storytimes featuring stories, songs, rhymes, and a craft. Can't join us for our weekday programs? This event is just for you. For ages 0-5. Pre-registration required.

Drop-In Storytime NEW – March 11 at 9:30 a.m.

Beginning in March, our Children's Department will begin offering a new Drop-In Storytime session, once a month. No registration required. This will be a blend of our Baby and Preschool Storytimes; however, no craft will be provided. We will feature stories, songs, rhymes, and fun. This will be held in the Greatroom and will be a larger group size. For ages 0 to 5.

Teen Group – Tuesdays 3 p.m.

This group meets weekly on Tuesdays from 3 - 4 p.m. and focuses on a new theme each month, sharing books, crafts, games, and more. For February, our theme will be Kindness. This group is for tweens and teens ages 10-16. This is always a drop-in program.

Kids' Book Club – March 6 at 4 p.m.

Our book club members explore popular juvenile and preteen titles on the first Wednesday of each month

from 4 - 4:45 p.m. Our March graphic novel title is *Allergic* by Megan Wagner Lloyd. Copies are available at the circulation desk. This group is for ages 8-12 and reads mostly middle grade titles. We welcome new members all year round. Pre-registration required.

Upton Reads Book Group

An eclectic mix of contemporary literary fiction with meetings on the second Tuesday afternoon and Thursday evening of each month in the Community Center classroom, with a Zoom remote option. Tuesday, March 12 at 12:45 p.m., and Thursday, March 14 at 6:45 p.m.: *The Thursday Murder Club* by Richard Osman.

Fic or No Fic Book Group

An adult book group led by Librarian Micaela that alternates fiction and non-fiction selections. Meets on the last Wednesday of each month at 6:45 p.m.

Feb. 28 at 6:45 p.m.: non-fiction title, *Talking to Strangers: What We Should Know About the People We Don't* by Malcolm Gladwell.

For more information or assistance with any library services, call 508-529-6272 or email mbachtol@cwmar.org



Authentic
MEXICAN
CUISINE

Celebrate Valentine's Day with us!





Now Open for Lunch & Dinner!

TUESDAY - SUNDAY • Noon - 9:30 pm

\$5 OFF / \$40 ORDER

Dine-in or Take-out

EXPIRES MAR. 15, 2024 • BRING IN or MENTION AD for Discount



MayaMexicanCocina.com

118 Main St., Upton • 508.603.1183




SPORTS

Defense first approach for Nipmuc Girls' Hoops

Young team finding way with new style

By Chris Villani

The Nipmuc girls' basketball team graduated three seniors from last year's team who carried the load on offense, two of whom are playing in college right now. So, it comes as little surprise that head coach Missy Rhodes' team has had to adapt its style this season.

"I feel like we have a bit more of an athletic group this year," Rhodes said. "So we are able to press a bit more and rely on our pressure defense in the hopes of scoring quick transition points. Last year, we ran more half court sets."

Nipmuc's new approach has led to some bumps along the way, Rhodes said, but the team is getting better and has been particularly strong on the defensive end.

"I am most impressed by our defense this year," the coach said. "We can hang our hats on that, and we have done a good job on offense taking the right shots, they just won't fall."

When the scoring has come for Nipmuc, it has been a balanced attack with different players stepping up on different nights.

Rhodes praised the leader-



The Nipmuc girls' varsity basketball team was joined by the JV squad and the Miscoe middle school team at a recent game. Photo contributed by Missy Rhodes

ship of her three seniors, Meg McCobb, Danielle Clish, and Maria Ceruti. McCobb is one of the two team captains, along with junior Paige Anderson.

"They have all stepped up leadership-wise," Rhodes said.

As the season progresses, Rhodes said Nipmuc plans to rely more on defensive pressure with an eye towards forcing

turnovers and creating offense.

"I think it's important that we focus on running our offense correctly," Rhodes said, "looking for the right shots and taking the right shots as a team. The girls are getting quality experience that will help them in the future."

Rhodes had high praise for the quality of the student ath-

letes on her team this season.

"We have a fun group and good team camaraderie this year," Rhodes said. "I think everyone is trying to focus on being the best they can be, playing one game at a time, and reaching our potential."

Nipmuc has also been focused on building the next generation of basketball players

and spends time working with youth players every weekend.

"Our high school players help teach the game to our K-7th graders and, in return, we've gotten a lot of support at our games from these players," Rhodes said. "It's really special to see the positive impact my players have on the next generation of Nipmuc athletes."

Mark's Transportation LLC

Call today for more information
561-654-9881

DRIVERS WANTED
30 Positions Now Available!

WE PAY MORE

\$1,000 Sign-On Bonus*

Office is located at
51 East Main St., Milford, MA
Office hours are Mon-Fri, 9:00 AM-5 PM

- Transport students and adults.
- NO CDL Required, 7D Certificate Only.
- We'll help you get the certification.
- Split Shifts: Early morning, mid/late afternoon.
- We Pay More.
- Great job for retired person or someone needing part-time work.
- Must be 21 or older with valid driver's license.

*New applicants only; restrictions apply

MULLALY MATERIALS

FIREWOOD

SEASONED HARD WOOD | GREEN HARD WOOD | KILN DRIED WOOD

CALL FOR PRICING: 508-883-0977

Be Ready! Stock up on all your Winter Products

- Snow Shovels
- Bulk Salt
- Ice Melt by the Bag or Pallet
- Washer Fluid
- Roof Rakes
- Gloves

671 Quaker Hwy, RT. 146A, Uxbridge, MA 01569
M-F 7:30am-4pm • CLOSED SAT. & SUN.
STORM HOURS AS NEEDED

www.mullalymaterials.com

SPORTS

Valley Tech Girls' Basketball adjusts to new leadership

Beavers coming together under new head coach

By Chris Villani

First-year Blackstone Valley Tech girls' basketball coach Jacob Ramos knew there would be a transition period when he took over the program, but he said the Beavers are starting to come together, as January came to a close.

"We are turning things around and a lot of it is just us gelling," Ramos said. "We are playing with each other and understanding the standards that I bring with me as a coach and getting everybody on board with the system I brought with me."

Prior to taking over at BVT, Ramos, a BVT graduate, spent the past several years working at Nipmuc as a varsity assistant coach and most recently as the head coach of the JV boys' basketball team. He said he is enjoying his new gig.

"It's been great," Ramos said. "Being a former student here at BVT, I am very familiar with a lot of the programs we play. Adapting to the varsity level has been a transition but, at the same time, I have been able to go through it a little easier."

Good players have also helped ease the transition. Danika Kirby and Sylla Jack provide a strong one-two scoring punch for Valley Tech and Jack brings the added benefit of being what her coach described as a "steal machine" on defense.

"They have both been playing well and they can really fill up the score sheet," Ramos said.



Maya Lorion #4 looks to pass during a recent game.

Photo credit Sage Hurteau

In the past, Mara Keane has been solid on offense and, Ramos said, provided a crucial boost in rebounding. BVT has also had some players contribute in unsung ways. Ramos said, Ella Rogozenksi "has been contributing in every way, shape, and form."

"She is willing to guard the other team's best big, she is willing to play defense, she is willing to play defense, rebound, communicate," the coach said. "She is willing to do all of the glue things to hold the team together."

Pyper Bourre is another un-

sung hero for the Beavers.

"Her persistent dedication to the team and leadership qualities help bring us together," Ramos said.

He added that guard Maya Lorion "has been providing a great spark offensively and defensively for us this season."

Ramos said the progression of his team this winter has been exciting to watch. They have set some lofty goals, including getting to the new girls' division of the Clark Tournament as well as advancing in both the Central Mass. and MIAA tournaments.

"In the beginning of the



Danika Kirby #10 is one of the Beavers' top scorers this season.

Photo credit Sage Hurteau

season, it was learning how to play with one another and not so much about Xs and Os," Ramos said. "But, towards the

playoffs, it's all about execution and playing in close games. We are learning how to win in those tough situations."



\$5 OFF

Dine-in/Take-out orders on purchase \$10 or more

VALID ON FOOD ONLY

NEAPOLITAN PIZZA!

Beer & Wine Now Available (DINE-IN ONLY)

1 Menfi Way, Hopedale • 508-381-3292 • myhopedalepizza.com

WE JUNK IT • MOVE IT • CLEAN IT • RECYCLE IT • SCRAP IT




AARDVARK
JUNK REMOVAL

Call or Text John Today!
508-395-8369

- Hoarding Specialists
- Appliance Removal
- Junk Removal
- Construction Clean Up
- Basement Cleanouts
- Storage Cleanouts
- Scrap Metal Removal

- Office Cleaning
- Carpet Cleaning
- Office/Residential Moves
- Room to Room Moves
- Appliance Moves
- Furniture Moves

LOCAL & FAMILY OWNED • FULLY INSURED • FREE ESTIMATES



Kevin Meehan
Owner

FACT:
IMPERIAL SELLS A CAR
EVERY
15 MINUTES!



**2,000 VEHICLES AT ALL TIMES
FOUR DEALERSHIPS // SEVEN BRANDS**

SALES: M-TH 9-9, FRI & SAT 9-6, SUN 12-6
SERVICE: M-F 7:30-6, SAT 7:30-5

508-488-2382

8-18 UXBRIDGE ROAD (ROUTE 16) MENDON, MA 01756 // 300 FORTUNE BLVD. MILFORD, MA 01757

PRESIDENTS' DAY ★ MONTH-LONG MILLION DOLLAR CLEARANCE EVENT



"Keep Those Presidents In Your Wallet!"

**OVER
\$75 MILLION
DOLLARS
IN INVENTORY**

**NEARLY
\$10 MILLION
DOLLARS
IN DISCOUNTS**

**OVER
2,000 VEHICLES
DISCOUNTED
FOR THIS EVENT**

DISCOUNTS UP TO \$15,000 OR AS MUCH AS 30% OFF!!!



**CAR FAX
ONE OWNER
VEHICLES**
**485 ONE OWNER VEHICLES
IN STOCK!**

2020 CHEVY EQUINOX LT
AS LOW AS **\$57/WK**
#45405 • ALLOYS, AWD, TURBO
NEW RETAIL PRICE: ~~\$35,490~~ | **WHOLESALE PRICE: \$18,977**

2016 HONDA CR-V LX
AS LOW AS **\$51/WK**
#23063A • 25/31 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$29,220~~ | **WHOLESALE PRICE: \$17,377**

2020 FORD F-150 XL 4x4
AS LOW AS **\$117/WK**
#P16378L • SUPERCREW, TURBO
NEW RETAIL PRICE: ~~\$48,950~~ | **WHOLESALE PRICE: \$35,977**

2020 FORD EXPLORER 4x4
AS LOW AS **\$102/WK**
#P16574L • XLT, LEATHER, TURBO
NEW RETAIL PRICE: ~~\$45,765~~ | **WHOLESALE PRICE: \$31,677**

2021 JEEP WRANGLER 4x4
AS LOW AS **\$108/WK**
#D13786R • UNLIMITED SAHARA, CPO
NEW RETAIL PRICE: ~~\$49,810~~ | **WHOLESALE PRICE: \$33,577**

2020 JEEP RENEGADE
AS LOW AS **\$57/WK**
#23285A • ALLOYS, TRAILHAWK, 4X4
NEW RETAIL PRICE: ~~\$36,165~~ | **WHOLESALE PRICE: \$18,977**

2021 TOYOTA TACOMA 4x4
AS LOW AS **\$103/WK**
#TP2852 • SR5 TRIM, CPO, ALLOYS
NEW RETAIL PRICE: ~~\$53,605~~ | **WHOLESALE PRICE: \$31,677**

2021 DODGE DURANGO GT
AS LOW AS **\$101/WK**
#D13804R • ALLOYS, AWD, 3.6L
NEW RETAIL PRICE: ~~\$48,595~~ | **WHOLESALE PRICE: \$31,477**

2021 GENESIS G80 3.5T
AS LOW AS **\$159/WK**
#TP3311 • SUNROOF, NAV, LEATHER
NEW RETAIL PRICE: ~~\$56,725~~ | **WHOLESALE PRICE: \$47,977**

2020 TOYOTA CAMRY LE
AS LOW AS **\$74/WK**
#45530KK • LANE DEPARTURE, FWD
NEW RETAIL PRICE: ~~\$38,625~~ | **WHOLESALE PRICE: \$23,977**

2020 CHEVY SILVERADO 4x4
AS LOW AS **\$111/WK**
#C45492 • 1500 CUSTOM, ALLOYS
NEW RETAIL PRICE: ~~\$54,180~~ | **WHOLESALE PRICE: \$34,377**

2017 NISSAN ROGUE AWD
AS LOW AS **\$53/WK**
#TM24-283A • LEATHER, NAV, ALLOYS
NEW RETAIL PRICE: ~~\$31,710~~ | **WHOLESALE PRICE: \$17,977**

2022 CHEVY TRAX LT AWD
AS LOW AS **\$60/WK**
#45482 • TURBO, PREMIUM AUDIO
NEW RETAIL PRICE: ~~\$27,565~~ | **WHOLESALE PRICE: \$19,977**

2021 TOYOTA TUNDRA 4x4
AS LOW AS **\$110/WK**
#TM24-138A • SR5, 5.7L V8, ALLOYS
NEW RETAIL PRICE: ~~\$53,405~~ | **WHOLESALE PRICE: \$33,977**

2020 JEEP CHEROKEE 4x4
AS LOW AS **\$64/WK**
#D13785R • LATITUDE, ALLOYS
NEW RETAIL PRICE: ~~\$34,400~~ | **WHOLESALE PRICE: \$20,977**

2021 HYUNDAI TUCSON SUV
AS LOW AS **\$67/WK**
#P16527L • AWD, ALLOYS, VALUE
NEW RETAIL PRICE: ~~\$36,750~~ | **WHOLESALE PRICE: \$21,977**

2020 FORD ECOSPORT 4x4
AS LOW AS **\$53/WK**
#P16528R • 23/29 CITY/HIGHWAY MPG
NEW RETAIL PRICE: ~~\$28,690~~ | **WHOLESALE PRICE: \$17,977**

2021 CHEVY TRAVERSE
AS LOW AS **\$85/WK**
#45396R • AWD, LT TRIM, ALLOYS
NEW RETAIL PRICE: ~~\$39,995~~ | **WHOLESALE PRICE: \$26,977**

2018 HYUNDAI KONA AWD
AS LOW AS **\$64/WK**
#TP2936H • ULTIMATE, SUNROOF
NEW RETAIL PRICE: ~~\$29,650~~ | **WHOLESALE PRICE: \$20,977**

2020 FORD EDGE TITANIUM
AS LOW AS **\$81/WK**
#P16529R • SUNROOF, NAV, LEATHER
NEW RETAIL PRICE: ~~\$40,395~~ | **WHOLESALE PRICE: \$25,977**

2021 VW PASSAT 2.0T
AS LOW AS **\$59/WK**
#TP3170 • SUNROOF, TURBO, ALLOYS
NEW RETAIL PRICE: ~~\$29,550~~ | **WHOLESALE PRICE: \$19,677**

2020 LINCOLN MKZ SEDAN
AS LOW AS **\$92/WK**
#P16159 • SUNROOF, NAV, LEATHER
NEW RETAIL PRICE: ~~\$39,745~~ | **WHOLESALE PRICE: \$28,977**

2022 FORD BRONCO 4x4
AS LOW AS **\$88/WK**
#C16505 • SPORT BIG BEND
NEW RETAIL PRICE: ~~\$38,995~~ | **WHOLESALE PRICE: \$27,977**

2021 SUBARU FORESTER
AS LOW AS **\$74/WK**
#D13563 • PREMIUM, SUNROOF
NEW RETAIL PRICE: ~~\$34,695~~ | **WHOLESALE PRICE: \$23,977**

2021 LEXUS UX 250h SUV
AS LOW AS **\$106/WK**
#TP3108H • SUNROOF, LEATHER, NAV
NEW RETAIL PRICE: ~~\$38,950~~ | **WHOLESALE PRICE: \$32,977**

2021 HYUNDAI SONATA SE
AS LOW AS **\$60/WK**
#45623R • 28/38 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$28,680~~ | **WHOLESALE PRICE: \$19,977**

2020 CHEVY SPARK 1LT
AS LOW AS **\$42/WK**
#45581R • HATCH, BLUETOOTH
NEW RETAIL PRICE: ~~\$21,740~~ | **WHOLESALE PRICE: \$14,977**

2021 HONDA ACCORD EX-L
AS LOW AS **\$85/WK**
#TP2757 • 30/38 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$34,190~~ | **WHOLESALE PRICE: \$26,977**

2018 BUICK ENCORE SUV
AS LOW AS **\$53/WK**
#TM23-937A • PREFERRED, ALLOYS
NEW RETAIL PRICE: ~~\$31,225~~ | **WHOLESALE PRICE: \$17,977**

2020 MAZDA MAZDA CX-5
AS LOW AS **\$74/WK**
#TP2784 • SUNROOF, LEATHER
NEW RETAIL PRICE: ~~\$29,899~~ | **WHOLESALE PRICE: \$23,977**

2023 SUBARU CROSSTREK
AS LOW AS **\$96/WK**
#D13717 • HEATED SEATS, PREMIUM
NEW RETAIL PRICE: ~~\$34,795~~ | **WHOLESALE PRICE: \$29,977**

2020 FORD FUSION SE
AS LOW AS **\$60/WK**
#P16502 • 23/34 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$25,710~~ | **WHOLESALE PRICE: \$20,977**

2020 NISSAN ALTIMA 2.5 S
AS LOW AS **\$53/WK**
#TP2920 • APPLE CARPLAY, 8" LCD
NEW RETAIL PRICE: ~~\$29,595~~ | **WHOLESALE PRICE: \$17,977**

WHY PAY THE DIFFERENCE IF YOU CAN'T TELL THE DIFFERENCE?

BAD CREDIT? DON'T SWEAT IT!
We finance your future - not your past.

WE WORK WITH OVER 60 BANKS AND CREDIT UNIONS TO GET YOU THE LOWEST RATE POSSIBLE!



SEVEN DAY VEHICLE EXCHANGE PROGRAM

SALE ENDS 02/29/24. SOME RESTRICTIONS APPLY. THIS OFFER IS NOT VALID ON PRIOR SALES AND IS BASED ON THE MSRP, AND NOT COMBINABLE WITH ANY OTHER DISCOUNT, PROMOTIONS, OR INCENTIVES. PRICE LISTED INCLUDES ALL APPLICABLE MANUFACTURER REBATES (NOT EVERYONE WILL QUALIFY) AND IMPERIAL DISCOUNTS INCLUDING A \$1,000 IMPERIAL TRADE ASSISTANCE BONUS FOR A QUALIFYING 2014 OR NEWER TRADE. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION, DOCUMENTATION OR ACQUISITION FEES AND CANNOT BE COMBINED WITH ANY OTHER DISCOUNTS OR PROMOTIONS. WEEKLY PAYMENTS CALCULATED WITH AN ESTIMATED DOWN PAYMENT OF \$2,999 CASH OR TRADE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-508-488-2382 TO SEE WHICH REBATES YOU QUALIFY FOR.