

Celebrating the Upton legacy of the Civilian Conservation Corps 90 years after its founding



Ellen Arnold and William Johnson, two of the original founders of the Friends of Upton State Forest, display a flag commemorating the 90-year anniversary of the CCC's founding. Courtesy photo

By Linda Chuss

Younger people today may not know what the Civilian Conservation Corps (CCC) was or the role it played in Upton, "but they respond with interest when they learn about it," said

Ellen Arnold, co-founder of the Friends of Upton State Forest which includes the CCC "Camp SP25."

The Friends group formed in 2005 out of concern for the preservation of the park's historic CCC structures. The

group is responsible for the site's inclusion on the list of Massachusetts' Most Endangered Historic Resource.

Arnold said, "My interest

90 YEARS

continued on page 16

Mendon Hike Challenge, a fun way to explore town trails

By Linda Chuss

"A feeling of remoteness away from the hustle and bustle of civilization is felt on these peaceful trails." That comment, reported by one participant in the Mendon Hike Challenge, captures a key aspect of why the program was introduced.

Anne Mazar, chair of Mendon's Land Use Committee, said, "This is a fun way to get people on the beautiful trails to appreciate the woods and wildlife in Mendon. The town has been working for over 20 years to conserve key open space parcels of land. We have also been working with many volunteers to put in trails, including the Scouts, Bay State Trail Riders Association, Blackstone Valley Chapter of the New England Mountain Bike Association, and The Trustees of Reservations."

Participating in the challenge is easy and free. Register by completing a form, either online or in person, and review the informa-



Participants who complete the Mendon Hike Challenge by May 2024 receive this patch. Photo by Anne Mazar

tion packet. Reference the online maps or printed versions. Walk a trail and fill out a log sheet entry for it. After completing all trails, write a summary about a favorite hike and submit it. Expect to receive a Mendon Hike Challenge patch or sticker to mark the accomplishment.

HIKE

continued on page 8

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Miscoe Hill Middle School's Best Buddies Chapter recognized for excellence

Superintendent Maureen Cohen is pleased to share that Miscoe Hill Middle School's Best Buddies chapter recently received several awards recognizing the group for excellence.

Miscoe Hill's Best Buddies advisors Kaitlyn Asam and Marabeth Ishler were awarded the 2023 Rookie Middle School Chapter for Massachusetts and Rhode Island by Best Buddies International.

"We have been blown away by all the good that is happening here in such a short time," said Krista Thurstone, Best Buddies International Massachusetts and Rhode Island Deputy Director of Programs. "We are so grateful to your team of advisors that have made this all possible and to all of your incredible students that lead by example and show others what kindness and inclusion truly look like."

The award was presented to Asam and Ishler at the Best Buddies Friendship Walk at Polar Park in Worcester, a fundraiser that aims to raise awareness for inclusion, friendship,



Miscoe Hill Middle School's Best Buddies chapter was recently recognized for excellence. Photo courtesy Mendon-Upton Regional School District

leadership development, and integrated job opportunities for

people with intellectual and developmental disabilities (IDD). The Miscoe Hill chapter received an additional award at the event for raising the most money of all participating schools, a total of \$4,705. Grade 5 Teacher Brenda Web-

ster also received an individual award for raising \$905. "Our chapters of Best Buddies are composed of students and advisors who exude kindness, thoughtfulness, and a passion for helping others," said Superintendent Cohen. "All of

us at MURSD are extremely proud of their dedication to the club and to making a positive impact in their community. Congratulations on your recent recognitions!" MURSD started two chapters of Best Buddies at the beginning of the 2022-23 school year, one at Nipmuc Regional High School and the other at Miscoe Hill Middle School. The chapters work as part of Best Buddies International, a non-profit which aims to create opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with IDD.

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United Parish of Upton welcomes new interim pastor, the Reverend Jennifer Geary

Reverend Jennifer Geary grew up on a dairy farm in Western Massachusetts where she was active in church, school and community groups. She attended Washington University in St. Louis and Westfield State, graduating with a degree in Biology. She spent several years working as a substitute teacher and coach.



Jennifer began her call to professional ministry as the Director of Education at Old First Church in Springfield. She then attended Lancaster Theological Seminary graduating with a Master of Divinity and was ordained in the United Church of Christ in 1995. She served her first parish in Morrystown, VT as a full-time settled pastor for eight years. Jennifer spent the next ten years as an Interim Pastor serving seven churches for various lengths of time. During this time, Jennifer also worked as a nursing assistant and substitute teacher.

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For seven years, Jennifer served as the Director of Irons Homestead, the Outdoor Ministry site for the Historic Rhode Island Conference UCC. Rev. Geary returned to Interim Ministry in May of 2020 and has just completed three years in Millis. Caring for those on the margins, Jennifer has worked with the RI State Council of Churches advocating at the RI

State House. She enjoys gardening, history, running and all kinds of play. We welcome you to come and join us Sunday mornings at 9:30 a.m. for worship or to check out any of our ministries. The United Parish is a happening place, housing the Soul Fuel Café, the Food Pantry, the Community Supper, the Early Learning Center (pre-school and afternoon programs), Chancel Choir, Called to Care, Helping Hands, Peace with Justice, and the Grief Support Group. There are lots of opportunities to get involved and meet people. We are a friendly bunch!

The United Parish is an open and affirming/reconciling, federated church (United Church of Christ and United Methodist Church), located at 1 Church Street in Upton. Everyone is welcome.

Mendon-Upton Education Foundation (MUEF)

Coding Using RoboMaster TT Tello Drone; Color Blind Glasses; Alcohol Impairment Goggles; Nipmuc Justice Coalition; Spooky Run 5k; Harlem Wizards Basketball; all initiatives that are sponsored or funded by the Mendon-Upton Education Foundation. MUEF was founded in 2005 to motivate students to become lifelong learners by providing funding, ideas, and other resources to educators in our district who are seeking to create innovative and sustainable programming in their classrooms and schools. Our mission is to support educational programs championed by all schools in the district; Clough, Memorial, Miscoe, and Nipmuc while supporting corner stones of academic inquiry from the arts to the sciences and technologies.

"We are excited to continue MUEF's mission of bringing these opportunities to our district and to be able improve the opportunities and awareness that grant funding can offer. By funding these programs, we are supporting Mendon-Upton

Regional School District staff, while promoting a sense of community. Our efforts are to propose and implement funding for ideas that encourage excellence through creative learning," said MUEF President Gina Geraci.

A complete list of the grants awarded since FY2019 is available on the <https://www.muef.org/copy-of-grants> and click "Grants in Action" in the dropdown menu. You can also find information on applying for grants and guidelines for grant preparation. The grant cycle opens every year in January. The MUEF Grant Sub Committee met recently this past spring to evaluate applications for the 2023 grant cycle and will be notifying winning applicants in the upcoming weeks.

MUEF is a non-profit, private charitable organization that seeks tax-deductible gifts and bequests from citizens, businesses, and organizations. The money we raise is then used to fund creative, innovative and sustainable programming in our schools

and classrooms. The initiatives we support extend beyond the normal operating budget of the district as determined by State and Federal Departments of Education.

Current members include: Executive Committee
Gina Geraci – President, Linda Thompson - Vice President, James Forkey – Treasurer, Megan Ronzio – Secretary; Trustees include Jeremy Bennett, Victoria Wilkinson, Sean Nicholson and Matt Hagen.

MUEF is currently seeking new members, no experience necessary. Members meet monthly to discuss grant applications, community events, fundraising, and special projects. This is a great opportunity to serve your community, get involved with the school district, and meet new people without an extensive time commitment. If you are interested in joining MUEF, attending a meeting, getting more information, or asking a question around submitting a grant proposal, please email: muef@mursd.org

Silver Club plans bus trips

The Silver Club of the Uxbridge Senior Center has 3 bus trips planned.

On August 24, they are travelling to Wakefield, RI for the show "Jersey Boys" at Theatre by the Sea. Lunch is included at Bravo by the Sea, the restaurant on the premises.

September will be here before

you know it and a trip to Pennsylvania Dutch country is in order. Join them September 11-15 for 5 days with 8 meals included, the show "Moses" at Sight and Sound Theatre, a second show at Magic and Wonder Theater. Also a guided tour of Philadelphia, another of Amish country as well as

other fun things.

Then October 3 there will be a fall foliage trip to Deerfield and Shelburne Falls with a visit to the butterfly conservatory, lunch at the Deerfield Inn, a visit to The Bridge of Flowers and a stop at Yankee Candle.

Please call Sue at 508-476-5820 for more information.

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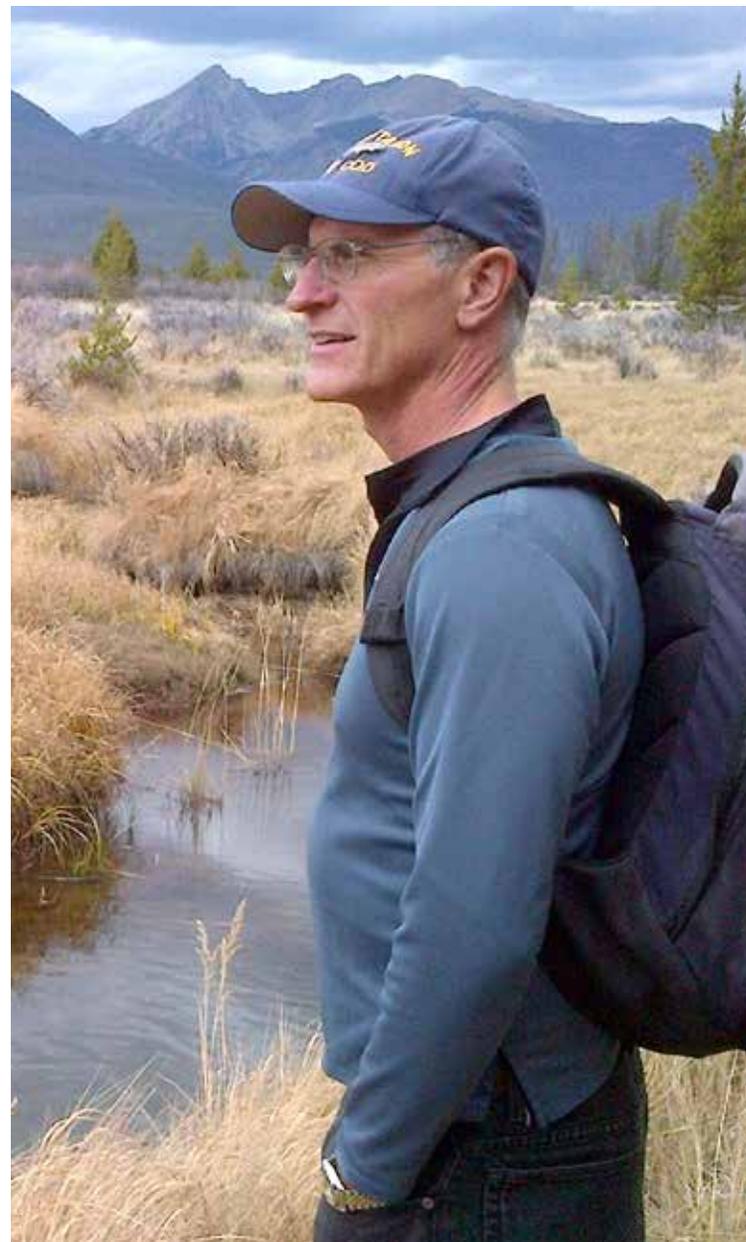
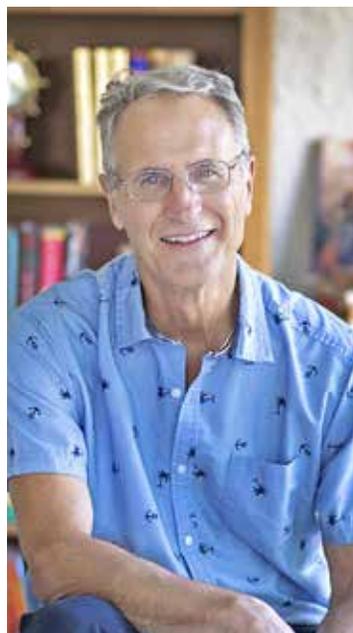
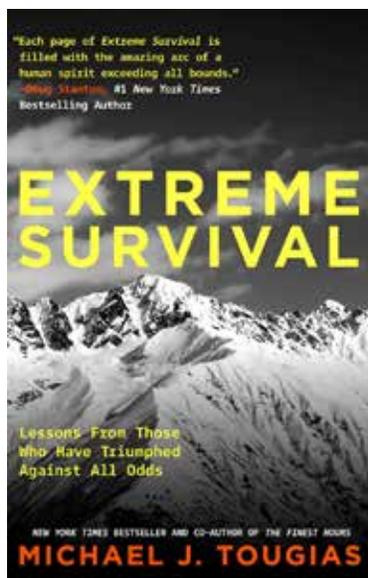
When faced with unimaginable circumstances, how does one find a way to push through? To answer this question of survival against all odds, New York Times bestselling author Michael Tougias interviewed over a hundred people with harrowing experiences: first chronicling their stories, then discussing in detail the lessons they learned. Both an exciting and informative read, *Extreme Survival* provides the entertainment and exceptional research fans of Tougias have come to expect.

Tougias lives in Mendon and is best known for his book *The Finest Hours* (now a Disney Movie). He will be speaking at area libraries and his schedule can be found at www.michael-tougias.com

In *Extreme Survival* Tougias shares what everyone is capable of when under pressure. Making it through these situations requires that these techniques kick in at just the right time! From *The Finest Hours* to *A Storm Too Soon*, Michael Tougias has established himself as an expert on deep survival. Learn how to rise against the odds.

Tougias has written seven survival and rescue books and *Extreme Survival* is the culmination of his life's work of interviewing and researching the toughest survivors over the past three decades.

Extreme Survival includes remarkable survivors that Tougias interviewed and also those from history such as John McCain, Mary Rowlandson (captive dur-



ing King Philip's Indian War), Howard Blackburn, Captain Bligh, Holocaust survivor Viktor Frankl, mountainman Hugh Glass, Admiral Byrd,

Shackleton, WWII pilot James Whittaker, Teddy Roosevelt, JFK (PT109), USS Indianapolis survivors, and many more from mountain climbers to early ex-

plorers of the new world.

You can order signed/ personalized copies at www.michael-tougias.com or anywhere books are sold.

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Failure to plan: Is it planning to fail?



Mark Freeman

FINANCIAL FOCUS

Benjamin Franklin once said, “If you fail to plan, you are planning to fail.” But as you chart your financial course, what steps should you take to help you keep moving forward to where you want to go?

Consider these suggestions:

- **Establish and quantify your goals.** Throughout your life, you’ll have short-term goals, such as an

overseas vacation or a home renovation, and long-term goals, the most important of which may be a comfortable retirement. You’ll want to identify all your goals and put a “price tag” on them. Of course, it’s not always possible to know exactly how much it will cost to achieve each goal, but you can develop reasonably good estimates, revising them as needed.

- **Create an investment strategy to achieve your goals.** Once you know how much your goals will cost, you can create the appropriate savings and investment strategies to potentially help you reach the needed amounts. For your retirement goal, you will likely need to contribute regularly to your IRA and 401(k) or other employer-sponsored retirement plan. But for shorter-term goals,

you may need to explore other types of investments. For all your investment moves, though, you’ll need to consider your risk tolerance. You won’t want your portfolio to have such a high-risk level that you’re constantly uncomfortable with the inevitable fluctuations of the financial markets. On the other hand, you won’t want to invest so conservatively that you jeopardize your chances of achieving the growth you need to reach your goals.

- **Control your debts.** We live in an expensive world, so it’s not easy to live debt-free. And some debts, such as your mortgage, obviously have value. But if you can control other debts, especially those that carry high interest rates, you can possibly free up money you can use to boost your savings and investments.

- **Prepare for obstacles.** No matter how carefully you follow the strategies you’ve created to achieve your goals, you will, sooner or later, run into obstacles, or at least temporary challenges. What if you incur a large, unexpected expense, such as the sudden need for a new car or a major home repair? If you aren’t prepared for these costs, you might be forced to dip into your long-term investments – and every time you do that, you might slow your progress toward achieving your goals. To help prevent this, you should build an emergency fund containing several months’ worth of living expenses.

- **Review your strategy.** When you first created your financial strategy, you might have planned to retire at a certain age. But what if you eventually decide to retire earlier or later? Such a

choice can have a big impact on what you need from your investment portfolio — and when. And your circumstances may change in other ways, too. That’s why it’s a good idea to review your strategy periodically to make sure it still aligns with your up-to-date objectives.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances.

If you would like to discuss your personal situation with a financial advisor contact: Mark Freeman
Edward Jones Financial Advisor
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Mendon Senior Center news

Weekly Programs:

Lunch Club – Tuesday/Thursday 12 p.m. Please make reservations at least 48 hours in advance at 508-478-6175.
Scrabble – Tuesdays 9 a.m.
Hand, Knee & Foot (Canasta type) – Tuesdays 1 p.m.
Cribbage – Wednesdays 9:30 a.m.
Games – Thursdays 9:45 a.m.
Mah Jong – Thursdays 1 p.m.
Yarn Works/Knitting Group – Thursdays 1 p.m.

Ice Cream Social/Live Music Performance –

Come experience Tim Brooks/The Crooner at Large at the Mendon Senior Center on Wednesday, August 23 1 p.m. followed by an Ice Cream Social free of charge. Make your own sundae with all the toppings you love. Both events are generously sponsored by the Friends of Mendon Elders. Seating is limited. Registration is required. Please Stop by or call the Mendon Senior Center at 508-478-6175 to register.

Fuel Assistance

Recertification 2023-2024

If you were approved for Fuel Assistance last year, you should be receiving a preprinted application form in August directly from SMOC (South Middlesex Opportunity Council) for the

upcoming heating season. To avoid delays in receiving your benefit, gather your documents early and consider having your forms reviewed by our staff prior to submitting. Early submission can mean earlier approval, sometimes prior to the start of the heating season. If you are a Mendon resident and require assistance with your recertification or do not receive your form by August 31, please contact Janet Hubener, Outreach Coordinator, with the Mendon Senior Center at 508-478-6175.

Note ~ the process for first time applicants does not begin until November 1, 2023. However, you may pre-register by requesting an information packet at this time from the Mendon Senior Center.

Powerful Tools for Caregivers

Wednesdays, October 4 – November 8 (1 - 3 p.m.)

The Mendon Senior Center will be hosting a free six-week program in the fall for caregivers, sponsored by Tri-Valley, Inc., designed to help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, yours is an important role.

Participants will learn to more effectively reduce stress, communicate effectively, make tough decisions, manage time and locate helpful resources. To register or to request more information, contact Amy Wilson Kent at the Mendon Senior Center at 508-478-6175 or Dawna Salkiewicz, Caregiver Specialist with Tri-Valley Inc. at 1-800-286-6640 ext. 3157. Register early. Space is limited. Please also let us know if either transportation or companion care are needed so you can attend this worthwhile program.

Returning Programs in the Fall:

Evening Yoga – On A New Night! Thursdays 6 p.m., beginning 9/14, 8 weeks for \$65

Fun & Functional Fitness – Mondays 9 a.m. beginning 9/25, 8 weeks for \$24

Mendon Minstrels Chorus – Mondays 1 p.m., beginning 9/25

Mendon History with Jim Buckley – Tuesday, 9/26 11 a.m.

Mendon Senior Center Chorus

The Mendon Council on Aging is pleased to announce that Minstrels' pianist Dave Clinkman has generously offered to lead the Mendon Minstrels next fall beginning Monday, September 25. We are so grateful for Dave's experience and knowledge of our own musical program. Weekly rehearsals will start at 1 p.m. on Mondays. We look forward to returning members and welcome any new voices. Please call 508-478-6175 to let us know of your interest and for more information regarding this free

weekly program.

Photography II – Tuesdays 1:30 p.m. beginning 9/26, for 5 weeks for \$25. For beginners and returning students.

Are you still getting to know your Digital Camera or Smartphone and its features? Here's an opportunity to learn from the experts in this Class for beginners/Intermediate. Bring your Camera and Smartphone and learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plants, people, macro, and landscape photography.

Register Now! Senior Citizen Day

The Mendon Council on Aging is pleased to announce Mendon's annual Senior Citizen Day hosted by the Mendon Lions Club will be celebrated on September 17 at 11:30 a.m. All senior residents are to be honored as well as the chosen 2023 Senior Citizens of the Year – Russ and Anne Dudley. This celebration, program and dinner, is held offsite at the Unitarian Church Hall, 13 Maple Street, Mendon. The Mendon Senior Center is not large enough to accommodate the anticipated attendees (the senior center capacity is 50.) Please call 508-478-6175 or stop by the Mendon Senior Center to register.

Mendon Senior Center Overnight Trip – The Fabulous Finger Lakes, NY
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New Day Trip! Mendon Senior Center Presents: The Salem Cross Inn Tour with Quabbin Reservoir
Wednesday, October 18 – Price: \$135 pp

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SENIOR CENTER

continued on page 8

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Looking for something outside the traditional school experience for your child's education?

Business spotlight

Touchstone Community School, on the Upton/Grafton town line, has openings for this September! The school is open to Pre-Kindergarten through 8th grade students. It is an independent school accredited by the Association of Independent Schools In New England. Touchstone is committed to nature-based education, anti-bias curriculum, stewardship, and joyful and meaningful work.

From mud kitchens to Socratic Seminars to woodwork to watershed mapping, the 2.9- to 14-year-old students are exchanging ideas, listening to other perspectives, thinking critically, advocating for themselves, justifying their choices, and taking risks as they take part in project-based learning in mixed-age classrooms. The students demonstrate a true sense of purpose, a deep involvement, and great pride in their endeavors as they engage in authentic work. Faculty are committed to maintaining an integrated program where learning is hands-on and new information is accessed through in-depth investigations. Touchstone believes in following student interests and provid-



"I love how Touchstone leverages students' curiosity and interests. It helps them stay engaged in the learning process and helps them to think about the world around them and think about things in different ways."

— Elyse R.
parent of two current students

ing each individual with voice, choice, and a strong sense of feeling known.

The program provides students with robust literacy and mathematical skills so that they become strong readers and writers. The students' needs are met with challenging curriculum and support from literacy and math specialists. Additionally, all faculty are trained in the Orton Gilligam approach, which is a structured, multisensory, sequential, and prescriptive way to teach literacy.

Through many hours of outdoor exploration, including caring for the school's chickens and goats, hikes in the White Mountains, and kayaking at our 5-acre Island at Lake Wildwood, students build interdependent relationships with the natural world and understand their positions of environmental



Elementary students engage in stewardship as they care for the on-campus animals.



Hands on investigative lab science is standard curriculum for middle school students.



stewardship. The Ecoliteracy curriculum allows students to build the communication skills to advocate and innovate for sustainability.

Touchstone students build caring relationships as they engage in authentic discussions. Social studies and social emotional curriculum supports them as they learn to identify bias and value diversity in all of its forms. The students become both independent and collaborative learners as they recognize their

own abilities, the capabilities of others, and how they support each other's growth.

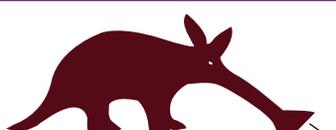
Touchstone's progressive education is made possible with a community and a social fabric where children feel known and safe to make mistakes. The faculty is continually looking for ways to thoughtfully pursue new ideas, new possibilities and new approaches to engage, empower and inspire our students and partner with families. Adaptation and innovation are what

a progressive education is all about. Embracing diversity and inclusiveness makes us a stronger and wiser community.

To learn more about this community of joyful learners or to schedule a tour contact Juliana Fuchs, Admissions Coordinator, at julianaf@touchstoneschool.com or 508-839-0038. The school is located at 54 Leland Street in Grafton and is online at www.touchstoneschool.com.

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Recent Home Sales

Date	Mendon	Amount
07/28/2023	6 Parker Road	\$1 mil
07/27/2023	26 Maple Street	\$270,000
07/27/2023	176 Blackstone Street	\$905,000
07/14/2023	70 Uxbridge Road	\$720,000
07/07/2023	18 Thayer Road	\$1 mil
06/30/2023	54 Northbridge Road	\$500,000
06/29/2023	65 Milford Street	\$550,000
06/27/2023	3 Ammidon Road	\$1.04 mil

Date	Upton	Amount
07/27/2023	23 Shoemaker Lane #10	\$789,000
07/26/2023	100 Main Street	\$366,466
07/25/2023	48 Sienna Circle #4915	\$659,995
07/24/2023	48 Mendon Street	\$453,000
07/24/2023	3 Shannon Way #2	\$675,000
07/20/2023	24 W River Street #B	\$612,500
07/18/2023	31 Sienna Circle #3712	\$609,900
07/17/2023	165 Main Street	\$565,000
07/14/2023	44 Sienna Circle #5116	\$674,000
07/13/2023	2-5 Westboro Street	\$550,000
07/11/2023	23 Crockett Road	\$1.01 mil
07/05/2023	27 Shannon Way #14	\$662,759
06/30/2023	119 High Street	\$655,500
06/26/2023	3 Kensington Way	\$926,800

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



The house at 119 High Street in Upton recently sold for \$655,500. Photo credit www.zillow.com

HIKE

continued from page 1

There are nine trails in the challenge and the typical walking time to complete them all is about 16 hours. The challenge ends in May 2024, so starting in August means the challenge could be finished in May by walking an average of one trail, or about two hours, per month.

“To date, over 70 people have registered and 13 have completed all nine trails,” according to Parks and Recreation Department Director Dan Byer. Assisting the Parks and Recreation and Land Use groups to create the challenge were Bill Dakai, Liz and Doug Weeks, Ticia Low, and Kurt LaButti.

“It’s been a big hit,” said Liz Weeks, who shared some feedback from the hikers.

One participant said, “The paths were extremely well marked so you didn’t really have to use the map ... what a beautiful area to explore.” Another summarized their favorite, the Asylum Street East Trail, with “Every trail was beautiful and unique in its own way, but Hike 2 brought it all for me ... the diverse terrain, varied elevations, wildlife, vegetation, view sights, smells ... it reminded me of the reasons I love to walk



Elijah and Doug Weeks walking on a trail as part of the Mendon Hike Challenge that runs through May 2024. Photo by Liz Weeks

in the woods so much.”

To participate in the challenge, sign up at mendonma.

gov/hike-challenge or in person at the Town Clerk’s office, 20 Main Street.

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SENIOR CENTER

continued from page 6

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Milford - Franklin Eye Center

Decades of service to the community and a new provider

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

Milford-Franklin Eye Center has been providing excellent eye care to the community for decades. With much excitement, we are happy to announce that Dr. Jorge Arroyo will join our team as our practicing vitreoretinal specialist and Chief of our Retina Service. Dr. Arroyo will see patients every Monday in our Franklin office.

With offices located in Milford, Franklin and our new office in Millis, our own award-winning surgery center in Milford and a support staff of 50, we are proud to be the leading medical and surgical eye care center in the area and one of the major eye care centers in the State. We are also one of the rare ophthalmology practices to own and operate our own surgical center, the Cataract Surgery Center of Milford. No longer need to travel miles and hours to have cataract surgery! Experienced eye physicians/ surgeons and 5 optometrists are here to provide comprehensive and excellent eye care for the entire family. If your eyecare provider is still asking you to travel for eyecare to far away practices and surgery centers, we are here to help.

Dr. Roger Kaldawy is an experienced eye physician and surgeon and the area's only full-time specialist in corneal diseases. Having completed his training in Ophthalmology at the University of Rochester and his fellowship in Cornea and Refractive Surgery at the prestigious Department of Ophthalmology of the University of Iowa, Dr. Kaldawy served as Assistant Professor of Ophthalmology at Boston University where he was Director of the Cornea and External Disease program and trained fellows and residents in Ophthalmology. Some of the physicians he trained are now in academic and private practices in Massachusetts and around the world. Dr. Kaldawy published research articles in peer-reviewed academic journals and has been invited as a guest speaker to many prestigious aca-

demical programs in the US and around the world. Dr. Kaldawy is proud to be the first surgeon in central Massachusetts and among a handful of surgeons in the State to have performed DSAEK corneal transplantation. With special interest in cataract surgery, Dr. Kaldawy has performed over 30,000 procedures and surgeries and was the first surgeon in the area to offer the highly advanced accommodating implants. Dr. Kaldawy was the first surgeon in the area to offer bladeless laser assisted Femto cataract surgery. This laser procedure is offered locally at the Cataract and Laser Surgery Center of Milford. Dr. Kaldawy also serves as the Medical Director of the Cataract Surgery Center of Milford.

Dr. Jorge Arroyo is our practicing vitreoretinal specialist and Chief of Retina Service. He received his undergraduate degree at Amherst College, medical degree at Yale University School of Medicine, and completed his ophthalmology residency at the University of California, San Francisco, and vitreoretinal surgery fellowship at Duke University Eye Center. Dr. Arroyo has over 20 years of experience training doctors and fellows at Beth Israel Deaconess Medical School/Harvard Medical School. Dr. Arroyo is a member of the Retina Society, Macula Society, American Society of Retina Specialists, the international Club Jules Gonin, and the American Academy of Ophthalmology. Dr. Arroyo is the immediate past president of the New England Ophthalmological Society and continues to serve as a board member. Dr. Arroyo has published over 60 publications in peer-reviewed journals on macular degeneration, diabetic retinopathy, retinal vein occlusion, vitreomacular traction syndrome, and retinal detachment.

Dr. Shalin Zia, O.D. received her Bachelor of Science degree from Purdue University in 2014 and her Doctor of Optometry from Indiana University in 2018. She moved to Massachusetts from the Midwest after get-

ting married. Dr. Zia has many years of experience, spending several years in private practice. She enjoys seeing patients of all ages. She is proficient in routine eye care, contact lens fitting, and diagnosing and treating various eye diseases. In her free time, she enjoys working out, listening to podcasts, and spending time with family.

Dr. Adams, graduated from John Carroll University, Bachelor of Science, summa cum laude, in 1995. He completed his Masters in Biochemistry from Ohio State University in 1997. In 2003 he received his Doctorate from the New England College of Optometry. Dr. Adams has advanced training in corneal pathology, specialty contact lenses, ocular disease, and laser refractive surgery.

Dr. Mai-Khuyen Nguyen joined Milford-Franklin Eye Center from the New England



Carpenters Benefit Fund – Vision Center, where she served as Head of Optometry. She has over 10 years of experience in comprehensive eye exams for adult, geriatric, pediatric, and special needs populations. Her experience includes performing contact lens fitting and managing contact lens complications. Dr. Nguyen is also experienced in glasses fitting and lens edging. Her charitable activities include participating in Boston Cares program and the Boston Special Olympics.

Dr. Donald L. Conn, OD will

join our team in our state-of-the-art medical offices in Franklin, Milford and Millis starting August 2022. Dr. Conn is a comprehensive optometrist offering the latest in comprehensive eye care for the entire family. Dr. Conn earned his Bachelor of Science from College of the Holy Cross in 2016. He then went on to earn his Doctor of Optometry degree from New England College of Optometry in 2021. He completed a

EYE CENTER
continued on page 12



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



Jorge G. Arroyo, M.D.



Dr. Mai-Khuyen Nguyen, O.D.



Michael R. Adams, O.D.



Shalin Zia, O.D.



Donald L. Conn, O.D.



Dr. Purvi Patel, O.D.



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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

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

August 1 – 10 a.m. - 2 p.m.

Love board games? Well, pack a snack because you are going to love this. The Taft Library will be holding Giant Game Day. What is a giant game? Have you ever played Snakes and Ladders on a board that is bigger than you? Or played life-size Jenga or Checkers? How about a game of

extra-large Connect Four or bowling? Well, today is the day!

4 p.m. – Join Deb Hudgins for a 30-minute music and movement theme-based program which features singing and guitar music for young children. (infant and preschool)

August 2 – 9:30 a.m.

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.

10:30 a.m. & 1 p.m.

Oreo Stacking – It's Cookie

Time. Who doesn't love Oreos? Ever build with them? Now's your chance. Register today for this fun event.

August 3 – 10:30 a.m.

Join us for a nature walk and scavenger hunt with Ranger Viola at West Hill Dam. Feel free to pack snacks and lunch.

August 4 – 12:30 p.m.

Read Around Town: The Coffee Bar 4 Evergreen Lane in Hopedale. Join us today for a delicious treat of a storytime. Meg from the Coffee Bar will read us stories and there just might be a treat for kids and grownups.

August 7 – 9:30 a.m.

Itty Bitty Storytime is designed for our youngest of patrons ages birth to three, but all are welcome. This program includes stories, songs, musical instruments, and a whole lot more to keep the little ones engaged and entertained. This program is a great way to introduce the young child in your life to the library. Join us for a lot of fun.

10:30 a.m.

Join Miss Tara for Storytime Monday mornings at 10:30 a.m. If the weather is nice, storytime will take place in the back lot of the library. Please bring a chair or blanket to sit on. We will read a book or two and sing songs together.

August 8 – 6:30 p.m.

Rolie Polie Guacamole – Join this award-winning "kindie" band from Brooklyn, NY for a high energy, interactive show that's a mix of funk, rock and folk music mashed into original tunes about natural living, eating healthy and staying active. Free Event – Beach admission will be FREE after 5 p.m. The water-

front will remain open until sunset and concessions will be open all night. This event is sponsored by the Taft Public Library. In the event of rain, the concert will be held at the Taft Library. Check the website for updates.

August 9 – 10:30 a.m.

Rubber Duckie Races! On your mark ... get set ... Quackers! Hope you will join us for our new Taft tradition. We will race rubber ducks down rain gutters until we crown our fastest duck.

4:30 p.m.

This soap workshop is designed for ages 8 and up. Each participant will make their own creation using glycerin-based soap while adding colors, glitter and scents. The process does not involve traditional soap making techniques, so there is no lye exposure. Once the concoction has cooled slightly, we will add cosmetic grade glitter, colors, essential oil (optional), embed the rubber duckies, and decorate the tops with green soap curls to make it look like grass. At the end of the workshop everyone will be able to take their handmade soap home. It can be unmolded the following day and used right away. Soap is approximately 4 oz. with a 2" rubber duckie and overall measurements of 2.75" wide x 2.75" high. Registration is required since space is limited.

6:30 p.m.

Hand and Foot Scrub Making program is intended for Teens and Adults. During this hands-on workshop, presented by Kulina Folk Art, each participant will create two different scrubs, a hand scrub and a foot scrub. We will be using 100% natural ingredients, such as luxurious salts, coffee grounds, oatmeal, carrier oils and essential oils. These scrubs not only buff away dead

skin cells but they will also hydrate and nourish the skin. They are a 2 in 1 product with exfoliant and moisturizer. No preservatives will be added to the finished product. This workshop is perfect for beginners and/or anyone who wants to make exfoliants. At the end of the session each participant will go home with two 8 oz. jars of scrubs and all the information needed to make more. Registration is required as space is limited.

August 10 – 10 a.m.

Mr. Vinny's Bubble Program will be held at Town Park. Using giant homemade bubble wands and a sound system full of music, Mr. Vinny gets kids and adults involved in bubble chasing games. It's a fun family entertainment experience.

August 15 – 9:30 a.m.

Join Beginning Bridges CFCE and the Taft Library from 9:30 to 10:30 a.m. for an informal playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Registration is required.

10:30 a.m.

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 but all are welcome.

6:30 p.m.

Toe Jam Puppet Band! Beach Admission will be FREE after 5 p.m. The waterfront will remain open until sunset and concessions will be open all night. This event is sponsored by the Taft Public Library. In the event of rain, the concert will be held at the Taft Library. Check the website for updates.

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Affordable Junk Removal: Community ties and a commitment to customer service

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

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

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

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate



cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

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

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

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what



you don't use.

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

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

call goes right to Jay.

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

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

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

service.

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

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.take-awayjunk.com.

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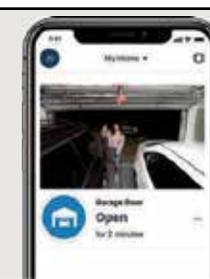
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BVT announces third trimester Commendation List

Blackstone Valley Regional Vocational Technical High School (BVT) has released the Superintendent-Director's Commendation List for the third trimester of the 2022-2023 school year. To be named to the Commendation List, students must meet rigorous standards, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. To view the complete list, visit www.valleytech.k12.ma.us/3tcommendationlist.

The following students, grouped by grade level and hometown, were named to the third trimester Commendation List:

SENIORS (Class of '23)
Mendon: Katelyn Cote, Health Services; Amanda Pajak, Multimedia Communications; Naomi Tsuda, Culinary Arts; and Kate Watchmaker, Electronics & En-

gineering Technology.
Upton: Julia Bern, Construction Technology; Mitchell Depetrillo, Multimedia Communications; Jack Dunham, Health Services; Artem Plotkin, Electronics & Engineering Technology; Jessica Powers, Culinary Arts; and Katelyn Steele, Engineering & Robotics.

JUNIORS (Class of '24)
Mendon: Tyler Clare, Information Technology; Noah LeFave, Electronics & Engineering Technology; Gianni Mistretta, Culinary Arts; and Jacob Urquhart, HVAC&R.

Upton: Gray Campbell, Multimedia Communications; Jacob Giancola, Engineering & Robotics; Skylar Jack, Construction Technology; Benjamin Joseph, Information Technology; Brian O'Connell, Automotive Technology; and Logan Rae, Health Services.

SOPHOMORES (Class of '25)
Mendon: Kalynn Bellefon-

taine, Health Services; Sophia Blalock, Cosmetology; Leila Leyvas, Health Services; Kyle Miller, Electrical; and Abigail Scharnagle, Health Services.

Upton: Samantha Carroll, Information Technology; Kylie French, Painting & Design Technology; Cassidy Lyon, Health Services; Jack Nealley, HVAC&R; and Ryan Poirier, Advanced Manufacturing & Fabrication.

FRESHMEN (Class of '26)
Mendon: Phoebe Burke, Engineering & Robotics; Aiden Fayer, Information Technology; Yasmin Freitas, Health Services; and Sean Lewinsky, Electrical.

Upton: Nicole Amburtseva, Painting & Design Technology; Justin Fransen, Engineering & Robotics; Jack Lupien, Electrical; Ryan May, Engineering & Robotics; Van Richard, Engineering & Robotics; and Nivedita Sharma, Health Services.

EYE CENTER

continued from page 9

residency in ocular Disease and Primary care at the Bedford VA in June 2022. His clinical experience also includes clinical rotations at Lahey Hospital & Medical Center, Boston Medical Center, and South Boston Community Health Center. Dr. Conn will join our team in August of 2022. He is experienced in providing care to patients of all ages including adults, geriatrics, and pediatric populations. Outside of work Dr. Conn enjoys long distance running and spending time with friends and family.

Dr. Purvi Patel, OD originally from the tri-state area, received her bachelor's degree from The College of New Jersey in 1996 and her Doctor of Optometry from the State University of NY College of Optometry in 2000 through a joint accelerated B.S.-O.D. program. She then completed a residency in Ocular Disease and Special Testing. In 2003, Dr. Patel joined the New England College of Optometry as Clinical Assistant Professor. Through her role as Director of Eye Care Services at Whittier Street Health Center and then The Dimock Center, one of the largest community health centers in Boston, Dr. Patel brings with her teaching and leadership experience. She is a Fellow of the American Academy of Optometry, with a history of publishing, presenting, and lecturing. During the last 10 years, Dr. Patel has transitioned to direct care and worked in collaboration with ophthalmology. Most recently, Dr. Patel completed a postdoc-

toral certificate for the treatment & management of glaucoma. Dr. Patel has clinical interests in diabetes, glaucoma, community-based eye and vision care, public health & epidemiology. Dr. Patel currently lives in Dover, MA with her husband and 3 daughters. She enjoys traveling abroad, reading and tennis.

Milford-Franklin Eye Center realizes you have choices when it comes to eye care. We are different. We focus on excellent and advanced eye care and treat our patients as if each one is family. We have surgical results that rival those of major centers in Boston- we can prove it. We are from the community, most of us live in the community and our focus is to serve the community. You will see us in the office, at the local supermarket and in the ER at 1 a.m. if there is a need for our care. Our focus is on you, your vision, and excellent results. We are available in your backyard and proud to offer world class cataract surgery closer to home: Here in Milford! Our optical shop has its own dedicated lab and can cut and finish your glasses while you wait. All new patients receive a free pair of select glasses. We offer after-hours, same day emergency appointments and Saturday appointments. We have great management focused on quality customer care. Four decades serving our communities and going strong. We remain dedicated to the best in eye medicine and surgery closer to home.

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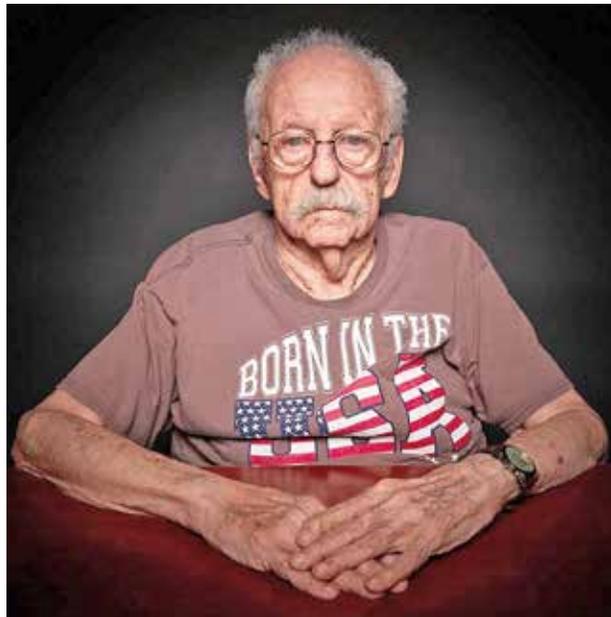
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Exhibit 'The Day After Yesterday: Portraits of Dementia' opens Aug. 29



The Hopkinton Center for the Arts (HCA) announces a moving exhibition entitled "The Day After Yesterday: Portraits of Dementia." It opens on August 29 in the Lotvin Family Gallery at the Hopkinton Center for the Arts. The exhibit will close September 29.

The exhibit was created by artist Joe Wallace and delves into multifaceted aspects of dementia, including physical, emotional, community, and health care issues. The exhibition of portraits juxtaposes images of individuals living with dementia with younger

photographs of the subjects, accompanied by brief narratives about their lives.

The goal of this travelling exhibit is to destigmatize those living with dementia. To tell a more complex and complete story of those living with the disease and its effect on their

families and loved ones. As one man featured in the exhibition noted, "Don't believe the narrative that life is over. I want my voice to help get people to treat us the same as they did before we got the diagnosis. We may change some, but we are the same people!"

Wallace feels strongly that an artist must not be afraid to show not only the fear, loss and despair, but also the love, connection, dignity, and powerful humanity that always remain—in the subjects, in the care-partners, and in the families and communities. That is the only path to evolve the narrative and have a positive social change.

Trained as a journalist, Joe Wallace has been a portrait photographer and storyteller for twenty years. Like many, Wallace has a deeply personal connection with dementia. His maternal grandfather and hero, Joe Jenkins, had Alzheimer's.

His maternal grandmother Elizabeth Ponder (Bebe) had vascular dementia. And in recent years, his mother Barbara has begun her journey with the disease.

The gallery exhibition at the HCA comes just ahead of the September 30 release of Wallace's new book: "The Day after Yesterday: Resilience in the Face of Dementia" which is available for pre-sale online. One reviewer noted that the book is "a deft combination of narrative and portraiture that breaks the taboo around dementia, replacing the fear and futility with empathy and nuance."

Entrance to HCA's Lotvin Family Gallery to view the exhibition is always free. The HCA is also pleased to offer private and group docent tours upon request. For more details including hours, call 508-435-9222 or visit the HCA's website at www.hopartscenter.org

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Mendon Senior Center sponsoring trip to Finger Lakes

The Mendon Senior Center is sponsoring a trip to the Fabulous Finger Lakes.

This four-day, three-night trip is scheduled for September 18 to 21 for a cost of \$615 pp/dbl. All taxes, meal gratuities, and baggage handling is included. Trip cancellation fee is extra.

This package includes three breakfasts at the hotel and three dinners at fine

local restaurants, two wine tastings, Colonial Belle Erie Canal Lock cruise, admission to Letchworth State Park and tour Canandaigua Lady cruise, and admission to Sonnenberg Gardens and Mansion. We will have two days with a local area step-on guide.

To sign up, stop in at the Mendon Senior Center or call Bev Fior at 508-473-8382 for more information.



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

August programs at the Upton Community Center

Social Events:

Elvis and BBQ at the Upton Senior Center. Friday, August 18 at 12 p.m. lunch with entertainment to follow.

Weekly Mahjong every Wednesday at 12:30 p.m. All skill levels welcome.

Weekly card games like Hand and Foot Canasta and other games upon request. Every Tuesdays at 12:30 p.m.

Mediation and Mindfulness:

Stress Reduction Class:

Join us for a session on healing the body, mind, and spirit using meditation and mindfulness techniques. Free of charge, however a food pantry donation is appreciated. Wednesday July 19. Call 508-529-4558 to sign up.

Mindful Eating:

6-week course to discover mindful eating habits. Every Tuesday starting September 5 at 11 a.m. Advanced registration required. \$25 for the 6-week course. Scholarships available. Call the Center for more information at 508-529-4558.

Health Services:

Hearing Aid Cleaning Services:

Monthly hearing aid cleaning services and simple hearing assessments offered by At Home Hearing Health at the Upton Community Center, Wednesday, August 2. Twenty-minute appointments. 10:30 a.m. – 12 p.m. Appointments book fast. Call the Center to reserve a session at 508-529-4558

Podiatrist Appointments:

Local Podiatrist comes to the Upton Community Center, bi-monthly.

Next visit is September 14, 8:30 a.m. – 12:30 p.m. Time slots fill quickly. Call the Center to schedule an appointment at 508-529-4558.

Exercise Classes:

Tai Chi every Thursday at 11 a.m.

Chair Yoga every Thursday at 9 a.m.

Strength and Stretch every Monday, Wednesday, and Friday at 10:30 a.m.

Special Summer Classes with guest instructor, Shirley Areano, Mondays and Wednesdays, 9:30 a.m.

Psychic Gary Mckinstry returns Aug. 12

On Saturday, August 12, 6:30 p.m. Gary McKinstry, a well-known Medium, Psychic, and Radio Personality will be making a big return to Upton at the Nipmuc Rod and Gun Club, 88 Fiske Mill Road.

The evening will feature McKinstry's talents in channeling spiritual contact with passed

loved ones. This event is generously sponsored by the Upton Bloomer Girls, a 501(c)4 women's charity organization that offers resources, helping hands, or other assistance to current Upton residents who are in need of additional support.

There will be opportunities to win great raffle prizes and

to be singled out by Gary for a personal experience. Seating is limited. To purchase a ticket, call Ida at 508-529-2822 or visit Shear Excitement in Upton or Denise Smith at the Upton Town Hall.

For more information, please go to Facebook.com/Upton-BloomerGirls1.



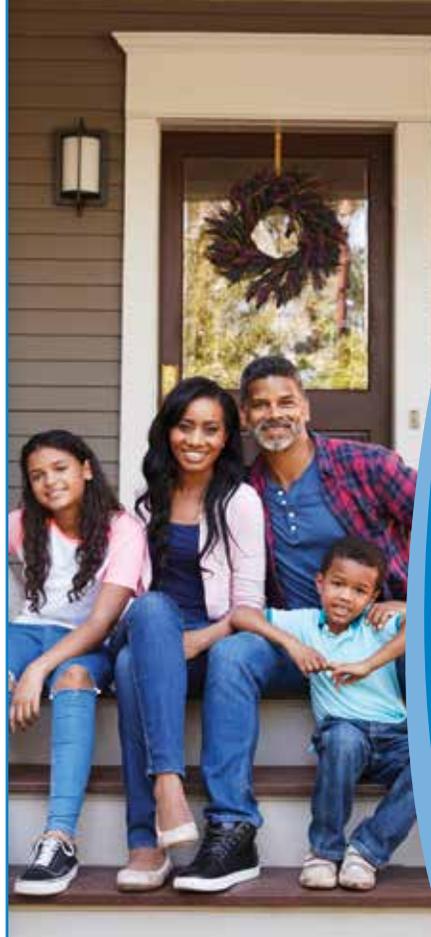
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Pet of the month: Sky



Courtesy photo

This month, Milford Humane Society's featured pet is a sleek black kitten named Sky. He is 8 months old and has massive double paws. Sky can be a little shy but he warms up quickly. He is all kitten and loves to run, jump and play. Sky enjoys gentle attention from volunteers but he also likes to roughhouse a little.

Sky required some extra care when he first came to the shelter so he was separated from his mother and siblings. The rest of the family has all been adopted and Sky is still here waiting to make his forever home with you!

For more information, visit milfordhumane.org, call 508-473-7008 or stop by 289 West Street in Milford.

FTD support group at Milford Regional Medical Center

Milford Regional Medical Center will host a free, monthly support group for family members of loved ones afflicted with Frontotemporal Degeneration (FTD) or others impacted by the condition. The Association for Frontotemporal Degeneration (AFTD) will lead the monthly meetings.

Space is limited and pre-registration is required. Meetings are held the last Saturday of each month from 10 to 11:30 a.m.

FTD is the most commonly

diagnosed dementia in individuals under the age of 65.

The condition initially impacts behavior or language and, like all dementias, it is neurodegenerative. To learn more about FTD, visit theaftd.org.

To register for the support group, email your name, email address, phone number and mailing address to msanford@milreg.org. Additional information will be provided once registration is complete. Call 508-422-2827 with any questions.

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90 YEARS

continued from page 1

began as a child in New Hampshire near Bear Brook State Park, which was built by the CCC. I spent many happy hours there. My husband and I moved to a home that abuts Upton State Forest, and now I welcome the opportunity to share the CCC legacy and give back to the park."

The CCC program was established by President Franklin Roosevelt in March 1933 as part of the New Deal Program to create jobs for young men whose families were on welfare and who could not find work during the Great Depression. The jobless rate was 25% and this was a way to provide "relief of unemployment through the performance of useful public work," specifically to teach them a lifelong skill.

The national program focused on forest projects that addressed environmental issues, like erosion and fires that stemmed from overharvesting of trees. It also concentrated on wildlife management, insect pest control, and emergency work, most notably providing assistance after the floods of 1936 and the hurricane of 1938.

The CCC camps were supervised by U.S. Army Reserves. Day programs were supervised by the National Park Service or the U.S. Forestry Service.

In its nearly 10 years of existence (1933-1942), three million CCC enrollees worked across all states. They built nearly 100,000 miles of fire roads; planted 3 billion trees; constructed trails and shelters in over 800 parks, including Upton State Forest; and helped develop nascent ski areas, including nearby Stowe and Cannon. They also constructed dams like the one at Upton State Forest which created the Dean Pond impoundment. They also

created paths and trails like Loop and Park Roads.

At its peak in Massachusetts, the CCC had a total of 51 camps that enrolled 10,000 men. The men were paid \$30 each month, of which they were required to send \$25 home to their family.

One enrollee was the late Frank Evans, who grew up near the Upton camp. In an interview with National Park Service Ranger Chuck Arning, as part of "Along the Blackstone, Episode 66," a 2009 program that focused on the CCC and was produced by the Blackstone River Valley National Heritage Corridor Commission, Evans said, "I tried to buy a job. I couldn't even buy it. Depression was something...so I planned on the Cs." He enrolled for two and a half years and served as a heavy equipment operator, a profession in which he worked for 42 years.

At the close of that NPS program, Arning said, "We need to thank the Friends of the Upton State Forest. Through their hard work and preservation, it was them that allowed these stories to be preserved and for them to go into our memory bank."

See watch the full video, visit bit.ly/BlackstoneValleyCCC

In Upton, the crew constructed 15 buildings including sleeping barracks and a mess hall, plus the headquarters and an infirmary which remain standing today. Enrollees built picnic areas, made water holes for firefighting, and planted 230,000 trees. They also helped beyond the camp, such as rescuing a girl who fell through the ice at Mill Pond.

After the country entered World War II, the CCC program ended in 1942. Since then, while much of their work has endured, most camp structures have not. In Upton, the headquarters is one of just a few still standing in the country, thanks



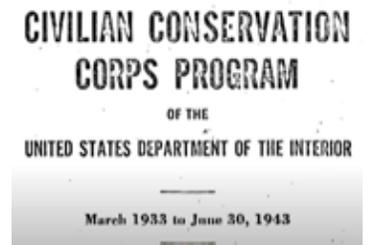
"I tried to buy a job; I couldn't even buy it. Depression was something... so I planned on the Cs."

– late Upton resident Frank Evans, former CCC enrollee



The Civilian Conservation Corps (CCC) was a work relief program that gave millions of young men employment on environmental projects during the Great Depression. Considered by many to be one of the most successful of Roosevelt's New Deal programs, the CCC planted more than three billion trees and constructed trails and shelters in more than 800 parks nationwide during its nine years of existence. The CCC helped to shape the modern national and state park systems we enjoy today.

Source: www.history.com



Administration Building (1935-8). The former CCC camp is now the Upton State Forest headquarters and one of the few surviving examples of CCC camp construction in Massachusetts. This remaining building was used by the CCC as a mess hall, administration building, or recreation building. Source: Division of Conservation and Recreation.

Photo credit Theresa Knapp. For more photos, visit Upton & Mendon Free Press on Facebook @FreePressPapers

to the advocacy and dedication of the Friends group in cooperation with the Department of Conservation and Recreation.

"I am especially proud that, in 2014, the CCC Camp and a corridor of associated resources, achieved National Register of Historic Places status," said Arnold.

To see the historic structures in person, visit Upton State Forest, 205 Westboro Road, daily between 6:30 a.m. and 6:30 p.m.

In Upton in 1925, the first purchase of land that would later be designated Upton State Forest was the "Gaskill lot" located off Chestnut St in Upton. In 1935, 23 men from the 102nd Company, CCC at Myles Standish State Forest arrived in Upton to clear a camp area to prepare for the opening of Camp SP-25 at Upton State Forest.

Source (and site of map and directions): www.friendsofuptonstateforest.org

For more information about the Upton site or to join the Friends, visit friendsofuptonstateforest.org/.



"We need to thank the friends of the Upton State Forest. Through their hard work and preservation, it was them that allowed these stories to be preserved and for them to go into our memory bank."

– NPS Ranger Chuck Arning, 2009 program "Along the Blackstone, Episode 66," focusing on the CCC

Theresa Knapp contributed to this story.

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Upton Town Library Calendar of Events

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

Programs Survey

Visit the library or our website, uptonlibrary.org, and complete our Adult Programs Survey. We have a new Adult Librarian, Micaela Austin, and she wants to hear all your ideas and preferences for upcoming adult programs at the library.

Come see the Cabinet of Curiosities

This month the display case near the library reception desk has an intriguing exhibit of skulls, teeth and oak galls. This case is available for members of the community to display artwork or personal collections. If you have a collection to share, contact Matthew.

Yarn Tales Knitting Group

A community group now meeting each Tuesday evening from 6 - 7:30 p.m.

You're invited to knit or cro-

chet with us here in the Upton Town Library classroom. Come with your work in progress, or with something you're just beginning. Give help, get help, or just sit and chat.

Veterans Memorial Playground

The Playground at 9 Milford Street is now open for use, dawn to dusk. The concrete slides to the lower playground are open, and a therapeutic swing seat has just been installed. As soon as the grass is fully set, the lower area will be opened for running, sitting and playing. Please remember that the playground is carry in/carry out, no trash receptacles are available.

Special Events

Our Annual Summer Reading Program concludes this month as we get ready for back to school. *Join us for an Ice Cream Social on Saturday, August 12, 11 a.m. - 2 p.m.*

For more of our summer reading events, visit our Event Calendar at uptonlibrary.org.

Stuffed Animal Sleepover is back! Tuesday, August 8. Children of all ages can drop off a stuffie to have it spend the night at the new Community Center. Who knows what hijinks they'll get into with

the library staff. Look for photos on our website and social media pages the next day to see what fun they had. Stuffies will be picked up the following day.

Blackout Poetry, Thursday, August 11, 1 p.m. Like poetry? Enjoy writing? Tweens and teens can join us from 1 - 2 p.m. for our Blackout Poetry event. We'll use old book pages, sharpies, watercolor paints, and colored pencils to design our own masterpieces. Registration required.

Summer Reading Finale, Saturday, August 12, 11 a.m. - 2 p.m. Enjoy an Ice Cream Social sponsored by the Friends of the Upton Town Library. Families can join us for a scoop of vanilla ice cream and toppings from JJ's Ice Cream Shoppe. It's a great way to celebrate the reading we've done all summer long, and catch up with friends, old and new, sharing the

titles we've enjoyed.

Library Events - Register now!

Please note changed times for many children's programs. All programs and events require pre-registration at uptonlibrary.org or call 508-529-6272

Music & Movement - Select Tuesdays 9:30 a.m.

Music & Movement with Deb Hudgins will take place August 8 and 22 from 9:30 -10 a.m. in the Great Room. 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 every Friday in August. This is a 20-minute lapsed program featuring stories, songs, and nursery rhymes. For ages 0-3. Pre-registration required. *Note - No baby storytime on September 1.*

Preschool Storytime - Read Around the Town, Thursdays at 9:30 a.m.

Preschool Storytime is a 30-minute program, featuring longer stories, songs, rhymes, and crafts. For ages 3-5. Pre-registration required.

During the summer, Preschool Storytime is replaced by Read around the Town, when Mrs. Murphy visits locations throughout Upton for stories and songs with members of the community. Preschool storytime re-

UPTON LIBRARY

continued on page 18

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continued from page 17

turns to the Community Center for August 17 and 24. *Note – No storytime on August 31.*

Saturday Storytime – August 5 and September 9

Once a month we offer a 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.

Teen Group – Tuesdays 3 p.m.

This group meets weekly every Tuesday from 3 - 4 p.m. and focuses on a new theme each month, sharing books, crafts, games, and more. For July, our theme will be "Cardboard!" This group is for tweens and teens ages 10-16. This is always a drop-in program. Interested in starting a Teen Book Club? Contact Mrs. Murphy at lmurphy@cwmares.org.

org for assistance. *Note – No Teen Group August 26*

Kids' Book Club – September 6, 4 p.m.

Our book club members explore popular juvenile and pre-teen titles on the first Wednesday of each month. On September 6, our meeting will be a summer review and we'll share all the great books we read this summer. 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, September 12 at 12:45 p.m., and Thursday, September 14 at 6:45 p.m.: *Horse*, by Geraldine Brooks. For more information or assistance with any library services, call 508-529-6272 or email mbachtol@cwmares.org

Friends of the Poor Walk/Run to be held on Sept. 23



You are invited to participate with the St. Vincent de Paul Society of St. Mary's in Uxbridge on September 23 to Walk or Run for those who are in need in our local community.

The St. Vincent de Paul Society aids those in need of help with Rent, Food, Utilities, and Clothing regardless of Reli-

gion, Race or National Origin. The walk/run will be held on Saturday, September 23, and is a fun walk around the town loop which is great for families and friendly pets.

We encourage you to donate online at fopwalk.org for St. Mary's Uxbridge. Donation sheets are available on

the website, or you can pick up a paper copy at St. Mary's. You can also register at the event at 9 a.m. Walk begins at 9:30 a.m. Free tee shirt for your participation as long as supplies last. Hope to see you there.

Please call Donna at 508-278-2226 with any questions.

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Women's Bible Study on Tuesdays

Coffee Break, a community Bible study for women, will begin its Fall season with a Meet and Greet with Tour of the Holy Land on Tuesday, September 12. On Tuesday, September 19, we will begin a study of Isaiah: Call to Trust. God loves us and has wonderful plans for our lives – no matter what the current events look like. Come join with others in a study of the book of Isaiah as we look at who God is and the power and glory He is about to display in the earth. Our God is so trustworthy. All peace and joy are found in Him. You're only allowed to be a newcomer the first week. After that, we're all friends. We look forward to meeting you.

Refreshments and childcare are provided. There's loving care for your babies and toddlers through age five.

Coffee Break is held each Tuesday from 9:30 to 11 a.m. and offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. There's no "homework" required, and no previous Bible knowledge is necessary. Study guides are provided free of charge.

Pleasant St. Church is located at 25 Cross Street in Whitinsville. For directions, questions, or to get more information, please call Anna at 508-234-4902, email churchoffice@psrc.org, or visit psrc.org/adults.

SCHOOLS

BVT named a 2022-23 PLTW Distinguished High School, 6th year in a row

The nationally recognized nonprofit organization Project Lead the Way (PLTW) has named Blackstone Valley Regional Vocational Technical High School (BVT) a 2022-23 PLTW Distinguished School. It is the sixth consecutive year that the school has earned this national recognition.

"It is an impressive honor to be recognized for our continuous commitment to empowering student access, engagement, and achievement in our PLTW programs," said Superintendent-Director Dr. Michael F. Fitzpatrick. "I am immensely proud of our students and staff who always aspire to achieve in all aspects of the curriculum. This credential is a testament to the quality of cross-curricular instruction and those willing to do the work."

BVT is one of 262 high schools to receive this honor for providing broad access to transformative learning experiences for its students through the PLTW Computer Science, Biomedical Science, and Engineering pathways. PLTW is a nonprofit organization that serves millions of PreK-12 students and teachers in over 12,200 schools nationally.

To be eligible for this designation, the school had to meet the following criteria: offer at least three PLTW courses; of those who participated in PLTW, at least 33% took two

or more PLTW courses during their high school tenure; and at least 95% of students completed the PLTW End-of-Course assessments; have strategies and procedures in place to support reasonably proportional representation regarding race, ethnicity, poverty, and gender.

The school offers a total of ten PLTW courses; five courses from the Engineering Pathway, three courses from the Computer Science Pathway and two courses from the Biomedical Science Pathway.

The PLTW Engineering courses empower high school students to step into the role of an engineer and adopt a problem-solving mindset. Students engage in collaborative, real-life activities like working with a client to design a home, program electronic devices or robotic arms, and explore algae as a biofuel source.

The PLTW Computer Science interdisciplinary courses engage students in compelling, real-world computer science challenges. As students work together to design solutions, they learn more than just how to code, developing computational thinking and communication skills for success in an increasingly technology-based economy.

PLTW Biomedical Science introduces high school students to medicine and human body

systems and the vast array of biomedical science careers. Students take on the same real-world challenges as biomedical science professionals throughout the program, preparing them for careers in medical and health-related fields.

BVT is proud to be part of a community of PreK-12 schools, colleges, universities, and corporate and philanthropic partners across the country united around a passion for providing students with inspiring, engaging, and empowering learning opportunities through its PLTW course offerings

About Blackstone Valley Regional

Vocational Technical High School (BVT):

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

Jionzo earns Dean's List Honors from MassBay Community College

Cassandra Jionzo of Mendon has been named to the MassBay Community College Dean's List for the spring 2023 semester. She is a Business Administration major.



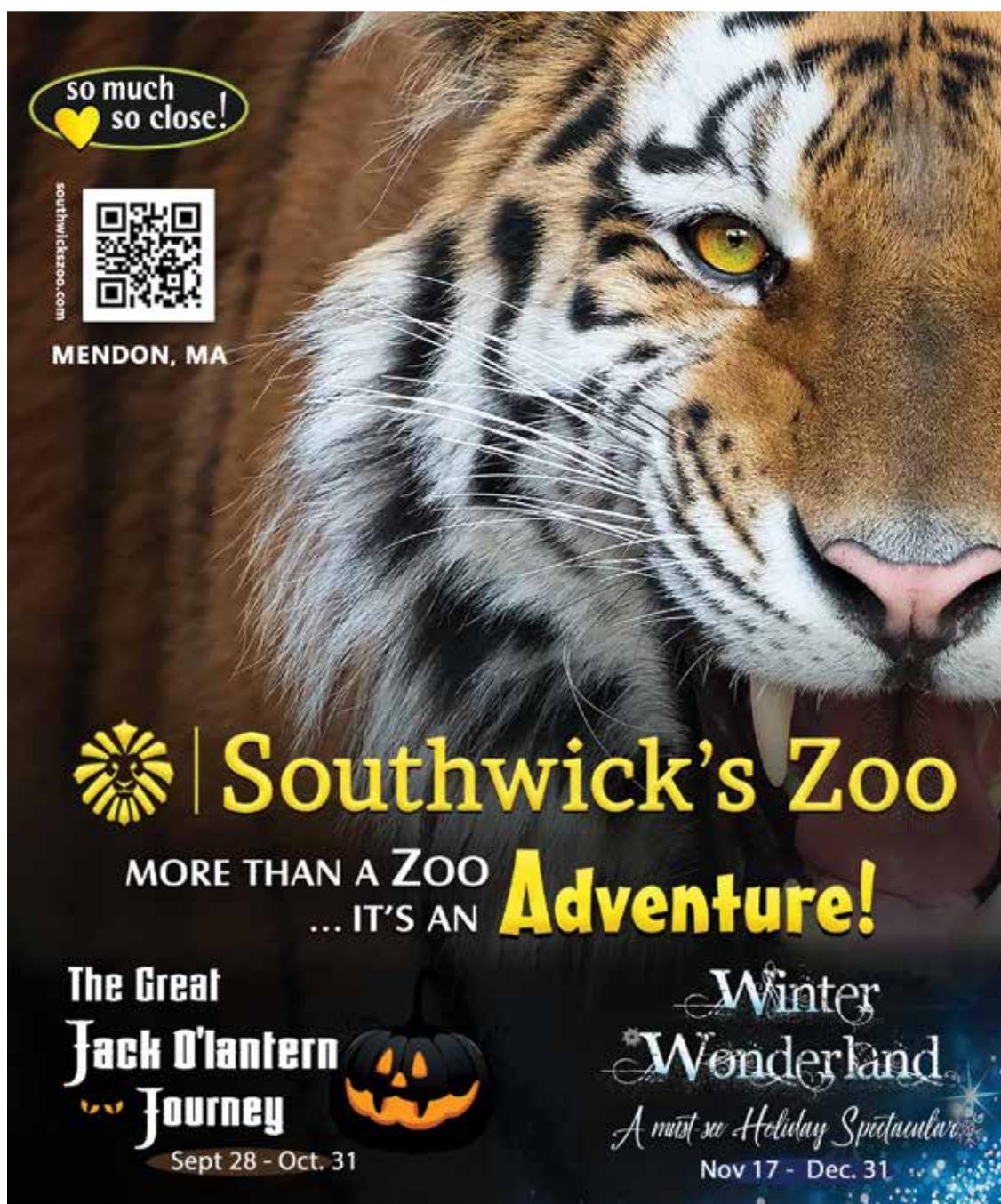
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15	30%	\$31,150	\$35,600	N/A	30% of income

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Applications

Lottery Application Deadline: Friday, September 8, 2023

Application can be accessed online at: www.gbwseniors.com

To request an application be mailed to you, or if you or a family member has a disability or limited English proficiency, and as a result need assistance completing the application and/or require any assistance during the application process, please contact us:

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Two Information Sessions will be held in person and via zoom using the link on the website

1. Medway Town Library located at 26 High Street Medway at 6pm on Thursday July 27, 2023
2. Medway Senior Center located at 76 Oakland Street at 10am on Saturday August 12, 2023

To have an application included in the lottery all applications must be received by or post marked by Friday September 8, 2023. The Lottery will be held conducted by a third party electronic service provide by Random.org.

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SCHOOLS

Local students who made the UMass Amherst Spring 2023 Dean's List

Below is a list of local students who were named to the dean's list at the University of Massachusetts Amherst for the spring 2023 semester.

In order to qualify, an undergraduate student must receive a 3.5 grade-point average or better on a four-point scale.

Mendon

Lena Bibbo
Sarah Michelle Burroughs
Taylor Nicole Burroughs
William Marshall
Patrick McEnaney
Stephen T Morelli
Elizabeth Mae Pontzer
Harrison John Rausch
Marie M Rausch
David Spencer Round
Aaron Roy Spindel
Brian Frederick St John
Lauren Emilia Testa
Kyle Lawrence Tewksbury

Upton

Pasant Aymen Abdelmesih
Fatima Sohail Ahmed
Paige Elizabeth Alcott

Casey Claire Aron
Lily Jing Bigelow
Matthew John Bombara
Alyson Marion Casey
Michelle Rose Cote
Joshua Crosby
Noah Michael Curley
Katherine White Dawson
Julia Derocher
Elise Yang Descheneaux
Adam Harrison Dickey
Robin Nicole Dupre
Michel Patrick Flanagan
Aiden John Fournier
Bret Tyler Hackenson
Lucy K Hawkins
Lauren Catherine Heye
Cooper Louis Johnson
Hamza Nawaz Karim
Siddharth Satish Khakhar
Morgan Gianna Matellian
Jillian Angela Mespelli
Katherine Nicole Pollen
Jonathan Max Renk
Shannon Lee Schrafft
Maria Shaker
Youssef Bassem Shaker
Adam John Shobe
Shea Leah Trimble

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SCHOOLS

Local Students Honored at Annual SkillsUSA Workforce Development Event

The following local career and technical students were recognized for excellence at the 2023 SkillsUSA Championships, held in Atlanta, on June 21-22. More than 6,000 students competed at the national showcase of career and technical education. The SkillsUSA Championships is the largest skill competition in the world and covers 1.79 million square feet, equivalent to 31 football fields or 41 acres.

Skill Point Certificates were awarded to all national contestants who met a threshold contest score. The Skill Point Certificate represents workplace readiness in the occupational specialty and students can add the certificate to their employment portfolio as an indicator of proficiency.

Students were invited to the event to demonstrate their technical skills, workplace skills and personal skills in 110 hands-on competitions including robotics, automotive technology, drafting, criminal justice, aviation main-

tenance and public speaking. Industry leaders from 650 businesses, corporations, trade associations and unions planned and evaluated the contestants against their standards for entry-level workers. Industry support of the SkillsUSA Championships is valued at over \$36 million in donated time, equipment, cash and material. More than 1,200 industry judges and technical committee members participated this year. All SkillsUSA Championships competitors were honored on Friday night, June 23 at the SkillsUSA Awards Session at State Farm Arena.

The following students are Skill Point Certificate recipients from your area:

- From Massachusetts: Naomi Tsuda, from Mendon and a student at Blackstone Valley RVTHS (Upton), was awarded a Skill Point Certificate in Baking and Pastry Arts.
- From Massachusetts: Team N (consisting of Grace Mathieu, Ava Mills, Grant Purcell), from



Blackstone Valley RVTHS (Upton), was awarded a Skill Point Certificate in Career Pathways - Industrial and Engineering Technology.

"More than 6,000 students from every state in the nation participated in the 2023 SkillsUSA Championships," said SkillsUSA Executive Director Chelle Travis. "This showcase of career and technical education demonstrates SkillsUSA at its finest. Our students, instructors and industry partners work together to ensure that every student excels. This program expands learning and career opportunities for our members."

The SkillsUSA Championships event is held annually for students in middle school, high

school or college/postsecondary programs as part of the SkillsUSA National Leadership & Skills Conference. The national, nonprofit partnership of students, instructors and industry is a verified talent pipeline for America's skilled workforce that is working to help solve the skills gap.

About SkillsUSA

SkillsUSA is America's proud champion of the skilled trades. It's a student-led partnership of education and industry that's building the skilled workforce our nation depends on with graduates who are career ready, day one. Representing nearly 380,000 career and technical education students and teachers, SkillsUSA chapters thrive in middle schools, high schools and college/postsecondary institutions nationwide. SkillsUSA's mission empowers students to become skilled professionals, career-ready leaders and responsible community members. That mission is accomplished through the SkillsUSA Frame-

work of Personal Skills, Workplace Skills and Technical Skills Grounded in Academics, which is integrated into classroom curriculum. Through Framework instruction, students develop the character-shaping leadership skills - teamwork, communication, professionalism and more - that successful careers and lives demand. At the same time, students hone their high-level technical skills against current industry standards in more than 130 skilled trade areas, from 3-D Animation to Welding. The result? Focused, confident and highly skilled graduates who are ready to work, ready to lead and ready to make a difference in our schools, workplaces and communities. A vital solution to the skills gap, where more in-demand skilled trades positions are available than qualified professionals to fill them, SkillsUSA has served over 14 million difference-making members since 1965. To learn more, visit www.skillsusa.org.



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SPORTS

Yordanopoulos heading to Towson for field hockey

Nipmuc graduate excited for new challenge

By Chris Villani
Sports Writer

Gianna Yordanopoulos had a feeling Towson University would be the place for her the first time she visited the Maryland campus.

“The school itself is beautiful, I love the environment and it seemed like a perfect fit for me,” she said. “After my initial conversations with the coaches and talking with some of the girls, I just loved the energy of the team.”

The Nipmuc High School graduate is beginning her first season with the Tigers and her first semester at her new academic home. Yordanopoulos said she likes the size of the Towson campus and the setting, just outside Baltimore but without the city feel.

“It’s very open, very big, and there are a lot of areas where

people like to hang around,” she said.

Yordanopoulos said she is not exactly sure where she will fit in with the Towson field hockey program right away, noting that the team has recently changed coaching staff and the new coaches have not had a chance to see most of the team in action. But she said her speed and aggression on the field is likely something that is going to stand out.

This fall also represents a bit of a bounce back for Yordanopoulos, who suffered a concussion that limited her playing time during her senior year at Nipmuc.

“It was a little hard not to be able to play, but I was able to lead the girls and see how motivated the younger players were,” she said.

Yordanopoulos said her



Gianna Yordanopoulos signed her letter of intent to continue her field hockey career at Towson. Courtesy photo

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junior year was a highlight, including a penalty shot victory over Oakmont that sent Nipmuc to the finals of the Central Mass. tournament.

“That was probably my favorite memory,” she said.

Yordanopoulos has had a clean bill of health since November and finished her Nipmuc athletic career by participating in both winter and spring track. She has also been working hard at trying to refine her game before entering the collegiate level.

“I am playing pickup games at the field almost every day, doing touches, trying to get as technical as I can,” Yordanopoulos said. “I’m trying to do more reps and more intense workouts, I am at the track a lot.”

Yordanopoulos has also had strong support from her parents, Jeannine and George, and her twin sister, Gillian, even though Towson might be a bit farther away from Upton than her mother would have hoped.

“It’s been exciting for all of us,” she said.

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SPORTS

BVT's Krauss finds his way with Milford Legion

Rising senior established himself as versatile player for Post 59

By Chris Villani
Sports Writer

Jack Krauss admitted to feeling a bit overmatched at times at the beginning of his first summer with the Milford Legion baseball team, but the Mendon resident and Blackstone Valley Tech rising senior had come into his own by the end of the season.

"The season went very well, I did better than I thought I would," Krauss said. "This is the best competition I have ever played against, and I was just looking for inspiration at the next level and observing and learning as much as I could."

Krauss did more than that. He played in about three quarters of Post 59's games and Milford manager Steve DiVitto said he could have started at catcher for pretty much any other team in the zone. Krauss also saved his most productive hitting stretch for the end of the year. He had a pair of extra base hits and drove in five runs over Milford's final three games of

the regular season.

"I feel like the first few games, it was tough and a bit of a struggle for me mentally," he said. "But I hung in there physically and I adapted to it and started to get better as a player."

Krauss caught every third game for Milford and also spent time in the outfield as a designated hitter and as a pitcher.

"He is just an athlete, he can play anywhere on the field," DiVitto said. "He is one of those guys who could carve out a role for himself next year."

Krauss is unsure whether he will go into the workforce or head to college after graduating next spring, but he did not rule out playing college baseball if the right opportunity came along. He said he plans to work on getting stronger throughout the offseason and continue to hone his craft behind the plate.

"I love catching, I love the toughness of it and the grit," Krauss said. "You're the QB of the baseball field, everything is in front of you and you have to



BVT rising senior Jack Krauss made the most of his first summer playing for Milford Legion. Courtesy photo

be very aware. The ball comes your way every time a pitch is thrown, so you have many opportunities to change the game."

Krauss acknowledged his skill at one of baseball's toughest positions, but said there is still room to improve at the spot he

hopes to play for a long time.

He said, "I want to keep catching, until I can't catch anymore."

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