

Upton Heritage Day Fair Sept. 30

A good way to catch up with neighbors and much more



Activities for Upton Heritage Fair Day on Sept. 30 are concentrated in the center of town, making it easy to visit them all. Upton Historical Society courtesy photo

By Linda Chuss

This year, Upton Heritage Day will take place on Saturday, Sept. 30, with activities from 7:30 a.m. to 4 p.m.

Tom Bair, president of the Upton Historical Society, describes Upton Heritage Day as, “a great opportunity for the whole community

to come out and socialize and see what’s happening in town...It’s been a tradition for decades and was already well established when I moved here 30 years ago.”

The day’s activities will include:

7:30 a.m. – Town wide Yard Sale, at dozens of loca-

tions throughout town. Purchase a map of the locations at the United Parish Church, 1 Church St. Apple crisp will be sold throughout the day. Starting at 11:30 a.m., lunch food including hamburgers

UPTON FAIR

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23rd annual Great Cardboard Boat Race was great fun

Annual race included 13 boats and nearly 300 spectators



1st Place in the “Two-Person Craft” category went to Ivan the Great (Isabella Panopio, Ivan Hedquist). Photo credit Eric Weintraub

of Taft Public Library's Great Cardboard Boat Race. The weather was beautiful as 13 boats took to the waters of Lake Nipmuc. Library officials say, spectators were treated to “spectacular sinkings, spirited competition, and a few nail-biting finishes.”

Here are the results from the event:

Two-Person Craft

1st Place: Ivan the Great (Isabella Panopio, Ivan Hedquist)

BOAT RACE

continued on page 4

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Mendon CPC funds granted for affordable housing sitework at 52 Providence Street

By Theresa Knapp

At its meeting on Sept. 5, the Community Preservation Committee approved a funding request for \$17,000 of CPA administrative funds to perform preliminary sitework on town-owned land at 52 Providence St.

Town Planner Jack Hunter said the intention is to help make the site more appealing to affordable housing companies to bid on the project.

He said the town recently had a Request for Proposals but no bids were submitted. After the process closed, Hunter, along with other town officials, debriefed with three of the interested firms which all expressed similar concerns.

"The unknown of the access road and getting the wetlands crossing (which would be necessary) permitted was

something that they shied away from," Hunter said. "And with the well site, we're proposing a directional drill underneath the wetlands which is a very popular solution to not disturbing wetlands and still getting a line underneath to the site - they were hesitant. They don't know how much these things are going to cost."

Hunter further reported that, "They said, more or less, that if we could get some of this engineering done then all three of them said they would be active bidders... To get those [issues] permitted through the Conservation Commission, and obviously getting the access road completely designed - I know that will go a long way to making this a palatable site."

Hunter also noted the project is designed as 44 units and

a developer needs at least 40 units, to receive public funding from the state. He also said, based on funding cycles and requirements, construction would likely not begin until spring 2027.

CPC Chairperson Anne Mazar said the costs include \$13,875 to do the engineering work for the wetlands crossing plus the wetlands habitat evaluation, and approximately \$2,800 to do the test drilling holes for the directional drilling to connect the well to the site. The amount approved was \$17,000.

CPC member Dan Byer was in support of the project.

"It's not like there's other competing things, we've got the money and this is what it's for. I think, ultimately, this would be a good project if it could go through, we need housing."

Mendon disc golf course proposed on town-owned land

Request to be presented at special town meeting in November

By Theresa Knapp

The Community Preservation Committee is entertaining a request for funding for an 18-hole disc golf course on a parcel of town-owned land, yet to be determined.

The details will be finalized at the CPC's meeting on Oct. 3 and presented at special town meeting on Nov. 6.

At a Sept. 5 meeting of the CPC, Ellen Agro asked the CPC to consider a funding request that would cover the cost of the equipment and the professional course design.

Agro is an avid disc golfer and described the sport as "basically like golf but you're throwing a frisbee and it's more like hiking with the frisbee... It's a nice exercise in the woods, it's fairly easy to learn, and it's fun."

She said there is a 9-hole course in Milford but there are no 18-hole courses nearby.

Agro proposed the course on the town-owned Paddock property as a form of passive recreation. She had considered Inman Hill but said that land is often used by horseback riders. "Disc golf and horses don't really go together; it will spook the horses to see random people throwing - discs would be flying; for horses, they would be unprepared for that."

The pros and cons of various town-owned properties were discussed. A parcel will be selected before the warrant article is finalized. The layout of the specific parcel will affect the cost of the course design though, typically, the course is designed to fit within the existing landscape.

Agro said, "They try to preserve the land as much as

possible, you still have to make pathways to each tee box, and to each hole, but the rest of the forest (or pasture or whatever it is), would stay the way it normally is... You're definitely not clear-cutting, you're clearing maybe nuisance trees and underbrush, things like that."

As for the actual game, Agro said if other people are enjoying the property while disc golfers are playing, the game stops until the others have passed by. "It's not like a golf ball where you can't see where your thing is going. You can always see the basket, you can always see what you're shooting at, and you can see people - you just don't throw [frisbees] if somebody's in the way."

Agro said the disc baskets and tee boxes would be permanently installed (and secured) on the property. She expects the course would be maintained by volunteers, and proposes a "Lost and Found" for found frisbees, etc., could be located at the Town Clerk's office (Agro serves as Mendon Town Clerk).

CPC member and Director of Parks & Recreation Daniel Byer said he liked the project.

"I think we need to iron out some issues but I think that's one of the things that came up in the Open Space & Rec Plan and the Master Plan. I think people are looking for these amenities and it kind of ties into trail use so I think, for \$60,000, you're going to get a whole new recreational activity for people."

CPC member and selectman Michael Goddard said the course could bring eco-tourism to Mendon and encourage visitors to fuel the local economy.

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It's easy to start playing the popular sport of pickleball in Upton

By Linda Chuss

Pickleball is trending in Upton, as it is in the rest of the country, with no signs of slowing down.

In the last couple of years, the number of people in the Upton Pickleball Club has gone from under 50 to over 200. The racquet sport can be played with 2 or 4 people on an indoor or outdoor court roughly half the size of a tennis court. That smaller area is one reason for pickleball's popularity – it requires less running than tennis, yet is still a fast game.

Maria Tonry, Upton's Recreation Director explained how to play in Upton.

"Anyone can register for the pickleball program at Upton-Rec.com for a \$25 annual fee. There are drop-in sessions at the Kiwanis Beach Courts every morning, and on Tuesday and Thursday in the evening. In winter, we use the Town Hall great room at specified times. The exact schedule varies by season and is at the website.

When you arrive, just show your registration receipt or decal. We provide the paddles and balls. People are good about self-organizing and making sure everyone gets a chance to play. It's very welcoming and simple to get started."

The rules are not complicated and there are many online resources for learning, including videos.

Currently, Upton has no courts used explicitly for pickleball; instead, tennis and basketball courts are readily turned into pickleball playing areas with equipment provided by the Recreation Department.

"This program was really driven by the residents," said Tonry. "Some of them are passionate about the sport."

One avid player is Bill McCormick, an ambassador for the USA Pickleball Association and a certified instructor. McCormick has been playing for seven years and has helped obtain grants for the equipment in Upton and nearby towns.



Plenty of people play pickleball at the Kiwanis Beach Courts in Upton. Photo by Bill McCormick

"More courts would be welcome, though finding a suitable location is challenging," McCormick said. "As part of the town's master plan, the only area identified was the Trask property on Mendon Street, so the hope is we can add courts there. Funding could possibly come from a

Community Preservation Act grant. Holding pickleball tournaments would actually generate revenue too." He suggests joining the Facebook Group @ UptonPickleballClub, and advises looking at Places2Play.org for additional nearby courts.

Students get a chance to play

in gym class, but for everyone else, signing up with the Recreation Department is an easy way to try the sport.

For more information or to register, go to UptonRec.com. For questions, email recreation@uptonma.gov or call 774-450-5182.

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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@odellconsult.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

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BOAT RACE

continued from page 1

2nd Place: The Catastrophe (Cecilia Vandervalk, Andrew Moran)

Adults Only Craft

1st Place: Orca (Peg Nogueira, Jim Stewart)

2nd Place: Untitled (Tara Windsor racing for Greyson Michael)

Family Craft

1st Place: Little Mischiefs (James Horner, Julianne Horner, Eva Horner, Emily Horner)

2nd Place: The Ark (Jennifer Ceredona, Zoey Ceredona)

3rd Place: Pirates Booty (Sondra Flannery, Bella Flannery, Olivia Flannery, Julie Flannery, Gemma Flannery)

Group Challenge

1st Place: Floaty McSelect-Face! (Mendon Select Board represented by Brendan Chenelle)

2nd Place: Spirit of Brotherhood (Mendon Brothers of the Brush represented by Chad La-

Bastie and Shawn Clifton) 3rd Place: Mendon Fire Department "44 Boat" (Mendon Fire Department represented by Brian Turcotte)

2023 Special Awards

Pride of Mendon Award (Most Creative Design): S.S. Mino (Keira Stewart, Jeremy Stewart)

Captain's Choice Award (Most Attractive): Spirit of Brotherhood (Chad LaBastie, Shawn Clifton)

Esprit de Corps Award (Most Spirited & Organized Team): Pirates Booty (Sondra Flannery, Bella Flannery, Olivia Flannery, Julie Flannery, Gemma Flannery)

Perseverance Award (Honors the Competitors Who Never Gave Up): Ivan the Great (Isabella Pano-pio, Ivan Hedquist)

Titanic Award (Most Spectacular Sinking): The Catastrophe (Cecilia Vandervalk, Andrew Moran)

Surprise Award (We're Surprised It Floats...): The Tiger Cheetah Fast Boat (Aidyn Byrne, Guin Rebello)

Favorite Book Award (Best Reflects a Favorite Book): Little Mischiefs (James Horner, Julianne

Horner, Eva Horner, Emily Horner) Library Award (Best Reflects

a Love of Reading): The Ark (Jennifer Ceredona, Zoey Ceredona)



3rd Place in the "Family Craft" category went to Pirates Booty (Sondra Flannery, Bella Flannery, Olivia Flannery, Julie Flannery, Gemma Flannery). Photo credit Eric Weintraub



Photo credit Eric Weintraub of Mendon



The "Pride of Mendon Award" (Most Creative Design) went to the S.S. Minnow (Keira Stewart, Jeremy Stewart). Photo credit: Eric Weintraub

Advertisement for 'The Bark Ark' pet groomer, featuring a dog, a school bus, and a '2022 Quest for the Best Winner' award. Text includes: 'The Bark Ark COUNTRY HILLS PLAZA * MENDON Family owned and operated for over 50 years Your Hometown Pet Groomer! 508-473-4744'.

Own a business? Consider these retirement plans



Mark Freeman

FINANCIAL FOCUS

If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks

to the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular. Let's look at each of them:

• **401(k)** – A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% penalty.)

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer match-

ing contributions, which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catch-up contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

• **SEP-IRA** – An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an

equal percentage of your own compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

• **SIMPLE IRA** – A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIMPLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan — but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIMPLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in terms of building resources for your

own retirement, a SIMPLE IRA may be less appealing because of its contribution limits, which are relatively low compared to a 401(k) or SEP IRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.

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

Mark Freeman
Edward Jones Financial Advisor
77 West Main Street,
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Mendon Senior Center news

Regular Weekly Programs:

Walking Group – Monday/Wednesday/Friday – 8:30 a.m.

Lunch Club – Tuesday/Thursday 12 p.m. Please make reservations at least 48 hours in advance at 508-478-6175.

Scrabble – Tuesday 9 a.m.

Hand, Knee & Foot (Canasta type) – Tuesdays 1 p.m.

Cribbage – Wednesday 9:30 a.m.

Qigong – Wednesday 10 a.m.

Games – Thursday 9:45 a.m.

Mah Jong – Thursday 1 p.m.

Yarn Works/Knitting Group – Thursdays 1 p.m.

Mendon Minstrels Return ~ New Members Welcome!

The Mendon Council on Aging is pleased to share that Minstrels' conductor emerita Marge West will be leading the Minstrels beginning Monday, September 25 in preparation for the Veterans' Appreciation program on Friday, November 10. Pianist Dave Clinkman has generously offered to take over as the new program director in preparation for the Mendon Minstrels holiday performance on Thursday, December 14. Please save the dates. We are so grateful to have two such experienced leaders in house.

Reminder – rehearsals will continue to start at 1 p.m. New members are welcome. Call Amy Wilson Kent at 508-478-6175 for more information.

Photography II-

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 students. 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. This subsidized five-week program will be held at the Mendon Senior Center on Tuesdays at 1:30 p.m. beginning September 26 for \$25. Please call 508-4778-6175 or stop by the center to register.

Powerful Tools for Caregivers

Wednesdays, October 4 – November 8, 2023 (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.

Flu Shot Clinic

Salmon Family VNA, in conjunction with the Mendon Board of Health, will be offering a Flu Shot Clinic for Mendon residents at the Senior Center on Friday, October 13



Mendon Senior Center. Photo from Mendon Senior Center Facebook page

from 9:30 - 11 a.m. at 62 Providence St. Mendon. Call Janet Hubener, Outreach Coordinator with the Mendon Senior Center at 508-478-6175, for registration information. Note the standard flu shot will be offered, not the "senior" or "super" flu shot.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

The #1 question most people have when deciding on the coverage that is best for them. The Mendon Senior Center will be hosting Sue Flannagan with Blue Cross Blue Shield on Monday, October 23 at 10

a.m. This 45-minute presentation will explore the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15 through December 7 or during the Medicare Advantage open enrollment period from January 1 through March 31.

Please stop by or call the Mendon Senior Center at 508-478-6175 to reserve your space.

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Mendon Special Town Meeting set for Nov. 6

The Town of Mendon will hold a Special Town Meeting on Nov. 6 at 7 p.m. at the Miscoe Hill Middle School. The warrant is now open and is expected to close mid-October. For more information, visit www.mendonma.gov

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Advantages of local clear-out and cleaning company Aardvark over big chains

By Linda Chuss
Contributing Writer

Whether cleaning offices or clearing out years' worth of accumulated items, Aardvark Services is known for the care they bring to every job. This stems from owner John Pagliocca's interest in helping people.

"Quite a bit of what we do is help with clean outs," said Pagliocca. "It might be when someone's getting ready for a home or business move and there isn't time to do the work themselves. Or a realtor asks us to clear out an unoccupied place that's being put up for sale. Another situation is where the storage in a garage or spare office has built up over the years and it's overwhelming to go through it all. We also help prepare spaces for special events, like taking care of a backyard and patio area for a graduation party or home wedding.

"Sometimes we're called by a family member after a relative moves to a facility or passes away. We take care of the belongings they no longer need. The family appreciates the respect we show in those situations."

People can be hesitant when hiring a company who will be going through their home or business, especially when per-

sonal mementos or important papers are involved. Working with a local company can offer a level of trust a national chain cannot. Pagliocca and his partner Lynne Pelletier have operated Aardvark out of the Milford-Upton area for 10 years and have had family ties in the Metro West area for over 20 years.

They treat customers like neighbors because they are – Pagliocca and Pelletier live in Upton. "We get to know the people we work with. When we had a milestone birthday party for Lynne recently, we had clients who came to celebrate with us."

Another aspect that sets Aardvark apart is the care they take after removing items. "The truck doesn't go straight to the landfill. Lynne has really pushed us to do more in that way. We recycle what we can, like the scrap metal, and we take usable furniture and household goods to the Blessing Barn in Mendon." The non-profit thrift store sells donated items, with the proceeds going to community programs.

Most notably, if Aardvark finds something they think a customer didn't intend to throw away, they will return it. "Once, we were cleaning out a place for

a woman who saved everything. When we were unloading and sorting through it, we found a lot of cash and took it back to her."

Another customer, B. N. from Upton, described a similar experience. "The Aardvark team found some things I had been looking for and other meaningful items I didn't even realize I had, which they brought back to me. I highly recommend Aardvark. I chose them because they're local and they turned out to be attentive, thorough, and very hard working."

Pagliocca said, "We make it easy. Separate out the things you know you want to keep. And call us to get a free estimate for clearing out the rest. We're fully insured, and we have competitive prices. Pricing is typically based on a truckload and the large size of our box truck makes it a good value. If we do find something that seems



Upton residents John Pagliocca and Lynne Pelletier operate Aardvark, known for their thoroughness and respectful approach with home clear outs and regular office cleaning.

important, like papers or photos you hadn't noticed, we'll get them back to you. Customers really appreciate that."

"And people can count on us because we're reliable, showing up on time. That also applies when we do moving jobs and

cleaning work too. We do general cleaning for any size business, taking care of vacuuming, trash disposal, bathrooms, even windows."

To set up a free estimate or for questions, call or text Aardvark at 508-395-8369.



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Thank you to the following businesses for their support of my 2023 Eagle Scout Project

Jacob Giancola

With the generous donations of funding, materials, and supplies I was able to construct a bocce court at Saint Gabriel's Parrish for the community to enjoy. I would also like to recognize Greg Bradbury for his excavation expertise and help with this project.

Upton Cultural Council seeks funding proposals

Are you a local individual, school, or organization that would love to bring an event or project to Upton that would contribute to the cultural life and experience of local residents?

The Upton Cultural Council (UCC) will begin accepting proposals for community-oriented arts, humanities, and science programs on September 1, 2023. The application process will be open until October 17, 2023.

The UCC is a town council funded by the Massachusetts Cultural Council that awards grants to local performers, schools, and organizations that bring cultural events and pro-

gramming to our town. Our goal is to promote the appreciation of the arts, humanities, and interpretive sciences in Upton with a focus on diversity, inclusion, and accessibility. Prior programs that the UCC has funded include painting classes, baby sign language courses at the town library, a Multicultural Festival at BVT, an outdoor foraging workshop at Stefans Farm, a Mass Audubon Society presentation, a theatrical performance depicting Historical Women at Memorial Elementary School, a science presentation at Miscoe Hill Middle School, multiple musical performances in a variety of genres across town, and more.

For more information on the Upton Cultural Council visit <https://www.uptonma.gov/cultural-council>. Application forms, guidance around the application process, local guidelines, funding priorities, application criteria, and more information about the Local Cultural Council Program is available online at <https://massculturalcouncil.org/communities/local-cultural-council-program/>.

The council is always looking for new members! For information on joining the Upton Cultural Council, please contact UCC Chair Megan Ronzio at 617-953-5825 / megronzio@hotmail.com.

Recent Home Sales

Date	Mendon	Amount
08/21/2023	12 Brookview Lane	\$525,000
08/15/2023	106 Northbridge Road	\$589,000
08/09/2023	2 Tyler Lane	\$886,900
07/31/2023	35 North Avenue	\$655,000
Date	Upton	Amount
08/25/2023	23 Rockdale Circle	\$637,000
08/23/2023	15 Pleasant Street	\$475,000
08/16/2023	50 Sienna Circle #4815	\$675,000
08/07/2023	6 Farrar Road	\$905,000
08/04/2023	22 Elm Street	\$375,000
07/31/2023	29 Hartford Avenue	\$500,000

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



The 3-bed, 2-bath, 1,448 sf house at 23 Rockdale Hill Circle in Upton recently sold for \$637,000. Photo credit www.zillow.com



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Computer Vision Syndrome

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

As our scholars go back to schools and colleges, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle

used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare

filter for your monitor.

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.



5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see

it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision

VISION SYNDROME

continued on page 16

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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

ADULT PROGRAMS

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, September 6 and Wednesday, September 20 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.

Learn Contract Bridge with Val Fay

Join Val Fay, a contract bridge instructor for over twenty years, as he guides you through the game of contract bridge. Designed for ages 16 and up, the classes Val offers will include upgraded instructions at the beginning of every class, starting

with the basics. Those interested should contact him at 508-478-3049 to sign up. All bridge players are forever students of the game, no matter what level they feel they've achieved. Whether you play or have always wanted to learn, join him on Tuesday afternoons at the library. For further details regarding specific times and schedules, call Val's number above.

Adult Book Club

The Adult Book Club will meet on Monday, September 11 at 7 p.m. to discuss *The Book of Longings* by Sue Monk Kidd and *Madame Bovary* by Gustave Flaubert. Adult Book Clubs are 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 Adult Book Club book discussion schedule is as follows:

October: *The Once and Future Witches* by Alix E. Harrow

November: *Call the Midwife* by Jennifer Worth

December: *The Midnight Library* by Matt Haig

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. The group will be on hiatus in September, but mark your calendars for Monday, October 30 at 6 p.m. 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. Next discussion session:

Thursday, September 28 at 7 p.m.: Discussion of Ilyon Woo's *Master Slave Husband Wife*

Upcoming books in the Footnotes series:

The Spy and the Traitor by Ben Macintyre

The Revolutionary: Samuel Adams by Stacy Schiff

Cooking with Chef Rob Scott

Chef Rob Scott returns with a whole new set of cooking demonstrations on Zoom. Rob joins us virtually from his kitchen in Long Island. All ages are welcome to participate. The recipes will be sent out before each class if you want to cook alongside Chef Rob. Sessions are at 7 p.m. The next session is:

Tuesday, September 12:
Granny Smith Apple Cider
Chicken and Pumpkin Muffin

Tops.

Please visit our website to register for the session.

Friends of the Taft Public Library Meeting

The Friends of the Library will meet on Tuesday, September 26 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. 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.

TAFT LIBRARY

continued on page 12

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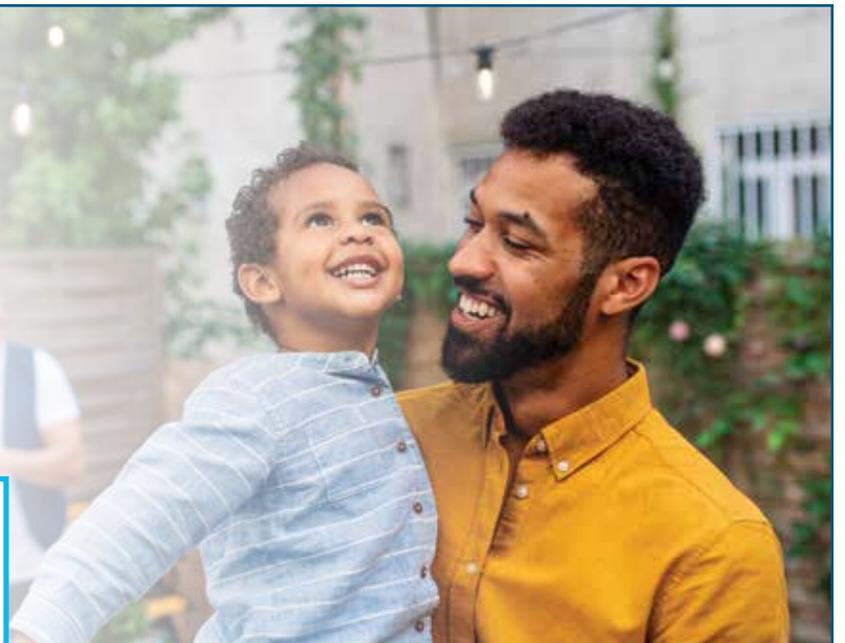
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Homeward Bound Veterinary Services becomes Upper Charles Animal Hospital

Meet the new practice at the September 9 Open House

By Jane Lebak

On July 7, Doctor Lyra Read and Doctor Brooke Crosier purchased Homeward Bound Veterinary Services from Doctor Karen Wilson, who formerly owned the practice for 27 years. Homeward Bound is now renamed Upper Charles Animal Hospital, and the doctors are in the process of rebranding the facility to align with their style of practice and design aesthetic.

Dr. Read, from Holliston, has worked as a veterinarian for eleven years after graduating with her DVM from Ross University School of Veterinary Medicine. For ten years, she worked at Foxboro Animal Hospital, as well as Holliston Animal Hospital, Tufts Veterinary Emergency Treatment, and Fresh Pond Animal Hospital.

Dr. Brooke Crosier, who's been a veterinarian for thirteen years, worked with Dr. Read at Foxboro Animal Hospital. Prior to that, Dr. Crosier earned her veterinary degree from Cornell University and worked at Adirondack Veterinary Hospital.

Upper Charles Animal Hospital is located on Route 140, near the high school and the library. The practice cares for dogs and cats.

Dr. Crosier says, "We have grown and expanded the practice, while still trying to maintain the family-focused atmosphere

that Dr. Wilson fostered. Our goal is to serve the pets of Bellingham with high-quality, affordable care."

The decision to purchase the practice stemmed from the great working relationship Read and Crosier had developed during a decade of working together in Foxboro. With both doctors starting families themselves (they both have two-year-old boys) they wanted a practice that had a strong family feeling.

To that end, they have updated the layout of the building, altered the aesthetic (the waiting room now has tile images of all the staff's pets) and modified the exam rooms to make the animals more relaxed. For example, the dog room has a couch to make the dogs feel more at home. Another exam room has a private entrance for times when an anxious or upset patient may need to exit without passing through the waiting room.

On the medical side, updates include in-house ultrasound, digital ultrasound, full in-house bloodwork, more specialized surgical and treatment options, and in-house hospitalization for pets who require intensive daytime monitoring.

The practice currently offers both Urgent Care and same day appointments for emergencies.

The Upper Charles Animal



Business spotlight

Hospital's website has been updated to include all current services. It has a patient portal for pet owners to make appointments, set reminders, order medications, and have instant access to their pet's medical records. The site also includes informational handouts on several common conditions and procedures that a pet owner may encounter.

"Our purpose is nurturing the bond between pets and their owners by having owners take an active role in their pet's care," Dr. Crosier says. "We empower clients by giving them information."

Upper Charles Animal Hospital has also entered into a partnership with Angelcat Haven Feline Rescue, an all-volunteer organization dedicated to rescuing stray and abandoned cats in Plainville and the surrounding towns. The doctors will be



assisting the organization with appointments for routine and sick visits, as well as spay/neuter surgeries.

On Saturday, September 9th, Upper Charles Animal Hospital will host an Open House from 10 a.m. to 1 p.m. At the Open House, visitors can tour the updated clinic and meet the doctors and staff. Food from local vendors will be provided. In addition, visitors can enter raffles and other prize giveaways, make balloon animals, peruse goods from local vendors, have fun with a photo booth, and meet some cats available for adoption, as well as submit applications for adoption.

Dr. Read says of the new Upper Charles Animal Hospital, "What sets us apart is that we're privately owned. In the vet world, that's becoming less common. For us, that means we can make adjustments. We have the autonomy to develop our practice in the ways our patients need."

The practice website is located at <https://uppercharlesah.com>, or pet owners can call 508-966-7605 to book an appointment. The Open House will be held onsite at 116 Mechanic Street, Bellingham (Route 140) on September 9 from 10 a.m. to 1 p.m..

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TAFT LIBRARY

continued from page 10

CHILDREN PROGRAMS

Many thanks to all who participated in our Summer Reading Program. We hope you enjoyed this year's program as much as we did. The summer program would not be possible without the incredible staff and director of the Taft Public Library. We are incredibly thankful for the help and support of the Friends of the Taft Public Library. Thanks are also extended to Mendon Town Beach, the Mendon Police Department, the Mendon Fire Department, JJ's Ice Cream, Southwick's Zoo, West Hill Dam, and The Coffee Bar for their partnership in programs. We're looking forward to next summer.

Here are the results of our late summer contests:

Winners of the 2023 Taft Public Library Oreo Stacking competition:

10:30 a.m. contest:

Luke Cedrone (13 cookies stacked) bested Lilly Kelly (8 cookies stacked) in the Finals. Luke also set that morning's record of 15 cookies stacked in an earlier contest.

1 p.m. contest:

Macy Searles (15 cookies stacked) bested Jalen Cannata (14 cookies stacked) in the Finals. Macy's mark of 15 cookies

was the high for the afternoon matched by Jalen Cannata in an earlier contest.

Winners of the 2023 inaugural running of the Taft Public Library Rubber Duck Races:

In the first Final, Luke Cedrone won his race over Noella Antonellis.

In the second Final, Weston Montag won his race over Dylan Cedrone.

Taft Children's News - September 2023

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 - Begins September 5

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

Story & Craft Time - Begins September 5

Join us for story and craft time. Perfect for the preschool-aged child. All sessions take place Tuesday mornings at 10:30 a.m.

Alphabet Storytime - Begins October 4

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.

Coffee and Conversations & Puppet Storytime

Dates: Wednesdays: September 13, October 4, November 1, December 6. Time: 9:15 to 10:15 a.m. Location: Taft Public Library, 29 North Avenue, Mendon.

Join us for an informal playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Taft 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, September 6 at 9:30 a.m.

Music & Movement with Deb Hudgins

Miss Deb will join us on Tuesday, September 26 at 10:30 a.m. for a fun-filled, musical morning. Registration is



Taft Public Library. Courtesy photo

required and limited.

Tutors with Tails

Meet Sprite! Sprite is a therapy dog who loves children and loves books. Sprite and her owner Janet will visit the Taft the last Tuesday of each month. Register today for the opportunity to read to Sprite! Spots are limited.

This program is designed to help increase reading fluency and build a child's confidence in their reading ability. The dog provides a non-judgmental safe environment for children to practice their reading.

Book Clubs

Registration is required for all book clubs. Books are available for pickup at the Children's Circulation desk. Pizza and refreshments will be served. Please let us

know of any dietary restrictions.

6-9 Book Club - We will be reading: Monday: *Into the Cave of Thieves* by Ralph Lazar. The book club discussion will be held on Tuesday, October 10 at 5 p.m.

8-12 Book Club - We will be reading: *Spy School* by Stuart Gibbs. The book club will be held on Tuesday, October 3 at 5 p.m.

Graphic Novel Book Club - This month we will be reading: *Schnozzer & Tatertoes: Take a Hike!* by Rick Stromoski. Join us on Tuesday, September 26 at 5 p.m. to discuss this month's book pick. Rick Stromoski himself will be joining us for our book discussion. Hope you can join us.

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Keep an eye out for signs of a rodent infestation this fall

WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attics and basements are a sure sign that rodents are present," said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and

droppings will cause serious respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.
- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.
- **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a

sign of a rodent infestation.

- **Tracks or rub marks:** As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.
- **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawlspaces.
- **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen babies every three weeks or up to 35 young per year. Chances are, if you see one mouse in the house, there are more hidden behind the walls!
- **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

For more information about rodent infestations, visit www.nobugsnopests.com or contact a licensed pest control professional.

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Beginning Bridges, CFCE September

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Beginning Bridges CFCE's vision is that children, youth and families reach their full potential now and in the future. Our mission is to work with families and community partners to create the conditions for children, youth and families to thrive socially, academically and economically. Funding for the Coordinated Family & Community Engagement Grant (CFCE) is provided by the Massachusetts Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC-Childcare/Head Start). Beginning Bridges CFCE has funding for the towns of Mendon, Northbridge, Upton & Uxbridge. Currently, our FREE comprehensive services include weekly indoor and outdoor parent/child playgroups. We also offer parent education programs,

the Ages & Stages Developmental Questionnaire and can connect families to community resources.

Upcoming Events - Registration is required for all upcoming events. Links can be accessed on our website or contact Emily Murray at 508-278-5110 or Emurray@smoc.org.

Please check our website and Facebook page for our Fall 2023 Newsletter.

Monday, 9/17 – Fall Playgroups begin – at various locations. See website or contact Emily at 508-278-5110 for more information.

Thursday, 9/28 – Awesome Autumn, 9 to 10:30 a.m. at Taft Public Library, 29 North Ave in Mendon - join us in a playful exploration of early childhood literature, sensory driven activities and art. Created for children 2.9 to 5 years.

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Friends of Mendon Elders Craft Fair to be held on Sept. 23, public welcome

Come one, come all! The Friends of Mendon Elders will be holding our Fall Frenzy Fundraiser event on September 23 from 9 a.m. to 3 p.m. at the Mendon Senior Center, 62 Providence St.

This year's event will feature our fabulous annual Basket Raffle, including something for

everyone, with winners being drawn at the end of the day. There will also be homemade knitted and quilted items, an array of delicious homemade baked goods, and a book sale featuring newer titles, hardcover and softcover fiction and non-fiction topics, and children's books. We hope to see you there!

Special town meeting to entertain purchase of Vandersluis property

At its meeting on Sept. 5, the Community Preservation Committee voted unanimously to put a placeholder on the Nov. 6 special town meeting warrant to purchase the Vandersluis property at 101 & 109 North Ave. Details will be finalized before town meeting.

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Women's Bible Study

TOPIC: Joshua: "I Will Be With You"

Coffee Break, a non-denominational community Bible study for women will open their fall season with a study of Joshua, called: "I Will Be With You," beginning on Thursday morning, September 14. The author writes, "In this book God's people do what they had refused to do when Moses was their leader—enter and occupy the promised land. But this isn't just imaginative adventure and inspiration; it is true history. This study will lead you to ask if Joshua's God is the same God you know. Through this study you will come to know him more fully. As Lucy from The Chronicles of Narnia says of

Aslan, 'He is not a tame lion.' Neither is our God tame. But he is completely good, just, loving, wise, and merciful."

The study will be in small groups at Fairlawn Church—and we offer groups for those who feel more comfortable wearing masks, as well as groups for those who prefer not to wear masks. All the study groups are physically distanced in spacious rooms. Refreshments are provided, and child care is available for infants through pre-school age.

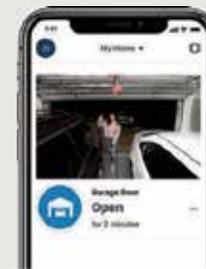
Coffee Break is free and open to anyone in the community and is held each Thursday from 9:30 to 11 a.m. at Fairlawn

Church. Coffee Break offers women in the Blackstone Valley an opportunity to read and discuss the Bible, share questions and concerns, and develop new friendships. Each lesson is independent, so if you can't attend every week, you won't feel "lost." There's no "homework" required, and no previous Bible knowledge is necessary. Study guides and bibles are provided free of charge.

Fairlawn Church is located at 305 Goldthwaite Road (off Hill Street) in Whitinsville. For directions, questions, or to get more information, call Ginette at 508-234-4806 or visit fairlawncrc.org/outreach/coffeebreak.cfm.



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Annual Mendon Senior Tea was held on July 30



Pictured, top left to right: Delores Martel, John Palumbo, Arthur Forand, Maxwell Grady, Katherine Holmes, Richard Chace, Rene Demers. Bottom left to right: Barbara Palumbo, Ursula Barlow, Betty Wojnowski, Pat Roy, and Joan Marino.
Courtesy photo

The Mendon Council on Aging and the Friends of Mendon Elders cohosted the annual Senior Tea on Sunday, July 30 at the senior center. The event welcomed senior center members and their guests (not pictured) and featured a delicious assortment of finger sandwiches and teas, strawberry punch, and apple berry pie. COA member Earl Pearlman entertained the guests with music from the Great American Songbook. A wonderful time was had by all. *For more photos, visit us @FreePressPapers on Facebook.*

UPTON FAIR

continued from page 1

and hot dogs will be available.

9 a.m. to 2 p.m. – Craft Fair on the Town Common, with local artisans selling their goods, and local non-profits and town committees sharing about their organizations.

9 a.m. to 2 p.m. – Library sale of books, DVDs, and CDs at the library’s new location in the Community Center, 9 Upton St. Children’s books are 50 cents and there is a special tote bag deal.

9 a.m. to 4 p.m. – Grange Fair at the VFW Post, 15 Milford St., with farm animals and 4-H projects, plus displays

of produce, baked goods, and homemade crafts, which are judged for awards.

10 a.m. to 1 p.m. – Fire Dept. and EMS Open House with demonstrations that appeal to kids of all ages, at the station, 20 Church St.

10 a.m. and 12 p.m. - Entertainment on the Town Common, with Johnny Diamond singing ballads in the morning, and a local jazz group performing at noon.

In addition to food at the United Parish Church, attendees can eat at these restaurants in the area: Country Club Sooper, Upton House of Pizza, Rushford & Sons Brewhouse, and the Rose Garden.

The Upton Historical Society

coordinates Heritage Day, which includes securing Unibank as a financial sponsor. They also organize the craft fair, where they have a booth for their own organization for visitors to learn about the Historical Society’s upcoming events and updated displays at the Upton Museum, such as a piano from the 1820s in an area set up to look like a home from that era.

Limited parking will be available at the Community Center, at Town Hall, and on Grove St.

North Main St. will be closed at the Common.

Anyone interested in helping at Heritage Day, can call the Upton Historical Society at 508-529-6600 or email uptonhistoricalsociety@hotmail.com.

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Blackstone Valley Heritage Quilters Guild

The fun is about to begin for the season 2023 / 2024 on Sept. 27 at 7 p.m. doors open at 6:30 p.m. Meetings are held at St. Patrick's Church, in the center of Whitinsville.

Ladies from various towns make up the guild. Meetings consist of business, socializing and programs brought in for enjoyment. During the season workshops are held where you would learn techniques to im-

prove your skills, or to learn new skills.

While deciding to join, your first visit will be free, please come and bring a friend to check us out and learn all about what we do for charity, workshops, mystery trips and programs. Contact me Marsha Lambert, at Mluvs2sew@gmail.com

Press release submitted by organization

Blackstone River Watershed Association (BRWA) Annual Meeting

Featuring a presentation of the Narragansett Bay Dam Atlas and Decision Support Tools



Monday, September 18
 BRWA Business Meeting from 6:30 to 7 p.m.
 Presentation from 7 to 8:30 p.m.
 Grafton Public Library, Community Room
 35 Grafton Common, Grafton, MA
 Register at: <http://www.thebrwa.org/annualmeeting2023>
 Contact us at: info@thebrwa.org

Presentation by Emily Vogler, of the Rhode Island School of Design/Commonplace Landscape & Planning, discussing the Narragansett Bay Dam Atlas and the related Dam Decision Support Tools.

Discussion and questions will follow the presentation.

The Blackstone River Watershed Association annual meeting and elections will precede the presentation from 6:30 to 7 p.m.

VISION SYNDROME

continued from page 9

Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

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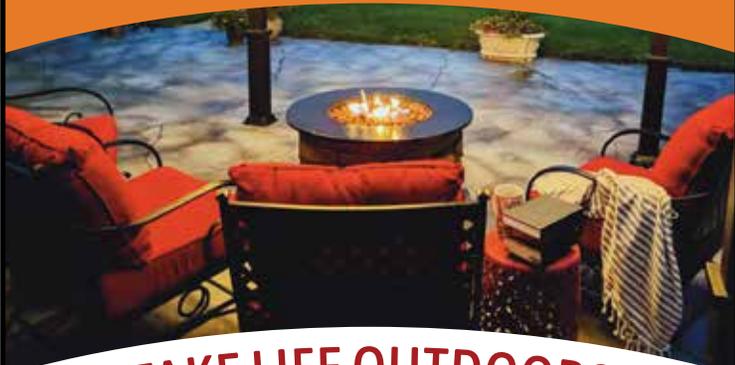
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Upton Town Library Calendar of Events

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.

Friends of the Library Booksale, Sat., Sept. 30, 9 a.m. - 2 p.m.

On Heritage Day, Saturday September 30, the Friends of the Upton Library will hold a used booksale in the Community Center Greatroom at 9 Milford Street. Booksale open from 9 a.m. to 2 p.m. Children's books, Hardcover, Softcover, Audiobooks, Puzzles and more! If you have gently used items you'd like to donate for the booksale, please drop them off in the library lobby before September 29.

Antique Paperdoll Display

This month in the library lobby view a display of antique paperdolls. If you have a collection you'd like to share with the community, contact library staff.

Veterans Memorial Playground

The Playground at 9 Milford

Street is now fully open for use, dawn to dusk. Both the upper section with play equipment and the lower grassy area for running and sitting are open.

Please remember that the playground is carry in/carry out, no trash receptacles are available.

DUPED! The Isabella Stewart Gardner Theft

Thursday, September 21, 6 - 7 p.m. Author Robert Ainsworth presents his research into the true story of the unsolved theft of priceless artworks from the Isabella Stewart Gardner museum in Boston. Register on our events website to reserve your spot.

Children's Events

Pointillism Leaf Art, Wed., Sept. 20, 6 - 7 p.m., ages 5-12.

Participants will learn some basic information about this art form and then be able to create their own fall creation using the technique. For ages 5-12. Pre-registration is required. Not a drop-off event.

Teen Taste Test Challenge, Thurs., Sept. 21, 6 - 7 p.m., ages 10-16.

Participants will taste test a variety of popular snack foods and rate their favorites and least favorites. For ages 10-16. Pre-registration is required.

Owl Prowl, Friday, Sept. 29, 6:30 - 8:30 p.m. West Hill Dam in Uxbridge.

Interested in learning more about owls? Then join us at West Hill Dam in Uxbridge on September 29 from 6:30 - 8:30 p.m. for an Owl Prowl with Park Ranger Viola! We will explore the night time sights and sounds as we learn about these nocturnal creatures, as well as hopefully spotting some. This event is great for families with children ages 5+. Pre-registration is required. Rain date will be September 30. For more details on any of our events, or to register, visit our website's Event Calendar at uptonlibrary.org.

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. Registration for October programs opened September 1.

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

Music & Movement with Deb Hudgins will take place September 5 and 19 from 9:30 - 10 a.m. in the Greatroom. Join us for stories, songs, and fun. Best for ages 1-5. Partial fund-

ing 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 20-30 minute lapsit program featuring stories, songs, and nursery rhymes. For ages 0-3. Pre-registration required.

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

Preschool Storytime is a 30-45 minute program, featuring longer stories, songs, rhymes, and crafts. For ages 3-5. Pre-registration required.

Saturday Storytime - Sept 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.

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

September, our theme will be "Getting to Know You!" 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@cwmar.org for assistance.

Kids' Book Club - Sept. 6 & Oct. 4, 4 p.m.

Our book club members explore popular juvenile and preteen 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.

Tues., Oct. 10 at 12:45 p.m., and Thurs., Oct. 12 at 6:45 p.m.: *Mad Honey*, by Jodi Picoult

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

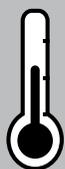
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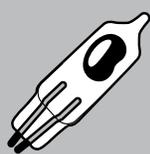
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Brooke Johnson of BVTHS among educators and administrators announced for 3rd annual program focusing on construction career tracks for students

This summer, Brooke Johnson, the School Counseling Team Leader at Blackstone Valley Technical High School, participated in the third annual Associated General Contractors of Massachusetts' Building Advancement Externship.



The AGC MA's week-long externship program provided comprehensive exposure to the multi-faceted regional commercial construction industry to Massachusetts-based high school and trade school leaders. Participating externs took part in informative meetings with leadership at local firms, toured active job sites, and visited the North Atlantic States Carpenters Training Facility. They received an overview of field training and safety programs and detailed instruction regarding project management

and industry innovations. Over the course of the externship, externs established mutually helpful partnerships between their schools and students and the construction leaders seeking to bring talented young people into their workforce.

Each participant received a stipend of \$3,000 to \$4,000

provided by the Massachusetts Construction Advancement Program (MCAP). In addition, because AGC MA is a DESE recognized provider, participating vocational educators, guidance counselors, and administrators were eligible to receive 40 Professional Development Points towards continuing education requirements.

"Our annual Building Advancement Externship is one of the most rewarding events on the AGC MA calendar," said Marion Jones, AGC MA Director of Workforce Development and Industry Inclusion. "Every year, we look forward to promoting the many fulfilling career opportunities in the modern construction industry to the caring guidance professionals who

will help our young people build their futures."

In addition to Johnson, this year's externs were: Molly Brewster, Brighton High School; Crystal Cartwright, Amherst Pelham Regional High School; Jeanne Downey, Old Colony Regional Vocational Technical High School; Maki Faria, Assabet Valley Regional Technical High School; Roger Forget, Upper Cape Cod Regional Technical School; Justin Kratz, McCann Technical School; Brian O'Connell, Lynn Vocational Technical Institute; LaTrelle Pinkney-Chase, Madison Park Technical Vocational High School; Nathan Polk, YouthBuild Boston; Kayla Schutte, Somerville High School; Bruce Secor, Northeast Metro Tech; and Madeline Smola, Quaboag Regional

School District.

To learn more about the AGC Building Advancement Externship program, please visit: <https://www.constructionma.org/agc-ma-building-advancement-externship/>.

About Associated General Contractors, Massachusetts

AGC MA is a chapter of the national Associated General Contractors of America, which began in 1918 with the goal to assist the government in building up the nation, an objective that AGC has been fulfilling since that time. AGC MA was founded in 1935--representing over 85 years of Building Excellence. Currently, the chapter works closely with all facets of the industry to offer fair business practices for 200 members from Cape Cod to the New York border.

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SCHOOLS

BVT Beavers' return to school

Creating a culture of continuous improvement

The administrators, support staff, and facilities team at Blackstone Valley Regional Vocational Technical High School (BVT) complete numerous projects over the summer, a cycle of continuous improvement in preparation to kick off the next school year successfully.

The organization has found that while students and instructors are on sabbatical, it is an ideal time for routine and preventative maintenance, campus improvements, and special projects to be underway. Likewise, the break allows its administrative leadership team to recharge and prepare for the year ahead through an annual retreat, professional development, and skill attainment activities.

Over the eight-week summer break, instructional spaces were renovated, rooms were painted, inspections were completed, and the school grounds were prepared for the return of all

students and staff. "I am proud of the consistent effort of our personnel, our cost-effective approach to raising non-tax revenues to address campus wide improvements, and our impressive team of graduates, retirees, volunteers, and student workers who assist with annual summer projects to master their skills," said Superintendent-Director, Dr. Michael F. Fitzpatrick. "It's a lengthy and ambitious to-do list to continually enhance, improve, and maintain our day-to-day operations."

BVT welcomed the Class of 2027 at the Freshmen Cookout on August 16; Freshmen Orientation was on August 17 and 18, and the first day of school for all of BVT was on August 21. The 2023-2024 school year is off to a smooth start.

For more information about BVT, please visit the school website at www.valleytech.k12.ma.us.



Sporty the Beaver helped welcome the Class of 2027 at the Freshmen Cookout on August 16. Courtesy photo

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SCHOOLS

Mendon residents make Dean's List at Wentworth Institute of Technology

The following Mendon residents made the Wentworth Institute of Technology Dean's List during the Spring 2023 semester.

- Gabriel Asacker
- Nicole Henderson

Wentworth Institute of Technology

Founded in 1904, Wentworth Institute of Technology provides a comprehensive, interdisciplinary, project-based education in architecture and design, computing and data science, engineering, management, and

sciences and humanities that integrates classroom, laboratory, studio, cooperative and experiential learning to develop career-ready, skilled professionals, and engaged citizens.

"The University of Opportunity," Wentworth aims to be a student-centered institution of inclusive excellence that offers high-quality undergraduate, graduate, and life-long learning programs; embraces a culture of innovation and creativity. www.wit.edu

Local residents named to Simmons University Dean's List

The following local students were named to the 2023 spring semester dean's list at Simmons University in Boston.

- Cassidy Candela, Mendon
- Allison McElligott, Upton
- Jillian Napolitano, Upton
- Hannah Shazli, Upton

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

About Simmons University

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities

are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

Needham Class of '63 planning 50th reunion

The Needham High School Class of 1963 will celebrate its 60th reunion on Sept. 23, 2023, at the Village Club in Needham from 3 - 7 p.m.

For more details and reservation information, visit needhamhighschool-classof1963.com or contact George Hoffmeister at 617-842-0782.

Flanagan named to Siena College President's List for Spring 2023 semester

Catherine Flanagan of Mendon was named to the Siena College President's List for the Spring

The President's List requires a 3.9 grade point average or higher.

Founded in 1937, Siena College is a private, Catholic Franciscan, residential, liberal arts college with a student body of about 3,000. Siena College offers 36 degree programs,

80-plus minors and certificate programs, and professional curricula in teacher preparation/education, pre-medical, pre-law and social work. A student-to-faculty ratio of 11-to-1, average class size of 21, rigorous academics, Division I athletics, intramural sports and widespread service and advocacy experiences nurture each student's personal growth while providing the education of a lifetime.



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SCHOOLS

Nipmuc Regional High School's Best Buddies Chapter volunteers at Rockstar Invitational



Nipmuc Regional High School's Best Buddies chapter participates in the Rockstar Invitational golf tournament. Photo Courtesy Mendon-Upton Regional School District



From left, Nipmuc Regional Best Buddies members Katrina Flynn, Cadence Link, and Lilia Young help out at the Rockstar Invitational. Photo Courtesy Mendon-Upton Regional School District

Superintendent Maureen Cohen is pleased to share that Nipmuc Regional High School's Best Buddies chapter recently volunteered at the Rockstar Invitational golf tournament.

The Rockstar Invitational, a golf tournament that aims to promote inclusion for people with disabilities, took place at Shining Rock Golf Course in Northbridge. The tournament brought together students, alumni, and adults with intellectual and developmental disabilities (IDD) for a day of fun.

Nipmuc's Best Buddies chapter, under the leadership of advisor Meghan Kirby, played an integral role in supporting the more than 30 players on and off the course. About 30 Best Buddies volunteered during the event.

"The students in Nipmuc's

chapter of Best Buddies took time out of their weekend to volunteer and participate at the Rockstar Invitational, which shows their great sense of compassion and willingness to contribute to their community," said Superintendent Cohen. "It is amazing to see our students use their energies to help others."

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 organization which aims to create opportunities for one-to-one friendships, integrated employment, leadership devel-

opment, and inclusive living for individuals with IDD.

This press release was submitted by MURSD

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SPORTS

Depth drives BVT Football in 2023

Beavers are led by a strong group of returners

By Chris Villani

The Blackstone Valley Tech football team comes into the 2023 season with multiple talented players at nearly every position, including quarterback, giving Anthony Landini the fun challenge of sorting through his skilled charges to find the best lineup.

“It’s a very good problem to have,” the head coach said of having two quarterbacks: juniors Alex Vosberg and Alex Burgos.

“They are competing but they are going to find themselves on the field one way or another because they know what everyone else is doing, they are smart, and they are athletic,” Landini said. “It’s funny to say you have quarterback depth, but they are both good at throwing the ball, they are smart, and figuring out which guy to go with is our biggest challenge. I am comfortable

playing either of those guys at any time.”

The dual signal callers are emblematic of the Beavers’ roster.

“We have a deep core of guys, including seniors who have been around for three years now,” Landini said.

Senior Landry Fitzgerald is a three-year starter who will once again anchor the line along with fellow senior Jack Simard.

Adam Fransen was one of Valley Tech’s main offensive weapons over the last six games of the 2022 season, and Landini thinks the running back will be a focal point of the offense again during his senior campaign.

On defense, Tyler Clare returns at defensive end and outside linebacker. Cam Burdick, a strong linebacker, is also slated to return after starting as a sophomore and missing all of



Blackstone Valley Tech’s football team is one of its deepest in recent memory. Photo courtesy of Coach Anthony Landini

last season with a torn ACL and MCL.

The Beavers have frequently been a playoff team in recent seasons, but Landini would not

speculate about how far this year’s team might advance.

“I am not really a guy who looks ahead, I don’t even look past tomorrow,” he said. “I am focused on the process right now and getting ready for the next game.”

Landini said the preseason

has a way of flying back and the amount of time to prepare his team for a challenging schedule is limited.

“It feels so fast, it’s just so much to do on a day-to-day basis,” he said. “But my goal is obviously just to win football games as they come.”

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SPORTS

Nipmuc Football looks for return to postseason

New coach hoping to turn program around this fall

By Chris Villani

The Nipmuc High School football team has struggled through several subpar seasons, winning just seven games over the last three years. But first-year head coach James Royster said the Warriors have the speed and skill this year to win, coupled with a determination to flip the script from prior seasons.

“The talent is there, the players are there, the goal is to turn this thing around and get a couple more wins than last year,” Royster said. “They have lost so much here over the past few years that they are hungry, all they want to do is win. The other programs in the school are doing just fine and they see that success and they want it for themselves.”

Nipmuc, which kicked off the season Sept. 9 at St. Paul, is led this year by a group of captains who are both talented and versatile.

Senior quarterback and defensive back Chris Casey will “play a little of everywhere,” Royster said. Tom Howell is another captain who could see time as a quarterback, a receiver, and in the defensive backfield.

Senior Liam Dorr is an explosive player on both sides of the ball. Captain Matt Godin will be a two-way player as a tight end and outside linebacker,

while Daniel Heisler anchors both sides of the line.

“Those are the guys we are leaning on this year,” Royster said. “They did a great job over the summer; the captains did a great job getting everyone to buy in.”

Royster said he was impressed with the level of commitment in the weight room during the offseason and he has already gotten to know his new players. He sees speed as being an area of strength for Nipmuc. On offense, Royster said the team will look to spread out the field and balance the attack between the ground and the air, depending on the looks they are getting from opposing defenses.

On defense, it will come down to who shows up that week in practice.

“If our athletes step up, we are going to play our athletes and if our hogs step up, we are going to play some of our hogs,” he said. “They are competing every single day for a position.”

Royster played on a pair of Super Bowl title teams in Northbridge. He made his coaching debut at Blackstone Valley Tech and served as Oxford’s offensive coordinator before taking over at Nipmuc.

“I can’t wait,” he said. “Nipmuc is a great program.”



L-R, Matt Godin, Tom Howell, Head Coach James Royster, Chris Casey, Daniel Heisler, Nipmuc football’s 2023 captains. Photo courtesy of Coach James Royster



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