

## VanderSluis property on Special Town Meeting warrant

Voters asked to preserve 116-acre parcel, covered by grant and CPA funds



Lisa Moczymski, Metacomet Land Trust President (center), with Cheri and Jim VanderSluis at their 116-acre property. An article to preserve the land is on the warrant for the November town meeting. Photo courtesy of Anne Mazar

By Linda Chuss

At Mendon's special town meeting on Nov. 6, one article up for vote is maintaining the VanderSluis property as woods and fields, thereby

protecting it from development.

Known as "Maple Farm Sanctuary," the property is just south of Hopedale Street and is currently owned

by residents Jim and Cheri VanderSluis. The 116-acre parcel includes approxi-

**VANDERSLUIS**

*continued on page 8*

## 'Finding Your Roots' program will reveal an astonishing ancestry for resident David Lowell



David Lowell (left) will be the subject of the Mendon Historical Society's "Finding Your Roots" program, to be led by Rich Schofield (right).

Photo by Jane Lowell

By Linda Chuss

On Oct. 22, the Mendon Historical Society will present the results of their research into the ancestry of lifelong town resident David Lowell. The event is a fun and interesting way to link the history of Mendon to people living in town today on a per-

sonal basis.

Society Treasurer Rich Schofield said an inspiration for this format was the popular program, 'Finding Your Roots' on PBS.

**LOWELL**

*continued on page 6*

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# Mendon Strip club one step closer to opening on Route 16

## Restaurant, nude dancing to be offered at 49 Milford St.

By Theresa Knapp

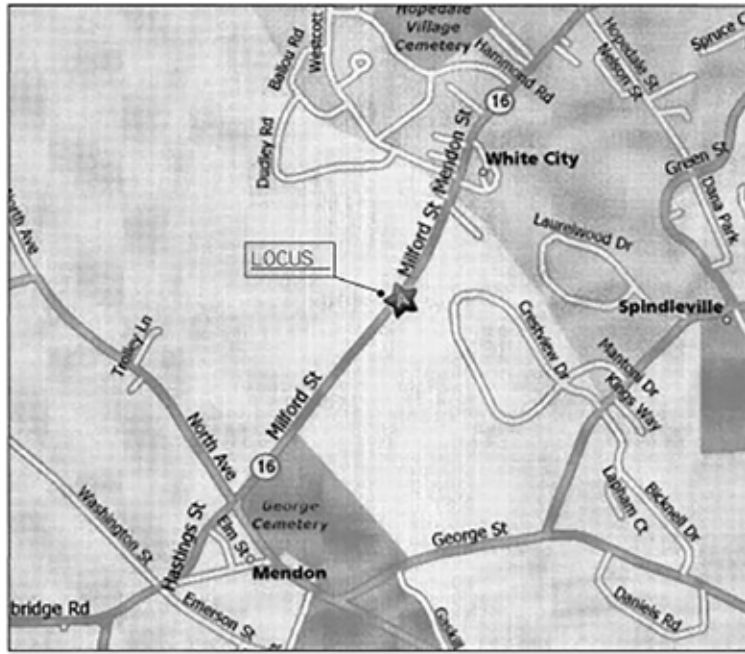
After more than a decade of municipal filings, local decisions, court appeals, and court decisions, residents can now see evidence the town of Mendon is about to get its first strip club.

Earlier this year, Showtime Entertainment LLC, a Sutton-based business owned by George Funari (according to its application), finished the exterior of the building at 49 Milford Street, which will include a “restaurant and nude dancing” according to documents found at [www.mendonma.gov/zoning-board-of-appeals/agenda/agenda-zba-2](http://www.mendonma.gov/zoning-board-of-appeals/agenda/agenda-zba-2)

The property is the former site of Oak Tree Supply which is owned by Christopher Funari (brother of George Funari). The interior work has yet to be completed.

The brothers also own the land at 51 Milford Street, a portion of which is slated for overflow parking; all parking onsite is valet-only.

This project covers 3.42 +/- acres, including 259 feet



Locus map included in Showtime Entertainment's special permit application. Source: [www.mendonma.gov](http://www.mendonma.gov)

of frontage on Milford Street (Route 16).

Mendon's first “Adult Entertainment Establishment” is within the town's “Adult Entertainment Overlay District,” just a short distance from the

Hopedale town line (north), Mendon Twin Drive-In (south), and nearby Crestview Drive neighborhood (east).

Showtime's original application in 2008 was for a 2,000 square foot building with seating



Showtime Entertainment at 49 Milford Street (Route 16). Photo credit Theresa Knapp

for 74 people. At that time, residents expressed concerns about security, an abutting cannabis dispensary, wetlands, drainage, and traffic. Neighbors expressed specific concerns about light and noise, among other things.

Then, in Feb. 2021, Showtime filed another application for a special permit – this time for a 4,806 square foot, one-story building that would accom-

modate 165 patrons. In March 2021, the Planning Board unanimously approved that special permit application.

Showtime's liquor license was acquired in Dec. 2018.

There are currently 35 strip clubs in Massachusetts, according to [www.newenglandstrip-clubs.com](http://www.newenglandstrip-clubs.com).

Several requests to Mendon town officials for comment were unanswered.

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# Thanks to Yanks participates in Run for the Fallen



Volunteers representing Thanks To Yanks, a local charity whose mission is to serve our military heroes, recently distributed fruit and snacks at the 2023 Run for the Fallen, an event that honors and remembers those killed while serving in the military post 9/11. The picture of the boots with flag placed inside emotionally represents those who gave their life while in service to our nation. For information on Thanks to Yanks, please follow us on Facebook. Pictured left to right facing are local residents Pat Rosenthal, Mark Lafountain, Chaplain Bob Markunis, John Milot and Nancy Boates. *Courtesy photos*

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# Fundraiser raised \$15,000 for children in Tanzania

## Southwick Zoo hosted fundraiser in September

By Ken Hamwey

The Southwick Zoo in Mendon and Jay Rowe of Bellingham have formed a magnificent partnership to help 30 children in an orphanage in Tanzania.

A fund-raising event held on Sept. 8 at the Zoo was very beneficial. A total of \$15,675 was raised and that sum will not only benefit the children, but it also will help Rowe emphasize the orphanage's mission statement that reads: "to provide children (ages 5-12) access to school, medical care and church services in a clean, safe and loving environment."

The Tanzanian orphanage is named COKO (Children of Kilimanjaro Orphanage) and is located in Moshi, a small city in the East African country that borders Kenya.

COKO was founded by Rowe and began operating on March 15, 2020, just days before COVID-19 arrived. At the start of 2022, Southwick Zoo became the orphanage's primary sponsor.

"What could be better than a zoo that believes in animal conservation and teams up with an orphanage in East Africa to provide children an opportunity to have a normal life?," asked Rowe rhetorically.

The crowd of 230 at the fundraiser enjoyed two hours of touring the zoo, a Skyfari ride (chairlift view of the zoo), and music provided by Pieces of Eight. A delicious buffet included ribs, chicken, pulled pork, potato salad, cornbread and corn on the cob. Raffles were held for gift baskets and other items. Tickets were in the form



Jay Rowe, Ibraheim and a giraffe in the background enjoy the outdoors in Tanzania. Courtesy photo



Jay Rowe gets lots of love from the children of COKO in Tanzania. Courtesy photo

of a bracelet imprinted with COKO's name.

The 60-year-old Rowe is a native of Bellingham and graduated from Bellingham High in 1982. He previously served in the Army and the Marine Corps. As an avid outdoorsman, he always wanted to reach mountain tops. A desire to climb Mount Kilimanjaro took Rowe to Africa, and it was his generous nature to help people that led him to volunteer at orphanages in Kenya and Tanzania.

"I quickly discovered there are good orphanages and bad ones," he said. "And, it was unfortunate to see that money raised by bad ones wasn't benefiting children."

As a youth, his late parents (Dina and Chuck) always provided Rowe with the simple things in life. "I enjoyed a safe

environment and I was loved," he said.

In spite of dealing with cancer (seven surgeries that led to the removal of his esophagus), he still felt the need to undertake the Herculean task of starting an orphanage. Now, after three-plus years, COKO is in a good place and its future is bright.

Since its inception, COKO has changed a bit but it's all good, says Rowe.

"We've expanded from 25 children to 30. Our fulltime staff has increased from seven to nine and includes a head matron, a head teacher, a security officer, assistant teachers, a cook and a cleaning employee. In March of 2025, we'll be leaving the compound's three buildings that occupy 10,000 square feet. We've bought 1.6 acres of flat land on Mount Kilimanjaro and that

property will be the new COKO. It's beautiful, gorgeous land that's loaded with fruit trees."

Rowe knows the value of speaking more than one language. He speaks Swahili well enough to converse with the children, who learn to speak English at the start of third grade.

"They start learning English at school [in the city] but when they return to COKO, they continue to work on English with two teachers, and they also do their homework," Rowe said. "The children at COKO are in the top 10 percent of their class."

Most of the children have no parents and some previously lived with grandparents who could no longer take care of them. They all come from vil-

TANZANIA

continued on page 7

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# Should you invest ... or speculate?



Mark Freeman

## FINANCIAL FOCUS

You'll find some big differences between traditional and speculative investments — and knowing these differences can matter a great deal when you're trying to reach your financial goals.

To begin with, let's look at the basic types of traditional and speculative investments. Traditional investments are those with which you're probably already familiar: stocks, bonds, mutual funds, government securities, certificates of

deposit (CDs) and so on. Speculative investments include cryptocurrencies, foreign currencies and precious metals such as gold, silver and copper.

Now, consider these three components of investing and how they differ between traditional and speculative investments:

The first issue to consider is risk. When you own stocks or stock-based mutual funds, the value of your investments will fluctuate. And bond prices will also move up and down, largely in response to changing interest rates. However, owning an array of stocks — small-company, large-company, international, etc. — can help reduce the impact of volatility on your stock portfolio. And owning a mix of short- and long-term bonds can help you defend yourself somewhat against interest-rate movements. When interest rates fall, you'll still have your longer-term bonds, which generally — but not always — pay higher

rates than short-term ones. And when interest rates rise, you can redeem your maturing short-term bonds at potentially higher rates.

With speculative investments, though, price movements can be extreme as well as rapid. During their short history, cryptocurrencies in particular have shown astonishingly fast moves up and down, resulting in huge gains followed by equally huge, or bigger, losses. The risk factor for crypto is exacerbated by its being largely unregulated, unlike with stocks and bonds, whose transactions are overseen by well-established regulatory agencies. There just isn't much that investors can do to modulate the risk presented by crypto and some other speculative investments.

A second key difference between traditional and speculative investments is the time horizon involved. When you invest in stocks and other traditional investments, you ideally should be in it for the long term

— it's not a "get rich quick" strategy. But those who purchase speculative investments want, and expect, quick and sizable returns, despite the considerable risk involved.

A third difference between the two types of investments is the activity required by investors. When you're a long-term investor in traditional investments, you may not have to do all that much, once you've built a portfolio that's appropriate for your risk tolerance, goals and time horizon. After that point, it's mostly just a matter of monitoring your portfolio and making occasional moves — you're not constantly buying and selling, or at least you shouldn't be. But when you speculate in crypto or other instruments, you are constantly watching prices move — and then making your own moves in response. It's an activity that requires considerable attention and effort.

One final thought: Not all speculative instruments are

necessarily bad investments. Precious metals, for instance, are found in some traditional mutual funds, sometimes in the form of shares of mining companies. And even crypto may become more of a stable vehicle once additional regulation comes into play. But if you're investing for long-term goals, such as a comfortable retirement — rather than speculating for thrills and quick gains, which may disappear just as quickly — you may want to give careful thought to the types of investments you pursue.

If you would like to discuss your personal situation with a financial advisor contact:  
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 Edward Jones Financial Advisor  
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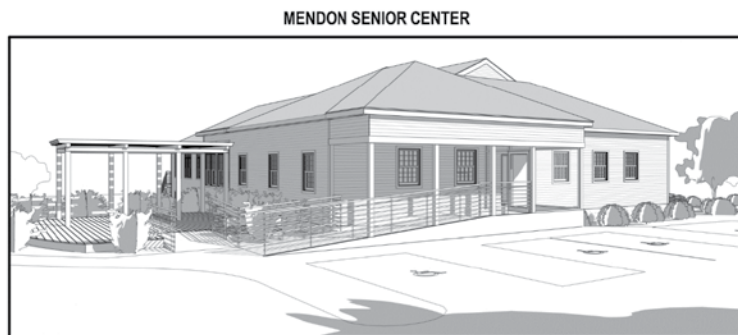
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# Mendon Senior Community Center expansion update

Progress Continues! The Senior Community Center Expansion Committee has been busy throughout the summer working with the Building Architect defining the requirements and actively engaging in an analysis of the current location and three other possible sites in town. Over the next 3 months the committee will complete the location analysis, defining the construction budget, exploring funding opportunities and conduct informational and awareness meetings to keep the towns people informed.

After a successful presence at the Rock the Block event, we are planning to offer periodic informational updates beginning with one on Monday, October 16 at 10:30 a.m. at the Mendon Senior Center, 62 Providence St., Mendon prior to the Friends of Mendon El-



MENDON SENIOR CENTER

ders meeting. Plan to join us! (The Friends of Mendon Elders is an incorporated 501.c.3 non-profit, raising funds to improve the senior center facility and to support programming.)

If you are interested in joining the expansion effort, please contact the [coa@mendonma.gov](mailto:coa@mendonma.gov) or COA board members Phil Cieply ([Pcieply@mendonma.gov](mailto:Pcieply@mendonma.gov)) or Peg Nogueira ([pegnog@verizon.net](mailto:pegnog@verizon.net)).

Mendon Select Board Appointed Committee and Vol-

unteers:

Mike Ammendolia, Alejna Brugos, Mark Bucchino, Phil Cieply, David Kurczy, Peg Nogueira, Lawney Timio, Mike Goddard- (Alternate Select Board Member) and Jack Hunter Town Planner. In addition, Tom Fichtner has volunteered to help.

Amy Wilson Kent, Senior Services Director, along with the Council on Aging board will be providing the committee with guidance.

## LOWELL

*continued from page 1*

“David is a dear friend,” said Schofield. “In talking with him, I realized his lineage extended much further than he knew. So, I worked with David to build his family tree. He took a DNA test and answered questions.”

When asked about his roots, Lowell replied, “I know a lot from my cousin Harvey Trask’s genealogy research. and that I have connections to past Mendon residents. I’m looking forward to what Rich’s research has turned up.”

Schofield relied on the historical society’s records and some original source documents. The expertise of Richard Grady, who Schofield described as “the most knowledgeable Mendon historian around,” was also very useful.

“The results will be a surprise to David,” said Schofield. “One finding is that he’s a descendant of many of the town’s founders, the 39 names you see on the marker at Founder’s Park. One is Robert Taft, who was an ancestor of the 27th U.S. President, William Taft. It will be interesting to see David’s reaction. We expect that people

attending, and not just those who know David, will also be intrigued by the results.”

“This event is one way our society is bringing Mendon’s history to life for today’s residents. Not just dates and facts, but the connections. Learning what townspeople from the past had to provide to create what we have now, whether they are your ancestors or not, gives current inhabitants an increased appreciation of what it took to form and preserve a town. From that, more people will understand why it’s important to maintain the village center, which is now a historic district.

“We expect this program will engage people, similar to how our popular ‘Rock the Block Historic Trolley Tours’ did last year. People who are interested can then visit the museum, become members of our society, and volunteer with us.”

The public is invited to attend “Finding Your Roots” on Oct. 22 from 2 p.m. to 4 p.m. at the Unitarian Church, 13 Maple St., Mendon. A \$10 donation is requested. For more information about the Mendon Historical Society, visit [mendonhistoricalsociety.org](http://mendonhistoricalsociety.org)

## Orthopedic Surgeon Accepting New Patients

Milford Regional Physician Group is proud to welcome **C. Brittany Boisvert, MD**. Dr. Boisvert comes to Milford Regional from Emerson Health Orthopedics in Littleton.

Dr. Boisvert is a board certified orthopedic surgeon with over 20 years of experience in general orthopedics and sports medicine. She specializes in ACL and rotator cuff tears, shoulder dislocation, meniscus problems, knee replacements, fracture care, sprains/strains, and ligament and tendon injuries.

Dr. Boisvert received her medical degree from UMass Medical School in Worcester, where she also completed her post-graduate training in research and orthopedic surgery.

A sports medicine fellow at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Dr. Boisvert worked as a member of the orthopedic staff for many professional sports teams, including the Philadelphia Phillies, Philadelphia Eagles and the Philadelphia Flyers. She looks forward to taking care of patients with a variety of orthopedic issues.



C. Brittany Boisvert, MD

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## Friends of Mendon Elders scholarships available

The Friends of Mendon Elders are excited to be able to offer two \$1000 Scholarships this year to any Mendon resident high school senior who will be furthering their education.

Every high school senior graduating from any area school who resides in Mendon, Massachusetts will be eligible upon completion of the following:

You will have to Complete your senior year and be eligible to graduate on Graduation Day.

You will be required to complete a 300-word Essay titled "Why I Respect My Elders and what I have done for my community this year.

During your senior year commit to and finish 20 hours

of community service in Mendon.

Written confirmation will be needed to be furnished to the Scholarship Committee at The Friends of Mendon Elders, Inc. Mendon Senior Center, 62 Providence Rd., Mendon, MA 01756 upon completion of your community service.

Applications for the Friends of Mendon Elders' scholarship can be obtained at the Mendon Senior Center beginning September 25, 2023. Applications will also be available in the Town Clerk's area of the Mendon Town Hall. This will give any interested seniors plenty of time to complete the requirements. All applications and required items will need to be completed by May 1, 2024.

### TANZANIA

*continued from page 4*

lages surrounding Moshi and they're all chosen based on need by Rowe and co-founder Babu Msuya, a former schoolteacher.

Rowe, who ran a masonry business before retiring, usually travels to Tanzania five or six times a year; and thanks to today's technology, he is able to talk on a daily basis with Msuya.

"We discuss the day-to-day operations, COKO business, and what's needed," Rowe noted. "I also inquire about the kids' health, safety and their schooling."

Without donations, there would be no COKO. The orphanage has donors from Bellingham and from all over

the United States and other countries.

"A small amount can still go a long way in Tanzania," Rowe said. "A large percentage of donations comes from Bellingham because, as a co-founder of the orphanage, friends, residents and businesses know me. Anyone wishing to donate can go to helpcoko.org."

Mountain climbing took Rowe to Tanzania, but he was also involved in long-distance backpacking and ice climbing, and he always wanted to climb Mount Kilimanjaro which he did in January 2011.

"At that time, that was my highest climb," he recalls. "It was 19,341 feet. But my highest effort was in 2013 in Nepal when I climbed 20,305 feet to the top of Island Peak in the Himalayan

mountain range."

Mountain climbing and orphanages are an unusual mix but that combination has benefitted both the children of COKO and Rowe.

"When you see 30 kids who are happy, safe, going to school, playing games, having clean clothes and linen, and knowing they're loved, it's an awesome feeling," Rowe said. "These children never had anything. They just want to smile, be hugged and be happy. They're getting the things I had growing up; every kid deserves that. They've given me more than I've given them."

Rowe said that starting an orphanage was the greatest thing he's done in his life. "The kids are loved by a devoted staff and they're all friends. It's one big family."

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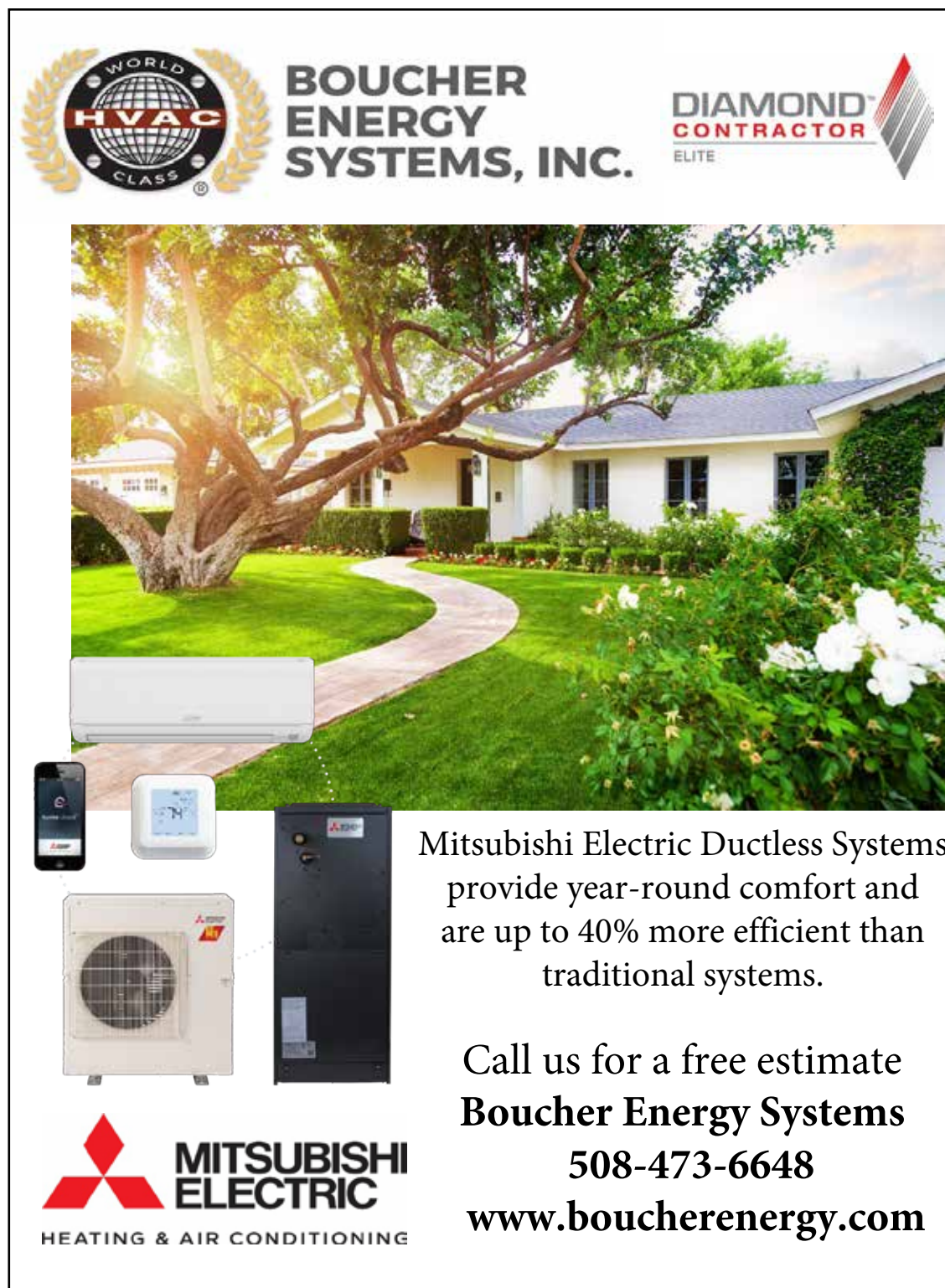


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### VANDERSLUIJ

*continued from page 1*

mately 20 acres of hay fields, 90 acres of mature forest, and the remaining acreage is vernal pools, a farm pond, and Muddy Brook. Old stone walls, cart paths, and trails traverse the area.

If the article passes at town meeting, a conservation restriction would be placed on the land, which prevents development in perpetuity and allows the public use of the trails. The intention is to help preserve Mendon's history, scenic views, and rural character, and to offer hiking, cross-country skiing and snowshoeing, observation of nature, and educational walks.

The Metacomet Land Trust and the Mendon Conservation Commission would hold the conservation restriction. To acquire it, the land trust submitted a grant proposal with a total project cost of \$418,150; the Mendon portion would be \$225,000 to be covered by Community Preservation Act funds.

"There would be no override, no debt exclusion, and no new taxes to residents. We have sufficient community preservation funds for projects like this

**Special Town Meeting is at the Miscoe Hill School auditorium, 148 North Ave., on Nov. 6, at 7 p.m. Additional information about the warrant articles will be mailed to all households and posted on the town's website, mendonma.gov.**



Image of the Vandersluis Farm from the 2007 Mendon Reconnaissance Report: Blackstone Valley/Quinebaug-Shetucket Landscape Inventory.

The 2007 Mendon Reconnaissance Report: Blackstone Valley/Quinebaug-Shetucket Landscape Inventory describes the property as "Stone walls and white fences mark the boundaries of fields. Of the total acreage, the eastern portion of the property is currently [2007] actively used for agriculture, with 30 tillable acres and 20 in pasture, while the rest is woodland composed primarily of mixed oak/hickory forest...The property abuts several hundred more acres of undeveloped land, creating almost 500 acres of contiguous open space which includes the town-owned Fino property in Mendon Center. The farm is completely within designated "core habitat" on the Massachusetts Natural Heritage and Endangered Program BioMap. VanderSluis Farm is a contributing property within the North Avenue Rural National Register Historic District, which includes portions of North Avenue, Trask Road, and Hopedale Street." The full report can be found at bit.ly/MendonReconnReport2007

because we work with other organizations to obtain grants and donations, and we rely on volunteers," said Anne Mazar, chair of the Community Preservation Committee.

Lisa Moczynski, Metacomet Land Trust president, said, "The appraised value is \$1.65 million. Jim and Cheri are generously giving up their development rights and offering the town safekeeping of pictur-

esque historic agricultural land, aquifer protection, important wildlife habitat, and passive recreational opportunities. We plan to expand the trails to connect with abutting protected open space in Hopedale and Mendon. This conservation restriction will also preserve the pastoral view from North Avenue."

One concern with the conservation restriction is that hunting

would continue to be prohibited, primarily because students from the nearby school will be visiting the property. Mazar explained that by preserving the land, it will support an abundance of wildlife that could be hunted on other properties.

If the article does not pass, the VanderSluis family could sell the property to developers who have been making inquiries, according to town officials.



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# Understanding ocular migraines

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

Migraines are notorious for their debilitating headaches, but they can also manifest in other ways. Ocular migraines, often misunderstood and underdiagnosed, are a unique subtype of migraine that primarily affects vision. In this article, we'll delve into the world of ocular migraines, exploring their symptoms, causes, diagnosis, and management.

## What Is an Ocular Migraine?

Ocular migraines, also known as retinal, visual, or ophthalmic migraines, are a distinct form of migraine characterized by temporary visual disturbances. Unlike typical migraines, which involve throbbing head pain, ocular migraines primarily affect the visual system. They can be frightening and disorienting, but they are generally not as painful as traditional migraines.

## Symptoms

The hallmark symptom of an ocular migraine is visual disturbance, which can vary from person to person. In those shapes can appear when they do not exist (positive hallucinations) and in other shapes disappear when they exit (negative hallucinations).

### Common symptoms include:

**Shimmering lights:** Perhaps the most recognizable sign of an ocular migraine are the scintillating scotomas which are shimmering or flickering lights that appear in the field of vision. These lights often have a jagged or zigzag pattern and can expand over several minutes before fading away.

**Blind spots:** Some individuals may experience temporary blind spots in their vision. These blind spots typically last for less than an hour and can occur before or during the headache phase of an ocular migraine.

**Blurred vision:** Distorted im-

ages or a sense of looking through frosted glass may occur during an ocular migraine episode.

**Headaches:** Although ocular migraines are primarily associated with visual symptoms, some individuals may experience a mild headache after the visual disturbances subside. However, this headache is usually less severe than typical migraines.

It's important to note that ocular migraines do not result in permanent vision loss. The visual disturbances are temporary and resolve on their own on average, 10 to 15 minutes later.

## Causes

The exact cause of ocular migraines remains unclear, but they are believed to be related to the same underlying mechanisms as traditional migraines. Some potential triggers and factors that may contribute to ocular migraines include:



**Vasospasm:** Ocular migraines are thought to involve the temporary narrowing (vasospasm) and subsequent dilation of blood vessels in the retina or other parts of the eye. These vascular changes can disrupt blood flow and lead to visual disturbances.

**Cortical Spreading Depression:** This is a neurological event, which occurs in both traditional and ocular migraines, characterized by a wave of decreased

electrical activity in the brain. It is believed to contribute to the visual aura experienced during migraines.

**Hormonal Fluctuations,** particularly in women, may trigger ocular migraines. These can be linked to menstruation, pregnancy, or the use of birth control pills.

**Stress and Anxiety:** Emotional

**MIGRAINES**  
continued on page 10

**The Upton Cultural Council is now accepting proposals for community-oriented arts, humanities, and science programs through Oct. 17.**  
For more information on the Upton Cultural Council, visit the Council's web page on [www.uptonma.gov](http://www.uptonma.gov)

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# Fueling students for success with healthy meals incentives grant

The Blackstone Valley Regional Vocational Technical High School (BVT) Food Services program is fueling its students for success through high-quality breakfast and lunch offerings that are nutritious and delicious. As a proud recipient of a \$65,800 Healthy Meals Incentives grant from Action for Healthy Kids (AFHK), the funds will support their efforts to enhance the nutritional quality of school meals. The grant is part of an allocation of nearly \$30 million by the USDA Food and Nutrition Service to 264 schools across 44 states and the District of Columbia.

"We're committed to creating restaurant-quality school meals that contain fresh, nutritious ingredients. Having continued access to nutritious meals promotes student learning and lifelong healthy eating behaviors," said Chef Eric Carlson, BVT's Director

of Food Services, who works alongside BVT's Nutritionist Martha Pellegrino and the Food Services staff. "To help our students and staff manage their healthy eating habits, our lunch menu includes each item's nutritional value."

As part of the USDA's Healthy Meals Incentives grant program, AFHK and with the support of its partners, the Chef Ann Foundation and Rocky Mountain Center for Health Promotion and Education, will provide BVT's Food Services staff with in-depth, individualized assistance and opportunities to collaborate during the school year on topics such as menu planning, recipe development, and food safety. With this grant, the school will also modernize its operations with a walk-in refrigerator and meal prep workstations for its cafeteria.

BVT is proud to partner

with Action for Healthy Kids and USDA to strengthen its school meal program. To learn more about the Healthy Meals Incentives grant and the tasty items on this month's lunch menu, visit [www.valleytech.k12.ma.us/foodnutrition](http://www.valleytech.k12.ma.us/foodnutrition).

*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.

## MIGRAINES

*continued from page 9*

stress and anxiety can be migraine triggers for some individuals, including those with ocular migraines.

**Dietary Causes:** Certain foods and beverages, such as caffeine, alcohol, and processed foods, may play a role in triggering migraines, including ocular migraines, in some people.

### Diagnosis

Diagnosing ocular migraines can be challenging because their symptoms often resemble other eye conditions, such as retinal detachment or glaucoma. Therefore, it's crucial to seek medical attention if you experience any unusual visual disturbances. A comprehensive eye examination and medical history review are typically conducted to rule out other potential causes of visual symptoms.

In some cases, diagnostic tests like visual field testing, optical coherence tomography (OCT), or imaging of the blood vessels may be necessary to confirm the diagnosis and rule out other conditions.

### Management and Treatment

Managing ocular migraines often involves a combination of lifestyle changes, preventive measures, and acute treatments:

**Identify Triggers:** Keeping a migraine diary can help identify specific triggers or patterns associated with ocular migraines. Avoiding triggers like certain foods, stress, or hormonal fluctuations may reduce the frequency of episodes.

**Lifestyle Modifications:** Adopting a healthy lifestyle can be instrumental in managing ocular migraines. Adequate sleep, regular exercise, stress reduction techniques, and a balanced diet can all contribute to migraine prevention.

**Medications:** In some cases, healthcare providers may prescribe medications to help prevent or alleviate ocular migraines. These can include beta-blockers, calcium channel blockers, or antiepileptic drugs. Additionally, acute treat-

ments like pain relievers or anti-nausea medications may be prescribed for the headache phase.

**Vision Correction:** Correcting any underlying vision problems with eyeglasses or contact lenses may improve overall eye health and reduce the frequency of ocular migraine episodes.

**Migraine Medications:** Some individuals with frequent ocular migraines may benefit from medications specifically designed to prevent migraines, such as triptans or CGRP inhibitors.

### Conclusion

Ocular migraines are a unique and often bewildering subtype of migraine that primarily affects vision. While they may not cause severe head pain, the temporary visual disturbances they produce can be disconcerting. It's essential to understand the triggers, causes, and management strategies for ocular migraines to minimize their impact on daily life. If you experience unusual visual disturbances, consult a healthcare professional for proper evaluation and guidance on managing this condition effectively. By addressing triggers, making lifestyle changes, and, when necessary, using medication, individuals with ocular migraines can often find relief and maintain a better quality of life. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including ocular migraines. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage the problem of ocular migraines and continue to provide world class eye care for the entire family.

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## Scout Food Drive for the Mendon Food Pantry on Nov. 4

Please support the Scouting for Food Drive on Saturday, Nov. 4, to replenish the Mendon Food Pantry before winter. You may drop off your non-perishable items at the Clough School parking lot 10 North Ave. between 8 a.m. and noon.

Please check expiration dates. Unfortunately, we cannot accept any expired food.

If you miss this event, additional drop-off locations include the Mendon Post Office, the Mendon Senior Center (62 Providence St.) during regular hours (Monday - Thursday 9 a.m. to 3 p.m.), or after hours in the drop-off box in the Senior Center gazebo.

If you would prefer to make a monetary donation, checks should to be made payable to

“Town of Mendon” with “Food Pantry” noted in the memo/subject line. Mail to Mendon Senior Center, 62 Providence St., Mendon, MA 01756. BJ’s gift cards are also helpful to purchase snacks and other items in bulk. For confidential food pantry or fuel assistance, Mendon residents can call Outreach Coordinator Janet Hubener at 508-478-6175.

## God working through the United Parish of Upton

The United Parish would like to invite you to participate in our community events this month.

**October 8:** Blessing of the animals - You are welcome to bring your pet or a picture of your pet to worship on October 8th for a special blessing from our pastor the Reverend Jennifer Geary.

**October 19:** Community Supper - on the third Thursday

of each month from September through June at 5:30 p.m., our Faith in Action committee provides a delicious and nutritious meal for the community. Everyone is welcome. Please visit [www.unitedparishupton.org/ministries/community-supper](http://www.unitedparishupton.org/ministries/community-supper) for this month's menu.

**October 21:** Chili Cook-off - Don't miss our second annual Chili-Night from 3 to 6 p.m. at the United Parish Church for

an opportunity to taste up to 10 different chilies and sample beer from Rushford & Sons Brewhouse in our outdoor beer garden.

**October 31:** Trunk and Treat - For a fun Halloween activity for the whole family, visit the church parking lot for our annual 'Trunk or Treat' directly following the Halloween parade. Lots of candy to be had for children of all ages!

## Mendon Cultural Council seeks funding proposals

The Mendon Cultural Council (MCC) 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. 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://masscultural-council.org/communities/local-cultural-council-program/>.

The Mendon Cultural Council is a municipally-appointed committee whose purpose is to promote cultural activities and events within Mendon and surrounding communities for the enrichment of its residents. The primary focus of the Mendon Cultural Council is to provide state-funded grants to individuals and groups involved in the arts, humanities

and interpretive sciences.

The Mendon Cultural Council is part of a network of 329 Local Cultural Councils (LCC) serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, the state agency, which then allocates funds to each community. Every year, local councils award grants to more than 5000 cultural programs statewide.

LCCs consist of at least five but no more than twenty-two volunteer members. The council is always looking for new members. For information on joining the Mendon Cultural Council, please contact MCC Chair Sandy Petralia [spetralia@mendonma.gov](mailto:spetralia@mendonma.gov)

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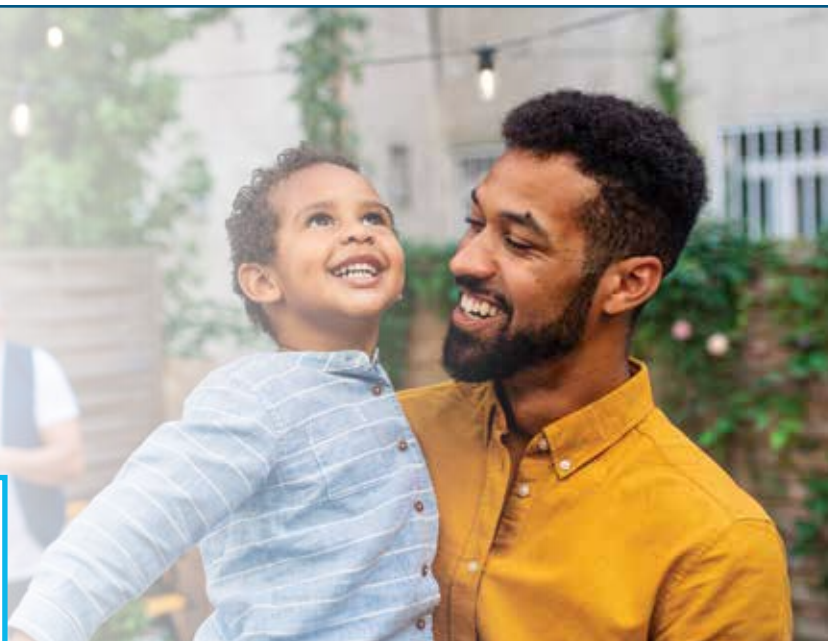
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09/26/2023	2 Pine Needle Road	\$741,000
09/15/2023	2 Stymast Drive #A	\$860,000
09/13/2023	11 Puddingstone Lane	\$720,000
09/12/2023	19 Hastings Street	\$380,000
08/31/2023	38 Blackstone Street	\$830,000
Date	Upton	Amount
09/22/2023	3 Cross Street	\$765,000
09/15/2023	81 High Street	\$459,000
09/15/2023	42 Sienna Circle #5214	\$630,000
09/07/2023	2 Claflin Farm Road, Lot 1	\$930,000
08/29/2023	140 Glen Avenue	\$456,000

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



The 4-bed, 3-bath, 2,267 sf house at 21 Colonial Drive in Mendon recently sold for \$626,000. Photo credit www.zillow.com

# Trees for Hope Festival

Trees for Hope Festival is a community-wide event featuring uniquely decorated trees as a fundraising effort in which participants can donate an artificial tree in honor of someone, a special cause, or any theme of one's choosing. Local businesses are invited to show their support of this event as a sponsor with donations of gift certificates or monetary contributions, and the general public has the opportunity to view the trees which creates the spirit of the season.

Admission is Free. Tickets can be purchased for a chance to win a tree to take home for the holidays.



This year's event will support two organizations, the Detec-

Together, a local non-profit organization that promotes early cancer detection and the Alzheimers Association.

Come See the Trees on Saturday, December 2 and Sunday, December 3 and enjoy the beauty of the holiday spirit! We are located at St. Paul's Hall in the lower level of St. Gabriel's Church, 151 Mendon Street, in conjunction with the Women's Club Holiday Bazaar.

Anyone interested in submitting a decorated tree, supporting the event, or participating as a volunteer may contact Penny Bentley at bentleyp@charter.net ... *Believing in Hope*

## 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](http://www.mendonma.gov)

# Upton Bloomer Girls Fall Vendor Fair on Nov. 4

The Upton Bloomer Girls are once again hosting their Fall Vendor Fair at BVT High School 65 Pleasant St. in Upton on Nov. 4 from 9 a.m. to 3 p.m.

The fair will feature 30+ vendors, Country Kitchen,

baked goods, raffles, and new this year, "Bloomer Girls' Treasures." 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. Free parking, free admission, and opportunities to win great door prizes.

For more information, please go to [Facebook.com/Upton-BloomerGirls1](https://www.facebook.com/Upton-BloomerGirls1).

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# Family-run Affordable Junk Removal takes the stress out of cleanups

By Christie Vogt  
Staff Writer

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward



17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

## Business spotlight

As for Upton and Mendon in particular, Schadler said they are very involved with these towns as their older son goes to Blackstone Valley Technical High School. They support the police and fire departments. In addition, their Resellables store is located half in Mendon and half in Bellingham.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005. Contributed photo

repeat business and the chance to form connections with residents across the MetroWest area," he says.

removal estimate, call 774-287-1133 or visit [affordablejunkremoval.com](http://affordablejunkremoval.com).

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## Last Upton flea market takes place on Oct. 14

With fall cleaning time approaching, it's a perfect time for vendors and crafts people to participate in the last Upton VFW summer flea market which will take place on Oct. 14 from 7:30 a.m. to 2 p.m. at Post headquarters, 15 Milford St. (Rt. 140), in Upton, next to the new Upton Community Center. Ample spaces for vendors and craftspeople are available for \$10 each; and a banquet-sized table can be provided for an additional \$5.

Reservations are not nec-

essary although Post member David Kennedy can provide further information by calling 508-529-3314 or via the VFW Facebook Page.

Parking is free. Dunkin' coffee and donuts are available throughout the morning; and then hot dogs, chips, and cold drinks for lunch.

These flea markets benefit the Post as well as the community, therefore participation by both vendors and shoppers is very much appreciated. Great bargains are to be had.

## News from Mendon Senior Center

### Regular Weekly Programs:

*Walking Group* – Monday/Wednesday/Friday – 8:30 a.m.  
*Chorus Rehearsal* – Monday 1 p.m.  
*Chair Exercise* – Tuesday/Thursday 9 a.m. (must register; call for availability)  
*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.  
*Evening Yoga* – Thursday 6 p.m.

### 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 10:30 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.

### Artist Spotlight

Jim Buckley continues this popular program. On Tuesday, October 24 at 11 a.m. he will explore the life and works of American artist Wallace Nutting (1861-1941) famous for his landscape photos of New England. Please stop by or call the Mendon Senior Center at 508-478-6175 to reserve your space in this free program.

### Music Bingo & Halloween Hat Party

Join us for some spooky fun and prizes on Tuesday, October 31 when the Friends of Mendon Elders will sponsor Music Bingo with Good Thomas at 11 a.m. Wear your favorite hat or costume. Join us for a pizza luncheon following bingo. The cost of lunch is \$5. Please register for one or both programs at the center.

### Fire & Home Safety

Presented by Mendon Fire Department, Thursday, November 2 at 11 a.m. at the Mendon Senior Center. Darren Simpson, SAFE Senior Coordinator, will be here at the Senior Center to share important resources and tips for staying safe in your home including the lock box program, File of Life, cooking safety demonstration and more. Please call the Center to register for this important program; you could win a door prize or two! Additionally, the Mendon Board of Health will join us to discuss Emergency Preparedness and how you can create your own Survivor Kit (starter materials will be distributed). Must be present to win door prizes. Consider joining us for a soup and sandwich lunch at noon following the

presentations.

### Veterans Appreciation Breakfast

Mendon Veterans of all ages and branches of service are invited to a breakfast in their honor sponsored by the Mendon Police Association on Friday, November 10 at 8:30 a.m. Co-hosted by the Mendon Council on Aging, this event will feature a patriotic musical tribute offered by the Mendon Minstrels chorus. Additional sponsors include M+M Medical and the Friends of Mendon Elders. Please stop by or call the Mendon Senior Center to register. If you are new to this event, please consider submitting a copy of yourself in uniform to add to our Veterans' display board. Your photo will be copied, and your original will be returned.

### Important Reminders from Outreach

**Fuel Assistance** – Re-certifications are being mailed from SMOC later than usual. Mendon residents, please call Janet Hubener, Outreach Coordinator, at the Mendon Senior Center when you have received your application to schedule an appointment to complete the process for this season.

The redetermination process is ongoing for **Mass Health** and **SNAP**. To prevent the loss of coverage, watch your mail and respond in a timely manner.

**Medicare Open Enrollment** – October 15 - December 7. This is your opportunity to change your Medicare Part D prescription drug or Medicare Advantage plan. The change will take effect January 1, 2024. If you need assistance call for a SHINE appointment early.

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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.**

### Fic or No Fic Bookgroup

Our monthly adult bookgroup returns in October. This group meets on the last Wednesday of each month from 6:45 to 7:45 p.m. and alternates Fiction and Non-fiction titles.

Registration is required. Our Oct. 25 title is the nonfiction book *Cultish: The Language of Fanaticism* by Amanda Montell.

### Boy Scout Troop 132 Heritage Display

This month in the library lobby view a display of memorabilia from Upton Boy Scout troop 132. If you have a collection you'd like to share with the community, contact library staff.

### Museum Passes

Fall is a great time to visit some Massachusetts Museums! Visit [uptonlibrary.org](http://uptonlibrary.org) and select Museum passes to see our selection of discount admission passes. Pick up your pass from the Library and enjoy up to a 50% discount when you purchase tickets to various loca-

tions including New England Aquarium, Museum of Science, Ecotarium, Worcester Art Museum and more!

### Children's Events

Pumpkin Patterns, Tuesday, Oct. 17, 6 - 7 p.m.

Tweens and teens can create their own fall artwork using scrapbook paper and pumpkin outlines. This event is for ages 10 to 16. Pre-registration is required.

**Acrobat Li Liu**, Saturday, Oct. 21, 10:30 - 11:15 a.m.

Audience members will learn about hand balancing, plate spinning, trick cycling, foot juggling, ribbon dancing and Chinese water bowl manipulation. Li will also share various aspects of Chinese language, geography and culture while sharing her work and travel experiences. This program is geared to ages 5 to 12 and pre-registration is required.

For more details on any of our events, or to register, visit our website's Event Calendar at [uptonlibrary.org](http://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](http://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 October 10 & 24 and November 14 & 28 in the Greatroom. Join us for stories, songs, and fun. Best for ages 1-5. Partial funding for this program is through a grant from Beginning Bridges CFCE in Uxbridge. Pre-registration is required.

**Baby Storytime** – Fridays at 9:30 a.m.

Baby Storytime is for ages birth to 3 every Friday. 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** – Oct. 14 & Nov. 18 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 October, our theme will be Teen-Tober! This group is for tweens and teens ages 10-16. This is always a drop-in program.

**Teen Book Club - NEW** - Thursday, Oct. 19 at 6 p.m.

Are you a teen who loves reading? Then our Teen Book Club is for you! This group is for ages 13-18 and will meet once per season. Our fall date will be Thursday, Oct. 19 from 6 - 7 p.m. in the Conference Room. Meetings will involve sharing our own recent favorite titles, as well as learning about what's new and trendy in YA lit! Pre-registration is required. Contact Mrs. Murphy at [lmurphy@cwmar.org](mailto:lmurphy@cwmar.org) with any questions.

**Kids' Book Club** – Nov. 1, 4 p.m.

Our book club members explore popular juvenile and preteen titles on the first Wednesday of each month from 4 - 4:45 p.m. Our November title is *Magic Treehouse: Rhinos at Recess* by Mary Pope Osborne. 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, Nov. 14 at 12:45 p.m., and Thursday, Nov. 16 at 6:45 p.m.: *Remarkably Bright Creatures*, by Shelby Van Pelt.

For more information or assistance with any library services, call 508-529-6272 or email [mbachtol@cwmar.org](mailto:mbachtol@cwmar.org)

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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](http://www.taftpubliclibrary.org)

#### Dustin Pari Returns!

Motivational speaker and paranormalist with the Ghost Hunters TV series, Dustin Pari is also a lecturer on all things "holiday!" This fall he joins us for It's a Great Lecture, Charlie Brown!, a program that looks at the history of the Peanuts gang Halloween special with notes on the characters, Halloween parties, trick or treating, and the Great Pumpkin of course! Help us welcome Dustin back on Tuesday, October 17 at 7 p.m. Registration is required as space is limited. Don't miss it!

#### Handcrafting Group

Let's get crafty! Join us on Wednesday, October 4 and Wednesday, October 18 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, October 9 at 7 p.m. to discuss *The Once and Future Witches* by Alix E. Harrow. Adult Book Clubs are typically held on the second Monday of the month.

For upcoming book clubs contact the library at 508-473-3259 to request copies of the books or log in to your account from our website to request them through interlibrary loan.

The Adult Book Club book discussion schedule is as follows:

**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.

Upcoming books in the Footnotes series:

*The Spy and the Traitor* by Ben Macintyre (January discussion date TBD)

*The Revolutionary: Samuel Adams* by Stacy Schiff (April/May discussion date TBD)

#### 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 sessions are:

*Tuesday, October 10:* Celebrate Italian Heritage Month with Shrimp & Capellini Pancakes and Baby Spinach and Italian Lemon Almond Biscuits

*Tuesday, November 14:* Turkey with Cranberry Hoisin Sauce, Scallion Pancakes, and Simply Creative Cranberry Fruit Relish to go with your Turkey

*Tuesday, December 19:* Provolone and Artichoke Cheese Ball in Toasted Pignoli Nuts and Amazing Swedish Meatballs

Please visit our website to register for each session.

#### Friends of the Taft Public Library Meeting

The Friends of the Library will meet on Monday, October 30 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](mailto: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 CHILDREN'S NEWS-OCTOBER 2023

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

#### Itty Bitty Story Time

Itty Bitty Story time is designed

#### TAFT LIBRARY

*continued on page 17*

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**TAFT LIBRARY**

*continued from page 16*

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**

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 11**

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: October 4, November 1, December 6. Time: 9:15 to 10:15 a.m. Location: Taft Public Library, 29 North Ave., Mendon.

Join us for an informal playtime where families will be able to build social connections, 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 & 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, October 11 at 9:30 a.m.

Toddlers, Tantrums, Meltdowns, Oh My! Presented by Jill Vetstein - Thursday, October 19 at 7 p.m., Virtual program

Designed for parents of children ages 15 months - 4 years and early childhood educators. This training session explains the many reasons why children have tantrums. It explains what to do when tantrums occur and what to do to help prevent them. Participants will have deep understanding of how emotional regulation works.

**Tutors with Tails-October 24**

Meet Sprite! Sprite is a therapy dog who loves children and loves books. Sprite & 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.

**Dr. Junglestein's Halloween Spooktacular** - Tuesday, October 24 at 6:30 p.m.

Get ready for some Autumnal fun! Jungle Jim is excited to perform his "Dr. Junglestein's Halloween Spooktacular Balloon Madness Show" for the patrons of Taft Library.

This program combines festive entertainment with Jungle Jim's trademark high-energy, interactive engagement. Get ready for the Zombie Dance Challenge, Giant Spooky Creature Creation, and even Ghostbusters Training. Make sure to wear your Halloween costume!

**Music & Movement with Deb Hudgins**

Miss Deb will join us on Tuesday, October 31 at 10:30 a.m. for a fun-filled, musical morning. Feel free to wear your Halloween costume. Registration is required and limited.

**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 5pm.

**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: *The Cardboard Kingdom* by Chad Sell. The book club will be held on Tuesday, Nov. 7 at 5 p.m.



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SPORTS

# Nipmuc Field Hockey wants a DVC title

## New coach says team has what it takes

By Chris Villani

Rachel Robbins took the helm of the Nipmuc field hockey program this fall after spending four years as an assistant coach. Before the start of the season, she asked her players what their goals would be for the coming year.

Winning the Dual Valley Conference was at the top of the team's list.

"They are very goal oriented and they really want to win that DVC title," Robbins said. "It was something they came up with on their own and it's a realistic goal for them."

Nipmuc missed the postseason a year ago, but Robbins said the talent that she sees on the field in 2023 is more than enough to finish the year at the top of the league standings.

Sophomore standout Morgan Bieler is already garnering attention as one of the top players in the area and led the team in goals through the first quarter of the schedule.

Senior captain Elizabeth Lange and junior captain Lilah Allen help anchor the offensive midfield.



Morgan Bieler is the top scorer for the Nipmuc field hockey team this year. Courtesy photo

"They are powerhouse mid-fielders and a force on the front line," their coach said.

On the defensive side of the field, defensive midfielder Marie Bruno has been focused on leading the defense and making sure everyone is in the right position on the field to help out their

goalkeeper. The goalie is doing her part as well. Sophomore Riley Collura only allowed one goal during her time playing for Robbins with the JV team and picked up right where she left off after making the jump to varsity.

"In a game against Hopedale, they had 14 corners and only got one goal past her," Robbins said. "She is a brick wall."

Robbins said the transition to head coach has been seamless and exciting for her and the team. She said she is fo-



Marie Bruno follows through after driving the ball down the field. Courtesy photo

cused on building relationships among her players this fall, with an eye towards continuing to grow the program in seasons to come.

"The team has made it clear to me that they want to work together as one, and I feel that is where their strengths are," Robbins said. "They trust each other,

they know they can count on each other, and it's up to me to help them cultivate the relationships on the field, in practice, and in school."

Robbins said her team knows where it wants to be at the end of the year.

"I want to give them the tools to achieve that success," she said.



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SPORTS

# Valley Tech Golf eyes return to States

**Beavers hope to top last year's run**



Junior Santiago Hernandez prepares to tee off on the first hole. Photo Credit Craig Allen



Junior tri-captain Connor Griffin is the top golfer for the Beavers this fall. Photo Credit Craig Allen

players who Allen said have been setting the pace for the rest of the team. Junior Connor Griffin is averaging fewer than 36 strokes per nine-hole round and has solidified his spot as the number one golfer on the roster.

“He has been shooting lights out,” Allen said. “He medaled in the first five matches of the season. He has been our leader, and the other kids are following suit.”

Sophomore Charlie Leighton is the Beaver’s number two golfer and Santiago Hernandez has also earned a spot in the top three. A group of seniors

— Andrew Savage, Benjamin Joseph, John McShane, and Lucas Brault — are all capable of scoring in any given match.

“They are mixing in and picking up that last score we need each time out, they kind of take turns,” Allen said. “I am very lucky right now, my kids are playing very well.”

In addition to making a return to the state tournament, BVT is hoping to capture or share the Colonial Athletic League title, with Monty Tech the likely top competition. Allen also wants to see the Beavers play well at the state vocational tournament at Acushnet

Valley Country Club.

“It’s a fun place to play, a beautiful course,” he said. “The guys who have been there really enjoy it. We want to represent ourselves really well at that tournament.”

If the Beavers continue to play well, Allen said they may be able to once again showcase their skills at states.

“Being able to get that test and tell the kids, ‘we finished 10th, but we got a taste for it. If you want to go back, you have to put in the work in the offseason,’” he said. “They have been doing that, and it’s been fun to watch the results.”

By Chris Villani

The Blackstone Valley Tech golf team was able to get a sense of playing at the highest level last year, and now the Beavers are looking to return to the final tournament of the fall.

“Last year, we did something that I don’t think any golfing Beavers team has ever done by making it to the state finals and it would be really cool if we could get back through districts

and back to the states,” head coach Craig Allen said.

BVT moved up to Division II this year, but Allen doesn’t think that tougher competition will affect his squad.

“Golf is golf, it’s you versus the course,” he said. “But, as a team, everyone has to play well.”

Valley Tech was able to get off to a hot start this fall, thanks in large part to four top

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<p><b>CAR FAX ONE OWNER VEHICLES</b></p> <p>650 ONE OWNER VEHICLES <b>IN STOCK!</b></p>		<p><b>2020 CHEVY EQUINOX LS</b></p> <p>AS LOW AS \$71/WK</p> <p>#45324L • ALLOYS, AWD, TURBO</p> <p>NEW RETAIL PRICE: <del>\$35,190</del> <b>WHOLESALE PRICE: \$22,977</b></p>	<p><b>2020 HONDA PILOT EX-L</b></p> <p>AS LOW AS \$93/WK</p> <p>#H03920 • LEATHER, AWD, SUNROOF</p> <p>NEW RETAIL PRICE: <del>\$35,220</del> <b>WHOLESALE PRICE: \$29,377</b></p>	<p><b>2020 FORD F-150 XLT 4x4</b></p> <p>AS LOW AS \$124/WK</p> <p>#P15896 • SUPERCREW, TURBO</p> <p>NEW RETAIL PRICE: <del>\$50,950</del> <b>WHOLESALE PRICE: \$37,977</b></p>	<p><b>2020 FORD EXPLORER 4x4</b></p> <p>AS LOW AS \$111/WK</p> <p>#P16112L • XLT, LEATHER, TURBO</p> <p>NEW RETAIL PRICE: <del>\$45,765</del> <b>WHOLESALE PRICE: \$34,477</b></p>	<p><b>2021 JEEP WRANGLER 4x4</b></p> <p>AS LOW AS \$124/WK</p> <p>#H03978 • UNLIMITED SAHARA, NAV</p> <p>NEW RETAIL PRICE: <del>\$49,810</del> <b>WHOLESALE PRICE: \$37,977</b></p>
<p><b>2020 JEEP RENEGADE</b></p> <p>AS LOW AS \$66/WK</p> <p>#H04133A • 4X4, ALLOYS, LIMITED</p> <p>NEW RETAIL PRICE: <del>\$36,165</del> <b>WHOLESALE PRICE: \$21,577</b></p>	<p><b>2020 TOYOTA TACOMA 4x4</b></p> <p>AS LOW AS \$105/WK</p> <p>#TM23-655A • SR TRIM, V6, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$53,605</del> <b>WHOLESALE PRICE: \$32,677</b></p>	<p><b>2020 DODGE DURANGO GT</b></p> <p>AS LOW AS \$108/WK</p> <p>#D13490L • ALLOYS, AWD, NAV</p> <p>NEW RETAIL PRICE: <del>\$49,595</del> <b>WHOLESALE PRICE: \$33,477</b></p>	<p><b>2021 GENESIS GV80 AWD</b></p> <p>AS LOW AS \$166/WK</p> <p>#H04069 • SUNROOF, NAV, LEATHER</p> <p>NEW RETAIL PRICE: <del>\$59,725</del> <b>WHOLESALE PRICE: \$49,977</b></p>	<p><b>2020 TOYOTA CAMRY LE</b></p> <p>AS LOW AS \$74/WK</p> <p>#TP2584 • LANE DEPARTURE, CPO</p> <p>NEW RETAIL PRICE: <del>\$38,625</del> <b>WHOLESALE PRICE: \$23,977</b></p>	<p><b>2021 CHEVY SILVERADO 4x4</b></p> <p>AS LOW AS \$119/WK</p> <p>#45162 • 1500 CUSTOM, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$54,180</del> <b>WHOLESALE PRICE: \$36,577</b></p>	<p><b>2020 NISSAN ROGUE SPORT</b></p> <p>AS LOW AS \$69/WK</p> <p>#H04243 • AWD, PARKING SENSORS</p> <p>NEW RETAIL PRICE: <del>\$31,710</del> <b>WHOLESALE PRICE: \$22,477</b></p>
<p><b>2020 CHEVY TRAX LS AWD</b></p> <p>AS LOW AS \$63/WK</p> <p>#45194 • ALLOYS, TURBO, CPO</p> <p>NEW RETAIL PRICE: <del>\$27,565</del> <b>WHOLESALE PRICE: \$20,677</b></p>	<p><b>2022 TOYOTA TUNDRA SR5</b></p> <p>AS LOW AS \$170/WK</p> <p>#TP2440 • 4X4, TRD PACKAGE, CPO</p> <p>NEW RETAIL PRICE: <del>\$58,970</del> <b>WHOLESALE PRICE: \$50,977</b></p>	<p><b>2020 JEEP CHEROKEE 4x4</b></p> <p>AS LOW AS \$84/WK</p> <p>#D13531 • LIMITED TRIM, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$38,400</del> <b>WHOLESALE PRICE: \$26,677</b></p>	<p><b>2020 HYUNDAI TUCSON SUV</b></p> <p>AS LOW AS \$64/WK</p> <p>#H23407A • ALLOYS, SEL TRIM, CPO</p> <p>NEW RETAIL PRICE: <del>\$36,750</del> <b>WHOLESALE PRICE: \$20,977</b></p>	<p><b>2020 FORD ECOSPORT SE</b></p> <p>AS LOW AS \$70/WK</p> <p>#P16230L • 23/29 CITY/HIGHWAY MPG</p> <p>NEW RETAIL PRICE: <del>\$28,690</del> <b>WHOLESALE PRICE: \$22,677</b></p>	<p><b>2020 CHEVY TRAVERSE</b></p> <p>AS LOW AS \$104/WK</p> <p>#45274 • AWD, LT TRIM, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$39,995</del> <b>WHOLESALE PRICE: \$32,477</b></p>	<p><b>2018 HYUNDAI KONA SUV</b></p> <p>AS LOW AS \$69/WK</p> <p>#H04170 • LIMITED, ALLOYS, AWD</p> <p>NEW RETAIL PRICE: <del>\$29,650</del> <b>WHOLESALE PRICE: \$22,377</b></p>
<p><b>2022 FORD EDGE SE AWD</b></p> <p>AS LOW AS \$88/WK</p> <p>#P16086 • 12" LCD, TURBO, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$40,395</del> <b>WHOLESALE PRICE: \$27,977</b></p>	<p><b>2021 VW JETTA SEL</b></p> <p>AS LOW AS \$84/WK</p> <p>#TM24-016A • SUNROOF, 6K MILES</p> <p>NEW RETAIL PRICE: <del>\$29,550</del> <b>WHOLESALE PRICE: \$26,677</b></p>	<p><b>2020 LINCOLN MKZ SEDAN</b></p> <p>AS LOW AS \$96/WK</p> <p>#P15985L • SUNROOF, NAV, LEATHER</p> <p>NEW RETAIL PRICE: <del>\$39,745</del> <b>WHOLESALE PRICE: \$29,977</b></p>	<p><b>2021 FORD BRONCO 4x4</b></p> <p>AS LOW AS \$99/WK</p> <p>#P16220 • BIG BEND, TURBO</p> <p>NEW RETAIL PRICE: <del>\$38,995</del> <b>WHOLESALE PRICE: \$30,977</b></p>	<p><b>2020 SUBARU FORESTER</b></p> <p>AS LOW AS \$87/WK</p> <p>#H04245 • PREMIUM, SUNROOF</p> <p>NEW RETAIL PRICE: <del>\$34,695</del> <b>WHOLESALE PRICE: \$27,677</b></p>	<p><b>2016 CHRYSLER TOWN &amp; COUNTRY</b></p> <p>AS LOW AS \$44/WK</p> <p>#23413A • TOURING, ALLOYS, DVD</p> <p>NEW RETAIL PRICE: <del>\$28,160</del> <b>WHOLESALE PRICE: \$15,477</b></p>	<p><b>2023 HYUNDAI SONATA SEL</b></p> <p>AS LOW AS \$85/WK</p> <p>#D13339 • 27/37 MPG CITY/HWY</p> <p>NEW RETAIL PRICE: <del>\$32,686</del> <b>WHOLESALE PRICE: \$26,977</b></p>
<p><b>2020 CHEVY SPARK LS</b></p> <p>AS LOW AS \$42/WK</p> <p>#45005A • HATCH, BLUETOOTH, CPO</p> <p>NEW RETAIL PRICE: <del>\$21,740</del> <b>WHOLESALE PRICE: \$14,977</b></p>	<p><b>2014 HONDA ODYSSEY EX-L</b></p> <p>AS LOW AS \$53/WK</p> <p>#TM23-932A • 19/28 MPG CITY/HWY</p> <p>NEW RETAIL PRICE: <del>\$39,150</del> <b>WHOLESALE PRICE: \$17,977</b></p>	<p><b>2018 BUICK ENCORE SUV</b></p> <p>AS LOW AS \$53/WK</p> <p>#TM23-935A • PREFERRED, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$31,225</del> <b>WHOLESALE PRICE: \$17,977</b></p>	<p><b>2016 MAZDA MAZDA CX-5</b></p> <p>AS LOW AS \$57/WK</p> <p>#D13645A • AWD, NAV, ALLOYS</p> <p>NEW RETAIL PRICE: <del>\$28,899</del> <b>WHOLESALE PRICE: \$18,977</b></p>	<p><b>2016 SUBARU CROSSTREK</b></p> <p>AS LOW AS \$57/WK</p> <p>#TM23-725A • LIMITED, LEATHER</p> <p>NEW RETAIL PRICE: <del>\$32,795</del> <b>WHOLESALE PRICE: \$18,977</b></p>	<p><b>2020 FORD FUSION SE</b></p> <p>AS LOW AS \$60/WK</p> <p>#P15968A • 23/34 MPG CITY/HWY</p> <p>NEW RETAIL PRICE: <del>\$25,710</del> <b>WHOLESALE PRICE: \$19,877</b></p>	<p><b>2020 NISSAN ALTIMA 2.5 S</b></p> <p>AS LOW AS \$64/WK</p> <p>#H04314R • APPLE CARPLAY, 8" LCD</p> <p>NEW RETAIL PRICE: <del>\$29,595</del> <b>WHOLESALE PRICE: \$20,977</b></p>

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General Manager

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