

Mendon Seniors Center knitters and crocheters craft for a cause

Crafters create plush octopi to benefit Tampa NICU

By Theresa Knapp

The Mendon Senior Center knitters/crocheters have been busy this fall creating soft and cuddly octopi to be donated to Tampa General Hospital in recognition of NICU Awareness Month.

The crafting request was presented to the Mendon Senior Center Yarn Works Group by former Mendon resident Kimberly (Brown) Park, who now lives in Tampa and whose son Karter was born at 1 pound 10 ounces and spent 83 days in the NICU, according to an interview she did with WFTS Tampa Bay Action News, an ABC affiliate. You can find the full interview at bit.ly/NICUoctupi.

"You may have heard of the NICU, but until you're in the NICU, you have no idea," Park told the station. Her son is now a thriving 3.5



(L to R): The Yarn Works Group at the Mendon Senior Center recently crafted several octopi in recognition of NICU Awareness Month. Pictured here are craft group members Jane Zook, Diane Howell, and Julie King. Not shown are Kristy Morrill, Sue Ruggero, and Martha Gebelein. Courtesy photo

year old, but her mission is to collect at least 100 of the octopi for NICU patients which led to the call to her Mendon friends and family

(her parents still live in town). How it works: The light-

KNITTERS

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A brief history of Veterans Day

Happy Veterans Day to all veterans, thank you for your service



Flags recently on display at an area Elks Club. Photo by Theresa Knapp

By Theresa Knapp

Veterans Day is celebrated on the 11th hour (usually) of the 11th day of the 11th month (11/11 at 11 a.m.) but it has not always been that way.

According to the U.S. Department of Veterans Affairs, World War I (known at the time as "The Great War") officially ended

when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting had ceased seven months earlier (in Nov. 1918) when an armistice (a temporary

VETERANS DAY

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WATCH US TUESDAYS ON TRUCK TALK!

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Nipmuc Regional High School enters partnership with MaxIQ to support STEM education

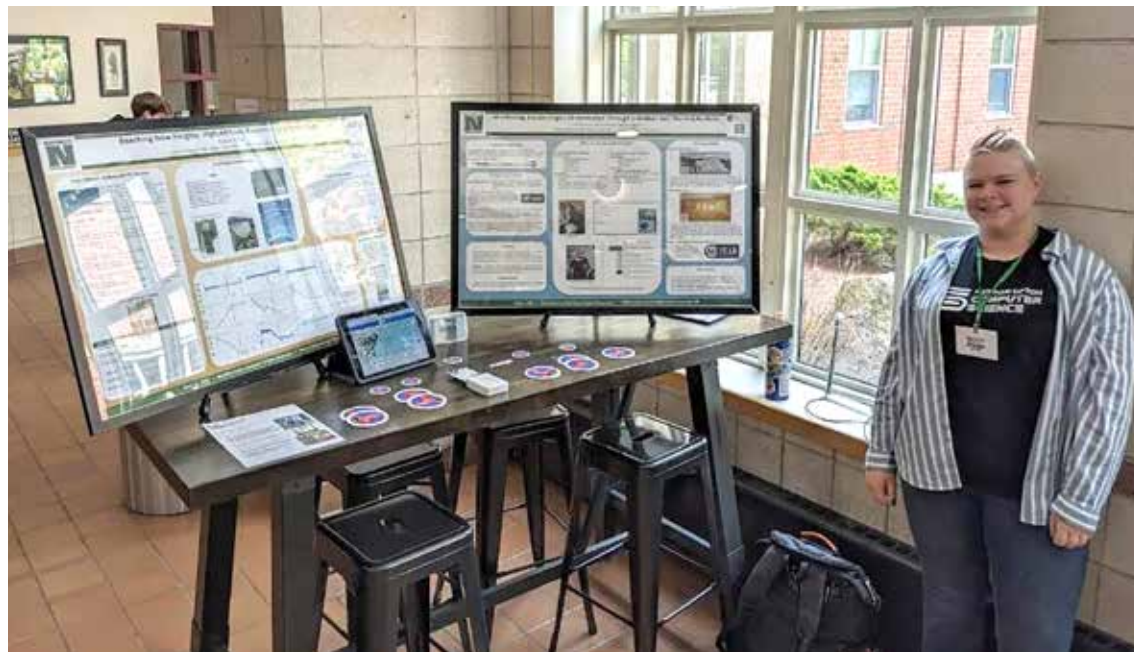
Superintendent Maureen Cohen and the Mendon Upton Regional School District are pleased to announce that the District has entered a strategic partnership with MaxIQ Corp. to advance STEM education.

Nipmuc Regional High School will be designated a "center of excellence," connecting students with numerous engineering opportunities including Space and Sustainability challenges in collaboration with the United Nations, high-altitude weather balloon missions to test space payloads, aerospace rocket engine tests, suborbital launches with multiple providers, and even missions to the International Space Station (ISS).

Under the direction of

Nipmuc Science teacher James Gorman, Nipmuc engineering students participated in a month-long MaxIQ Space World Space Week 2022 competition based on the United Nations Sustainable Development Goals. As a result of their strong performance, Nipmuc students were invited by MaxIQ to take part in a future mission of the NASA's Scientific Balloon Program, and were invited to view a full rocket test flight in Brunswick, Maine.

Mr. Gorman's engineering student designed a scientific payload that will travel more than 100,000 feet into the stratosphere and collect mission-critical data that will inform future space exploration.



Alysse Stasio presented several projects in collaboration with MaxIQ at the MURSD Computer Showcase this past Spring. Photo courtesy of Mendon-Upton Regional School District

"Nipmuc Regional High School's partnership with MaxIQ Corp. is a testament to our collective dedication to excellence in education," Gorman said. "The opportunities provided through this collaboration empower our students to engage in real-world science and engineering, fostering a lifelong

passion for innovation and discovery."

"We are delighted to name Nipmuc Regional High School as a Center of Excellence," said Judi Sandrock, Co-Founder and Director of MaxIQ Corp. "Nipmuc's commitment to excellence in education aligns perfectly with MaxIQ's mission to em-

power students and educators with innovative tools and experiences. Together, we will cultivate the next generation of leaders in space STEM and Education."

To learn more about Nipmuc students' projects with MaxIQ, please visit their online platform at <https://sites.google.com/mursd.org/maxiq-partnership>.

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Southwick's Zoo honors exceptional employee with 2023 Tyler Richardson Scholarship Award

In a ceremony held at Southwick's Zoo, the Brewer Family proudly announced Lauren Plumb as the deserving recipient of the 2023 Tyler Richardson Scholarship Award. This prestigious scholarship, established in memory of the late Tyler Richardson, honors his legacy by recognizing outstanding individuals within the Southwick's Zoo family.

Lauren Plumb was nominated and subsequently chosen for the scholarship due to her unwavering commitment, exceptional work ethic, and passion displayed while working at Southwick's Zoo and Galliford's Restaurant. Plumb's dedication to her role mirrors the spirit of Tyler Richardson, who was fondly remembered for his humor, outgoing personality,

and dedication during his time at the zoo.

The Tyler Richardson Scholarship Award was created by the Richardson family in loving memory of their son, Tyler Richardson, who tragically passed away in 2009. Tyler, a beloved member of the Southwick's Zoo community, left an indelible mark with his contagious enthusiasm and vibrant personality. To honor his memory and perpetuate his legacy, the Richardson family initiated this scholarship program, which annually recognizes a zoo employee currently enrolled in college and exemplifying Tyler's remarkable qualities.

"We are thrilled to announce Lauren Plumb as the recipient of this year's Tyler Richardson

Scholarship Award. Lauren embodies the same spirit, dedication, and passion that Tyler brought to his work here at Southwick's Zoo," expressed the Brewer Family, sponsors of the scholarship. "It is truly inspiring to see young talents like Lauren continue Tyler's legacy, and we are confident that she will achieve remarkable feats in her future endeavors."

The Tyler Richardson Scholarship Award is a testament to the enduring impact of Tyler Richardson's legacy at Southwick's Zoo. As the recipient, Lauren Plumb will receive financial support to further her education, allowing her to continue her academic journey while embodying the remarkable qualities that define the spirit of Tyler Richardson.



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Trees for Hope in Upton in December

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.

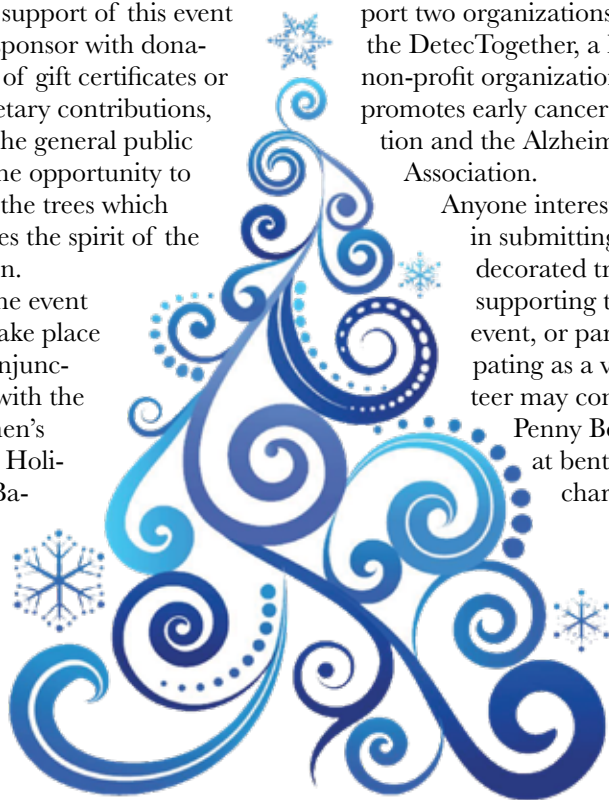
The event will take place in conjunction with the Women's Club Holiday Ba-

zaar on Dec. 2 and Dec. 3 at St. Paul's Hall in the lower level of St. Gabriel's Church, 151 Mendon St, Upton.

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 DetecTogether, a local non-profit organization that promotes early cancer detection and the Alzheimer's Association.

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



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Public hearing on Mendon's recreational facilities and open space

A public hearing will be held on Monday, Nov. 13, at 7 p.m. at the Mendon Town Hall (and remotely) on the proposed 7-Year Action Plan within the Mendon Open Space and Recreation Plan.

A draft of the plan and meeting details can be found at MendonMA.Gov/OSRP-draft.

Comments or questions can be sent to

LandUseComm@MendonMA.Gov

Land Trust to host a Meet & Greet on Nov. 12

Metacomet Land Trust will hold a meet and greet social hosted by members of its Board of Directors on Sunday, Nov. 12 from 2 to 4 p.m. at Rushford & Sons Brewhouse, 8 Grove Street, in Upton.

All interested in our natural world and land preservation are welcome. We invite you to share your ideas and experiences or just join like-minded folks to socialize and chat about land conservation in the

region. Hear about our efforts to help save the VanderSluis property and learn more about other exciting preservation projects and nature observations nearby

The land trust will provide light snacks and Rushford & Sons delicious craft beer will be available to purchase.

For more information about the land trust, visit MetacometLandTrust.org.

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If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be

hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for

certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after

Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- **Using permanent life insurance.** A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- **Leaving taxable investment accounts to your heirs.** Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your invest-

ments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

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

Mark Freeman
Edward Jones Financial Advisor
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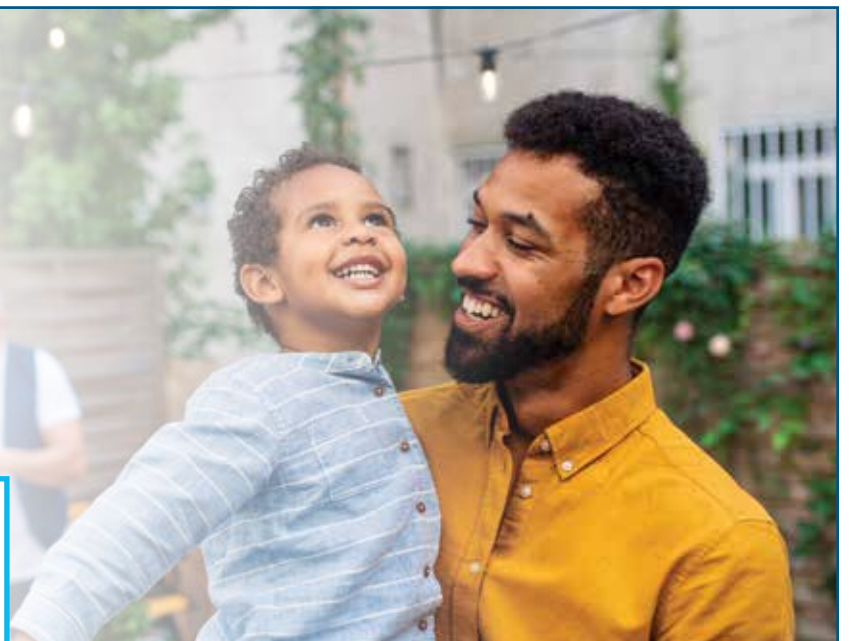
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Upton Town Library Calendar of Events

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

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

November Holiday Hours

Friday, Nov. 10 : Open 9 a.m. – 4 p.m.
Saturday, Nov. 11 : Closed
Thursday, Nov. 23 : Closed
Friday, Nov. 24 : Closed
Saturday, Nov. 25 : Open 9 a.m. – 4 p.m.

Narcan Emergency Training, Wednesday Dec. 6, 6:30 p.m.

The Blackstone Valley Partnership for Public Health presents a free workshop with information including opiate related educational info, substance abuse helplines and Central MA treatment programs. If available, Narcan Kits will be distrib-

uted to participants. Register at uptonlibrary.org

Mosquito Control Board Display

This month in the library lobby view a display of information from the Upton Mosquito Control Board. If you have a collection you'd like to share with the community, contact library staff.

Technology Help

Adult Librarian Micaela is available on the first Tuesday of each month from 4 to 6 p.m. to provide drop-in technology help. Have questions about email or online documents? Need advice on using a phone app or a laptop? Bring your device and we'll try to help. You can also contact Micaela in advance to make an appointment.

Hoopla eBooks and eAudio

Have you tried the Hoopla app? Your Upton Library card

gives you access to 8 eBooks or eAudio per month, with no waiting times or hold lists. Download Hoopla on your iOS or Android device and browse our catalog!

Children's Events

Salt Dough Dino Fossils, Wednesday, Nov. 15, 6 -7 p.m.
We will share stories and facts about these fascinating creatures, as well as mix up some ingredients to press our own fossils. For ages 5 to 12. Pre-registration is required.

Tween & Teen Yoga, Thursdays from 6 - 7 p.m.

Teen yoga will be held four Thursdays in November from 6 - 7 p.m in the Greatroom with instructor Christina DeLuca. Yoga is a great way to learn stretching, strengthening, and relaxation techniques. For ages 10 to 16. Pre-registration is required. For more details on any of our events, or to register, visit

our website's Event Calendar at uptonlibrary.org.

Monthly 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 December programs opened November 1.

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

Music & Movement with Deb Hudgins will take place Nov. 14 and 28, and Dec. 12 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 – Nov. 18 and Dec. 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.

UPTON LIBRARY

continued on page 7

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Pet of the Month: Garrett



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Garrett has been the best boy these last 3 months waiting to be adopted and we couldn't be more excited to find him a home to call his own.

If you are interested in Garrett or the other cats at the Milford Humane Society please visit www.milfordhumane.org

UPTON LIBRARY

continued from page 6

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 Cooking. This group is for tweens and teens ages 10-16. This is always a drop-in program.

Teen Book Club - NEW - Thursday, Jan. 11 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. Did you miss our fall meeting? Our next meeting will be Thursday Jan. 11 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@cwmmars.org with any questions.

Kids' Book Club – Dec. 6 at 4 p.m.

Our book club members explore popular juvenile and preteen titles on the first Wednesday of each month from 4 - 4:45 p.m. Our December humor title is *The Unlucky Lottery Winners of Classroom 13* by Honest Lee. 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, Dec. 12 at 12:45 p.m., and Thursday, Dec. 14 at 6:45 p.m.: *The Spectacular*, by Fiona Davis

Fic or No Fic Book Group

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

Wednesday, Nov. 29 at 6:45 p.m.: fiction book *Infinite Country* by Patricia Engel.

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

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OBITUARY

Edward V. Bergmann

Edward V. Bergmann, 70, of Upton, passed away on Wednesday, October 25, 2023, at the Milford Regional Medical Center after a brief illness. He is the beloved husband of Ann (Brennan) Harris.

Born in Madison, NJ, he was a son of the late Arnold and Alfreda (Jazwinski) Bergmann, and leaves a sister Merrie Bergmann, brother Bruce, as well as daughters, Danica and Kalina, whom he loved more than they will ever know. Edward was a graduate of Madison (NJ) High School and held degrees from Boston University School of Engineering and MIT. Starting in 1974 as a Draper Fellow, he was employed at Draper Laboratory as a systems engineer working on a range of projects including navigation systems for Shuttle missions, A-10 aircraft and, more recently, a variety of defense and commercial products.

A licensed pilot, Ed volunteered with the Civilian Air Patrol. He served for 10 years as EMT/ Reserve Firefighter



with Upton Fire/EMS as well as being a valued member of the Fire & EMS Association. An avid fly-fisher, Ed tied his own flies and was editor of the Trout Unlimited Greater Boston Chapter (GBTU) newsletter for over a decade. He was an active member of the Norfolk Trout Club in Norfolk, MA, and the Boylston Shul-Verien in Walpole, MA.

His funeral service was held on Tuesday, October 31, in the Pickering & Son Upton Funeral Home, 45 Main St., Upton. Burial followed in Lakeview Cemetery, Upton.

In lieu of flowers, donations in his memory may be sent to the Upton Fire & EMS Association Ambulance Fund, P.O. Box 1012, Upton, MA 01568.

United Parish of Upton gives thanks

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

Nov. 21: 9:30 to 11:30 a.m. - The Food Pantry serves residents from Upton as well as nearby towns. Proof of income or church affiliation is not required. We offer non-perishable food, toiletries, paper products and infant needs. Donations can be dropped off in our donation shed located outside the church office on 1 Church Street, Upton.

Nov. 16: Community Supper - on the third Thursday of each month from September through June at 5:30 p.m., our Faith in Action committee provides a delicious and nutritious meal for the community. Everyone is welcome. Please check our website www.unit-edparishupton.org/ministries/community-supper or this

month's menu.

Nov. 18: Fall Cleanup Day from 8 a.m. until we are finished. This is a great opportunity for students needing NHS hours and of course, it is always fun to rake leaves. Just show up with your rake.

Nov. 19: Deacon's Dessert Auction - 10:30 a.m. - come and bid on an array of delicious homemade desserts. All proceeds benefit the Deacon's Benevolence Fund which provides emergency relief to those in need in our community.

Dec. 2: Holiday Bazaar from 10 a.m. to 3 p.m. featuring high-quality crafters, holiday gifts, pictures with Santa, pie sale, pizza from Anzio's, raffles, food items and more.

Our Early Learning Center is seeking a few new volunteer members for the Advisory Board. The commitment is minimal (usually 1 meeting per month). It is

not a requirement to be a member of the congregation. We would especially love one of the new members to have experience in early childhood education and knowledge of related regulations, but this is not a requirement. The ELC is not only a ministry of the church, but a beloved resource to our greater community. Please contact unit-edparishschool@gmail.com if you are interested in learning more.

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

Sunday worship service at United Parish is at 9:30 a.m.

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call ye upon him while he is near." Isaiah 55:6*

Friends of Mendon Elders Christmas Fair

Start your Christmas shopping with us at the Mendon Senior Center, 62 Providence St. Mendon, MA on Saturday, Dec. 2 from 10 a.m. - 3:30 p.m. We will be showcasing many Christmas Items, Handmade knit and Crocheted items and our famous Baked goods sale. A Door Prize raffle that includes several gift cards for Panera and Target. No cost to anyone who stops by and fills out a raffle ticket. Drawings will be done at 3 p.m.

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DURYSTA - A game-changer in glaucoma treatment

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

Introduction

Imagine a world where a tiny implant can help prevent vision loss and improve the quality of life for millions of people suffering from glaucoma. This vision is becoming a reality with the introduction of DURYSTA, a groundbreaking treatment option that is changing the landscape of glaucoma management. In this article, we will delve into what DURYSTA is, how it works, and its potential impact on the lives of glaucoma patients.

Understanding Glaucoma

Glaucoma is a group of eye conditions that can lead to damage of the optic nerve, ultimately resulting in vision loss. It is often referred to as the "silent thief of sight" because it typically progresses slowly and without noticeable symptoms until significant damage has occurred. The most common type of glaucoma is open-angle glaucoma, which accounts for around 90% of all glaucoma cases. In open-angle glaucoma, the drainage system within the eye becomes inefficient, leading to increased intraocular pressure (IOP). Elevated IOP is a major risk factor for optic nerve damage and vision loss.

Traditional Glaucoma Treatments

Traditionally, the primary approach to managing glaucoma has been to lower intraocular pressure. Several methods are used to achieve this, including eye drops, laser therapy, and surgical interventions. While these treatments can be effective, they often require frequent administration, leading to compliance issues. Additionally, surgical procedures carry certain risks and may not be suitable for all patients.

Enter DURYSTA

DURYSTA (bimatoprost implant) is a revolutionary development in the field of glaucoma treatment. Approved by the U.S. Food and Drug Administration (FDA) in March 2020, DURYSTA offers a novel and sustained approach to lowering intraocular pressure in glau-

coma patients.

How DURYSTA Works

DURYSTA is a tiny implant that is placed directly into the anterior chamber of the eye through a minimally invasive procedure. This implant releases a medication called bimatoprost, which is a prostaglandin analog. Prostaglandin analogs are known to be effective in reducing intraocular pressure by increasing the outflow of aqueous humor from the eye. What sets DURYSTA apart is its sustained release mechanism, providing consistent IOP reduction for an extended period.

Advantages of DURYSTA

Long-Lasting Efficacy: DURYSTA is designed to provide sustained IOP reduction for up to twelve months after a single implantation. This means fewer office visits and a reduced need for daily eye drops, improving patient compliance and quality of life.

Minimally Invasive: The procedure to implant DURYSTA is minimally invasive and typically takes a few seconds. Patients can usually return to their normal activities shortly after the procedure.

Efficacy Across Glaucoma Types: DURYSTA has shown efficacy in reducing IOP across various glaucoma types, including open-angle and angle-closure glaucoma, making it a versatile option for a wide range of patients.

Reduced Side Effects: Unlike eye drops, which can cause side effects such as stinging, redness, and allergies, DURYSTA is delivered directly to the eye's target site, minimizing systemic side effects.

Preservative-Free: Many eye drops contain preservatives that can irritate the eyes over time. DURYSTA is preservative-free, reducing the risk of irritation.

Improved Quality of Life: With fewer daily eye drop applications and sustained IOP reduction, DURYSTA can enhance the quality of life for glaucoma patients, allowing them to focus on their daily activities without the burden of frequent medication administration.

Clinical Trials and Results

The approval of DURYSTA was based on the results of



clinical trials that demonstrated its safety and efficacy. In a pivotal Phase 3 clinical trial, DURYSTA was shown to significantly reduce intraocular pressure compared to a placebo, with the effect lasting for an extended period. The trial also highlighted the low rate of adverse events associated with DURYSTA implantation.

Real-World Impact

Since its approval, DURYSTA has made a significant impact on glaucoma management in clinical practice. Patients who were previously struggling with the inconvenience of daily eye drops and the fear of surgical procedures now have a more convenient and effective option for managing their condition.

DURYSTA has particularly benefited individuals with poor

adherence to medication regimens, as it eliminates the need for daily eye drop administration. This can be especially crucial in preventing vision loss in glaucoma patients, as consistent IOP control is essential to preserving vision.

Furthermore, DURYSTA has the potential to reduce the healthcare system's burden by decreasing the frequency of office visits and surgeries for glaucoma management. This can lead to cost savings and improved resource allocation in healthcare.

Challenges and Considerations

While DURYSTA presents a promising solution to many of the challenges associated with glaucoma management, it is not without its considerations:

Cost: The cost of DURYSTA may be a barrier for some patients, as it is a relatively new treatment and may not be covered by all insurance plans.

Implantation Procedure: While

minimally invasive, the implantation procedure for DURYSTA still requires a skilled ophthalmologist. Access to specialized care may be limited in some areas.

Long-Term Data: As DURYSTA is a relatively new treatment, long-term data on its safety and efficacy beyond the three-year mark is still being collected.

Conclusion

DURYSTA represents a significant advancement in the field of glaucoma treatment. Its sustained release mechanism, minimal invasiveness, and potential to improve patient adherence make it a game-changer for glaucoma patients. As further research and real-world experience accumulate, DURYSTA's role in preserving vision and enhancing the quality of life for those with glaucoma is likely to become even more pronounced.

DURYSTA

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Milford Regional to host free Webinar on the early signs of ADHD, depression and anxiety in children

Milford Regional's Community Benefits programming is hosting a free webinar for parents. "Opening Doors to Youth Mental Health; Helping Parents Identify the Early Signs of ADHD, Depression and Anxiety," will be held on Thursday, November 16 at 7 p.m.

This webinar is for parents and caregivers and will feature medical and mental health professionals who will focus on the early signs of ADHD, depression and anxiety while also recognizing what typical developing behaviors are in children. The webinar will mainly focus

on the age range from pre-school to early school-age.

Presenting are Milford Regional Physician Group pediatrician and Director of Pediatrics Mary Lyons, MD; Family Continuity Programs and VAULT Director Kate Rose, LMHC; and Wayside Youth & Family Support Network Peer Support Specialist/Peer Mentor Destiny O'Connell, CPS. Milford Regional Medical Center Chief

Quality Officer and Vice President Bert Thurlo-Walsh, MM, RN, CPHQ, will moderate.

Pre-registration is required. To register, visit bit.ly/MRM-Copeningdoors. A link will be sent to registrants 24 hours prior to the webinar.

Community Benefits programming is dedicated to the improvement of community health through its leadership and local partnerships.

December events at the Mendon Historical Society

Members of the Mendon Historical Society have been busy setting up new displays and planning for remainder of the year.

We are happy to announce that we will host The Lion's Club "Winter Solstice Holiday Bazaar" at the Museum on Dec. 1 and 2 along with other vendors. This will be the first time the Lion's Club has moved their Christmas Fair to the Museum. We hope everyone will come to the museum and see all the wonderful items the Lion's club members and other vendors have to offer. This is a good way to do some early holiday shopping.

On Friday evening, Dec. 1 Members of the Historical Society will be on hand to serve hot cider, hot chocolate and goodies at the Old Museum as we await Santa's arrival. The Old Museum, located at Founder's Park, is the site of Santa's visit. We are inviting everyone to come and join us for some hot beverages and cookies

On Sunday, Dec. 3 we will be offering a demonstration and a chance to make a live Boxwood tree for your Holiday decorating. Nikki Colaizzi, a florist from Douglas will be on hand to instruct us. We have space for a limited group at the museum: and will collect a small fee of \$12 to cover the cost of materials. If interested please call 508-244-7849 to reserve your space and make a live tree for your home decorations.

We have several programs in the planning stage for the New Year. We are also planning on scheduled days when friends can come in and check out our many displays and artifacts.

Please check out our website and Facebook account as more information becomes available.



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VETERANS DAY

continued from page 1

cessation of hostilities) between the Allied nations and Germany went into effect on the 11th hour of the 11th day of the 11th month. For that reason, Nov. 11, 1918, is generally regarded as the end of “the war to end all wars.”

For the period of time between 1926 to 1954, the holiday was called “Armistice Day.”

From 1968 to 1978, Veterans Day was celebrated at the end of October as part of the Uniform Monday Holiday Act which moved most traditional federal holidays to a Monday, giving federal employees a three-day weekend. According

to www.constitutioncenter.org, that change was met with confusion and pushback from people who appreciated the significance of the 11/11 date and it was moved back to Nov. 11 in 1978.

According to the VA, “Veterans Day continues to be observed on Nov. 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to Nov. 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day, a celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.”

Source: <https://department.va.gov/veterans-day/history-of-veterans-day/>

National ceremonies are held at Arlington National Cemetery

The focal point for official, national ceremonies for Veterans Day continues to be the memorial amphitheater built around the Tomb of the Unknowns. At 11 a.m. on the 11th day of November (the 11th month), a combined color guard representing all military services executes “Present Arms” at the tomb. The nation’s tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays “taps.” The rest of the ceremony takes place in the amphitheater. Source: www.va.gov/vetsday/

Central One Federal Credit Union donates \$2,000 to Safe Homes of Worcester

SHREWSBURY, MA – Central One Federal Credit Union is honored to support Safe Homes in Worcester, an organization that provides vital support and resources to the LGBTQIA+ youth within our communities.

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Facts about Veterans Day

Veterans Day does not have an apostrophe	Veterans Day was once called Armistice Day (1926-1954)	Veterans Day was briefly celebrated in October (1968-1978)	There are approximately 16.5 million veterans living in the USA	It is appropriate to say to a veteran “Happy Veterans Day” and/or “Thank you for your service”
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Drone footage of Fiske Millpond in Upton. Photo credit: Matt Schmalenberger

Recent Home Sales

Date	Mendon	Amount
10/27/2023	128 Millville Road	\$1.40 mil
10/26/2023	107 Hartford Ave W	\$509,000
10/17/2023	31 Washington Street	\$1.10 mil
10/16/2023	88 Providence Street	\$475,000
10/12/2023	8 King Philip Path	\$750,000

Date	Upton	Amount
10/26/2023	4 Shoemaker Lane #20	\$659,900
10/25/2023	99 Crockett Road	\$650,000
10/18/2023	95 Glenview Street	\$725,000
10/16/2023	4 Hazeltine Road	\$610,000
10/16/2023	5 Chickadee Way #17	\$761,620
10/12/2023	58 Hartford Avenue S	\$580,000
10/12/2023	4 South Street	\$430,000
10/12/2023	44 W River Street	\$850,000
10/12/2023	13 Shoemaker Lane #6	\$760,773
10/10/2023	52 Grove Street	\$775,000
10/05/2023	11 Howarth Drive	\$927,500
09/29/2023	8 Francis Drive	\$995,000
09/27/2023	1 Howarth Drive	\$950,000
09/22/2023	97 Glen Avenue	\$540,000

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



The 4-bed, 4-bath, 3,514 sf house at 44 W River Street in Upton recently sold for \$850,000. Photo credit www.zillow.com

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HOME HEATING



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

PLEASE NOTE: The library will be closed on Saturday, Nov. 11 in honor of Veterans Day. We will be open from 10 a.m. - 2 p.m. on Wednesday, Nov. 22 (the day before Thanksgiving) and closed Thanksgiving Day (Thursday, Nov. 23).

ADULT PROGRAMS

Upcoming Events:

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

Mosaic Pendant Class

On Monday, Nov. 6 at 7 p.m. learn to make a mosaic pendant using adhesive putty in this online class. You will be instructed by Cheryl from Cheryl Cohen Mosaics Art Center. Registration is required as supplies are limited. A Zoom link will be sent to each participant a day before the class. Emails will be sent to participants when the mosaic kits are ready for pickup. All kits need to be picked up during regular library hours prior to the session.

Honey & Jam Tasting at Herbs Make Scents

Embark on a culinary adventure with HMS Tea on Thursday, Nov. 9 from 6:30 – 8 p.m. Sample an array of raw and infused honeys and jams at Herbs Make Scents. Explore sweet and savory snack pairings with tea and then take home your favorite 2 oz. jar of honey and jam. Register on the Taft Library website and submit \$20 payment at the library before end of day on Nov. 7. Checks can be made out to Friends of the Taft Public Library. Sponsored in part by the Friends.

Zentangle and Watercolor: A Combined Class

Marie Steinmann has taught both watercolor and Zentangle classes at the library. On Thursday, Nov. 16 at 6:30 p.m. she returns to teach watercolor and Zentangle at the same time. Come join us whether you're a newcomer to these forms of art or a practiced veteran. The Zentangle method of art is an easy-to-learn, relaxing, and fun way to create beautiful images. Add a touch of watercolor and

voila. All materials will be supplied. Preregistration is required as space is limited. \$15 per person. Cash or checks made out to the Friends of the Taft Public Library can be dropped off at the library prior to the session. No refunds. Sponsored in part by the Friends of the Taft Public Library.

The Orange Jellyfish Craft Workshop

Join us on Friday, Nov. 17 at 6 p.m. to create a unique art tree picture using various types of stones and driftwood. Kerry Consentino Vilorio, local artist and owner of The Orange Jellyfish, will demonstrate and guide us in our creations. Registration and prepayment are required. Please register at www.taftpubliclibrary.org. Payment of \$25 must be received prior to the event. Please drop off cash and checks at the library. Checks should be made out to the Friends of the Taft Public Library.

This program is sponsored in part by the Taft Public Library and the Friends of the Taft Public Library.

Guilt Free Parenthood with Jill Vetstein

An online training session for parents and caregivers of children birth to adolescence. The session on Monday, Nov. 13 from 7 – 8:30 p.m. will help caregivers recognize why their innate guilt is not necessary and dispel some concepts so they can feel good about their limit setting, mistakes, and self-care. Jill Vetstein is a Developmental Specialist, Parent Educator, Certified Intervention Specialist, Professional Speaker, Blogger, and Mother. Her program is sponsored by Beginning Bridges CFCE and the Taft Public Library. To register contact Emily at 508-278-5110 or email her at Emurray@smoc.org. Registration also available at <https://forms.gle/ajLL8k-GrsKrY5QH78>. A Zoom link will be emailed to participants upon confirmation of registration.

Handcrafting Group

Let's get crafty. Join us on Wednesday, Nov. 1 and Wednesday, Nov. 15 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 at the library on Tuesday afternoons. For further details regarding specific times and schedules, call Val's number above.

Adult Book Club

The Adult Book Club will

TAFT LIBRARY

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MCAS results show growth and achievement

BVT School Committee impressed by students' continuous improvement

The Department of Elementary and Secondary Education (DESE) released the 2023 Massachusetts Comprehensive Assessment System (MCAS) results on September 19. As educators across the state review their results, some districts, including Blackstone Valley Tech, have students performing well above state averages.

Academic Curriculum Coordinator Mr. Edward Evans updated BVT's District School Committee with a summary of the MCAS results during its October 12 meeting. The recent data reflects the scores of its current juniors (the Class of 2025), who took the MCAS exam as sophomores. The re-

sults showed continuous growth and achievement.

Eighty percent of students in English Language Arts were in the Exceeding or Meeting Expectations category. In Mathematics, 62 percent of students were in the Exceeding or Meeting Expectations category. In Science (Biology and Physics combined), 70 percent of students were in the Exceeding or Meeting Expectations category. All were well above the reported state averages.

After examining the MCAS data and reflecting on the results, Mr. Evans credits the continuous improvements to hard-working students and

dedicated teachers. "We strive to keep our students engaged and focused on learning," said Mr. Evans. "We put in the effort and recognize a contributing factor to the student achievement is the MCAS Boot Camps that BVT offers to help students prepare."

Mr. Evans said, "After looking at the historical comparative data for this class between its 8th and 10th grade, MCAS results showed the highest class achievement and a growth percentile well above the state average. To have such positive outcomes is very rewarding."

The School Committee was impressed with the students' continuous improvement.



Karter Park, age 3.5, spent 83 days in the NICU after he was born weighing 1 pound 10 ounces. His family and friends, many in Mendon, have made plush octopi to donate to the Neonatal Intensive Care Unit at Tampa General Hospital.

Courtesy photo Kimberly (Brown) Park

KNITTERS

continued from page 1

weight plush octopus is set atop the baby's chest. NICU staff then wraps the baby's arms around the object which mimics the baby's position in utero; this is supposed to help "position the baby in a manner that is more reflective of how normal development happens," according to the ABC article.

Park said any extra octopi collected will be shared with NICU siblings.

According to www.nicu-awareness.org, "Neonatal Intensive Care Unit ("NICU") Awareness Month is hosted in September of every year and is designed to honor NICU

patients, their families, and the NICU professionals who care for them. NICU Awareness Month fosters a supportive, empowering community for families when they are faced with life's most challenging and difficult moments; and honors those who dedicate their lives to helping them."

The Mendon Yarn Works Group meets on Thursday afternoons at 1 p.m. at the Senior Center to chat, share patterns knit and crochet. New members are always welcome; materials available onsite. Additionally, donations of knitted or crocheted items are wanted to be sold at the Friends of Elders fair on Dec. 2. Donations of hats, scarves, mittens, baby items may also be given to those in need.



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TAFT LIBRARY

continued from page 13

meet on Monday, Nov. 13 at 7 p.m. to discuss *Call the Midwife* by Jennifer Worth. Adult Book Clubs are typically held on the second Monday of the month. For upcoming book clubs contact the library at 508-473-3259 to request copies of the books or log in to your account from our website to request them through interlibrary loan. The upcoming Adult Book Club book discussion schedule is as follows:

December: *The Midnight Library* by Matt Haig

January: *Sourdough* by Robin Sloan

February: *The Clockmaker's Daughter* by Kate Morton

March: *The House of Mirth* by Edith Wharton

April: *Find Her* by Lisa Gardner

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

German Conversation Club

Are you looking for a place to practice what German you remember or to improve your German vocabulary? Conversations in German is no pressure, just fun. Lead by Library Assistant (and Mendon resident) Monika Schmid, the group typically meets the last Monday of each month. Mark your calendars for Monday, Nov. 27 at 6pm for the next session. Registration is required. To register, visit our website!

Footnotes Nonfiction Book Club

The Footnotes Nonfiction Book Club meets downstairs in the library on a quarterly basis. Those interested are asked to stop at the downstairs desk to sign the Footnotes registration sheet and pick up a copy of the latest book.

Upcoming books in the Foot-

notes 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, Nov. 14: Turkey with Cranberry Hoisin Sauce, Scallion Pancakes, and Simply Creative Cranberry Fruit Relish to go with your Turkey

Tuesday, Dec. 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 Tuesday, Nov. 28 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 friendsoftaftlibrary@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 website.

TAFT CHILDREN'S NEWS - NOV. 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

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

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

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

Coffee and Conversations & Puppet Storytime

Dates: Wednesdays; Nov. 1 and Dec. 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 and learn about early childhood development and family friendly resources. The library will supply Muffin House Muffins.

Please stay for the 10:30 a.m. Puppet Storytime. Join Newton & Friends of Through Me to You Puppetry for songs and stories. At the end of the 30-minute show, children can greet the

puppets. Geared for children 2 to 5 years, but all are welcome.

Preschool Kidding Around Yoga

We will learn yoga poses, dance, sing, and meditate. This class is all about fun- all abilities are welcome. Mats are available, or feel free to bring your own. Wednesday, Nov. 8 at 9:30 a.m.

Three Sisters Program

The Three Sisters Seed Program is designed to allow children (and adults) to learn about the role these vegetables played in feeding the settlers when they arrived in our country. It is designed for children above the age of six, but younger children can attend with an adult. The kids will make mosaics using seeds from beans, squash and corn, the three vegetables planted by the Native Americans (including our local Nipmuc peoples). The Indians taught the settlers how to plant them together. The corn provided height, the bean vines climbed up the corn stalks and the squash, planted at the bottom provided protection and storage of rainwater to the other two veggies. Kids can design their own mosaics on cardstock, although there will be some patterns available (their choice.) They can bring their designs home. They might be a nice ornament for the Thanksgiving table. Hope you can join us on Tuesday, Nov. 14 at 4:30 p.m.

Tutors with Tails - Nov. 28

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.

Music & Movement with Deb Hudgins

Miss Deb will join us on Tuesday, Nov. 21 at 10:30 a.m. for a fun-filled, musical morning. Registration is required as space is 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.

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.

8-12 Book Club - We will be reading: *The Twits* by Roald Dahl. The book club discussion will be held downstairs in the library on Tuesday, Nov. 21 at 5 p.m.

6-9 Book Club - We will be reading: *Hamster Magic* by Lynne Jonell. The book club discussion will be held downstairs in the library on Tuesday, Nov. 28 at 5 p.m.

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Mendon Senior Center: Upcoming for Nov. & Dec.

Transportation Services

There's no excuse to stay home! The Mendon Senior Center van is available Monday thru Thursday to provide limited transportation for residents providing that such persons do not have access to any other transportation arrangements. This service allows for trips to medical appointments, local shopping or just coming down to the Senior Center for an activity or lunch. If you have any mobility issues, the van does include a lift, and our drivers are trained in wheelchair securement.

Please make your ride reservations at least 48 hours in advance by calling the Senior Center, 508-478-6175. Rides are based on availability of the van; medical appointments get highest priority. Ride fees are \$1 for local rides and \$4 for out-of-town rides. Vanbucks are available, get a 12-punch card for \$10. Please ask your van driver. Please call the center for additional information.

Tech Talk

Senior center participants are invited to a fun and informative Tech Talk on Tuesday, Nov. 14 at 2:30 p.m. at the Mendon Senior Center. Cillian Scott, Nipmuc High School student and National Honor Society candidate, will be offering tech support program as his community service event for NHS. Participants are welcome to bring any device i.e. cell phones, tablets, lap-tops they need assistance with. Cillian will discuss all areas of interest including: Settings and organization, storage, security connections and social media. Please call 508-478-6175 or stop by the senior center to register for this free program.

Surviving the Holidays

If you or someone you know is grieving, we invite you to attend this encouraging one-evening seminar on Thursday, Nov. 16 from 6 - 8 p.m. Surviving the Holidays, a program of GriefShare (www.griefshare.org/holidays) can help those dealing with the death of a

loved one. The seminar helps participants discover how to deal with emotions, what to do about traditions, helpful tips for surviving social events and how to find hope for the future. For more information call Tom at 508-478-3445. This program is sponsored by Faith Fellowship Church, 647 Douglas Street, Uxbridge, MA 01569

Outreach Assistance

If you have a problem, turn to a trusted source. If you need fuel assistance or help completing confusing paperwork or registering for a COVID vaccine, please call Outreach Coordinator Janet Hubener 508-478-6175 for assistance. Outreach is a service available to all senior citizens in the Mendon community over the age of 60 or disabled. Outreach is available to assist you at your home or at the Senior Center by appointment. Outreach appointments are free and confidential. Outreach makes referrals with your permission only - to a variety of agencies for home care, nutri-

tional programs including meals on wheels and safety in the home issues and many more.

Medicare Open Enrollment ends on Dec. 7

Important Reminder! You are probably aware that Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. It's important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you for next year. If you would like to change your plan for 2024, you may do so during the annual Medicare Open Enrollment Period between Oct. 15 and Dec. 7, and the changes will take effect Jan. 1 2024. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. If you would like to speak with a SHINE counselor about your open enrollment options, contact the Mendon Senior Center at 508-478-6175 to make a SHINE appointment. Mendon SHINE Counselors Chet Twardzicki and Janet Hubener will also be holding a roundtable session on Wednesday, Nov. 29 at 1 p.m. Please call the senior center to register.

Tree Trimming and Sing-along

Help us to deck the halls of the Mendon Senior Center! On Thursday, Nov. 30 stop by before or after our noon time lunch to put on an ornament or

two or bring one from home to donate. Janet Ahearn will grace us with carols on the piano. You are also welcome to join us for lunch as well. Drop-ins welcome; please register for lunch.

Upcoming Holiday Programs ~ call for details, space is limited:

Wednesday, Dec. 6 - COA Holiday Dinner sponsored by the Ferrucci Family - 12 noon
Thursday, Dec. 7 - Miscoe 6th Grade Chorus Holiday Program 10 a.m., Tri-Valley Lunch 12 noon
Thursday, Dec. 14 - Mendon Minstrels Chorus Holiday Program and Luncheon - 11 a.m.
Thursday, Dec. 21 - Nipmuc HS Jazz Ensemble & Acapella Group and Tri-Valley Holiday Luncheon 11:30 a.m.
Thursday, Dec. 28 - New Year's Celebration 11 a.m. - 1 p.m. sponsored in part by the Friends of Elders

Grandparents Raising Grandkids - Resource Center

This roving resource center, a program of Central Massachusetts Agency of Aging, Inc., can help grandparents raising grandkids with Housing, Rental assistance, Legal aid, Mental and Behavioral health, Food and Nutrition, Healthcare, Translations, Financial Literacy and more.

To schedule an appointment with our Grandfamilies Community Health Worker Muriel Emond call 1-800-244-3032 or email her at MEmond@SeniorConnection.org Program website: www.SeniorConnection.org

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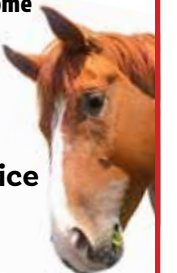
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continued from page 9

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In October, the Upton Police Department participated in the Memorial Elementary School PTO Trunk-or-Treat. Pictured here are School Resource Officer Ciara O'Connor (left) and School Resource Officer Jay Deiana (Right). Source: Facebook @uptonpolice

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Central One Federal Credit Union employees partnered with the organization "A Bed For Every Child" to construct beds for local children in need through their "Build A Bed" program.

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SPORTS

Dominant regular season for Nipmuc Volleyball

Warriors posted perfect DVC record

By Chris Villani

Nipmuc girls' volleyball head coach Brian Gerard had an inkling this year's team was going to be particularly strong after only losing two seniors last year. With nearly his entire team intact, Gerard watched the Warriors win 17 matches in a row, including a perfect 10-0 mark in the Dual Valley Conference.

"We have a lot of girls who play club volleyball, so that really gives them six more months of volleyball between seasons," he said. "It makes a difference, it really does."

Nipmuc was so dominant during the regular season, Gerard and the team opted to play in a higher division for the Central Mass tournament so as to better prepare for the MIAA playoffs.

Perhaps the coach's biggest challenge is figuring out which of his starters has been playing the best.

"I have been blessed this year," Gerard said. "Take your pick, really."

Captains Laura Piekarski, the libero; Kate Jukian, the setter; and Dana Schechter, an outside hitter, form what Gerard has dubbed his "power triangle."

"Laura does the lion's share of the service receptions and defense, Kate has wonderful hands and runs a wonderful court, and Dana has been lighting it up since her sophomore year," he said. "At times, she is unstoppable."

Junior Charlotte St. Pierre and sophomore Kayleigh Fountain have anchored the middle for Nipmuc.

"I haven't seen two better middles this year," their coach said.

Outside hitter Lauren Tabakin, a junior, has put together a strong season despite battling an injury. Sophomore right side hitter Annabel Palmer has brought a ferocious swing to the floor.



The Nipmuc volleyball team clinched the Dual Valley Conference with a perfect league record. Source Coach Brian Gerard

"She crushes the ball, she just needs a little bit more fine tuning," Gerard said, adding "I have no complaints about any-

one this season."

Nipmuc has advanced to the final eight of the MIAA state tournament in each of the past two seasons, and the Warriors are aiming a bit higher this year, having set a goal of reaching the final four. Nipmuc has typically competed in Division IV and was bumped up to DIII this

fall, but Gerard said he does not think the higher level competition in the states will affect his group, many of whom are seasoned club players.

"If we make it to the final four, we will have reached our goal," he said. "Anything else, getting to the semifinals or the finals, that's just icing on the cake for us."

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SPORTS

BVT, Nipmuc set for another cross-street series

Coaching rivalry adds new twist to holiday matchup

By Chris Villani

Blackstone Valley Tech and Nipmuc will renew their annual gridiron rivalry this Thanksgiving with both teams having put together playing-contending campaigns. But this year's series has a new wrinkle with the addition of first-year Nipmuc head coach James Royster.

A member of two Super Bowl winning teams as a player at Northbridge, Royster faced off on Turkey Day against BVT head coach Anthony Landini when he played at Uxbridge. The two also worked together on the BVT staff for several seasons.

"I know all of those guys, I played against Landini, this rivalry is huge," Royster said. "I can't wait."

Landini said it has added an extra dynamic to an already special day to have one of his friends leading the team on the opposing sideline.

"We've been harassing each other a little on social media," he said. "It's good fun."

It's cliché to say, but the records seem to matter little when Nipmuc and BVT square off on Thanksgiving. BVT has gotten the better of its rival in recent seasons, racking up five straight wins and a 10-4 overall series edge. Both teams put together solid seasons this year. Nipmuc bounced back from some down years to post a winning record despite suffering a rash of injuries late in the season.

Middle linebacker Jack Byrne has been a standout along with quarterback Josh Giancola and jack-of-all-trades Leo Polanco.

"Leo has been asked to do a lot and shoulder the load," Royster said. "He's a great cornerback, people usually don't throw in his direction."

Valley Tech rebounded after a slow start behind quarterback Alex Burgos, receiver and outside linebacker Nick Whitlock, and running back Adam Fransen, who recently posted a game with 140 yards on the ground and two touchdowns.

"A lot of people have been stepping up," Landini said. "Our line is playing better and



#33 RB/DB Adam Fransen



#60 OL/DL Landry Fitzgerald



#10 WR/DB Nick Whitlock



8 QB Alex Bergos All photos contributed by Coach Anthony Landini

the defense only allowed about 20 points over three games."

There are no bus rides on Thanksgiving in this series, Nipmuc will walk across a closed off Pleasant Street to take on BVT. Both coaches said the atmosphere will be special.

"It's Thanksgiving morning, it's most of these guys' last

games as seniors," Landini said. "You get to play in the morning, there's frost on the field and you don't know what the weather will be."

"This is all they know, this is what they grew up on," Royster said. "This game is all we talked about until the season started, we are going to be locked in."

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AS LOW AS \$84/WK

#TM24-016A • SUNROOF, 6K MILES

NEW RETAIL PRICE: ~~\$29,550~~ | **WHOLESALE PRICE: \$26,677**

2020 LINCOLN MKZ SEDAN

AS LOW AS \$96/WK

#P15985L • SUNROOF, NAV, LEATHER

NEW RETAIL PRICE: ~~\$39,745~~ | **WHOLESALE PRICE: \$29,977**

2021 FORD BRONCO 4x4

AS LOW AS \$99/WK

#P16220 • BIG BEND, TURBO

NEW RETAIL PRICE: ~~\$38,995~~ | **WHOLESALE PRICE: \$30,977**

2020 SUBARU FORESTER

AS LOW AS \$87/WK

#H04245 • PREMIUM, SUNROOF

NEW RETAIL PRICE: ~~\$34,695~~ | **WHOLESALE PRICE: \$27,677**

2016 CHRYSLER TOWN & COUNTRY

AS LOW AS \$44/WK

#23413A • TOURING, ALLOYS, DVD

NEW RETAIL PRICE: ~~\$28,160~~ | **WHOLESALE PRICE: \$15,477**

2023 HYUNDAI SONATA SEL

AS LOW AS \$85/WK

#D13339 • 27/37 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$32,680~~ | **WHOLESALE PRICE: \$26,977**

2020 CHEVY SPARK LS

AS LOW AS \$42/WK

#45005A • HATCH, BLUETOOTH, CPO

NEW RETAIL PRICE: ~~\$21,740~~ | **WHOLESALE PRICE: \$14,977**

2014 HONDA ODYSSEY EX-L

AS LOW AS \$53/WK

#TM23-932A • 19/28 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$39,150~~ | **WHOLESALE PRICE: \$17,977**

2018 BUICK ENCORE SUV

AS LOW AS \$53/WK

#TM23-935A • PREFERRED, ALLOYS

NEW RETAIL PRICE: ~~\$31,225~~ | **WHOLESALE PRICE: \$17,977**

2016 MAZDA MAZDA CX-5

AS LOW AS \$57/WK

#D13645A • AWD, NAV, ALLOYS

NEW RETAIL PRICE: ~~\$28,899~~ | **WHOLESALE PRICE: \$18,977**

2021 SUBARU CROSSTREK

AS LOW AS \$73/WK

#D13608L • ALLOYS, BASE TRIM

NEW RETAIL PRICE: ~~\$32,795~~ | **WHOLESALE PRICE: \$23,677**

2020 FORD FUSION SE

AS LOW AS \$60/WK

#P15968A • 23/34 MPG CITY/HWY

NEW RETAIL PRICE: ~~\$25,710~~ | **WHOLESALE PRICE: \$19,877**

2020 NISSAN ALTIMA 2.5 S

AS LOW AS \$64/WK

#H04314R • APPLE CARPLAY, 8" LCD

NEW RETAIL PRICE: ~~\$29,595~~ | **WHOLESALE PRICE: \$20,977**

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have more!"*



Mike Penner
General Manager

**SEVEN DAY VEHICLE
EXCHANGE PROGRAM**

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