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Vol. 2 No. 8

Free to Every Home and Business Every Month

Aug. 8 - Sept. 11, 2024

Mendon's 24th annual Great Cardboard Boat Race was great success

Seven vessels provide boatloads of entertainment



Photo source: Mendon Brothers of the Brush on Facebook

In July, spectators gathered at Mendon Town Beach to witness the 24th annual Great Cardboard Boat Race. Seven boats took to the waters of Lake Nipmuc, and a great time was had by all. Be sure to view the drone footage at bit.ly/

MendonGreatCardboard-BoatRace2024drone for

BOAT RACE

continued on page 12

Community invited to 'Last Sign Off' reception for Police Chief Bradley during his last shift

RSVPs requested

Upton Police Chief Michael J. Bradley, Jr. will be retiring after 30 years with the Town of Upton.

In recognition of his many years of service, The Town is inviting the public to attend a reception in his honor at the Community Center from 12 p.m. to 2 p.m. on Aug. 16, his last day with the Upton Police Department.

"The Last Sign Off is an opportunity for residents, business owners, and officials to thank Chief Bradley for his service to the community," said Town Manager Joseph Laydon.

Chief Bradley joined the Town of Upton as a dispatcher in 1994, rose through the ranks to become Police Chief in 2008 then Public Safety Director in 2021. He will become the Executive Director of the Massachusetts Chief of



Upton Police Chief Michael J. Bradley, Jr. will be retiring on Aug. 16, after 30 years of service to the Town of Upton. Photo Upton Police Department Facebook page

BRADLEY

continued on page 6







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Exsultet! women's choral group seeks two sopranos

Auditions to be held on Aug. 26

Do you love to sing? Then we would love to meet you! We are Exsultet!— a fun-loving, women's choral group made up of 15 to 20 musicians. We love making music and challenging ourselves to present concerts which enlighten and entertain. Exsultet! sings a repertoire of choral literature spanning musical periods and cultures, and incorporates readings and poetry into our performances.

Exsultet! has two openings for Soprano 1 and 2 singers for the 2024-2025 season. Auditions will take place on Monday, Aug. 26, at 7 p.m. at First Congregational Church, 725 Washington Street, Holliston.

- Exsultet! rehearsals for the 2024-2025 season will be on Monday nights from 7 to 9 p.m. in preparation for our two concert weekends this year. We typically perform our Holiday Concert in early December and our Spring Concert in early May.
- To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!
- Please contact Carrie Klimeczko at carrie7975@ gmail.com for more information and to schedule a specific audition time.
- · Visit www.exsultet.us to learn more about the audition process.



Courtesy photo

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Upton Drinking Water Quality Report released

Substances detected are 'significantly below' maximums set by EPA

By Theresa Knapp

The Town of Upton has released its 2023 Drinking Water Quality Consumer Confidence Report, now available on at www.uptonma.gov.

The annual report states, "We are pleased to report that water delivered to you met or exceeded all Federal and State drinking water standards. This report includes all the required testing results for the calendar year 2023, including the new PFAS regulations, and other valuable information about your drinking water."

The 'Finished Water Test Results' section starts, "The Town collected numerous water samples for over 100 potential contaminants. Federal and State regulations require tests for bacteria, PFAS, volatile organics, synthetic organics, total trihalomethanes, haloacetic

acids, nitrates, and sodium. The table [included] contains only the contaminants that were detected. Although the substances are significantly below the Maximum Contaminant Level (MCL) set by the EPA, it is important for you to know what was detected and the amount present."

The report also noted,

- Upton's water is considered ground water. The water is sourced from seven wells at three pump stations.
- Chlorine, a highly efficient disinfectant, is added to kill disease-causing bacterine that water or pipes may contain.
- · Potassium hydroxide is added for corrosion control.
- 'Cross connection' issues can be prevented by installing a Hose Bib Vacuum Breaker, available at most hardware stores

The report also includes a section on how to identify lead service lines and how to conserve water.

The full document is available at bit.ly/Upton2023Drinking-WaterQualityReport.



The 2023 Drinking Water Consumer Confidence Report is right-to-know report required to be sent to you in accordance with Federal Safe Drinking Water Act Public Law 104-182, Section 1414(c)(4).

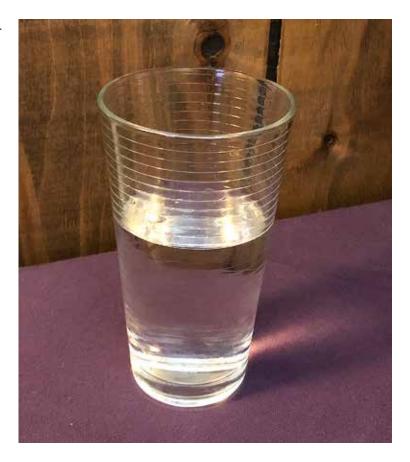
Source: www.uptonma.gov

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Please submit to:

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Mendon holds annual Senior Tea

COA and Friends of Elders honor those born 1939 and earlier

On July 28, the Mendon Council on Aging and Friends of Mendon Elders co-sponsored the annual Senior Tea honoring elders aged 85 and older.

This year's theme was sun-

flowers and tea, of course. Honorees and their guests were treated to a delicious assortment of finger sandwiches, tea and coffee in china teacups, strawberry punch, and peach pie. Council on Aging Co-Chair Earl Pearlman softly played tunes on the piano from the "Great American Song Book" while multiple conversations took place.

Honorees were each presented with wrapped sunflowers upon their departure. As one guest said, "It was a lovely afternoon, not soon to be forgotten."



Front (L-R) Patricia Randor, Judith Hinckley, Frances Scott, Odelva Geddes. Rear (L-R) Ursula Barlow, Kay Holmes, Honey Vartabedian, Joan Marino, Dick Chace, John Palumbo.



Dick and Lynda Chace. All photos courtesy of Mendon Council on Aging



Kay Holmes and Honey Vartabedian.



(L-R) Paula Malnati, Ursula Barlow, David Janelle with his mother Del Geddes and wife Sandy Janelle.



Are you afraid of outliving your money?



Mark Freeman

FINANCIAL FOCUS® Provided by Edward Jones

Do you worry about running out of money during your retirement years? If so, how can you help prevent this from happening?

In the first place, if you have this type of fear, you're far from alone. Consider this:

58% of retirement savers from all age groups, including current retirees, say that outliving their assets is their greatest retirement fear, according to a study by Cerulli Associates, a financial services research organization.

This type of fear can certainly affect your quality of life when you retire. Still, there's no need to panic – because you can take steps to help prevent the running-out-of-money scenario.

Here are a few to consider:

Know how much you'll need during retirement. You need to get a clear picture, or at least as good an estimate as possible, of how much money you'll need to support your retirement lifestyle. Once vou do retire, some costs, such as transportation or other work-related expenses, might go down, while others - medical expenses, in particular – will likely go up. The fear of running out of money, like many fears, is caused largely by what you don't know, so having a good sense of how much you'll need in retirement can help reduce your anxieties.

• Build financial resources

before retirement. You're probably at your peak earning capacity in the years close to your retirement, so consider contributing as much as you can afford to your IRA and 401(k) or other employer-sponsored retirement plan.

- Maximize your Social Security payments. You can start collecting Social Security as early as 62, but your monthly benefits will be larger if you can afford to wait until your full retirement age, between 66 and 67. (Payments will "max out" at age 70.)
- Re-enter the workforce.

 Going back to work in some capacity is one way to possibly help build retirement resources and delay taking Social Security. If you have a particular area of expertise, and you enjoyed the work you did, you might be able to go back to it on a part-time basis or do some consulting. You could boost

your cash flow, and potentially extend your contributions to an IRA and to an employer's retirement plan.

- Cut costs during retire*ment*. Possibly the biggest cost-cutting measure is downsizing - are you willing and able to move to a less expensive area or scale down your current living space? Of course, this is an emotional decision, as well as a financial one, and downsizing isn't for everyone, but it might be something to at least consider. As for the lesser ways of reducing expenses, take advantage of senior discounts, which are offered in many areas, including entertainment, public transportation, restaurants and retail establishments. And look for other opportunities, such as cutting out streaming services you don't use.
- Look for more income from your investments.
 As you get closer to retire-

ment, and even when you do retire, you might want to adjust your investment portfolio to provide you with more income-producing opportunities. However, even as a retiree, you'll want some growth potential in your investments to help keep you ahead of inflation.

Ultimately, the more you can bolster your financial security before and during retirement, the less fear you may have of outliving your money.

Contact Mark for assistance with your personal finances.

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

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Recent Home Sales

Date	Mendon	Amount
07/25/2024	2 Catalpa Lane	\$1.00 mil
07/24/2024	7 Bellingham St.	\$825,000
07/18/2024	12 Sandra Circle	\$735,000
07/17/2024	13 Park Street	\$750,000
07/16/2024	32 Butler Road	\$1.02 mil
07/16/2024	30 Vincent Road	\$810,000
07/01/2024	8 Harrington St.	\$800,000
Date	Upton	Amount
Date 07/26/2024	Upton 49 East St.	Amount \$811,000
	•	
07/26/2024	49 East St.	\$811,000
07/26/2024 07/22/2024	49 East St. 4 Pierce Lane	\$811,000 \$800,000
07/26/2024 07/22/2024 07/17/2024	49 East St. 4 Pierce Lane 198 East St.	\$811,000 \$800,000 \$975,000
07/26/2024 07/22/2024 07/17/2024 07/09/2024	49 East St. 4 Pierce Lane 198 East St. 19 Shoemaker Lane #9	\$811,000 \$800,000 \$975,000 \$769,050

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



The 4-bed, 4-bath, 4,278 square foot house at 2 Catalpa Lane in Mendon recently sold for \$1 million. Photo credit www.zillow.com

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Mendon Cultural Council to host town-wide scarecrow contest

'Family-friendly' displays should stay up through October

The Mendon Cultural Council will hold a town-wide scarecrow contest this fall.

The MCC will accept registration from Sept. 8 to Sept. 28. Residents can register by emailing the Cultural Council culturalcouncil@mendonma.gov or by obtaining a registration form at

Mendon Town Hall after Sept. 1. Completed forms can be

dropped off in an entrant box at Town Hall.

All scarecrows can be dis-

will be complete, and winners will be announced on Oct. 20. The MCC asks that all dis-

played starting Oct. 1. Judging

plays be family-friendly, and that all participants keep their scarecrows displayed for the entire month of October.

For more information, feel free to contact any member of the Mendon Cultural Council listed at www.mendonma.gov/cultural-council.

BRADLEY

continued from page 1

Police Association, a group of nearly 400 municipal and campus law enforcement executives from all across the state, according to masschiefs.org.

To RSVP for the reception, people should email select-board@uptonma.gov.

Source: www.uptonma.gov

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'Last Sign Off' reception for Police Chief Bradley will be Friday, August 16 from 12 p.m. to 2 p.m. at the Community Center.



To RSVP,
email selectboard@uptonma.gov





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Mendon goes for more green energy for less money

The Land/Energy Use Committee and the Select Board have been working with Colonial Power Group to offer residents a municipal aggregation program for electricity. The program will automatically start on the first meter read this September for National Grid Basic Rate customers.

The advantage of municipal aggregation is that town can take advantage of combining the purchasing power of its residents and businesses and offering an alternative electricity supply that is less expensive than they are currently paying. This also offers an electric supplier that has been vetted, ensuring consumers that this is not a scam, which these days can sometimes be difficult to decipher.

On top of the savings, more renewable energy is offered in Mendon's program. "Our electricity program allows us to reduce our dependence on nonrenewable energy sources and decrease our carbon emissions,



while also stabilizing electricity bill prices at a competitive rate," said Brendan Chenelle, Mendon Select Board Vice-Chair.

National Grid Basic Rate customers will automatically receive an electricity rate at a price lower than the National Grid Basic Rate and it will include more renewable energy. Customers can opt out at any time. Those with third party electric suppliers can choose to opt in. Alejna Brugos, Mendon

Select Board Chair noted, "We have heard from community members that they hoped that Mendon would offer a program like this, both for the savings and for the cleaner energy options. We are thrilled that Mendon is now able to participate."

The Program will be operated on an opt-out basis, meaning that all Mendon residential and business customers currently on National Grid's Basic Service will be automatically enrolled into the Program unless they choose to opt-out. The August 20 deadline refers to opting out before the month of September bill, but after the deadline National Grid Basic Rate customers can still opt out beyond September. Residents who wish to opt-down to the optional basic product or opt-up to the optional renewable product can make that selection accordingly. See ad for details.

"No action is required by ratepayers receiving their electricity from National Grid to participate in this cost-saving, greener program. However, if you have chosen third party electric supplier, you will continue with that supplier, unless you decide you want to opt in to this program," Anne Mazar, Mendon Land/ Energy Use Committee Chair explained.

Carolyn Barthel, Land/Energy Use Committee member said, "There are many places to get information on the program through the newspapers, social media, at www.MendonMA. Gov and information sessions."

For more information: Residents can visit colonialpower-group.com/mendon or call 866-485-5858 ext.1 to learn more about Mendon's Community Choice Power Supply Program, to opt-in or opt-out, or to change your product selection. Questions can also be emailed to landusecomm@mendonma. gov – the Mendon Land/Energy Use Committee.

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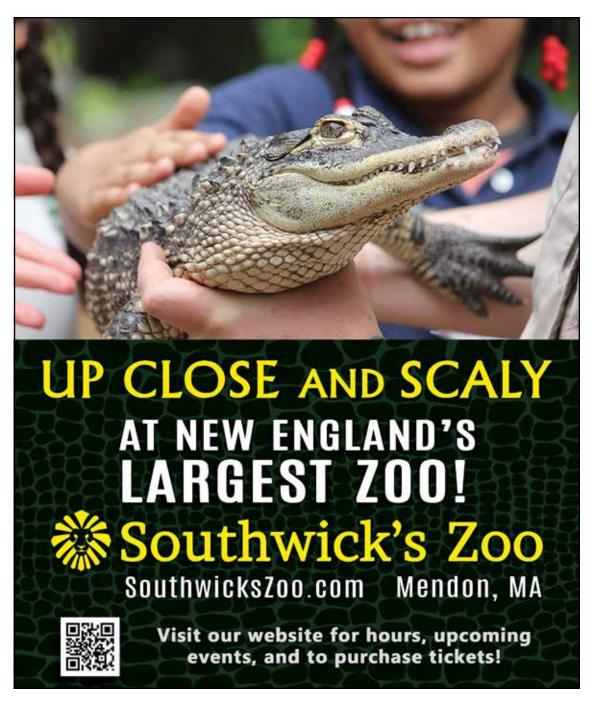


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Upton Senior Center – August events

Grief Support Group, Tuesdays at 1 p.m.

The loss of a loved one is painful and difficult but you are not alone. Find compassion and comfort at this grief support group led by Robin Natanel.

Dance Fusion Fitness, Wednesdays at 9:30 a.m.

Dance Fusion Fitness with Scott Shuster is back! Looking for a fun way to get fit? We have the answer for you. Dance Fusion Fitness is similar to Zumba Gold featuring low-impact movements that are gentle on the joints, making it ideal for seniors with joint issues or limited mobility. The class is set to pop and funk music. \$3 fee.

Mindful Meditation, Friday, August 9 at 1 p.m.

Calm your mind and body so you can acknowledge and ac-

cept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.

Tech Help, Tuesday, August 13 at 1 p.m.

Join us for our monthly tech help session. Our resident "techsperts" will be available for oneon-one assistance with your tech questions. Please bring your device with you for help with your specific device. Pre-registration required.

Pastel Class, Wednesday, August 14 12:30 p.m.

Flowers in a Crystal Vase inspired by Manet: A Hands-on Pastel Workshop for Adults with Pastelist Greg Maichack. If you like you can pastel paint your favorite flower this pastel painting workshop serves sheer beginners to advanced artists. All

keep their work. All materials provided. This program is supported in part by funds from the Upton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Upton Memory Café, Wednesday, August 14 at 2

The first Upton Memory Café was a huge success and gained the attention of local politicians and media outlets. The Memory Café was designed by Nipmuc High School volunteers to meet the needs of individuals affected by Alzheimer's and dementia in Upton and surrounding communities. If you or your loved one are experiencing problems with memory or thinking, we encourage you to attend the Memory Café. It is a great opportunity for engagement, socialization and support. Contact

the senior center at 508-529-4558 to register.

Police Chief Last Sign Off Reception, Friday, August 16 12-2 p.m.

In recognition of Chief Bradley, the Town of Upton is inviting the community to attend a reception in his honor at the Community Center during his last day with the Upton Police Department. We hope everyone can join us as we celebrate Chief Bradley and his 30 years of dedicated service to Upton. RSVP to selectboard@uptonma.gov or contact the senior center to RSVP on your behalf.

Medication Safety - Massachusetts College of Pharmacy, Tuesday, August 20 at 2:30 p.m.

Medication safety in older adults is crucial due to agerelated changes in the body that affect how medicines are processed, increasing the risk



Upton Senior Center. Photo courtesy Wendy Watkins

of side effects and interactions. Older adults often take multiple medications, which can lead to harmful drug interactions if not managed properly. It's important for seniors to follow their healthcare provider's instructions closely and regularly review

UPTON SENIOR CENTER

continued on page 13



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MENDON ENERGY PROGRAM **ANNOUNCES START DATE**

The Town of Mendon is pleased to announce that it's launching its Community Choice Power Supply Program this fall in an effort to provide an energy program that is stable, affordable and incorporates additional renewable energy. Mendon signed a 24-month contract with Direct Energy Services. National Grid Basic Rate

customers will automatically receive an electricity rate at a price lower than the National Grid Basic Rate, it will include more renewable energy and customers can opt out at any time. Those with third party electric suppliers can choose to opt in. Details are below.

Beginning with the September 2024 meter reads, Mendon's Program will offer three products with varying amounts of renewable energy content.

The Mendon Community Choice Power Supply Program is a municipal aggregation program which, MASSACH according to Massachusetts law (M.G.L. c. 164, § 134), enables local government to combine the purchasing power of its residents and businesses so that it can provide them with an alternative electricity supply that is vetted by professionals to ensure residents this is not a scam. Approximately 170 Massachusetts communities, to date, have chosen to develop community choice electricity programs to benefit their residents and small business owners.

PRODUCT	RENEWABLE ENERGY CONTENT W/DIRECT ENERGY	PROGRAM RATE (per kWh) W/DIRECT ENERGY	NATIONAL GRID'S BASIC RATE* (per kWh)	% SAVINGS** W/DIRECT ENERGY	EST. MONTHLY SAVINGS** W/DIRECT ENERGY
Standard (default)	10% MA Class I RECs above min. state requirements	\$0.14450		10%	\$10
Optional Basic	Meets MA renewable energy requirements	\$0.14020	\$0.16055	13%	\$12
Optional Renewable	25% MA Class I RECs above min. state requirements	\$0.15080		6%	\$6

*National Grid's Residential Basic Service meets MA renewable energy requirements and is in effect from August 1, 2024 thru January 31, 2025. Assuming usage of 600-kilowatt hours of electricity per month, residents can expect to see an average savings for that period.

**Values for savings with Direct Energy are a comparison to the basic National Grid's Basic Rate. The Direct Energy Standard (default) and Optional Renewable products both include more green energy than what is being offered by the National Grid's Basic Rate program.

Residents will not notice any change in their electricity service. The only discernible difference will be that Direct Energy Services of Houston, Texas, will be printed under "Supply Services" on National Grid's monthly bills. Residents and small business owners will continue to receive one bill from National Grid and to send payments to National Grid for processing. There will be no interruption in billing, power, or customer service.

The Program will be operated on an opt-out basis, meaning that

all Mendon residential and business customers currently on National Grid's Basic Service will be automatically enrolled into the Program unless they choose to opt-out. Residents who wish to opt-down to the optional basic product or opt-up to the optional renewable product can make that selection accordingly.

> There are no enrollment, early termination, or cancellation fees attached to the Mendon electricity program. Residents who choose to opt-out can also opt-in at a later date if they so choose at no cost. However, anyone switching from a contract with a third-party supplier may be subject to penalties or early termination fees charged by that supplier. Ratepayers should verify terms before switching.

National Grid's Basic Service rates change twice a year or more, depending on rate class. As a result, the aggregation rate may not always be lower than the Basic Service rate. The goal of the aggregation is to deliver savings over the life of the program against National Grid's Basic Service. However, such savings and future savings cannot be guaranteed.

Residents or business owners with a supplier block on their account must contact their National Grid to request that the block be removed if they want to participate in Mendon's electricity program.

> National Grid has several programs to help income-eligible families and customers needing special assistance meet their energy needs. To learn more visit nationalgridus.com/MA-Home/Bill-Help/Payment-Assistance-Programs.

> Sessions to answer any questions regarding Mendon's Community Choice Power Supply Program will be held by representatives of the Town of Mendon and Colonial Power Group as follows:

- August 13th at 1:30 PM at the Mendon Senior Center, 62 Providence Street
- August 21st at 6:30 PM at the Mendon Town Hall, 20 Main Street and remotely
- Remote access to meetings can be found at the town website: www.mendonma.gov

Residents can visit colonial power group.com/mendon or call (866) 485-5858 ext. 1 to learn more about Mendon's Community Choice Power Supply Program, to opt-in or opt-out, or to change your product selection. Questions can also be emailed to landusecomm@ mendonma.gov – the Mendon Land/Energy Use Committee.



ABOUT COLONIAL POWER GROUP: Based in Marlborough, Mass., Colonial Power Group is the leading aggregation-consulting firm in Massachusetts. Colonial Power has been working with local governments Power Group since 2002 in the design, implementation and management of municipal aggregation programs.

Back to school eye health and **Computer Vision Syndrome**

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

As the back-to-school season approaches, parents are busy preparing their children for the academic year ahead. From buying new clothes to stocking up on school supplies, the checklist can seem endless. However, one crucial aspect that often gets overlooked is eye health. Ensuring that children have optimal vision is essential for their academic performance and overall well-being. Additionally, with the increasing use of digital devices in education, understanding and addressing Computer Vision Syndrome (CVS) is more important than ever.

The Importance of Regular **Eve Exams**

Regular vision screening using evidence-based tools and procedures is essential to identify children with possible vision impairments. These screenings educate parents and caregivers about the importance of vision

care, ensure referrals to eye care professionals for comprehensive exams, and help parents understand the significance of following treatment plans.

However, the availability of appropriate vision screening varies depending on location and the specific schools or programs children attend. These discrepancies can lead to inequalities in children's vision care in the United States. Notably, 1 in 17 young children and 1 in 4 school-aged children have undetected and untreated vision disorders that can interfere with learning and development.

Untreated vision disorders can cause children to fall behind in school, exhibit behavioral problems, miss developmental milestones, and even suffer permanent vision loss. Therefore, a continuum of eye care that includes both vision screenings and comprehensive eye examinations is recommended. All children, even those with no signs of trouble, should have

their eyes and vision screened at regular intervals.

Five Steps to Eye Health

- 1. Understanding the Importance: Parents and caregivers need to understand the importance of vision screening and arrange eye exams if screening suggests a possible vision disorder.
- 2. Routine Screening: Children should participate in routine vision screening conducted by trained and certified screeners using evidencebased tools and procedures.
- 3. Referral for Examination: Children who do not pass vision screening should be referred to their medical home or an eye care professional for a comprehensive eye examination.
- **4. Eye Examination:** Eye exams should be conducted by eye doctors trained and experienced in treating young



children.

5. Follow-up and Treatment:

Parents and caregivers should follow the treatment plan, ensure ongoing care, and share eye examination results with school nurses or other relevant personnel.

Signs Your Child May Need an Eye Exam

While annual eye exams are crucial, specific signs indicate a child may need to see an eye doctor sooner. These include:

- Squinting or tilting the head to see better
- · Complaints of headaches or eye strain
- Difficulty reading or doing close-up work
- Sitting too close to the television or holding digital devices close to the eyes
- Excessive tearing or sensitivity to light

If any of these symptoms are present, it's essential to schedule an eye exam as soon as possible. As always..." Moms know better". In doubt, schedule a comprehensive eye exam.

The Rise of Digital Device **Use in Education**

In recent years, digital devices have become integral to the educational experience. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome (CVS).

Understanding Computer Vision Syndrome

Computer Vision Syndrome, also known as Digital Eye Strain, refers to a group of eye and vision-related problems resulting from prolonged use of digital devices. Symptoms of CVS include:

- · Decreased or blurred vision
- Burning or stinging eyes

- · Sensitivity to light
- · Headaches
- · Neck and back pain

CVS is more common if there are more than two hours of continuous computer screen time a day. The most common causes include improper viewing angle or distance from the screen, glare, extended use, staring without blinking, and uncorrected vision problems.

Preventing Computer Vision Syndrome

While it may not be possible to eliminate digital device use, these measures can help prevent CVS:

- Adjust Viewing Angle: The center of the monitor should be 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Position reference materials so they can be seen without moving your head.
- Reduce Glare: Position your screen to avoid glare from lights or windows. Use glare filters if necessary.
- Rest Your Eyes: Follow the 20-20-20 rule: every 20 minutes, look away from your screen at something 20 feet away for 20 seconds. After two hours of continuous screen use, rest your eyes for 15 minutes.
- Blink Often: Blink frequently and use lubricating eye drops to prevent dry eye.
- Get Your Eyes Checked: Ensure your prescription is correct, especially for computer use.

If symptoms persist, consult an ophthalmologist for a comprehensive evaluation and treatment plan.

Choosing the Right Eyewear

For children who need corrective lenses, selecting the right eyewear is crucial:

• Durability: Choose sturdy



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Mendon Senior Center events

Regular Weekly Programs: Walking Group – Monday/ Wednesday/Friday – 8:30 a.m. Chorus Rehearsal – Monday 1 p.m. beginning Sept. 9 (Call to register)

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. (returning in the fall)

Hand, Knee & Foot (Canasta type) – Tuesdays 1 p.m. Cribbage – Wednesday 9:30

a.m.

Oigong – Wednesday 10 a m

Qigong – Wednesday 10 a.m. (seasonal program)

Games – Thursday 9:45 a.m. **Mah Jong** – Wednesday/ Thursday 1 p.m.

Yarn Works – Thursday 1 p.m.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is

Regular Weekly Programs: Best for Me? (Duration: 45 mins)
Walking Group – Monday/
Monday, 8/19 – 11 a.m.

This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss 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.

Ice Cream Social/Live Music August 21 1 p.m.

Join us for an entertaining afternoon of entertaining banjo music of Joe Kuras followed by a make your own sundae event, both programs are sponsored by the Friends of Elders. Make your own sundae with all the toppings. Both events are generously sponsored by the Friends. Call or stop by the center to register. Seating is limited.

Pen Pal Program Returns

- Coming this fall... the Mendon Senior Center is pleased to announce it will be collaborating with eight graders from Benjamin Franklin Charter School in Franklin under the direction of volunteers Cheryl Lemon and Susan Edmondson, We will be exchanging letters once a month during the school year. Seniors interested in adopting a pen pal are encouraged to sign up at the senior center. If you have any questions, please contact director Amy Wilson Kent at 508-478-6175.

Senior Center Chorus looking for voices!

The Mendon Minstrels Chorus will be resuming rehearsals with director Dave Clinkman



Mendon Senior Center. Photo courtesy Wendy Watkins

on Mondays at 1 p.m. beginning Sept. 9. The Minstrels will simultaneously be preparing for a late fall program entitled "Dream" and the annual veterans' breakfast. Please stop by or call the Mendon Senior Center at 508-478-6175 to register.

Senior Citizen Day \sim Senior of the Year

Please join us in congratulat-

ing Anne Mazar and plan to attend the annual Senior Citizen Day sponsored by the Mendon Lions Club. The event, scheduled for Sunday, September 8 at 11:30 a.m. at the Unitarian Church of Menon/Uxbridge, 13 Maple Street, Mendon, is a time to honor all senior citizens. Please call 508-478-6175 or stop by the senior center to register for this event.

NOTICE OF PUBLIC OUTREACH MEETING

relative to



Multi-family zoning as-of-right in MBTA Communities

The Planning Board invites all interested parties to join the Board to discuss the State's requirements for "MBTA Communities". There will be a presentation by the Board's consultant, RKG Associates, and an opportunity to review and discuss current proposals.

PLACE: Microsoft Teams Remote Access & the Great Room

Upton Community Center 9 Milford St, Upton, MA

DATE: Monday August 12, 2024

TIME: 7:00 p.m.

The following link can be used for access to the posted meeting agenda:

UptonMA.gov/AgendaCenter/Planning-Board-21



For additional information regarding MBTA Community Zoning, including FAQs, visit the Town's website here:

UptonMA.gov/257/MBTA-Communities---MGL-40a-Sec-3a

Upton Planning Board • Margaret Carroll, Chair



BOAT RACE

continued from page 1

some spectacular views of the sailing (and sinking) of these clever crafts.

Here are the winners in the 2024 Taft Public Library Great Cardboard Boat Race:

ONE-PERSON CRAFT

Winner was Greyson Michael in his boat b.b.o.a.t.

FAMILY CRAFT

1st Place: Mi Amore (Sondra Flannery, Bella Flannery, Olivia Flannery, Julia Flannery, and Gemma Flannery)

2nd Place: The Shiny Mermaid (Guinevere Rebello and Dylan Rebello)

3rd Place: Die Wilden Huhner Sind Wieder Da!!! (Lena Barnett, Maja Barnett, Regina Auth-Jahn, and Christin Barnett)

GROUP CHALLENGE

1st Place: Sirens of the Sea (Mendon Police Department: Kaelan Farragher and Nick Erskine)

2nd Place: The S.S. Brotherhood (The Mendon Brothers of the Brush: Shawn Clifton and Timothy Reiffarth)

SPECIAL AWARDS

Pride of Mendon Award (Most Creative Design): b.b.o.a.t (Greyson Michael)

Captain's Choice Award (Most Attractive Boat): The Shiny

Mermaid (Guinevere Rebello and Dylan Rebello)

Esprit de Corps Award (Most Spirited and Organized Team): Mi Amore (Sondra Flannery, Bella Flannery, Olivia Flannery, Julia Flannery, and Gemma Flannery)

Perseverance Award (Honors the Competitors Who Never Gave Up): Die Wilden Huhner Sind Wieder Da!!! (Lena Barnett, Maja Barnett, Regina Auth-Jahn, and Christin Barnett)

Titanic Award (Most Spectacular Sinking): The S.S. Brotherhood (Mendon Brothers of the Brush: Shawn Clifton and Timothy Reiffarth)

Surprise Award (We're Surprised It Floats): Sirens of the Sea (Mendon Police Department: Kaelan Farragher and Nick Erskine)

Favorite Book Award (Best Reflects a Favorite Book) and the Library Award (Best Reflects a Love of Reading): both were won by The S.S. Cricket (Gavin Histen, Merrick Histen, and Finn Histen)

For more photos of the Great Cardboard Boat Race, visit Mendon Brothers of the Brush on Facebook or bit.ly/MendonGreatCardboardBoatRace-2024photos. For drone footage, visit bit.ly/MendonGreatCardboardBoatRace2024drone.

Provided by Taft Public Library



Caleb Tomas wins Oreo™ Stacking Contest

After three heats of Oreo stacking, Caleb Tomas emerged as the winner in an intense 30-second contest against three other competitors.

In the final seconds, everyone's towers fell but Caleb's.





Photo source: Mendon Brothers of the Brush on Facebook



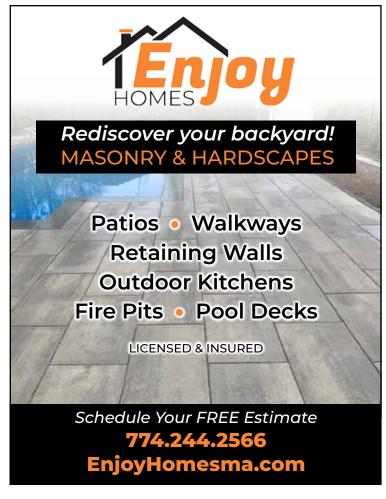




Photo source: Mendon Brothers of the Brush on Facebook

UPTON SENIOR CENTER

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their medications with a doctor or pharmacists.

World Senior Citizens Day, Wednesday, August 21

"You don't stop laughing when you grow old. You grow old when you stop laughing." ~ George Bernard Shaw

Today we will celebrate our seniors with laughter, sweet treats and surprises throughout the day! Intergenerational Game Day 1-3 p.m. Join us for an afternoon of Intergenerational fun in honor of National Senior Citizens Day! Bring the family for cornhole, Connect 4 and more...games and giggles for all ages.

WooSox Upton Town Takeover, August 28 WooSox

Join us at Polar Park on Wednesday, August 28 for a Grafton, Upton and Mendon Take over of Polar Park. A portion of Upton tickets sold will benefit the Upton Center Food Pantry.





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



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Mendon safety log

Between June 23 to July 20, the Mendon Police Department responded to hundreds of calls, the majority of which were motor vehicle stops. Numerous other calls were related to 911 calls (including accidental and hang ups), motor vehicle violations, erratic drivers, disabled motor vehicles, fire alarms, burglar alarms, road hazards (wires, etc.), parking complaints, animal issues, suspicious activity, fraud, warrant and document service, civil complaints, vehicle lockouts, lost property, and more. This is not intended to be an exhaustive list.

Other entries of note during the month include:

June 24 at 6:17 p.m., Neck Hill Rd., structure fire **June 25** at 3:15 p.m., Black-

stone St., harassment

June 25 at 6:19 p.m., Taft

Rd., brush fire

June 26 at 6:02 p.m., North Ave., hit and run motor vehicle accident

June 26 at 8:25 p.m., North Ave., property damage

June 28 at 3:37 p.m., Milford St., civil complaint

June 28 at 7 p.m., Brookview Lane, assault

June 29 at 1:05 a.m., Milford St., assistant citizen/public

June 30 at 9:43 a.m., Providence St., missing person

July 1 at 2:15 p.m., Uxbridge St., assault

July 1 at 5:21 p.m., Cape Rd., harassment

July 3 at 11:04 a.m., Hartford Ave., missing person

July 3 at 1:33 p.m., Nipmuc Drive, fireworks complaint **July 3** at 6:18 p.m., Belling-

ham St., larceny **July 4** at 9:18 a.m., Providence St., vehicle fire

July 4 at 7 p.m., Eight Rod Road., fireworks complaint **July 7** at 2:50 a.m., Uxbridge

Road, noise complaint **July 7** at 3:50 a.m., Main St.,

message delivery **July 8** at 6:49 a.m., Uxbridge Road, larceny

July 8 at 9:35 a.m., Providence St., fraud

July 10 at 8:31 p.m., Inman Hill Road, fireworks complaint

July 13 at 2:23 a.m., Quissett Road, well-being check **July 13** at 10:31 p.m., Crest-

view Drive, fireworks complaint

July 15 at 8:27 a.m., Pleasant St., fire alarm

July 16 at 3:59 p.m., River Road, fight

July 19 at 8:45 a.m., Millville St., shoplifting

July 20 at 8:33 p.m., Talbott Farm Drive, message delivery *Source: www.mendonpolice.com*

EYES

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frames that can withstand daily activities.

- **Comfort:** Ensure the frames fit well and are comfortable.
- **UV Protection:** Consider lenses with UV protection for outdoor activities.
- Blue Light Filters: Several studies suggest that blue light-blocking glasses do not improve symptoms of digital eye strain. The American Academy of Ophthalmology does not recommend blue light-blocking glasses because of the lack of scientific evidence that blue light is damaging to the eyes.

Conclusion

As children head back to school, ensuring their eye health should be a top priority. Regular eye exams, attention to symptoms of vision problems, and strategies to prevent Computer Vision Syndrome can help safeguard their vision and support their academic success. By taking these steps, parents can ensure their children have

the visual tools they need to thrive in and out of the class-

Computer Vision Syndrome is very common, and more eye strain can be expected as screen work increases. Our center and optometrists have state-ofthe-art equipment to diagnose and treat many eye problems, including CVS. With in-house ophthalmologists available, there is no need to seek outside referrals. Our seven dedicated eye care providers across three state-of-the-art facilities in Franklin, Milford, and Millis offer convenient Saturday and after-hours appointments. This back-to-school season, all new patients, children, and adults, receive a new pair of select eyeglasses. Our quality in-house optical shop has its own lab and experienced opticians ready to help. From basic eye exams to high-tech surgeries, we provide comprehensive eye care for returning scholars and the entire family.

For more details, see our ad on page 10.

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OBITUARY -

Richard E. Weiser

Richard E. Weiser, 84 yrs. old, from Upton, Mass., passed away peacefully at Beaumont Nursing Facility in Westborough, July 20, 2024 from complications of Parkinson's Disease.

He leaves his loving wife Brenda of 42 yrs., his son Glenn Weiser and his wife Lisa, and their son Arron of PA, a daughter Cheryl Weiser Cabaruvias of CO and her son David and daughter, Nicole, and a brother Frank Kretschmer and his wife Shirley of North Carolina.

His daughter Sara Weiser predeceases him.

Richard received a Bachelor's Degree in Electrical Engineering from Lehigh University and a MSEE from Northeastern University. His diverse engineering background included work on the first lunar landing. He worked for RCA, and Fenwal, finishing his career with Honeywell of Acton.

His interests, to which his personality was well suited, included spending summer vacations at his cottage in Maine, fishing, nature and history studies, building stone walls, garden-



ing, renovating his historical house, PBS, and his pets. He also volunteered with the Open Space Committee in Upton.

Richard was the kindest, most gentle man to all who knew him well and will be sorely missed.

No services are planned at this time.

In lieu of flowers a donation in his memory can be made to Mass. Audubon Society, www. massaudubon.org.

Funeral arrangements are under the care and direction of the Pickering & Son Upton Funeral Home.

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

Upton safety log

The Upton Police Department provided a wide range of services between June 26 and July 25 related to motor vehicle violations, disabled and suspicious motor vehicles, traffic enforcement, parking complaints, vehicle and house lockouts, road hazards (wires), building checks, various alarms, abandoned and accidental 911 calls, gates closed, community policing, wellbeing checks, noise complaints, summons service (and attempts), court appearances, fundraiserpossible scams, larceny, solicitation, identity theft, fraud/forgery, lost/ missing/found property, and animal matters. In addition, UPD provided daily mutual aid to Hopedale police, fire and EMS.

This is not intended to be an exhaustive list. Other entries of note include:

June 26 at 11:14 a.m., School St., pick up/drop off item

June 26 at 11:54 a.m., School St., pick up/drop off item

June 27 at 6:54 a.m., Westboro Road, power outage

June 27 at 8:42 a.m., Milford St., abandoned motor vehicle, im-

pounded

June 27 at 10:59 a.m., Main and Grove Sts., assist with traffic

June 27 at 1:40 p.m., Mendon St., neighbor dispute

June 28 at 12:21 p.m., School St., cell inspection

June 29 at 3:08 a.m., Kiwanis Beach Rd., suspicious person, unfounded

June 29 at 11:15 a.m., Fowler St., ATV complaint

June 29 at 2:55 p.m., Milford St., fire alarm

June 29 at 5:11 p.m., townwide, motor vehicle registration check

June 29 at 11:34 p.m., N. Main St., suspicious person

June 30 at 9:20 a.m., Pleasant St., disturbance

June 30 at 1:29 p.m., Pleasant St., trespassing

July 1 at 8:17 a.m., drug box (medical) maintenance

July 1 at 12:56 p.m, North St., inspection/blasting

July 2 at 8:41 a.m., Main St., animal injured

July 2 at 11 a.m., School St., generator self-test

July 2 at 1:12 p.m., [no address],

house check

July 2 at 3:09 p.m., Pleasant St., trespassing

July 3 at 12:59 a.m., Kiwanis Beach Rd., preventative patrol

July 3 at 9:47 a.m., School St., cell inspection

July 3 at 2:11 p.m., census rep

July 4 at 7:23 p.m., Howarth Dr., suspicious person

July 4 at 8:57 p.m., South St., fireworks

July 4 at 9:15 p.m., James and Westboro Roads, fireworks

July 4 at 7:34 p.m., N. Main St., brush fire, investigated

July 6 at 8:59 p.m., James Rd., noise complaint

July 7 at 1:45 p.m., Kiwanis Beach Rd., preventative patrol

July 7 at 1:57 p.m., Crockett Rd., preventative patrol

July 7 at 6:49 p.m., Wood St., threats, peace restored

July 8 at 3:52 p.m., Miscoe Hill Rd., harassment prevention order, summons served

July 8 at 4:52 p.m., Hartford Ave.

UPTON LOG

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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 AUGUST 2024

Summer Reading 2024

Why should kids have all the fun? Did you know that the Taft Public Library offers reading prize programs during the summer for teens and adults too? Get in on it! For all the details including Summer Reading registration and our calendar of events visit www. taftpubliclibrary.org.

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).

Adult Handcrafting Group Let's get crafty!

Join us on August 21 at 2 p.m. downstairs in the library and get your craft on! Bring your own craft project, whatever it might be, to work on while you visit. Intended for adults. No registration is required. Crafts are NOT supplied.

Adult Book Club

The Adult Book Club will meet again starting in September. 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. Upcoming books for the Adult Book Club are as follows:

September: Daisy Jones & the Six by Taylor Jenkins Reid and The Covenant of Water by Abraham Verghese

October: The Firekeeper's Daughter by Angeline Boulley November: The Book of Lost Names by Kristin Harmel

December: *Oh William!* By Elizabeth Strout

Footnotes Nonfiction Book

The Footnotes Nonfiction Book Club typically meets downstairs in the library on a quarterly basis. This year the group will read five nonfiction titles. 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:

Thursday, August 8 at 7 p.m.: A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America, and the Woman Who Stopped Them by Timothy Egan

October (date TBD): Sociopath: A Memoir by Patric Gagne

January (date TBD): American Jezebel: The Uncommon Life of Anne Hutchinson, the Woman Who Defied the Puritans by Eve Laplante

March (date TBD): The Mysterious Case of Rudolf Diesel: Genius, Power, and Deception on the Eve of World War I by Douglas Brunt June (date TBD): How the Word is Passed: A Reckoning with the History of Slavery Across America by Clint Smith

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. Registration is required. To register, visit our website.

Next club date: Monday, August 26 at 6 p.m.

Friends of the Taft Public Library Meeting

The Friends of the Library meetings are typically held on the last Tuesday of the month at 7 p.m. downstairs in the Art Holmes Community Room, 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 web site.

CHILDREN'S PROGRAMS AUGUST 2024

Summer Reading 2024

Summer Reading continues in August. Your friends at the Taft have been busy for months putting together a Summer



Mendon's Taft Public Library. *Photo courtesy Wendy Watkins*

Reading program that is sure to please. For every three hours of reading, children through grade 4 will be able to pick a prize from our treasure chest. To register please visit our website at www.taftpubliclibrary.org.

August Events

8/12 - Puppet Storytime 10:30 a.m.

8/13 - Itty Bitty Storytime 9:30 a.m., Story & Craft 10:30 a.m., Toe Jam Puppet Band at Town Beach 6:30 p.m.

8/14 - Kidding Around Yoga 9:30 a.m. and Read Around Town: Clough School 10:30

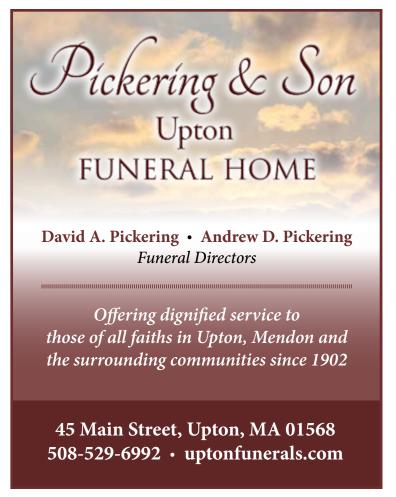
8/16 - Last day to redeem Summer Reading prizes

8/27 - Music & Movement with Deb Hudgins 10:30 a.m.

8/28 - Coffee & Conversations 9:15 a.m. and Puppet Storytime 10:30 a.m.

For more information and to register for these events please visit our website at www.taftpubliclibrary.org.







Milford Humane Society pet of the month, meet Fjord

This dapper dude is well dressed in a tuxedo with white boots, and he is always on the lookout for fun! Fjord is part cat, part dog and part Tigger! He is a bouncy, energetic young cat looking for a playmate and wrestling buddy.

Fjord is an expert toy hunter who can keep himself entertained with traditional cat toys or anything that can be batted and chased. Fjord does play rough so his new family will need to work gently with him to curb this tendency.

A home where the resident animals have a similar temperament and play style, or with older children or adults looking for a playful companion, would be best for Fjord.

For more information on Fjord or the other cats at The Milford Humane Society please visit www.milfordhumane.org



Bishop Feehan High School announces third quarter honor roll

Bishop Feehan High School Vice Principal for Academics, Charlotte Lourenco, is proud to announce the Honor Roll students for the third quarter.

Honor Roll is a recognition of high-performing students based on the student's overall average in any given quarter, regardless of the levels of their classes.

Bishop Feehan has three levels of Honor Roll: First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher, Second Honors is grade 90.00 or higher, and Third Honors is 85.00 or higher, with no individual grade below 80. Mendon and Upton residents include:

First Honors: Casey Kayrouz 9 Upton, Rachelle Rousseau 9 Mendon

Third Honors: Keira Kayrouz 11 Upton

The full list is available at www.bishopfeehan.com/apps/news/article/1920259
Submitted by Bishop Feehan High School





Upton Town Library Calendar of Events

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

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

Summer Reading Finale – Ice Cream Social

Our Annual Summer Reading Program ends Saturday, August 10 with a free ice cream social from 11 a.m. to 2 p.m. at the community center. Ice cream provided by JJ's Ice Cream Shoppe. Don't forget to turn in your reading logs, bingo sheet and punch cards to get your summer raffle tickets.

Virtual Author Talks

Your Upton library card now gives access to the Library Speakers Consortium, a yearround series of virtual author talks. Offering 2-3 speakers each month, these virtual author talks are live interviews with current authors. You can register to watch the talks live, or view recordings of past speakers. Everything from non-fiction, to children's authors, to popular fiction, the authors discuss their works and the writing process.

Get started at uptonlibrary.org and click 'virtual author talks' under the adult events tab.

4-H Babysitting Course – openings for Aug. 19 & 20

August 19 and 20 from 1 - 5 p.m.

Back by popular demand is our 4-H Babysitting Course. Participants will learn the responsibilities of babysitting, as well as the skills needed to become good babysitters. The

2 AWARD-WINNING GYMS in HOPKINTON

course will help develop confidence in handling situations that may occur when babysitting, along with basic first aid instruction. Upon completion of this course, youth will receive a Babysitters' ID card and a Certificate of Completion. For ages 11-16. This is an 8-hour course taught over two days, and participants must attend both days to earn their certificate. Tuition fee of \$35 must be paid by check made out to Massachusetts 4-H Foundation on the day of the class. Pre-registration is required.

Special Events

Charles Ponzi Talk by Bob Ainsworth

Wednesday, September 4, 6:30 - 7:30 p.m.



Upton Town Library. Photo courtesy Wendy Watkins

A new presentation by Bob Ainsworth, author of Duped. This presentation covers Ponzi's scam in 1920s Boston. It also covers other scams, including Bernie Madoff and cryptocurrency, and reviews what to look for so you don't become a victim. Register for the event on the library website.

Virtual Author Talk Series

View free online author talks, either live or recorded. Register and get more information at the library website, or at https://libraryc.org/uptontownlibrary

Author Talk with Irena Smith: The Golden Ticket to College Admissions is Not What You Think - Thursday, August 15, 2 - 3 p.m.

Author Talk with Shelby Van Pelt: An Exploration of Friendship, Reckoning, and Hope - Wednesday, August 21, 7 - 8 p.m.

UPTON LIBRARY

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REGISTER TODAY!

Fall Programs Begin September 3rd









UPTON LIBRARY

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Author Talk with Garrett Graff: Capturing the Human Drama Through History - Tuesday, September 10, 2 - 3 p.m.

Children's & Young Adult Events

Afternoon Movie – Aug. 12 from 1 - 3 p.m.

Join us in the Greatroom for an afternoon children's movie on the big screen. Visit the library for movie title.

Drop-in Craft Summer Sunshines

– Aug. 14 between 10 a.m. and 2 p.m.

Drop in to the library between 10 a.m. and 2 p.m. and make a summer sunshine. We will use paper plates, pipe cleaners, and pony beads. For ages 3+, no registration needed, while supplies last.

Game Day at the Community Center – Aug. 21 from 1 - 3 p.m.

Join us for an intergenerational event as senior citizens and library patrons ages 3 and up join together for an afternoon of fun and games. We will host giant board games, classic board games, puzzles, and more. This event is to celebrate Na-

tional Senior Citizens Day.

Registrations for seniors may be done by calling the Senior Center at 508-529-4558. Registrations for children on the library events website. For ages 3+, not a drop-off event.

Monthly Library Events – Register now!

All programs and events require pre-registration at uptonlibrary.org or call 508-529-6272. Registrations open the month prior to events.

Baby Storytime – Fridays at 9:30 a.m. Baby Storytime is for ages birth to 3 and is held on Fridays. This is a 20-30-minute lapsit program featuring stories, songs, and nursery rhymes. Preregistration required. Waitlisted patrons will receive priority for the following month.

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

Preschool Storytime is for ages 3 to 5 and is held on Thursdays. This is a 45-minute program, featuring longer stories, songs, rhymes, and crafts. Pre-registration required. Waitlisted patrons will receive priority for the following month.

Drop-In Storytime – Aug. 12 at 9:30 a.m.

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

LEGO Club – Aug. 21 at 4 p.m. This group meets the 1st and

3rd Wednesday of each month from 4 - 5 p.m. This group is led by Library Director, Matthew Bachtold, and is for ages 5 to 12. We provide the LEGOs while you have fun building and making new friends. Pre-registration is required.

Kids' Book Club — Sept. 4 at 4 p.m. Our book club members explore popular juvenile fiction titles on the first Wednesday of each month from 4 - 4:45 p.m. This group is for ages 8-12. We welcome new members all year round. Pre-registration required.

Tween Book Club – Aug. 15 at 6:30 p.m.

This club is especially for our middle grade patrons, ages 10 to 14. This group reads popular middle grade titles selected by our members. Our August title

is the mystery title, *The Mystery* of *Locked Rooms* by Lindsay Currie. We welcome new members all year round. Pre-registration required.

Teen Group – Tuesdays 3 p.m.

This group meets weekly on Tuesdays from 3 - 4 p.m. and focuses on a new theme each month, sharing books, crafts, games, and more. This group is for tweens and teens ages 10-16. This is always a drop-in program led by Adult Librarian Micaela. *NO Teen Group on Aug. 20.

Upton Reads Book Group

An eclectic mix of contemporary literary fiction with meetings on the second Tuesday afternoon and Thursday eve-

ning of each month in the Community Center classroom, with a Zoom remote option.

Tuesday, Sept. 10 at 12:45 p.m., and Thursday, Sept. 12 at 6:45 p.m.: *The Heaven & Earth Grocery Store* by James McBride.

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. August 28 at 6:45 p.m.: nonfiction title, *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*, by Brené Brown.

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

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MERCURY RECOVERY PROGRAM

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Run, Roll and Raise:

Support VOLT Hockey in the Space2Thrive 5K on Sept. 14

Coming up on Saturday, September 14 at the gorgeous West Hill Dam in Uxbridge, is an opportunity to be surrounded by nature's beauty, hang out with friends, and get those steps in, all while making it possible for people with disabilities to thrive.

The 5K, organized by Space2Thrive founder Helena Liedtke, raises money for VOLT Hockey, an adaptive team sport that enables people with physical disabilities to engage in a competitive and fun environment, learn the value of teamwork and sportsmanship, and connect with others.

"In contrast to traditional wheelchair hockey, a Volt Hockey wheelchair is equipped with a fixed stick of flexible material, which is mounted directly at the tip of the electric hockey chair's fender bracket. The chairs can be customized to adapt to an individual's needs and to offer additional physical support. Therefore, Volt Hockey especially opens the world of participating in a team sport to

an underserved population of people living with physical disabilities, who have limited upper and lower body mobility," explains Helena.

The sport, which originated in Denmark 40 years ago, is very popular in Scandinavian countries, but is rather new to the United States. This month, VOLT is running a camp in Oslo, Norway and Helena is excited to bring that knowledge back to the states to apply it here.

"As a parent, for the first time in my daughter's life I was able to cheer her on when she competed with her team at the North American Championship in Canada or the World Cup in Sweden. When you've spent 15 years supporting your child while they are going through and recovering from countless medical procedures, having the opportunity to support her in such a positive way was exhilarating," shares Helena.

The goal for the upcoming 5K is to raise \$20,000 to enable more people to be able to play VOLT Hockey, support attendance at camps, and enable families to attend tournaments. Each chair costs between \$6K-10K and can be adapted to each person and their unique needs. The playing rink and accessories have additional costs associated. Helena hopes for 100-200 participants in the race this year, which is on a trail where one can easily run, walk, or use a wheelchair to participate in. There will be raffles and prizes, activities for kids, and a lemonade stand.

Her passion for bringing VOLT Hockey to the area and founding Space2Thrive comes from a personal understanding of how important it is to have equitable environments. One of her daughters was born with a genetic condition that changed their lives and opened her eyes to the fact that there were less opportunities for her daughter to engage in activities with her sister or her friends.

"Through my daughter I realized how many social and environmental barriers still are prevalent in our communities. However, there was a moment when I attempted to sign my daughter up at a dance school where her younger sister was dancing. Wide-eyed, and with a bewildered expression on her face, the owner replied with a long drawn-out "no". It sounded like a rhetorical question, to which I, of course, should have known the answer. I think that was the moment when the idea to "just do it myself" started to



form," shares Helena.

Space2Thrive started almost ten years ago with music and movement classes and events where all were welcome, and where families caring for children with disabilities invited peers with or without disabilities, and other friends and family members. Families were able to interact, and children learned the lesson that everyone can be a part of a community if they choose to.

"Every single person has the choice to create inclusive and equitable social and physical environments," says Liedtke.

"People with disabilities are people first and should be treated as such. Don't make assumptions. Believe people's experiences. In the end, we all just want to belong, be heard, and be loved regardless of the attributes accompanying our appearances. The more social and physical barriers we break down, the more we will focus on the person and not their impairment," says Helena.

If you would like to par-

ticipate in the Space2Thrive 5K, you can sign up though the Space2Thrive website at https://www.space2thrive. org/5k-come-out-and-revive - it is \$20 per entry (or \$25 the day of the race). If you would like to help in other ways, you can sign up to volunteer, donate funds or raffle baskets, help them connect with potential sponsors or share on social media channels.

Learn more about Space2Thrive and their VOLT Hockey team at: www. space2thrive.org or follow them on Facebook or Instagram @ Space2Thrive.

Sign-ups are open for the VOLT session starting in September at the Hockomock Area YMCA in North Attleboro, Sign up is open to participants with physical disabilities ages 13+. Children 8-12 years with physical disabilities are encouraged to reach out if interested as consideration will be made for offering an additional practice time for this age group. If interested, please reach out to helena@ space2thrive.org

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UPTON LOG

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South, brush fire, services rendered **July 8** at 8:28 p.m., Milford St., psych assist/section 12, removed to hospital

July 9 at 6:05 p.m, Milford St., extra patrols requested

July 10 at 1:22 p.m., Hopkinton Rd., illegal dumping/littering July 12 at 5:56 a.m., Grove St.,

July 12 at 1 p.m., School St., cell

July 12 at 11:49 p.m., Milford St., suspicious person

July 13 at 4:57 p.m., Church St., structure fire/box alarm

July 14 at 8:10 a.m., West St., pris-

oner transport

July 14 at 11:18 a.m., Shore Dr., threats, services rendered

July 17 at 11:13 a.m., East St., suspicious person

July 17 at 11:49 a.m., Main St., harassment prevention order, 209A served July 17 at 12:20 p.m., Main St., harassment prevention order, 209A served **July 17** at 1:49 p.m., Mendon St., vandalism/damaged property

July 17 at 2:47 p.m., Ephraims Way, harassment

July 17 at 5:10 p.m., Chestnut St., psych assist/section 12, removed to

July 19 at 10:46 a.m., Grove St., immediate threat

July 19 at 6:23 p.m., School St., water leak

July 19 at 7:58 p.m., Westboro Rd.,

July 20 at 8:48 p.m., Main St., disturbance, peace restored

July 21 at 8:57 a.m., School St., cell

inspection July 22 at 12:12 p.m., School St.,

car seat installation **July 22** at 2:37 p.m,. School St., car

seat installation July 22 at 4:07 p.m., Hickory Lane,

stolen license plate **July 22** at 8:10 p.m., Milford St., sus-

picious person, dispersed gathering **July 23** at 5:58 p.m., Knowlton Circle, disturbance

July 24 at 11:23 a.m., Francis Dr., suspicious person

July 24 at 3:41 p.m., Milford St., stolen motor vehicle

July 25 at 9:26 a.m., [no address], citizen complaint

July 25 at 8:04 p.m., Main St., threats

Source: Upton Police Department

SPORTS -

BVT's Magill earns spot with Johnson & Wales Baseball

College commit follows stellar high school career

By Chris Villani

Blackstone Valley Tech graduate Corey Magill said it did not take long for him to decide that Johnson & Wales University would be the place for him to continue his baseball and academic career.

"I scheduled a recruiting camp at Johnson & Wales and I did the tour and, as soon as I was done, it felt like home," he said. "I couldn't be more excited."

Magill was a driving force behind a Valley Tech team that advanced to the start tournament before exiting in the first round. But the Beavers set some program records this spring, several of them tied to Magill. He finished his BVT career as the program's all-time hits leader with 98 and also set Valley Tech marks for most doubles and RBIs.

"It was an awesome season," he said. "We were bummed with the first-round loss, but it was one of the best seasons I could recall. Those guys on that team are my brothers for life."

Magill hopes to find a new brotherhood at Johnson &

Wales

"From what I have seen, it seems like the Johnson & Wales baseball program is a winning environment with good people and good coaching, that's what made it for me," he said.

An infielder, Magill said the current starting third baseman for the Wildcats is a senior, which could potentially open up a spot for Magill early in his college career. He said coach Kevin Casey, a Milford High graduate and former Milford Legion player, told him his role will be to get better and to be prepared to show up and work hard.

Magill is playing with the Franklin legion program this year, so he will get four games per week of at bats against live pitching. He also plans to spend a lot of time in the gym.

"Going from high school to the college level, these guys are all good and know what they need to do to win," Magill said. "I am going to focus on my game but also put in the time to get my strength up to compete at the next level."

In addition to baseball, Magill is looking forward to studying



Corey Magill set three program records at Blackstone Valley Tech this spring. Courtesy photo

business communications, a longtime area of interest. He is also eager to live in Providence, a much larger city than his hometown of Bellingham. "There are a lot of opportunities," Magill said. "And I am excited to take advantage of them."





SPORTS -

BVT's Vescio ready to run at Wheaton

Douglas resident to compete in Cross Country and Track in college

By Chris Villani

Wheaton College was the first place Chloe Vescio looked when she decided she wanted to run in college. The Norton college is where the Blackstone Valley Tech graduate landed, with the perfect combination of academics and athletics drawing her to the school.

"I really loved the team, and I could see myself going there," Vescio said. "It was a place where I could be seen as more than just a runner, but also as an actual person."

Vescio said the Wheaton coaching staff was in touch with her throughout her season year at BVT, even though she missed her senior track season due to an injury suffered during cross country.

"The coach was really helpful and made sure I knew I still had a spot on the team," Vescio said.

Vescio said she plans to run the 5K in the fall and the 5K and 3K during the indoor season. She will compete in the 5K and 10K in outdoor track, but also wants to add the steeplechase, a mid-distance event that includes hurdles and water obstacles.

"I think it's the most fun event on the track, it's so fun to watch," Vescio said, noting she enjoys some variety when she runs.

"I prefer cross country over track because doing a 5K on a cross country course is more fun than doing it on a track where you're running in circles 25 times," she said.

Vescio also enjoys variety in the classroom. She has an interest in studying English and chemistry in college. She could see herself becoming a journalist or perhaps

going into forensics.

She also wants to become a stronger runner to head off some of the injuries that have nagged her during her high school career. She admits to being a little "injury prone" and had to miss her junior cross country season after getting hurt.

"I have been doing more strength work," Vescio said. "I am hoping to have full college seasons without getting injured again. The main way you improve in running is consistency, and you can't do that when you are out for months at a time."

Vescio said she is looking forward to enjoying life on the quaint New England liberal arts campus and appreciates that it is only about 40 minutes from home. She is the last of the children to leave the house and is very close with her parents,



Chloe Vescio is planning to compete in cross country and track and field at Wheaton College. Source: BVT track coach Chelsea Swan

Elaine and Don, whom she says were very helpful during the college recruiting process.

"They made sure I knew it was ultimately my decision,"

Vescio said. "They have been really, really kind through everything, and we've been trying to spend a lot of time together this summer."



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SPORTS -

Goalkeeper Herron looks to anchor Nipmuc soccer

NRHS rising senior among team's captains this fall

By Chris Villani

Mia Herron has known she wanted to be a goalkeeper since she was 10 years old.

"I think I just loved being the last person standing and having it be up to me," the Nipmuc rising senior said. "I was always really independent as a kid, and I think it's cool to be the last person there in front of the goal." Plus, she added, "It's fun to just dive around."

Herron will be a captain for Nipmuc this fall and help lead a team that captured the Central Mass tournament last season and advanced to the round of eight in the statewide playoffs. Herron said she is excited to see what her team can do this year.

"I think we have a really good group of players," she said.
"The freshman class that came in a couple of years ago and are juniors now, a bunch of them were on varsity right away. I am excited to see the leadership they take on."

Herron's leadership figures to be important to Nipmuc this year as the team looks to advance deeper into the tournament and defend its Central Mass title. Herron has been a part of the last two district tournament-winning teams, and the overtime win over Auburn during her sophomore year is one of her biggest highlights in high school so far.

"That was a great game," she said. "The seniors we had that year, it was great to see that for them."

Herron has also experienced the lows, including a penalty kick loss to Dover-Sherborn during last year's round of eight.

"That was something that was super heartbreaking for us," she said. "We had gotten farther than we had in a long time. I think we all learned a lot from that."

The loss stung at the time, but Herron said she and her teammates plan to use it as motivation for this fall.

"We all know how hard we really have to work," she said. "Personally, I am super self-driven, and I know how much work I have to do."

Herron said her role as a captain has been challenging, but she has been able to rely on her mental growth. She said the coaching staff has done a good job helping her and her teammates stay mentally strong.

Wins are important, but Herron said that her focus as a captain is also leading a team that



Mia Herron will be a key cog for Nipmuc soccer as a goalie and captain this year. Courtesy photo

is tight knit.

"We have a very close group of players," she said. "I want to make sure that we are all there for each other."







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