

The Nevermind Shop will close its doors on Oct. 19

Shop to reopen in Burlington, Conn.

By Theresa Knapp

UPTON - The Nevermind Shop, a vinyl and vintage store in Upton Center, will close its doors for good on Oct. 19.

Shop owner Mick Lawless made the announcement in a Facebook reel on Sept. 19. "A programming note going forward, I want to thank each and every one of you guys out there for 16 absolutely fantastic, wonderful years here in Upton. The Nevermind Shop will be closing its doors in Upton as of Saturday, Oct. 19."

In an interview with the *Upton & Mendon Free Press*, Lawless said, "It's kind of somber and it's kind of sad but, at the same time, I really am looking forward to new adventures and maybe laying the same foundation in [Burlington] Connecticut for the



The Nevermind Shop in Upton Center will close its doors on Oct. 19. The owner cites various reasons for closing the shop after 16 years. Photo credit: Theresa Knapp

same kinds of things we did in Upton. I have a feeling we'll make it work just fine."

This little shop opened in Upton Center in 2008. Lawless lived in Milford and had operated a similar shop in Hudson until that build-

ing was sold. He said, "I just stumbled across a 'For Rent' sign in Upton in November 2008, called it up, and the rest is history."

NEVERMIND

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Mendon to vote on proposed Senior and Community Center in November

Revised building has smaller footprint, lower tax increase



A rendering of the proposed new Mendon Senior and Community Center.

Source: www.mendonma.gov

MENDON - When voters head to the polls in November, they will be casting their vote for a possible debt exclusion, and resulting temporary tax increase, for a new Mendon Senior and Community Center (MSCC) to be built on town-owned land on North Avenue near Milford Street.

At May's Annual Town Meet-

ing, voters defeated the plan for the project which was 2,000 square feet larger and expected to cost \$1.3 million more.

The plan has now been decreased in size and cost.

Selectperson Michael Goddard said town officials used what they

VOTE

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Nipmuc Youth Field Hockey to hold car wash on Oct. 12

Fundraiser will take place at Imperial Cars

The Nipmuc Youth Field Hockey organization will hold a car wash on Sat., Oct. 12, from 9 a.m. to 3 p.m. at Imperial Car Wash, 14 Uxbridge Road, Mendon.

The event will take place rain or shine.

Students from both the youth and varsity teams will participate in the event.

For every vehicle washed, Imperial Car Wash will donate \$5 to the Nipmuc Field Hockey teams.



Troop 44 bottle and can drive on Oct. 19



Summer, a member of Mendon Scout Troop 44, displays cans and bottles collected at a previous drive. Donations at this year's drive will help fund trips throughout the year. *Courtesy photo*

Mendon Scout Troop 44 will hold a Can and Bottle Drive on Sat., Oct. 19, from 8:30 a.m. to 2 p.m. in the parking lot of the Henry P. Clough Elementary School.

By donating cans and bottles to be recycled, you will help the environment and support the troop's upcoming trip to Maine for whitewater rafting. For more information, contact Rick Tusoni at 508-479-1213.

Home energy assistance HEAP – Help is just a call away

MENDON - If you or someone you know is having trouble making ends meet, please consider contacting the Mendon Senior Center. Our helpful staff, including Outreach Coordinator Janet Hubener, are here to offer confidential assistance with fuel assistance applications and nutritional support to Mendon residents of all ages.

The SMOC Fuel assistance program helps defray heating costs incurred between Nov. 1, 2024 and April 30, 2025 for eligible households (see household size/income guide.)

Please call for guidelines for larger households. Call Janet at the senior center at 508-478-6175. Help is just a phone call away.

HOUSEHOLD SIZE	INCOME LIMIT
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Letter to the editor:

Mendon Senior and Community Center still vital

Despite a narrow defeat in last May's vote, the proposed Mendon Senior and Community Center still remains an essential resource in our Town. The proposal to secure funding for the center fell short by a slim margin, yet the need for this facility has not diminished!

Our center serves as a vital hub for Mendon's seniors and broader community, providing a wide range of services, including social programs, health and wellness activities, and spaces for community gatherings. Many residents, especially older adults, depend on these services to maintain their health, social connections, and independence.

Our Town's growing senior population and the needs of the community underscore the importance of an adequate space to provide these services. The center currently struggles to keep up with demand, and some critical services may be at risk of

scaling back or being discontinued altogether.

Various Town groups compete for valuable space to hold meetings or have events. The proposed Center will provide space to assist these groups with viable alternatives.

Recognizing the importance of this project, the Mendon Select Board has agreed that this project remains a key priority for the community. They have tasked the MSCC Building Committee with renewing its efforts by exploring ways to reduce costs while still achieving the project's essential goals. A revised proposal will be brought to voters on two key dates: during the National Election on Nov. 5 and at the Special Town Meeting on Nov. 18.

To keep the community informed, informational meetings have been held at the Town Hall in September and will continue into October, giving residents the

opportunity to learn more about the updated plans and provide feedback. Additionally, all residents are encouraged to attend the Building Committee meetings, which are posted on the Town's website, to stay involved in the planning process. Please join us Oct. 28 at 6:30 p.m.

As Mendon moves forward, this new Senior and Community Center remains a critical part of its future and a key priority, offering valuable and much needed space for people of all ages to connect, learn, and stay active. Although the previous ballot vote outcome was not what was hoped, we do understand and respect the various reasons why. The proposed facility provides equal support for both the Seniors and the Community. Please consider this project on Nov. 5 and Nov. 18 when you cast your vote.

Submitted by Mendon Senior and Community Center Building Committee

Letter to the editor:

People of Upton

At November's Special Town Meeting, we are being asked to add 150 housing units to meet the requirements of the MBTA Communities Housing state mandate. The Planning Board wants us to place these homes in the front of the already approved GL 100-unit development on Route 140, the entrance to our town and beautiful historic center.

This brings a potential of 500 cars entering and exiting the development onto route 140 often during rush hour. Route 140 is hilly, visibility is an issue, and cars go fast. This concern was a major one previously for Governor's Landing approval and should be discussed for this project. Traffic all along route 140 will be impacted including our downtown and the traffic lights at Maple Ave.

The downtown area is being quickly densified: GL development (100/127-units) 40B(60-units), and now an

additional 150 units in the same area? The increased car traffic would be +620 cars.

How many people know about this project? There is no information available on line. This was proposed at a planning board meeting and then quickly approved. This is a fundamental change to the look of our town, without a public information session, and we are being asked to vote at a sparsely attended special town meeting, not the annual when attendance is high.

This state mandate encourages towns to provide housing for people to take the train to work to meet climate goals and keep more cars off the road. Trains are in Ashland, Westboro, and Grafton- We need to find 10 acres in Upton nearest to these train stations and spread the newer develop-

UPTON LETTER

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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 • Mon., Fri. & Sat. 9-4 • Sun. CLOSED

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

Passport Photo Services

Upton Town Library is adding photo to our passport services. Now, for an additional fee, your passport photo can be taken right at the library during your scheduled passport appointment. For more information or to schedule an appointment call us at 508-529-6272 or make an appointment at uptonlibrary.org.

Special Events

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://library.org/uptonlibrary

Author Talk with Lori Gottlieb: Maybe You Should Talk to Someone - Tuesday, Oct. 22 at 2 p.m.

Author Talk with Stanley Milford, Jr.: A Navajo Investigator's Search for the Unexplained - Thursday, Nov. 7 at 7 p.m.

En conversación con Javier

Zamora: Sobre la migración infantil desde Centroamérica - Sábado, 9 de noviembre, a las 2 (Solamente en Español) - (Event ONLY in Spanish)

Author Talk with Javier Zamora: On Childhood Migration from Central America - Thursday, Nov. 14 at 4 p.m.

Children's & Young Adult Events

Autumn StoryWalk - Oct. 1 through Nov. 30

Visit the VFW Playground for our latest StoryWalk™, The Scarecrow's Hat by Ken Brown. Stroll through the playground, reading each poster panel with your child. Fill out our QR code at the end to enter a chance to win a copy of the book for your home library. One entry per child.

Fizzy Pumpkin Art - Oct. 15 at 6 p.m.

This fizzy pumpkin art activity is a fun way to dig into a bit of science and art all at the same time. We will make our own baking soda paint and enjoy a fizzing chemical reaction as we paint pictures of fall pumpkins. For ages 5 to 12. Pre-registration required.

Movies at the Library - Oct. 31 at 5:30 p.m.

Tweens and teens can join us for our Halloween night viewing of Hocus Pocus 2. This movie is rated PG. Snacks will be served. For ages 10 to 16. No registration required.

Movies at the Library - Nov. 5 at 1 p.m.

Join us for an afternoon at the movies as we screen Despicable Me 4. This movie is rated PG. This event coincides with the full release day for the Mendon-Upton Regional School District. For ages 5+. No registration required. 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 & 10:30 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. Pre-registration required.

Preschool Storytime - Thursdays



at 9:30 & 10:30 a.m.

Preschool Storytime is for ages 3 to 5 and is held on Thursdays. This is a 45-minute program featuring stories, songs, rhymes, and a craft. Pre-registration required.

Saturday Storytime - Oct. 12 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.

Drop-In Storytime - Oct. 28 at

UPTON LIBRARY

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Do you need to fear retirement?



Mark Freeman

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If you're planning to retire in a few years, are you looking forward to it? Or are you somewhat apprehensive? Are you asking yourself: "What sort of retirement can I afford?"

It's a good question — because the answer can make a big difference in your ability to enjoy life as a retiree.

And retirement can indeed be enjoyable, exciting and fun. Consider this from a recent survey by Edward Jones and AgeWave: A majority of respondents said retirement should be looked at as a whole new chapter of life, and not just a time for rest and relaxation. In other words, people are viewing retirement as a chance for new experiences and new opportunities, rather than a time to simply wind down. But if you're going to make the most of your retirement — which could last two or even three decades — you need to be financially prepared.

This preparation can involve many steps, but here are some of the key ones:

- **Decide what your retirement lifestyle will look like.** How you choose to spend your retirement years can make a big difference in the financial resources you'll need. For example, if you

plan on traveling the world, you might need more income than if you were to stay close to home and pursue your hobbies. If you can envision your retirement lifestyle and estimate how much money you'll need to support it, you can help reduce some of the uncertainties you might face once you do retire.

- **Review your income sources.** During retirement, you'll likely need to draw on all your income sources, so it's a good idea to know what you'll have available, such as your IRA, 401(k) and other investment accounts. You'll also need to decide when to take Social Security — if you wait until your full retirement age (probably between 66 and 67), you'll get much larger monthly benefits than if you started taking them at 62. And here's another variable: earned income. Even if you've retired

from your career, you might, if you desire, use your acquired skills in a consulting or part-time position. The more you can earn, the less you may have to withdraw from your investment accounts and the better position you'll be in to delay taking Social Security.

- **Consider adjusting your investment portfolio.** For most of your working years, you may have invested mostly for growth — to increase your assets as much as possible. But growth-oriented investments are also, by nature, riskier, so when you retire, you should review your portfolio to determine whether you need to move it toward a more conservative position. Also, more conservative investments may provide more current income in the form of interest payments. However, even in retirement, you may need some investments with growth

potential if you want to keep ahead of inflation.

Retirement is certainly a major milestone in your life — and adjusting to it can take some time. But there will be much less to fear — and much more to enjoy — if you've done what you can to prepare yourself financially.

Contact Mark today to discuss this topic or any of your financial goals.

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Mendon Lions Country Fair on Oct. 13

The Lions Country Fair will take place on Sunday, Oct. 13, from 10 a.m. to 4 p.m. on the grounds of the Blessing Barn, 5

Hastings St., Mendon. Rain location is the Clough School, 10 North Avenue. For more information, visit lionscountryfair.org

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VOTE

continued from page 1

learned at spring Town Meeting to adjust the plan.

“I give the [MSCC] committee kudos because it’s not lost on them how the spring went,” said Goddard. “I think taking that feedback, and the feedback through the whole process, to reevaluate the cost, location, and continue to determine the need, has led to this new proposal.”

The newly configured building has a smaller footprint (a decrease of 2,000 square feet), less storage, no garage, some function rooms are smaller (though the larger function room remained untouched), the food pantry was resized and reconfigured, and some services were moved from the main floor to the lower level. Parking was decreased but still provides approximately 100 spots.

The building is positioned in a way that allows for future expansion.

There is no cost associated with the land since it is town-owned property.

The cost of the project is expected to be \$11.9 mil-

lion, down from \$13.2 million proposed in the spring. Town Administrator Jeremy Stull said the town expects to bond 90% of the project which would result in a tax increase of between \$130 and \$135 (approximately \$11.25 per month) on a house valued at \$500,000.

“We think the time is right,” said Phil Cieply, who has been in town for 40 years and is a member of the MSCC, acknowledging the lessons learned in May. “I think people had other priorities that they didn’t see recognized.” Those concerns related to capital planning, affordable and diverse housing, recreational fields, and more.

Cieply said, “I think this has been talked through quite a bit, not just the senior center but the community needs as well... There are more strategic planning processes than we’ve probably had in the past.”

Advocates say a new senior and community center is needed for program and function space. The current senior center was built 37 years ago and was added onto 18 years ago. There is not enough room in

the building to properly operate its programming effectively, nor is it ADA-compliant. The food pantry is located down a narrow staircase into a section of the basement. There is one function room making it impossible to conduct multiple programs at one time, and there are space limitations for staff who need to have private service conversations with patrons.

“There’s a lot of things that manage to get done but this provides a level of privacy and proper set up,” said Goddard, noting Mendon’s senior population continues to grow and town officials are working on ways to help seniors age in place. “I want to be part of a community that supports our veterans and seniors.”

Cieply said, “I think the seniors deserve the respect for all the years they served the community and it’s a solid investment to give them a little more comfort in their later years. The Mendon Center will also become the heart of the community”

It was noted that the veterans currently meet at a local restaurant because there is no



An overview of how the proposed Mendon Senior and Community Center would be built on the corner of North Avenue and Milford Street.

Source: www.mendonma.gov

availability at the current senior center.

The question will need to pass at the general election ballot box on Nov. 5 (simple majority) and at Special Town Meeting on Nov. 18 (two-thirds majority). Mendon does not have a quorum requirement.

If it passes, there will be an

adaptive reuse evaluation of the current senior center to see how it can be repurposed.

The last information session before the vote will be held on Oct. 28 at 6:30 p.m. at Town Hall or virtual. For more information, visit www.mendonma.gov/home/bulletins/proposed-new-senior-center-presentation

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- 1 1/2", 2 1/2"
- Multi-Color River Stone
- Multi-Color River Stone
- 3/8", 3/4" Blue Stone
- 3/4" Processed Gravel
- 3" Processed Gravel
- Recycled Asphalt
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- 3/4" Crusher Run
- Washed Sand
- Mason/Pool Sand
- Stone Dust
- Blue Stone Dust
- Rip Rap
- Fill Clay/General
- Trench Sand

Upton Senior Center – October 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.

Senator Fattman Staff Office Hours Nov. 6 at 9 - 10 a.m. Senator Ryan Fattman Announces Staff Office Hours

Meet with District Director Amanda Hellyar to seek guidance on issues related to a state agency, find out about upcoming events, and learn more about legislative affairs on Beacon Hill. All are welcome!

Silver Sisterhood Wednesday, Oct. 16 at 11 a.m. Want to connect with other women 55 and older? Join the Silver Sisterhood, a fellowship of senior women interested in making new friends and sharing interests, laughter and support. Group meets on the 1st and 3rd Wednesday of the month at 11 a.m. Registration is required & the group size is limited.

Lunch Trip Friday, Oct. 11 at 12:30 p.m. This month, we're staying local for lunch! Enjoy the cozy atmosphere and delicious food of The Rose Garden in Upton.

Mindful Meditation Friday, Oct. 11 at 1 p.m. Calm your

mind and body so you can acknowledge and accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.

Flower Arranging Class with Petal and Crumb Tuesday, Oct. 15 at 10 a.m. Unlock the art of floral design in our Flower Arranging class with Kerri of Petal and Crumb! Whether you're a complete novice or a seasoned enthusiast, this hands-on workshop will guide you through the fundamentals and finer details of arranging flowers. The session includes a variety of seasonal and local flowers as well as step-by-step demonstrations and personalized guidance. No prior experience is needed—just a love for flowers and a desire to create something beautiful! Fee for this class is \$25 and must be paid upon registering. Cost will cover flowers, materials and instruction. You will walk away with your own unique arrangement to take home.

Upton Memory Café Wednesday, Oct. 16 at 2:30 p.m. The Upton 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. If you are interested in attending our next Memory Café please contact the Senior Center to register.

Senior Dinner - sponsored by Upton Men's Club Friday, Oct. 18 at 5 p.m. Join us for a delightful dinner sponsored by the Upton Men's Club. October's menu features chicken marsala with rice from Oliva's. Free to Upton seniors thanks to the generosity of the Upton Men's Club. RSVP by Oct. 11. Limited space available. Shuttle service available. Doors open at 5 p.m.

Dana Faber Mobile Blood Drive Friday, Oct. 18, 9 a.m. – 3:30 p.m. The bloodmobile is coming to the Upton Com-

munity Center! Make your appointment now by visiting tinyurl.com/Upton24. Walk-ins taken as time allows. As a special thank you, donors will receive glow in the dark, "Wrapped Up In Saving Lives" long sleeved Kraft Center t-shirt. Photo ID required for all donors.

Flu Clinic Wednesday, Oct. 23 at 1:30 p.m. Fall is here and it's time to close the windows and gather with family and friends. It is also the time when viruses of all kinds increase in numbers. There are several ways to protect yourself from illness and receiving vaccine against flu, COVID and (Respiratory Syncytial Virus) RSV (if you and your doctor decide) is part of prevention. Influenza usually ramps up in New England starting early in December so prime time to receive the flu vaccine is in October and November.

The Upton Board of Health will be offering FLU ONLY vaccination at the Senior Center on Oct. 23 at 1:30 p.m. We will have standard dose vaccine and high dose vaccine. A link will be created for sign up and you may call The Senior Center at 508-529-4558 or the Board of Health at 508-529-6813 for assistance. Wash your hands, get vaccinated and be well!

Tri-Valley Baked Potato Bar Wednesday, Oct. 30 at 12:30 p.m. Tri-Valley is offering a baked potato bar for your enjoyment. We will feature a selection of toppings including chili, broccoli, cheese sauce, salsa, sour cream, chives, and bacon so you can customize your own stuffed potato. We will also provide milk and dessert. Please

UPTON SENIOR CENTER

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NEVERMIND

continued from page 1

The shop's motto is "It's Worth The Trip!" and Lawless said he is proud to have made "one of the smallest towns in the Metrowest community into a destination, in addition to the Country Sooper... I think we did a good job being there for people, we did good for the community."

Lawless said several factors contributed to the shop's closure, including inevitable roadwork in Upton Center (and possible displacement), a new personal relationship based in Connecticut, along with other opportunities that have arisen for him.

The lifelong musician says he is in his 60s and thinking about his "next act."

"I am still very much playing music and I think I have many more opportunities [in Conn.] that will benefit me a little bit better than in the Metrowest area," giving him opportunities in New York, New Jersey, Conn.,



The Nevermind Shop, the origin of its name

Owner Mick Lawless said when thinking about a name for the shop in the early 2000s, he liked the name "Flashbacks" but thought it was too rooted in the 1960s. "I didn't want to be stigmatized into one genre because we're a full-service operation and we have things up to current day."

While thinking about other options, he thought, "Well, nevermind, we also do 'this' and we also do 'this' - and the Nirvana 'Nevermind' album was popular - so we settled on 'The Nevermind Shop.'"




NEVERMIND


continued on page 9

The Nevermind Shop in Upton Center will close its doors on Oct. 19. The owner cites various reasons for closing the shop after 16 years. Photo credit: Theresa Knapp


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NEVERMIND

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"Our motto is 'It's Worth The Trip!' and that phrase is punctuated a lot more now. If anyone wants to make the two-hour drive, it's still worth the trip!"

*~ Mick Lawless, Owner
The Nevermind Shop*

and still in Boston.

Lawless is also the Program Director for live365.com's "Monkee Mania Radio," a free internet station "celebrating the music of The Monkees and so much more." He says, "I think in Connecticut, I can make a go of these things and make them flourish like I did here in Upton."

There is still time to visit this little shop where you'll find music and sports collectibles, and crates and crates (and more crates) of vinyl - everything from Elvis Presley to Elvis Costello, The Ramones, Madonna, AC/DC, vintage Boston/local bands - and anything else music-related. There is something interesting - and nostalgic - at every turn, including vintage t-shirts, posters, and even an old Atari 400.

"I will miss my fan base, it's very sad to be leaving after 16 years," said Lawless. "People who were purely customers have become great friends, and I've built up a really good thing and some of the highlights over the years have been the Record Store Day events where we would have 30 to 40 people waiting outside the door for special deals. We were their choice and we were their store, and I can't thank all my customers enough."

Lastly, Lawless said, "Our motto is 'It's Worth The Trip!' and that phrase is punctuated a lot more now. If anyone wants to make the two-hour drive, it's still worth the trip!"

The Nevermind Shop will honor any outstanding credit through Oct. 19.

For more information on the move, including the full announcement, visit @thenevermindshop on Facebook.

Upton Bloomer Girls Fall Vendor Fair on Nov. 2

The Upton Bloomer Girls are once again hosting their Fall Vendor Fair at BVT High School 65 Pleasant St. in Upton on Saturday, Nov. 2 from 9 a.m. to 3 p.m.

The fair will feature 40+ vendors, Country Kitchen, baked goods, raffles, and "Bloomer Girls' Treasures." This event is generously sponsored by the Upton Bloomer

Girls, a 501(c)4 women's charity organization that offers resources, helping hands, or other assistance to current Upton residents who are in need of additional support. Free parking, free admission, and opportunities to win great door prizes.

For more information, please go to Facebook.com/UptonBloomerGirls1.

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The future of eye care: A revolution in ophthalmology

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

Ophthalmology, the medical field dedicated to eye health, has witnessed remarkable advancements in recent years. These innovations are reshaping the landscape of eye care, offering patients improved outcomes and more accessible treatment options. With the increasing prevalence of eye disease driven by factors such as aging populations, lifestyle changes, and technological advancements. These breakthroughs are also crucial for addressing global eye health challenges.

Artificial Intelligence and Machine Learning

One of the most significant developments in ophthalmology has been the integration of artificial intelligence (AI) and machine learning. These technologies are revolutionizing eye diagnosis by providing faster, more accurate, and often more objective assessments. AI algorithms can analyze

vast amounts of data, such as retinal images, to detect early signs of diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration. This early detection allows for timely intervention, potentially preventing vision loss. For instance, Google's DeepMind has developed an AI system capable of diagnosing over 50 different eye diseases from a single OCT scan.

Gene Therapy for Inherited Retinal Diseases

Gene therapy, a technique that involves introducing functional genes into cells to treat genetic disorders, has shown great promise in ophthalmology, particularly for inherited retinal diseases. These conditions, often caused by genetic mutations, were once considered incurable. However, advancements in gene therapy have opened new possibilities for restoring vision or halting disease progression. Luxturna, approved by the FDA in 2017, was the first gene therapy

for an inherited retinal disease, offering hope to patients with Leber's congenital amaurosis. Researchers are now exploring gene therapies for other retinal diseases, such as retinitis pigmentosa and choroideremia, expanding the potential benefits of this technology.

Minimally Invasive Glaucoma Surgery (MIGS)

Glaucoma, a leading cause of blindness, is characterized by increased intraocular pressure. Traditional surgical treatments for glaucoma often involve invasive procedures with long recovery times. Minimally invasive glaucoma surgery (MIGS) has emerged as a less invasive alternative, offering quicker recovery, fewer complications, and improved patient satisfaction. MIGS devices, such as the iStent and Hydrus Microstent, are designed to enhance the eye's natural drainage pathways, reducing intraocular pressure without the need for large incisions. MIGS can often be



performed in conjunction with cataract surgery, providing a comprehensive solution for patients with both conditions.

Advanced Intraocular Lenses (IOLs)

Cataract surgery, a common procedure to remove a cloudy lens and replace it with an artificial lens, has been transformed by advancements in intraocular lens (IOL) technology. Modern

IOLs can now address a variety of vision problems, including astigmatism, presbyopia, and myopia. Multifocal and extended-depth-of-focus (EDOF) lenses allow patients to achieve clear vision at multiple distances without relying on glasses. Toric IOLs can correct astigmatism,

OPHTHALMOLOGY

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OPHTHALMOLOGY

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reducing the need for corrective eyewear.

Corneal Cross-Linking for Keratoconus

Keratoconus, a progressive eye condition that causes the cornea to thin and bulge, can lead to significant vision impairment. Corneal cross-linking, a procedure that strengthens the cornea using ultraviolet light and riboflavin, has been a game-changer for patients with keratoconus. By halting the progression of the disease, corneal cross-linking can help prevent vision loss and reduce the need for corneal transplants.

Teleophthalmology: Remote Eye Care Delivery

The COVID-19 pandemic accelerated the adoption of telemedicine, including in ophthalmology. Teleophthalmology, which allows for remote eye care consultations and follow-ups, has become an essential tool for ensuring access to care, especially in underserved areas. Remote eye exams, coupled with home-based diagnostic tools, enable patients to monitor their eye health without frequent in-person visits. Teleophthalmology platforms, equipped with AI-driven diagnostic tools, can triage patients and prioritize those who require urgent in-person care, optimizing clinic resources and improving patient outcomes.

Conclusion

The future of ophthalmology is bright, with ongoing advancements in technology and treat-

ment options. These innovations are not only improving the quality of care but also making it more accessible and affordable for patients worldwide. As the field continues to evolve, we can expect to see even more groundbreaking developments that will revolutionize eye care and preserve vision for generations to come.

At Milford Franklin Eye Center we are a leader in the field of ophthalmology, dedicated to providing cutting-edge eye care solutions. By embracing the latest advancements in technology, such as AI-powered diagnostics and minimally invasive surgical techniques, we are at the forefront of the future of eye care. Our commitment to patient satisfaction, coupled with our expertise in a wide range of eye conditions, makes us a trusted choice for patients seeking comprehensive and personalized eye care. With 50 staff, 4 locations, including a state-of-the-art surgery center offering advanced surgical eye care, there is no need to travel anywhere else for your medical and surgical procedures. All surgeries are staffed by anesthesiologists (compared to office-based surgery models where no anesthesia whatsoever is present during your surgery). We do not perform office-based cataract surgery and do not charge out-of-pocket fees for using our operating room. If you are being referred to a center that performs office-based cataract surgery and charges you fees, call us. We are available for a second opinion.

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UPTON LIBRARY

continued from page 4

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 Pre-school 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 – Oct. 16 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 – Nov. 6 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. For our November meeting, we will be discussing *Megabat* and the *Not-Happy Birthday* by Anna Humphrey. This group is for ages 8-12.

We welcome new members all year round! Pre-registration required.

Tween Book Club – Oct. 17 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. This month, we will be discussing the realistic fiction title *Right as Rain* by Lindsey Stoddard. We welcome new members all year round! Pre-registration required.

Teen Hangout – Tuesdays & Thursdays 2 - 5 p.m.

Teen Hangout is a time just for tweens and teens! Every Tuesday and Thursday after school, we reserve the Classroom as a space for teens to hangout, play video games and board games, make crafts, read, and more! This is a drop-in program.

Upton Reads Book Group

An eclectic mix of contemporary literary fiction with meetings on the second Tuesday afternoon and Thursday evening of each month in the Community Center classroom, with a Zoom remote option.

Tuesday, Nov. 12 at 12:45 p.m., and Thursday, Nov. 14 at 6:45 p.m.: *The Women* by Kristin Hannah.

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. Oct. 30 at 6:45 p.m.: nonfiction title, *Killing the Witches: The Horror of Salem, Massachusetts*, by Bill O’Reilly.

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

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Mendon Senior Center events

October is our second largest fundraising month. With our basket raffle and fall sale we plan to raise the monies for next year's programs. First, I must thank the community groups that have donated such beautiful baskets, I am sure this is going to be an exceptional year. We are taking the baskets to the Lions Country Fair on Oct. 13 from 10 a.m. - 4 p.m. Please sign up if you are able to join us there either to help with set up and take down or selling tickets.

The baskets will return to the Center for our Octoberfest sale on Oct. 26. Volunteers are needed for set up on the 25 and cashiers and helpers on the 26. We are accepting donations for the White Elephant Table and for the bake sale. When I was recruiting advertisers for the

yard sale, these baked items were mentioned by several businesses.

Finally, a group of us are joining with the cultural council to create some scarecrows for the Senior Center. Scarecrows started being displayed on Oct. 1. Judging will be complete, and winners will be announced on Oct. 20. Please come to see ours at the 62 Providence Street and give us your vote. "Why did the scarecrow become a success? Because he was outstanding in his field!"

Friends Dine Out — Carpool with friends from the senior center the 3rd Wednesday of each month at 11:30 a.m. or meet at the restaurant at 12 noon. The cost of lunch is your responsibility but the company is free! Lunch will be at Blackstone Valley Tech this month.

The Friends is a 501(c)(3) non-profit organization raising funds for the benefit of the senior center and the seniors it serves. We have not raised the membership fee this year, but if you are able, we would welcome an additional donation.

Activities

- Sunday, Oct. 13:* 10 a.m. - 4 p.m. Lions Club Country Fair
- Tuesday, Oct. 15:* 10:30 a.m. Rummikub. Medicare Open Enrollment 5 - 7 p.m. Miscoe Flu Shot
- Wednesday, Oct. 16:* 11:30/noon Dine Out - Blackstone Valley Tech
- Thursday, Oct. 17:* 6 - 7 p.m. Evening Yoga Begins
- Tuesday, Oct. 22:* 11 a.m. History with Jim Buckley
- Saturday, Oct. 26:* 9 a.m. - 2 p.m. Oktoberfest
- Wednesday, Oct. 30:* 1 p.m. Shine/Medicare Meeting
- Thursday, Oct. 31:* 11 a.m. Music Bingo

Tri-Valley Lunches

- Tuesday & Thursday ~ 12 p.m. Cost: \$3 donation per Meal. Reservations must be made 48 hours in advance. Menus are subject to change. Transportation is available. Please call Julie Tulacro at 508-478-6175
- Tuesday, Oct. 15:* Chicken Fajitas
- Thursday, Oct. 17:* Haddock w/ Chimichurri Sauce
- Thursday, Oct. 22:* Hot Dog/Beans
- Thursday, Oct. 24:* Buttermilk Chicken
- Tuesday, Oct. 29:* Chicken Mornay
- Thursday, Oct. 31:* Pizza and Salad \$7 (non-Tri-Valley)

New Game

Join us for Rummikub- a rummy game on Tuesday's beginning Oct. 15 at 10:30 a.m. Our volunteer Del is pleased to lead us and to teach us the rules.

Mendon Lions Country Fair

The Mendon Lions Country Fair will be held on Sunday, Oct. 13 at 10 a.m. - 4 p.m. Our hosts are The Blessing Barn and the Clough Elementary School at 10 North Avenue. Food trucks, farm animals, crafts, vendors, kids' zone and MORE will be enjoyed! Please be sure to visit the Friends Table.

Medicare Open Enrollment - Oct. 15 through Dec. 7

SHINE can help! Call soon to schedule your appointment for any time from It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Come meet with a SHINE counselor to go over any changes and make sure you're in the right plan for you. Trained SHINE (Serving the Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential, and unbiased

counseling on Medicare options. To schedule a SHINE appointment, call the Senior Center at 508-478-6175. For other SHINE related matters, call 508-422-9931. Once you get the SHINE answering machine, leave your name, town and number. A volunteer will call you back as soon as possible.

Salem Day Tour

Join the Mendon seniors on Thursday, Oct. 17 from 8 a.m. - 6 p.m. for a action packed trip to Salem. Pick up and return at the Mendon Senior Center, 62 Providence Road. The day includes the following: 9:45 - 10:45 a.m. Driving Bus tour of Salem. 11 a.m. - 12:15 p.m. lunch at the Hawthorne Hotel: Buffett. 12:30 - 2 p.m. Light-house & Foliage Cruise. 2:15 - 3:30 p.m. Real Pirates Museum. 3:45 - 4:30 p.m. Gallows Hill Interactive Theatre. Cost: \$160 per person Rate includes round-trip transportation, lunch and all attractions. Reservations and Info Contact Bev Fior 508-473-8382 or bafior@verizon.net

Evening Mat Yoga Returns!

Thursdays 6 - 7 p.m. beginning Oct. 17. The Mendon Senior Center is also pleased to announce that Evening Yoga is back! There is limited space for this popular eight-week program taught by Faith Kennedy so

MENDON SENIOR CENTER

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ADULT PROGRAMS OCTOBER 2024

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).

Ghosts and Legends with Jeff Belanger

We are pleased to welcome Jeff Belanger back to the Taft! For more than 25 years, Jeff has been exploring the weird and unexplained. He's one of the world's foremost storytellers and researchers of lore and legends. A noted speaker and media personality, Jeff has offered programs at libraries, universities, corporations, MENSA's national conference, and TEDx in New York City. He's the award-winning, Emmy-nominated host, writer, and producer of the New England Legends series on PBS and Amazon Prime and is the author of over a dozen books (published in six languages). He also hosts the popular New England Legends weekly podcast and is a writer and researcher for Ghost Adventures on the Travel Channel. Join us on Tuesday, Oct. 22 at 7 p.m. for what we're sure will be a spirited seasonal program from Jeff. Registration required as space is limited.

Adult Handcrafting Group

Let's get crafty! Join us on

Wednesday, Oct. 16 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:

Monday, Oct. 14 at 7 p.m.: *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 Club

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 Foot-

notes series:

Thursday, Oct. 24 at 7 p.m.: *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

Slow Flow Adult Yoga with Katie Aissis of Sprouting Tree Yoga

Come join Katie Aissis from Sprouting Tree Yoga for Slow Flow Adult Yoga at 7 p.m. on Tuesday, Oct. 15 upstairs in the library. This Vinyasa style yoga class links breath to movement in a dynamic sequence of postures. Participants will build strength while also finding moments throughout the practice to quiet the mind and rest the body. This

class is appropriate for all levels and no previous yoga experience is necessary. Please bring your own yoga mat. Please register for the program on our website.

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, Oct. 28 at 6:30 p.m.

Taft Library now has Mango Languages!

Visit the Taft Public Library website for access to the Mango Languages platform. If you have an interest in learning a language, Mango provides lessons in over 70 languages. Children can try their hand at language learning with Mango Little PIM, a platform designed

just for them, and for those interested in learning American sign language we provide access to Mango ASL. Mango's Intuitive Language Construction methodology helps build skills in vocabulary, grammar, pronunciation, culture, comprehension, and retention. To see all of the Mango options the Taft Library offers scroll down the left-hand side of our webpage to the Databases section.

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

Taft LIBRARY

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TAFT LIBRARY

continued from page 13

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.

Medium Ellen Henry visiting in November!

It is often said that we are not bodies with a soul, but souls with a body. When our physical body dies, our souls move on to the next chapter. A medium is someone who receives communication from the souls of those who have moved on to the next chapter

and delivers those messages to their loved ones here in the physical world. In her program, medium Ellen Henry begins with a discussion of what mediumship is, how it differs from a psychic reading, and how she receives messages. Participants will then share in the experience as Ellen performs a mediumship demonstration for the group. (Please note that attendance at the demonstration does not guarantee each participant will receive a reading). Saturday, Nov. 2 at 2 p.m. Please register at www.taftpubliclibrary.org soon as this program does fill up quickly.

TAFT CHILDREN'S NEWS-OCTOBER 2024

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

Itty Bitty Story Time

Itty Bitty Storytime is designed for our youngest patrons birth to 3 years old. Join us for a lot of fun on Tuesdays and select Wednesdays 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 on Tuesday mornings 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 last Wednesday of the month.

Coffee and Conversations

Wednesday, Oct. 30, Nov. 20 & Dec. 18. Coffee and Conversations is from: 9:15 to 10:15 a.m.,

at 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!

Lego Club

Back by popular demand! During this one-hour building session we will be led by the "Lego Lady" Kim Steadman. No need to bring any Legos. This program is great for all ages...as long as they don't eat the Legos! Tuesdays: Nov. 12 and Dec. 10 at 4:30 p.m.

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. Wednesdays: Nov. 13 and Dec. 11 at 9:30 a.m.

Puppet Storytime

Through Me to You Puppetry invites you to join Newton and his puppet friends for some Storytime fun. Newton and his friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say hi to Newton and enjoy puppet free play. Join us Tuesday, Oct. 15 at 4:30 p.m.

Tutors with Tails

Meet Sprite! Sprite is a therapy dog who loves children and love books. Sprite and her owner Janet will visit the Taft on the last

Tuesday of each month. Register today for the opportunity to read to Sprite! Spots are limited.

Toe Jam Puppet Band Halloween Party

Join us for our Halloween celebration with Toe Jam Puppet Band on Tuesday, Oct. 29 at 6:30 p.m. Make sure to wear your Halloween costume!

Formed in 2000, The Toe Jam Puppet Band is children's entertainment that grown-ups can actually enjoy. The dynamic group is great with kids, but best when teachers or parents are having fun with the little ones. The performances are very active, encouraging kids and parents to sing and dance along with the band as they entertain with a unique combination of original songs, masterful shadow puppetry, storytelling and just plain old good fun.

Book Clubs

8-12 Book Club: We will be reading: *The Losers Club* by Andrew Clements. The book club discussion will be held downstairs in the library on Tuesday, Oct. 22 at 5 p.m. The book club will include a discussion, pizza, and refreshments.

6-9 Book Club: We will be reading: *Good Dog: Home Is Where the Heart Is* by Cam Higgins. The book club discussion will be held downstairs in the library on Tuesday, Nov. 5 at 5 p.m. The 45-minute book club will include a discussion, pizza and an activity.

Graphic Novel Book Club: This month we will be reading: *The Case of the Golden Bone* by Sara Varon. Join us on Tuesday, Nov. 19 at 5 p.m. to discuss this month's book pick. Pizza and refreshments will be served. Books are available at the upstairs circulation desk.

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WEDDING ANNOUNCEMENT



Mr. and Mrs. Kevin McGowan of Billerica, MA, and Peter Valberg and Ann Watson of Needham MA, are pleased to announce the marriage of Erika McGowan and Stuart Valberg.

Erika McGowan is a 2005 graduate from Billerica Memorial High School and attended Franklin Pierce University, graduating in 2009 with a degree in Communications. She is currently working for the Upton

Public Library and is also a member of the DGA (Directors Guild of America).

Stuart Valberg graduated from Needham High School in 2002 and attended Syracuse University, graduating in 2006 with a degree in Film Drama. He is also a member of the DGA and works as a 1st Assistant Director in TV and Movies. Both are now happily residing in Upton, MA.

UPTON SENIOR CENTER

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register by Wednesday, Oct. 23. \$3 suggested donation.

Halloween Musical Bingo
Wednesday, Oct. 30 at 1:30 p.m. Stick around after lunch for a spook-tacular time as we host Halloween Music Bingo! Come by in your favorite costume and enjoy some Halloween treats! RSVP by Oct. 25. Prizes and awards for best costumes will be presented!

WEEKLY PROGRAMS

Monday:
10:45 – Strength and Stretch (\$3)
2:30 – Zumba® Gold (\$3)
Tuesday:
11:15 – Exercise with Shirley Areano (\$3)
12:30 – Hand & Foot Card Games
1:00 – Grief Support Group
2:15 – Tai-Chi (\$3)
Wednesday:
9:30 – Dance Fusion (\$3)
10:45 – Strength & Stretch (\$3)

12:30 – Mahjong Card Games

Thursday:

9:00 – Chair Yoga (\$3)
10:00 – Knit & Crotchet Group
11:30 – Practice Mahjong
1:00-3:00 – BINGO

Friday:

9:30 – Exercise with Shirley (\$3)
10:45 – Strength & Stretch (\$3)

MONTHLY PROGRAMS

Crafts with Betty —

Friday, Oct. 11 at 10 a.m.

Trivia Time

Monday, Oct. 28 at 12:30 p.m.
Blood Pressure Checks —
Wednesday, Oct. 23 at 12:30 p.m.
Birthday Bash —
Wednesday, Oct. 16 at 12:30 p.m.

Enjoy pizza, cake, and ice cream with your friends at the senior center. All are welcome to celebrate with us! \$3 fee. Free for those with a birthday in October.



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As the centerpiece of our Annual Community Open House, Montgomery Lodge presents, for the first time:

Buried Treasure Day

Always wondered how much that *(fill in the blank)* Aunt Susie left you is worth? That *(fill in the blank)* you found in the attic when you bought the house? That *(fill in the blank)* that jumped out at you at the yard sale?

You've all seen, and been fascinated by, those TV appraisal shows where folks bring in those intriguing objects they've always wondered about and find out what they are, and what they are (or aren't) worth - We're doing that right here in Milford! -

We'll have expert appraisers looking at what you bring in and telling you all about it - Household objects, Toys, Comics, Masonic artifacts, even small pieces of furniture (If you feel comfortable carrying it up a flight of stairs by yourself, it gets in). Max. 2 items!

While you're here, take a tour of historic Montgomery Lodge (our permanent collection of historical Masonic curios is worth the price of admission [Free] alone), have some light refreshments, and meet your Masonic neighbors and friends!

Sat., October 19th • 9am - 3pm at
Montgomery Lodge ~ 155 Main St. Milford • 508-473-9762

No appraisal can exactly determine the value of any object at a particular window in time, and the final value of anything is always what someone is willing to pay for it - All appraisals for entertainment purposes only.

www.montgomerylodge.org • facebook.com/MontgomeryLodgeAFAM • www.massfreemasonry.org

Recent Home Sales

Date	Mendon	Amount
09/20/2024	24 Haywood Circle	\$245,800
09/12/2024	3 Freeman Place	\$900,000

Date	Upton	Amount
09/24/2024	11 Shoemaker Lane #5	\$758,190
09/19/2024	111 Chestnut St.	\$865,000

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



The 4-bed, 4-bath, 4,904 square foot house at 3 Freeman Place in Mendon recently sold for \$900,000. Image credit: www.zillow.com

MENDON SENIOR CENTER

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register early. The cost is \$60 payable to the instructor. Please stop by the center or call 508-478-6175 to register.

2nd Annual Chili Cook-Off!

Last year the Friends of Mendon Elders entered a local chili contest and benefit sponsored by Garrison Speed Shop of Mendon. It was a delicious afternoon and great fun. We've been invited to participate again this year, and we need your help. The Friends of Elders have three upcoming fundraisers and are stretched a little thin. Member Dona Son has graciously offered to create her special chili. However, we need two more people to help man our booth. For those coming to enjoy all the chilis and cast a vote, a \$10 donation will be collected at the door on the day of the event Saturday, Oct. 19, 1 - 4 p.m. The event is being held at 45 Uxbridge Rd. Mendon rain or shine.

Oktoberfest! Saturday, Oct. 26 9 a.m. - 2 p.m. This wonderful event, sponsored by the Friends of Mendon Elders is open to the public and features

our wonderful, themed baskets, a traditional white elephant table, beautiful hand-knit items, baked goods and jewelry. Your attendance and donations will help to support the Senior Center programs and services! Donations of baked goods, hand-crafted or knit items, jewelry, and attic treasures are needed. Items can be dropped off at the Center Monday-Thursday from 9 a.m. - 3 p.m. Help is also needed the day prior as well as the day of the event.

Thursday Oct. 31 11 a.m.

Join us for a spooky good time with Music Bingo by Good Thomas, generously sponsored by the Friends of Mendon Elders. Come wearing your best Halloween Hat or costume and enjoy the songs of the 50's, 60's and more. You may even win a prize! A pizza luncheon will follow. The cost of lunch is \$7. Please call 508-478-6175 or stop by the senior center to register for one or both programs. Transportation is available.

Hope & Healing ~ Surviving Loss

Thursday, Nov. 7 6 - 8 p.m. Loss is difficult any time of the year but with the upcoming holidays the pain can be more acute. Fortunately, there is help for those experiencing grief because of the loss of a loved one, Grief Recovery Seminar and Support Meetings are held at Faith Fellowship Church, 647 Douglas St., Uxbridge.

Meet others who understand what you're going through. Receive comfort and support. Learn practical tips for navigating your grief. The upcoming thirteen week weekly session begins Thursday, Nov. 7 from 6 to 8 p.m. The program consists of video presentations, group discussions, and workbook based

personal home study and reflections which are used to help in the journey toward healing. Registration is through Griefshare.org. Contact Tom Stavish 508-478-3445 for assistance. Visit griefshare.org/find a group to find a group in your area. You are not alone.

Veterans Appreciation Breakfast - Save the date!

For all who have served, we thank you. Mendon Veterans of all ages and branches of the service are invited to attend a breakfast on Friday, Nov. 8 from 8:30 - 10:30 a.m. at the Mendon Senior Center. This event, hosted by the Mendon Council on Aging, is generously sponsored by the Mendon Police Association and the Friends of Mendon Elders. A patriotic musical tribute will be offered by the Mendon Minstrels chorus. To reserve your place, please stop by or call the Senior Center at 508-478-6175. Transportation is available.

Mendon Scouts Food Drive

The Scouts of Mendon will once again be conducting their annual food drive to help replenish the shelves of the Mendon Food Pantry. Please consider supporting this effort by dropping off donations at the Clough school parking lot on Saturday, Nov. 9, 8 a.m. - 12 p.m. We are also grateful for nonfood items which cannot be purchased with food stamps such as, shampoo, conditioner, bath soap, toothpaste and toothbrushes, antibacterial soaps, household cleaners, dish soap, laundry detergent and dryer sheets. Additional drop off locations include the Mendon Post Office or the Mendon Senior Center, drop off box is located in the gazebo during business hours.

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Upton Cultural Council grant applications due Oct. 16

The Upton Cultural Council is now accepting grant applications for community-oriented arts, humanities, cultural, and science programs.

Applications will be accepted until Oct. 16, 2024.

Forms, guidance on the grant process and grant criteria, and local guidelines and priorities are all available



online at <https://masscultural-council.org/communities/local-cultural-council-program/>.

Source: www.uptonma.gov

Positive EEE mosquito in Upton

The Board of Health is advising Upton residents that a mosquito sample in Upton has tested positive for Triple E. It is highly recommended that residents observe peak mosquito activity dusk to dawn, use mosquito repellent, and when outdoors wear protective clothing.



For more information, you may contact the Board of Health at 508-529-6813.

Source: www.uptonma.gov

UPTON LETTER

continued from page 3


ment around different parts of the town.

East Street fits all the goals of the law: quick access to the highway and three trains stations and Milford, help with the additional housing, have little impact on the town, and will bring new tax revenue without

fundamentally disrupting the historic small-town feel and entrance to our town.

Putting all the new developments, with dense footprints in a small area next to and in the center of town will change everything. Vote no or choose to pass over. We need to find a better place for a new development for 150 units on 10 acres.

*Submitted by Cathy Taylor
-Upton resident*



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Listen to the sound that fills the halls at BVT

UPTON – At Blackstone Valley Regional Vocational Technical High School (BVT), students put their hands and minds to work in their academic classrooms and vocational shops, developing the skills, confidence, and desire to succeed. As you walk the hallways, listen carefully. You’ll hear another sound mingling with the buzzing of saws and hammering of nails; it’s the unique timbre of a flute and French horn or the smooth and complex sounds of a saxophone. It’s exhilarating to witness students wield the tools of their trade and develop their technical skills. However, adding a passion for the musical arts can bring a whole other dimension and purpose to their lives and careers.

The music program at BVT, under the guidance of Dr. Colton Cox, is about more than just teaching students to play musical instruments. It’s a transformative journey that equips students with a deeper understanding of music, its

origins, influences, and theory, guiding them to apply these concepts when playing instruments. This integrated approach enriches their academic experience and fosters a life-long love for music.

“We’re proud to put quality tools, in this case, musical instruments, into the hands of our students, thanks to a partnership with Burkart Flutes and Piccolos, with whom we share an appreciation for craftsmanship, precision manufacturing, and hands-on technical skills, said Dr. Cox. “The instrument manufacturer donated flutes and piccolos, which our music department uses for instructional and training purposes to produce sounds we cannot produce on our own, and in that sense, they’re our tools of trade.”

The generous donation significantly contributes to the educational process at BVT. Each instrument placed in a student’s hand is a learning opportunity that leads to increased participation in the



school band and equitable access to music education for students who may otherwise not be able to participate. By removing barriers, financial or otherwise, accessibility to instruments allows students the freedom to follow their musical passion and learn to play music.

The music program is grateful for the recent instrument donations from Burkart Flutes and Piccolos, as well as the in-kind donations of a saxophone and French horn from Hungry for Music. The additional support is “instrumental” in growing and ensuring a sustainable program that strives to increase equitable access to a broader range of musical tools and instruments for all its students.

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SPORTS

Dominant start for Valley Tech Golf

Beavers waste no time clinching Colonial title

By Chris Villani

Barely midway through the 2024 season, the Blackstone Valley Tech golf team had already wrapped up the Colonial Athletic League title after winning the first 11 league matches of the year. The Beavers started 12-1 overall, and head coach Craig Allen said the team's top-four has been steady.

"I knew we had a solid top of the lineup," Allen said. "They have carried us the entire season, and we have other players who have scored in a couple of matches."

The team's unquestioned leader has been Connor Griffin, who frequently shoots at or under par.

"He is just incredible," his coach said. "He is that once-in-a-lifetime player that a coach wishes for. He just works so hard on his game, and it's amazing to watch some of the things he can do with a golf ball."

Griffin has been paired with Leopaul Gamelin, who Allen said might be the Beavers' big-

gest surprise.

BVT's second pairing of Santiago Hernandez and Charlie Leighton has also been very successful.

"Santiago is just a fun kid, he is a grip it and rip it style of golfer and he just goes up there and enjoys the game," Allen said. "Charlie and Santiago have been playing together for the past couple of years, and they feed off each other, which is fun to see."

Ayden Joseph and Mateo Lame have scored in matches this season as well, and both could factor into Valley Tech's success as it heads toward the postseason. Allen said the players set themselves up well for success with their preparation coming into the season.

"Kudos to them, because they went out and they all worked hard on their games over the summer," he said, noting some of the players joined Highfields Golf Club, where BVT plays its home matches.

"They have played a lot of golf," the coach said.



Santiago Hernandez (left) and Connor Griffin (right) have been two of the top players for BVT golf this season. Photo credit: Photo by Tasha Griffin

Allen said his team should be competitive in the State Vocational Tournament as well as the state sectional tournament, even though the latter will be played at an unfamiliar course.

The Beavers have a tall task in trying to get to the state tournament as a team while playing in the competitive Division II. The program advanced to the states as a team a couple of sea-

sons ago, and Allen is hoping they can do it again. "I would love for them to have that opportunity," he said. "It's pretty cool when the whole team gets there."

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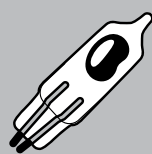
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SPORTS

Postseason aspirations for Nipmuc Football

Warriors hope to overcome slow start



The 2024 Nipmuc football team is hoping a strong second half can get it to the postseason. Photo source: Nipmuc Gridiron Club

By Chris Villani

This year's Nipmuc football team is loaded with skill and experience, but the team is also relatively young and has hit some bumps through the early part of the 2024 season.

"I think a lot of what's going on is some of these guys have not played together before," said head coach James Royster. "They are being asked to do a big job, and they aren't all used to it yet."

Despite losing two of the first three games, Nipmuc is hoping to earn a spot in the state play-

offs, and Royster feels like his team is good enough to achieve that goal.

"We started in a way that we wished we didn't, but we want to get to the playoffs," he said. "I think once we combine our great individuals, we can be a great team."

Royster has several players on his team who are playing big roles this fall. Tristian Dugas, Cade Arthur, and junior Dash Correia are the team's three captains. Dugas and Arthur are skilled two-way linemen, while Correia earned his spot as a

captain after a stellar sophomore season and the ability to be plugged into numerous spots on both sides of the ball.

Josh Giancola, a junior, is the starting quarterback this fall.

"We ask a lot of him," Royster said. "We want to put the ball in the air, we want to run it, we want to do different formations, and he's handled it very well to this point."

Giancola has several options when it comes to distributing the ball, including junior Johnny Desmond. "He is a great athlete and a great

leader," Royster said. "He is always in the right place at the right time."

Jack Moshier, Logan De-marzo, and Sean Burchard are three more players Royster said are helping the team significantly. Eben Consigli is a solid pass catcher and helps hold down the defense along with fellow linebacker Jacob Nagda who returned this year after missing last season.

Royster said his team's skill

will continue to be a strength as the fall season plays out and Nipmuc settles into league play. The chemistry his team displays is another strong suit, he added.

"We are athletic, we are lengthy, and we have a group of kids who really like each other," Royster said. "That's the biggest thing. They grew up together, they get along, there is a real bond, and that's why we expect big things from them. They just get it."

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Mike Penner
General Manager



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2021 CHEVY EQUINOX LS
AS LOW AS **\$72/WK**
#46443 • ALLOYS, AWD, TURBO
NEW RETAIL PRICE: ~~\$35,490~~ | **WHOLESALE PRICE: \$20,377**

2021 KIA TELLURIDE
AS LOW AS **\$103/WK**
#TP4416 • LX TRIM, AWD, 3.8L V6
NEW RETAIL PRICE: ~~\$36,290~~ | **WHOLESALE PRICE: \$28,977**

2021 FORD F-150 XL 4x4
AS LOW AS **\$124/WK**
#P17264L • SUPERCAB, TURBO
NEW RETAIL PRICE: ~~\$46,250~~ | **WHOLESALE PRICE: \$34,977**

2021 FORD EXPLORER 4x4
AS LOW AS **\$103/WK**
#P16938L • XLT, LEATHER, TURBO
NEW RETAIL PRICE: ~~\$45,765~~ | **WHOLESALE PRICE: \$28,977**

2019 JEEP WRANGLER 4x4
AS LOW AS **\$120/WK**
#124-423A • UNLIMITED MOAB, NAV
NEW RETAIL PRICE: ~~\$49,810~~ | **WHOLESALE PRICE: \$33,977**

2021 JEEP RENEGADE
AS LOW AS **\$71/WK**
#P17200 • ONLY 5K MILES, SPORT
NEW RETAIL PRICE: ~~\$29,265~~ | **WHOLESALE PRICE: \$19,977**

2021 TOYOTA TACOMA 4x4
AS LOW AS **\$119/WK**
#TP4187 • SR TRIM, DBL CAB, 3.5L
NEW RETAIL PRICE: ~~\$42,605~~ | **WHOLESALE PRICE: \$33,677**

2021 DODGE DURANGO GT
AS LOW AS **\$110/WK**
#D14288 • ALLOYS, AWD, 3.6L
NEW RETAIL PRICE: ~~\$48,595~~ | **WHOLESALE PRICE: \$30,977**

2024 GENESIS GV70 3.5T
AS LOW AS **\$202/WK**
#TP4468 • NAV, HEATED LEATHER
NEW RETAIL PRICE: ~~\$64,700~~ | **WHOLESALE PRICE: \$56,977**

2022 TOYOTA CAMRY LE
AS LOW AS **\$85/WK**
#TM24-1043A • 28/39 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$38,625~~ | **WHOLESALE PRICE: \$23,977**

2022 CHEVY SILVERADO 4x4
AS LOW AS **\$120/WK**
#C4251 • CUSTOM, 2.7L TURBO
NEW RETAIL PRICE: ~~\$54,180~~ | **WHOLESALE PRICE: \$33,977**

2021 NISSAN ROGUE AWD
AS LOW AS **\$78/WK**
#46502 • 26/33 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$31,710~~ | **WHOLESALE PRICE: \$22,977**

2022 CHEVY TRAX LT AWD
AS LOW AS **\$74/WK**
#46521 • TURBO, PREMIUM AUDIO
NEW RETAIL PRICE: ~~\$27,565~~ | **WHOLESALE PRICE: \$20,977**

2023 TOYOTA TUNDRA 4x4
AS LOW AS **\$152/WK**
#P16564B • SR5, ALLOYS, DBL CAB
NEW RETAIL PRICE: ~~\$58,405~~ | **WHOLESALE PRICE: \$42,977**

2019 JEEP CHEROKEE 4x4
AS LOW AS **\$71/WK**
#P16690B • LATITUDE, ALLOYS
NEW RETAIL PRICE: ~~\$34,400~~ | **WHOLESALE PRICE: \$19,977**

2022 HYUNDAI TUCSON SEL
AS LOW AS **\$85/WK**
#TP4523 • AWD, HEATED SEATS
NEW RETAIL PRICE: ~~\$36,750~~ | **WHOLESALE PRICE: \$23,977**

2022 TOYOTA COROLLA LE
AS LOW AS **\$78/WK**
#TP4540 • 30/38 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$26,589~~ | **WHOLESALE PRICE: \$21,977**

2020 CHEVY SONIC LT
AS LOW AS **\$49/WK**
#D14534RJ • 26/34 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$20,595~~ | **WHOLESALE PRICE: \$13,977**

2022 TOYOTA RAV4 LE SUV
AS LOW AS **\$92/WK**
#ST0651A • AWD, APPLE CARPLAY
NEW RETAIL PRICE: ~~\$33,560~~ | **WHOLESALE PRICE: \$25,977**

2020 FORD EDGE SEL
AS LOW AS **\$81/WK**
#124-253A • TURBO, NAV, ALLOYS
NEW RETAIL PRICE: ~~\$40,395~~ | **WHOLESALE PRICE: \$22,977**

2021 VW JETTA SE
AS LOW AS **\$71/WK**
#TP4535 • TURBO, HEATED SEATS
NEW RETAIL PRICE: ~~\$29,550~~ | **WHOLESALE PRICE: \$19,977**

2022 LINCOLN NAUTILUS
AS LOW AS **\$110/WK**
#P16782A • SUNROOF, LEATHER
NEW RETAIL PRICE: ~~\$59,745~~ | **WHOLESALE PRICE: \$30,977**

2023 FORD BRONCO 4x4
AS LOW AS **\$105/WK**
#45887A • TURBO, 17" ALLOYS
NEW RETAIL PRICE: ~~\$38,995~~ | **WHOLESALE PRICE: \$29,677**

2019 SUBARU LEGACY 2.5i
AS LOW AS **\$67/WK**
#TM25-018A • AWD, HEATED SEATS
NEW RETAIL PRICE: ~~\$32,695~~ | **WHOLESALE PRICE: \$18,977**

2023 MERCEDES GLA 250 SUV
AS LOW AS **\$114/WK**
#TP3680 • TURBO, AWD, LEATHER
NEW RETAIL PRICE: ~~\$48,600~~ | **WHOLESALE PRICE: \$31,977**

2023 HYUNDAI SONATA SEL
AS LOW AS **\$81/WK**
#TP4265 • 27/37 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$28,680~~ | **WHOLESALE PRICE: \$22,977**

2019 CHEVY COLORADO
AS LOW AS **\$110/WK**
#ST0631A • LT TRIM, 4X4, ALLOYS
NEW RETAIL PRICE: ~~\$39,180~~ | **WHOLESALE PRICE: \$30,977**

2018 HONDA CR-V EX-L
AS LOW AS **\$85/WK**
#23377A • 27/33 MPG CITY/HWY
NEW RETAIL PRICE: ~~\$34,190~~ | **WHOLESALE PRICE: \$23,977**

2022 BUICK ENCORE AWD
AS LOW AS **\$78/WK**
#46323 • GX SELECT, 1.3L TURBO
NEW RETAIL PRICE: ~~\$32,225~~ | **WHOLESALE PRICE: \$21,977**

2021 MAZDA MAZDA CX-5
AS LOW AS **\$88/WK**
#TP4591 • SUNROOF, LEATHER
NEW RETAIL PRICE: ~~\$29,899~~ | **WHOLESALE PRICE: \$24,977**

2023 BMW X1 xDrive28i
AS LOW AS **\$110/WK**
#TP3908 • AWD, TWIN TURBO, NAV
NEW RETAIL PRICE: ~~\$51,595~~ | **WHOLESALE PRICE: \$30,977**

2021 RAM 1500 BIG HORN
AS LOW AS **\$117/WK**
#D14230L • 4X4, V8, 20" ALLOYS
NEW RETAIL PRICE: ~~\$45,710~~ | **WHOLESALE PRICE: \$32,977**

2021 TOYOTA HIGHLANDER
AS LOW AS **\$124/WK**
#TP4508L • XLE TRIM, MOONROOF
NEW RETAIL PRICE: ~~\$45,775~~ | **WHOLESALE PRICE: \$34,977**

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Mike Penner
General Manager

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