

Mendon to celebrate nation's 250th anniversary on Aug. 2

Will include fireworks, mock signing of Declaration of Independence

By Theresa Knapp

On Aug. 2, 2026, the Town of Mendon will hold a series of events to commemorate the 250th anniversary of the signing of the Declaration of Independence.

Events will include historic trolley rides, access to the Ammidon Tavern, a concert and fireworks. There will also be a mock signing of the Declaration of Independence by 56 Mendon residents.

Activities include:

12:30-2:45 p.m.

- Historic trolley rides of historic Mendon (reservations required)
- Ammidon Tavern open with a living history display



As part of the nation's 250th anniversary celebration in Mendon on Aug. 2, the Ammidon Tavern will be open from 12:30 to 2:45 p.m. and will feature a living history display and slide show of the tavern. Photo credit: Theresa Knapp

- along with a slide show of the tavern
- Mendon Resolutions on display at the Upper Town Hall along with other historic items

3 p.m. - Mock signing of the Declaration of Independence

250th

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Brewer named Mendon Senior Citizen of the Year

The Mendon Council on Aging is pleased to announce Justine Southwick Brewer as its 2026 Senior Citizen of the Year. She will be honored at Senior Citizen Day, sponsored by the Mendon Lions Club, on Sept. 20.

When notified of the award, Justine said, "I am humbly surprised. I am very, very honored. I love Mendon."

Since 1978, this annual honor has recognized a resident aged 60 or older who truly embodies the spirit of public service and makes a lasting difference in our community. Over nine decades, Justine has done exactly that, serving as a quiet but powerful force for good.

Justine grew up on Mendon's Elm Farm Dairy, where she developed a strong work ethic and deep appreciation for agriculture and animals. A self-professed tomboy and a young member of 4-H, she proudly won the Heifer category



Justine Southwick Brewer. Courtesy photo

at just 13 years old, an early indication of the dedication and determination that would guide her throughout her life.

Justine has a lifelong connection to Southwick's Animal Farm, where she was instrumental in transforming it into a premier, first-rate zoo

BREWER

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Student-senior pen pal program bridges generations



Photo includes all senior and student pen pals, including group facilitators. Names of student pen pals left to right: Agatha Coelho, Max McGann, Piper Wood, Bridget Lobosco, Nicholas Pearsall, Hailey Lozeau, Mia Hood, Theodore Veri, Carter Shaw, Paisley Pierce, Charlie Giombetti, Leah King, Dexter Moore, Lara Genelhu, Everly Perry, Andrew Sparks and Brody Guertin – Not pictured: Charlie Kronenberg. Names of senior pen pals left to right: Deb Colleary, Bob Fleming, Elaine Fleming, Linda Sanders, Cheryl Lampshire, Maureen Rogers, Althea Greene, Richard Pearsall, Mike Caponera, Gloria Caponera, David Brooks, Jeanie Brooks, Diane Wojdag, Margie Dean, Gloria Nelson, Joan Burrell and Joan Varney. Not pictured: Linda Rynhart, and program facilitators Molly Smith and Katie San Clemente. Photo courtesy: Upton Senior Center

By Katie San Clementer

In an age of text messages and social media, a handwritten letter still has the power to brighten someone's day.

That spirit of connection continues to flourish through the Student-Senior Pen Pal Program, which celebrated its second year by doubling

participation and creating even more friendships between 3rd

PEN PAL

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BREWER

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with natural habitats.

Beyond her dedication to wildlife, Justine has been a fierce protector of local history. She established the Daniels Farmstead Foundation in 2003 to preserve a vital piece of original Mendon heritage. Justine continues to be an active member of the Mendon Historical Society, even helping to create the historic zoo display at the museum.

Justine's impact stretches across the entire region. She is a past trustee of the Uxbridge Congregational Church, a past director of the Central Massachusetts Visitor and Convention Bureau, and served on the Blackstone Valley Heritage Homecoming Committee. Her endless contributions have earned her numerous accolades, including the "Women of Distinction" award in 2005 and induction into the NEAAPA Hall of Fame in 2017.

Closer to home, local groups like the Mendon Lions Club consider her a true benefactor. Whether opening the doors of the zoo for charity events or supporting local nonprofits, Justine has spent her life lifting up others.

Family has always been at

the center of Justine's world. Together with her late husband, Robert Galliford Brewer, she raised five children, all of whom continue to play active roles in the success and growth of Southwick's Zoo. Today, she is the proud grandmother of seven grandchildren and nine great-grandchildren, with a 10th great-grandchild on the way.

Justine's lifelong commitment to service, generosity, and civic pride has left an enduring mark on Mendon and the surrounding region. Her character is defined by humility, integrity, and a genuine care for others. Never one to seek recognition, she is known as a true "behind-the-scenes" worker whose quiet efforts have benefited countless individuals, organizations, and causes.

Whether planting a garden, preserving local history, supporting charitable causes, strengthening community organizations, or helping build one of New England's most beloved family destinations, Justine has dedicated her life to enriching the lives of others. Her legacy is one of service, stewardship, and kindness—a legacy that continues to inspire future generations.

If you are interested in attending the ceremony on Sept. 20, please register at the senior center.

Submitted by the Mendon Council on Aging

Southwick's Zoo
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UPCOMING SUMMER EVENTS

- FOURTH OF JULY**
\$15 All General Admission at the front gate only.
Celebrate America's 250th Birthday at New England's Largest Zoo!
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'This Home Was Here in 1776' signs indicate 'witness houses'

This summer, residents may notice new signs appearing at some of Upton's oldest homes. The signs read, "This Home Was Here in 1776" and identify houses that stood during the American Revolution and witnessed the birth of the nation.

The signs are part of the Upton Historical Society's new Witness House Project, an effort to recognize and celebrate the town's Revolutionary-era homes as America commemorates the 250th anniversary of the Declaration of Independence.

Research conducted by the Historical Society has identified 27 homes in Upton that were built before the end of the Revolutionary War in 1783, including 19 homes that were already standing when independence was declared in 1776. While generations of families have passed through their doors, these homes remain tangible reminders of the people who lived through one of the most important periods in American history.

"These homes were here when

our nation was founded," said Barry Lynn of the Upton Historical Society. "Many were occupied by families who supported the Revolutionary cause, served in the militia, held town offices, or participated in events that helped shape both Upton and the new United States."

Among the homes receiving recognition is the Captain John Sadler House on Mendon Street, built in 1723 and believed to be the oldest surviving house in Upton. The home hosted Upton's first town meeting in 1735 and was associated with numerous members of the Sadler family who served during the Revolutionary War. The future Revolutionary War General Rufus Putnam, known as the "Father of the Northwest Territory," also spent part of his youth there.

Another notable Witness House is the former Abiel Sadler Tavern on Elm Street.



The Upton Historical Society's new "This Home Was Here in 1776" sign will be displayed at qualifying homes that stood during the American Revolution. The Witness House Project is part of the nationwide America250 celebration commemorating the 250th anniversary of American independence.

Located along the historic Connecticut Path, the tavern served travelers and stagecoaches and is believed to have housed the town's armory during the Revolutionary era. Abiel Sadler served on the Committee on Intelligence and Safety, which coordinated local militia activities during the war.

Other recognized homes belonged to Revolutionary War veterans and civic leaders including Lieutenant William Fisk, Captain Elijah Nelson,

Ephraim Whitney Jr., and members of the Child, Warren, Aldrich, and Whitney families. Together, these homes tell the story of a rural Massachusetts community whose residents contributed to the struggle for independence and the development of the young republic.

The Witness House Project is intended not

only to recognize historic buildings but also to encourage residents to learn more about the people who lived in them. Many of the homes remain private residences, continuing a tradition of occupancy that spans more than two centuries.

The locations of Upton's Witness Houses can be found on the Upton Historical Society's website and Facebook page. Residents are encouraged to discover the stories behind these remarkable homes and

the families who helped shape the town's history.

The Witness House Project is one of several initiatives the Upton Historical Society is undertaking as part of the nation's America 250 commemoration. The Society will also host Upton Heritage Day on Sat., Sept. 26, a community-wide celebration featuring historical narrated bus tour, demonstrations, local organizations, artisans, music, and family activities that highlight Upton's rich heritage.

As Americans commemorate 250 years of independence, Upton's Witness Houses stand as enduring reminders that the nation's history was not only made in Philadelphia, Lexington, and Concord, but also in the homes, farms, taverns, and villages of communities like Upton.

For more information, visit the Upton Historical Society website at uptonmahistory.org or follow the Society on Facebook.

Submitted by the Upton Historical Society

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Mendon Council on Aging receives \$15k AARP grant

The Mendon Council on Aging has received a 2026 Community Challenge grant from AARP (American Association of Retired Persons) worth \$15,000 to expand digital access and support for older residents in this Blackstone Valley community.

Marking the program's 10th anniversary, the grant is part of an \$8.3 million commitment by

AARP, doubling last year's total to fund 750 quick-action projects nationwide aimed at making communities more livable for people of all ages, especially older adults.

The grant will support a volunteer-led help desk and shared laptop program, providing hands-on instruction and resources for older residents looking to build confidence using technology.

"Communities across Massachusetts are eager for real solutions that boost mobility, connection, and quality of life," said Jen Benson, AARP Massachusetts State Director. "Mendon Council on Aging's project will bring real improvement to Mendon by helping older residents stay connected, access services, and build new skills."

Through intergenerational support and one-on-one guidance, participants will strengthen digital literacy while reducing isolation and expanding opportunities to engage with family, services, and the broader community.

"I am certainly pleased to see that the Council on Aging in

Mendon was successful with its application for an Age Friendly Communities Challenge Grant through AARP. This kind of an award is essential to smaller communities like Mendon, which has limited resources," said State Representative Brian W. Murray (D-Milford). "We are fortunate that AARP not only recognizes this need, but meets it as well, with important funding that will enhance and expand technology skills and opportunities for our older adults."

"I am thrilled to see the Mendon Council on Aging receive this \$15,000 AARP Community Challenge grant. An investment like this provides residents with tools, instruction, and support they might need to build confidence and knowledge with technology," said State Senator Ryan Fattman (R-Sutton). "This initiative also will strengthen inter-generational relationships and ultimately contribute to making our towns more livable for older residents. I'm thankful and excited for this fund through AARP that will add to the community's wellbeing."

Submitted by AARP.org

Metcalf receives scholarship from Friends of Mendon Elders



Friends of Mendon Elders board member Betsy Edsall (right) presents the award to Gavin Metcalf at Senior Night at Nipmuc High School. Photo source: Mendon Senior Center

Gavin Metcalf of Mendon is the 2026 recipient of a \$1,000 scholarship from the Friends of Mendon Elders.

Gavin received the award for his academic accomplishments, participation in school

and community activities, strong work ethic and commitment to achieving his goals. Gavin graduated from Nipmuc High School with honors and will be attending Mass Maritime Academy.

FREE PRESS

Published Monthly on the 2nd Thursday Mailed FREE to the Communities of Upton & Mendon Circulation: 6000 households & businesses

Publisher

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Send Editorial to:

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Creative Design & Layout

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9 Industrial Road, Suite 107
Milford, MA 01757

Ad Space Deadline is the Friday 13 days prior to publication date.

Ad Artwork Deadline is the Wednesday 8 days prior to publication date.

Reader Submission Deadline is the 25th day of the month preceding the publication date. For example, items should be submitted by Feb. 25 to be included in the March issue.

Please submit to:

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Four stages of raising confident, money-smart kids



Mark Freeman, CEPA

FINANCIAL FOCUS®

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Good financial habits are a little like brushing your teeth. When you learn them early, they become second nature, and you carry them with you for life. And while money can feel complicated, especially today, the foundation starts simply.

Parents can begin the conversation with very young children, and young adults can build on those basics as they take on more responsibility. Step by step, these habits create confidence that helps build longterm financial security and a more fulfilling life.

The following are the four key stages of financial growth.

Stage 1: For very young children, the goal is to make money feel simple and manageable. A great place to start is with three jars labeled “Spend,” “Save” and “Share.” When kids can actually see their money grow or shrink, the idea starts to make sense. Saving also introduces them to goalsetting, and working toward paying for a small toy or outing teaches patience. Most important, you’re helping your children see money as a tool they can understand easily and use with confidence.

Stage 2: If you have tweens

(children roughly 9 to 12 years old), they’re usually ready for slightly bigger financial ideas. This is a great time for them to earn money through chores or small jobs, helping them see the connection between effort and reward and building a sense of ownership. Conversations about needs versus wants also become more meaningful, because kids are now making real choices with money they earned themselves. Your tween may be ready for a simple savings account to watch their savings grow, or a reloadable cash card for spending.

Stage 3: By the time teens reach high school or young adulthood, budgeting becomes essential. This doesn’t need to be overly strict or complicated. A simple system that helps them track deposits and withdrawals can make all the difference. Whether they use an app, a paper notebook or

a spreadsheet, the real goal is awareness. Teenagers also benefit from learning how credit works. Understanding how to build a healthy credit score and how to use credit wisely protects them from costly mistakes in later life.

Stage 4: Then come the early working years, when habits shift from learning to building. One of the smartest steps at this stage is paying yourself first. Automatic transfers to savings or retirement accounts help establish stability without extra effort. Even small retirement contributions matter more than most people realize, because time allows compounding to do the heavy lifting. This is also when young adults can start organizing their money into different buckets for rent, automobile payments, emergencies, retirement and everyday spending. These habits help lay the groundwork for financial

freedom down the road.

Throughout every stage, the theme is confidence. Each small success creates a sense of control and each good habit makes the next one easier. Over time, these habits turn into a lifetime of financial security and fulfillment. When you start strong and stay consistent, money becomes a tool that helps your children support the lives they want.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
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Alzheimer's support group to meet on July 14

Hearts, Hugs & Hope, an Alzheimer’s support group sponsored by Cornerstone at Milford, will meet on July 14 at 6 p.m. on Zoom.

Dealing with Alzheimer’s disease and related dementia isn’t easy, so it is helpful to share your concerns and personal experiences with others

who completely understand what you’re going through. You will also learn about proven strategies to help you better care for your family

member. Contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com for more information and the

Zoom link. This group meets on the second Tuesday of each month.

The group’s next meeting will be held on Aug. 11.

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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 Upton Library Staff

Library Email Newsletter.

We're starting a newsletter! It's a new, easy way to get weekly updates on every program and event happening at the library – delivered right to your email inbox! Stay connected and don't miss any of the great events happening at the library. Sign up on the library's website.

Children's & Young Adult Events

Summer Reading Program!

– Now through Aug. 8. It's the Annual Summer Reading Program! This year's theme is Plant a Seed, Read! Register online or at the circulation desk, and be sure to visit the library to pick up your packet of materials. Our program ends with an Ice Cream Finale on Aug. 8, sponsored by The Friends of the Upton Town Library.

NEW! Parody Playhouse - July 11 at 10 a.m., ages birth to 6. We are bringing a new quarterly Saturday music program to the library! Join us for our first session as we welcome

Erica Leigh from Parody Playhouse for a morning of musical fun! Ideal for kids up to age 6, Parody Playhouse's performance will include kid-friendly versions of popular songs that help teach kids important social-emotional skills. Registration required.

NEW! Family Music & Movement - July 13 and Aug. 3 at 9:15 a.m. ages birth to 5. We are bringing a new music program to the library! Join us as we change our format and time to welcome Brenda Lau from Apple Tree Arts! Singing, moving, and exploring rhythm instruments. Registration required. *Sponsored by Beginning Bridges CFCE in Uxbridge.*

DIY Painted Pots - July 13 at 1 p.m., ages 5 to 12. Kids can get creative with terra cotta pots and acrylic paint, decorating their own pots that can be used for planting. Caregiver assistance is required for this program. Registration required.

Storytime Quintet - July 14 at 10 a.m., for all ages. The Sto-

rytime Quintet is a group of five musicians that introduce children to classical music by pairing it with classic children's literature. Our presentation will include a musical version of the story "Peter and the Wolf" performed by woodwind instruments. Registration required. Senior citizens interested in attending may register by calling 508-529-4558. **This event is generously funded by a grant from the Upton Cultural Council.*

Read Around the Town:

Upton Police Station – July 15 at 10 a.m., ages 3+. Join us for a storytime at the Upton Police Station! Officers will join us for stories, songs, and rhymes all about working as a police officer. We will also get to see a police vehicle up close, lights and sirens included! Upton Police Headquarters is located at 30 School St. Registration required.

Visit from Boston Bruins Mascot - Blades! - July 15 at noon, for all ages. Hockey lovers, save the date! The Upton Town

Library is one of the libraries in Massachusetts that has been chosen to host a visit from the Boston Bruins mascot, Blades! This event is sponsored by the Massachusetts Board of Library Commissioners (MBLC) and the Boston Bruins. **Please note that the sponsors of this event require a signed participation waiver and an optional photography release form.*

Blackstone Valley Veggie Gardens - July 18 at 10 a.m., ages 8 to 14. Children will learn about wildflower and cultivated seeds and planting with an instructor from Blackstone Valley Veggie Gardens. We will create seed bombs using clay, compost, and a variety of seeds. Dress for a messy event! Children will be working independently for this event.

Worming Around - July 20 at 1 p.m., ages 3 to 12. All about vermiculture, the care and farming of earthworms! We will read a story, learn about composting with worms, and do a fun craft activity. Registration required.

Read Around the Town: Town Line Dairy Farm – July 22 at 10 a.m., ages 3+. Join us for a storytime at Town Line Dairy Farm! Owner Crystal Maloney will join us for stories, songs, and rhymes all about working on the farm. Town Line Dairy Farm is located at 64 Williams St. in Upton. Registration required.

Bean Mosaics - July 24 at 1 p.m., ages 5 to 12. Join us as we use colored and dried beans and glue to create our own mosaic art. Registration required.

Boots Along the Blackstone - July 25 at 10 a.m., ages 3 to 10. Join Children's Librarian Lee Ann Murphy and Park Ranger Sherine Hamade for a short hike at Riverbend Farm in Uxbridge (287 Oak St, Uxbridge). Please be sure to dress accordingly for the terrain and weather. Boots would be helpful in the wetter areas along the riverbed. There is no rain date for this event. In the event that we cancel, participants will be contacted. Registration required.

Pajama Storytime - July 29 at 6 p.m., ages 3 to 8. Join us for a special evening storytime with Mrs. Murphy! Feel free to wear your most comfy pjs as we share stories, songs, rhymes,

and fun! Registration required.

Stuffed Animal Sleepover – Aug. 4, for all ages. It's the Annual Stuffed Animal Sleepover at the Upton Town Library! We welcome our fuzziest patrons for a special overnight after hours! Stuffed animals should be dropped off Tuesday (no later than 6 p.m., please) for their overnight of fun, and then picked up the next day after 9 a.m.

Read Around the Town:

Upton Fire Station – Aug. 5 at 10 a.m., ages 3+. Join us for a storytime at the Upton Fire Station! Firefighters will join us for stories, songs, and rhymes all about working at the fire station. Upton Fire & EMS is located at 20 Church St. Registration required.

Storyteller Diane Edgecomb

– Aug. 5 at 6 p.m., ages 5 to 12. Join us as we welcome storyteller Diane Edgecomb for an evening of Fun with Fairy Tales! As one of America's most beloved storytellers, Diane brings positive energy, delightful adaptations of tales, original stories and all the skills of a one-woman show. *Note: this program is an interactive art form, with an hour of storytelling using only words and actions.*

Summer Reading Finale: Ice Cream Social – Aug. 8 at 11 a.m., for all ages. Participants of the Summer Reading Program may stop by our Greatroom, anytime from 11 a.m. to 1 p.m., to enjoy a scoop of ice cream and help celebrate our love of reading! We will be serving vanilla ice cream only, along with chocolate syrup, rainbow sprinkles, chocolate jimmies, whipped cream, and maraschino cherries. Please contact Lee Ann Murphy at lmurphy@cwmar.org for any allergy related questions. **This program is generously funded by The Friends of the Upton Town Library.*

Adult Events

Drum Circle with Dave Curry - Sat., Aug. 1, 7-9:30 p.m. Ages 8 – Adult. Join facilitator Dave Curry for an evening of free-style drumming. Instruction and extra drums are provided, but you can also bring your own drums and percussion

UPTON LIBRARY

continued on page 7



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UPTON LIBRARY

continued from page 6

instruments. No prior experience is necessary, so the circle is suitable for beginners on up to experienced drummers.

Summer Reading Bingo – Now through September. Summer reading isn't just for kids! Pick up a bingo sheet at the library front desk, return it once you've gotten bingo to enter a raffle for summer reading prizes!

Tabletop Game Night for Adults – Thursday, July 23, 5:15-7:30 p.m. Join our tabletop game series for adults! Meets every fourth Thursday of the month from 5:15 - 7:30 p.m. Beginners and experienced players welcome!

Poetry Workshop – Tuesday, July 28, 6-7 p.m. Join us at the library for an hour-long poetry workshop run by Christine Omodi-Engola! We'll review the most popular forms of poetry, then break for people to work on their own poetry. Participants are also welcome to bring a past piece of work for feedback. Registration required. Sign up at uptonlibrary.org

Book Groups
Monthly book groups are facilitated by Upton Library staff. We also reserve book copies for local private book groups, contact us for more info.

Rainbow Readers Book Club - July 15 at 6 p.m., ages 14 to 18. Join us for a conversation on the 3rd Wednesday each month to discuss books featuring an LGBTQ+ main character. This book club will feature age-appropriate titles and foster community, curiosity, and conversation, in a comfortable and respectable atmosphere. July book: "Out of Left Field" by Jonah Newman. Registration appreciated.

Fic or No Fic Book Group – July 29 at 6:45 p.m. An adult book group led by Librarian Micaela that alternates fiction and non-fiction selections. Meets the last Wednesday of each month. July book: "The Correspondent" by Virginia Evans.

Kids' Book Club – Aug. 5 at 4 p.m., ages 6 to 9. Our book club members explore popular juvenile chapter books on the first Wednesday of each month from 4-4:45 p.m. For our August meeting, we will be discuss-

ing the title "Bibsy Cross and the Bad Apple," part of a chapter book series by Liz Garton Scanlon. At each meeting, we discuss the book of the month, our love of other books, and always make a bookmark craft. Registration required.

Monthly Library Events – Register Now!

Most programs and events require pre-registration at uptonlibrary.org or call 508-529-6272. Program details can be found on our website on our Event Calendar.

***Registration opens the month prior to events**

Baby Storytime – Fridays at 9:30 & 10:30 a.m., ages birth to 3
Preschool Storytime – Thursdays at 9:30 & 10:30 a.m., ages 3 to 5

Saturday Storytime – Aug. 1 at 9:30 a.m., ages birth to 5

Drop-In Storytime - July 27 at 9:30 a.m., ages 1 to 5

Family Music & Movement - July 13 & Aug. 3 at 9:15 a.m.,

NEW TIME! ages birth to 5

Storybook Art Club – 3rd Tuesday each month at 10 a.m., ages 3 to 5

LEGO Club – 1st & 3rd Wednesdays each month at 4 p.m., ages 3 to 12

Crafternoon – 3rd Thursday each month, 3-5 p.m., ages 3+

Tween Book Club – 3rd Thursday each month at 6:30 p.m., ages 10 to 14

Kids' Book Club – 1st Wednesday each month at 4 p.m., ages 6 to 9

Chess Club – 1st Tuesday each month, 4-6 p.m., ages 5 to 14

Crafting Club – 2nd Tuesday each month, 4-6 p.m., ages 5 to 14

Gaming Club – 3rd Tuesday each month, 4-6 p.m., ages 5 to 14

Magic the Gathering: Commander – 4th Tuesday each month, 4-6 p.m., ages 8 to 16

FreeDrum Circle – 1st Saturday each month, 7-9:30 p.m., ages 8+

Tabletop Game Night for Adults – 3rd Thursday each month, ages 16+

Upton Reads Book Group – 2nd Tuesday and 3rd Thursday each month

Fic or No Fic Book Group – last Wednesday each month

Virtual Author Talks – varies, see our website

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



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Understanding macular degeneration:

Causes, symptoms, and new treatment options

By ROGER M. KALDAWY, M.D.

What is macular degeneration?

Age-related macular degeneration (AMD) is one of the leading causes of vision loss in adults over the age of 50. The disease affects the macula, the central portion of the retina responsible for sharp, detailed vision needed for reading, driving, recognizing faces, and performing daily activities. Although AMD usually does not cause total blindness, it can significantly impair central vision and reduce independence and quality of life if not diagnosed and treated early.

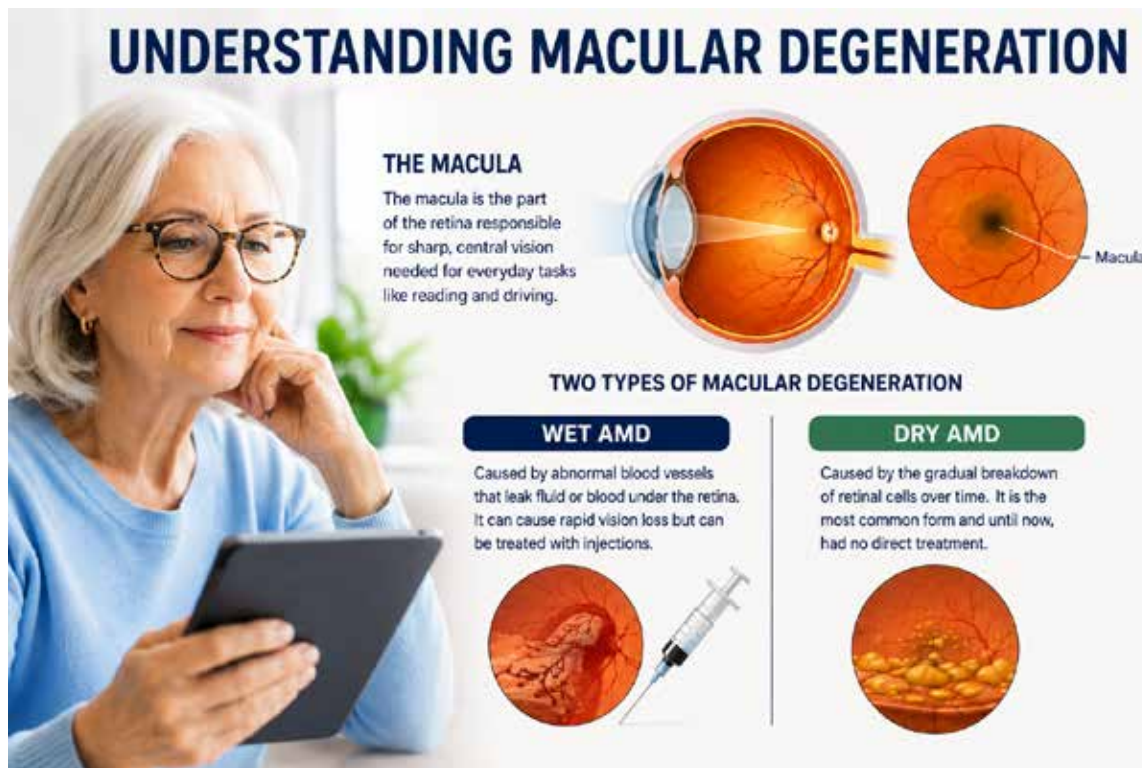
AMD develops from aging changes within the retina combined with genetic and environmental factors. Over time, retinal tissues become less efficient at clearing waste products, leading to deposits called drusen beneath the retina. Several risk factors increase the likelihood of developing AMD, including

advancing age, family history, smoking, high blood pressure, high cholesterol, obesity, ultra-violet light exposure, and poor nutrition. Because early AMD can progress silently, routine eye examinations remain essential for early detection.

Common symptoms of AMD

Patients with macular degeneration may experience blurred central vision, distortion of straight lines, difficulty reading, trouble recognizing faces, dark or empty areas in central vision, reduced color sensitivity, or an increased need for brighter lighting. Symptoms may develop gradually or suddenly depending on the type of AMD involved.

There are two primary forms of AMD: wet macular degeneration and dry macular degeneration. Although both affect the same part of the retina, they behave very differently and require different treatment approaches.



Wet macular degeneration: the more serious form

Wet AMD is less common but far more aggressive and dangerous. In wet AMD, abnormal

blood vessels grow beneath the retina and leak blood or fluid into the macula, causing rapid and potentially permanent vision loss if treatment is delayed. Patients may suddenly notice wavy vision, blurred central vision, distortion, or dark spots that worsen over days or weeks. Because vision can deteriorate quickly, wet AMD requires urgent evaluation and treatment.

Fortunately, major advances in retinal medicine have dramatically improved outcomes for patients with wet AMD through the use of intravitreal injections. These specialized medications are injected directly into the eye and work by reducing abnormal blood vessel growth and leakage. These treatments have revolutionized wet AMD care and have helped many patients stabilize or even improve their vision.

At Milford Franklin Eye Center, patients with wet AMD have access to advanced retinal diagnostics and modern injection therapies using the latest evidence-based treatments available today. Early diagnosis remains critical because time equals vision.

Dry macular degeneration: the most common form

Dry AMD accounts for approximately 85–90% of all cases of macular degeneration and progresses more slowly than the

wet form. In dry AMD, retinal cells gradually deteriorate over time, leading to progressive central vision loss. Although it is generally less aggressive than wet AMD, dry AMD can still significantly affect quality of life and independence.

Traditionally, ophthalmologists often had difficult conversations with patients diagnosed with dry AMD because there was no direct treatment available for the disease itself. Patients were commonly told, “You have the dry form of macular degeneration. Unfortunately, there is no treatment available.” While vitamins, lifestyle modifications, smoking cessation, and monitoring could sometimes slow progression, there historically has been little available to directly target the disease process.

A new breakthrough: PMB therapy for dry AMD

That is now beginning to change with the emergence of PMB therapy, one of the most exciting recent advances in ophthalmology for dry macular degeneration. PMB represents a promising new treatment option that offers hope to patients who previously had limited choices beyond observation and supportive care. This innova-

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BVT past student records to be destroyed

Class of 2019 should claim records by Aug. 6

In accordance with state and federal regulations, temporary student records, including special education files (IEP), 504 plans, and student health records, will be destroyed seven years after a student leaves the school.

For the Class of 2019, records are scheduled for destruction on Aug. 6, 2026.

Members of the Class of 2019 may request their temporary student records (any information not contained in their transcript) before the Aug. 6 shred date by submitting a written request. If you want to obtain your record, please send a written request indicating the year of

graduation and your name while attending school to Blackstone Valley Regional Vocational Technical High School, Student Services Record Dept., 65 Pleasant Street, Upton, MA 01568.

Student transcripts (records of grades) will be retained for 60 years after a student leaves the school. For the Class of 2019, transcripts are scheduled for destruction on Aug. 6, 2026. Alumni may request transcripts at any time between 2019 graduation and Aug. 6, 2026.

If you want to retain your records, learn how at: www.valleytech.k12.ma.us/studentrecords.

Area food pantries offer services to residents

The following food pantries offer services to area residents. Each location has varying hours and requirements so be sure to confirm information before seeking services.

UPTON

Upton Community Center Food Pantry, 9 Milford St.

Hours: Mon. 9:30-11:30 a.m., Wed. 12-3 p.m., Fri. 10a.m.-1p.m.
Services: Residents may access the food pantry one time each week.
Donations: Financial donations can be dropped at the Senior Center desk Mon.-Fri. from 9a.m.-4p.m.

Requested food donations include: Coffee, tea, salad dressings, mayonnaise, cooking oil, sugar. Not needed: mac & cheese or pasta.

www.uptonma.gov/459/Upton-Community-Center-Food-Pantry

United Parish Food Pantry, 1 Church St.

Hours: Every other Tues., July 21 23, Aug. 4 from 9:30-11:30 a.m.
Services: The Food Pantry serves residents from Upton as well as nearby towns. Proof of income or church affiliation is not required. We offer non-perishable

food, toiletries, paper products and infant needs. Donations can be dropped off in our donation shed located outside the church office on 1 Church Street, Upton.

Congregant dinners: Occur on the third Thursday of each month from Sept. to June.

Donations: Can be dropped off 24/7 at the Barnabas Barn along Church St., please check food for expiration dates. www.unitedparishupton.org/food-pantry

St. Gabriel's Food Pantry, 151 Mendon St.

Hours: Mon. & Wed. 9:15 a.m.-3:30 p.m., Tues. & Thurs. 9:15 a.m.-12 p.m.

Services: Helping parish families in need.

www.stgabrielsma.org

Daily Bread Food Pantry, 21 Exchange St., Milford

Hours: Tues. & Thurs. 6-7:30 p.m.
Services: For Milford, Hopedale & Upton residents only; proof of address and household member info required.

Donations: Monetary donations accepted at "donate" tab on

website www.dailybreadfood-pantry.org/

Source: www.uptonma.gov

MENDON

Mendon Food Pantry, 62 Providence St.

By appointment only, call 508-478-6175 for assistance.

Services: For Mendon residents in need who receive fuel assistance, SNAP (food stamps), are unemployed, and/or receive aid to dependent children or to those who are disabled and/or unemployed. Referrals from area churches, social agencies, or concerned citizens regarding seniors and families in need will also be accepted. Client names shall be kept confidential.

Donations: Non-perishable food products are accepted (check expiration dates) during Senior Center hours, preferably 9 a.m.-3 p.m. Monetary donations (checks preferred) and BJs gift cards are also accepted. For details, visit <https://www.mendonma.gov/253/Food-Pantry-Thank-You-for-Your-Support>.

Source: www.mendonma.gov

EYE

continued from page 8

tive technology may help slow disease progression and preserve functional vision in patients with dry AMD.

Milford Franklin Eye Center is proud to be among the first practices in Massachusetts to offer PMB therapy and currently remains the only practice in the area providing this advanced treatment option for dry AMD patients. This reflects the practice's commitment to bringing state-of-the-art retinal care and innovative technology to the community.

On-site retina specialty care

Milford Franklin Eye Center is also proud to provide on-site retina specialty care through Dr. Alyse Richard, a highly trained retina specialist dedicated to the diagnosis and treatment of retinal diseases including dry and wet macular degeneration, diabetic retinopathy, retinal vascular disease, retinal tears, and other complex retinal conditions.

Dr. Richard combines advanced subspecialty expertise with compassionate, patient-centered care and is committed to helping patients preserve

their vision using the latest evidence-based treatments available today. Having on-site retina specialty care allows patients to receive comprehensive retinal evaluations, advanced imaging, injections, monitoring, and ongoing treatment in one convenient location.

Early evaluation can preserve vision

Macular degeneration remains one of the leading causes of vision loss in older adults, but advances in retinal care are rapidly transforming outcomes for patients. Early evaluation and treatment can make a meaningful difference in preserving vision, maintaining independence, and improving quality of life.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more about this exciting breakthrough in treatment. Patients are encouraged to contact Milford Franklin Eye Center for immediate appointments and second opinions regarding this revolutionary new technology that is changing the future of dry macular degeneration care.

For more details, see our ad on page 8.

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Nipmuc's Class of 1966 holds 60th high school reunion



In June, members of the Nipmuc Regional High School Class of 1966 gathered at Red Rock Bar and Grille to commemorate their 60th year of graduation. Photo source: Larry Pearson

Members of the Nipmuc Regional High School Class of 1966 recently held a gathering to commemorate their 60th

year of graduation.

The event was held at Red Rock Bar and Grille in Upton in their outdoor patio. Attendees say

the food and service was excellent and everyone had a great time.

There were some attendees the others hadn't seen in 60 years.

BVT students earn 132 medals at SkillsUSA Competitions in 2025-26

UPTON – Blackstone Valley Regional Vocational Technical High School (BVT) students demonstrated their vocational-technical abilities at the SkillsUSA National Leadership & Skills Conference (NLSC), held in June in Atlanta. The annual event is the world's largest gathering of career and technical education students and highlights the critical role of career-ready skills.

The national conference marked the third and final stage of the SkillsUSA competition

series. BVT students earned five bronze medals, while contestants who earned medals or met a threshold score for their event were also awarded skill point certificates representing achievement in demonstrating proficiency and workplace readiness.

"Our students welcome the opportunity to compete against themselves and other highly skilled students at the SkillsUSA district, state, and national championships," said Superintendent-Director Anthony E. Steele II.

"During the 2025-26 school year, our students proved their technical skills are among the best in the country by earning 132 medals at all three levels."

Upton resident State Officer Elect Madison Denise, also a National Voting Delegate, placed among the top 30 competitors at the 2026 SkillsUSA National Leadership and Skills Conference.

Additional information is available at www.valleytech.k12.ma.us/skillsusa.

Recent Home Sales

Date	Mendon	Amount
006/25/2026	28 Wood Dr.	\$760,000
06/24/2026	86 Mowry St.	\$1.03 mil
06/17/2026	65 Milford St.	\$640,000
06/12/2026	93 Providence St. #B	\$583,999
06/11/2026	29 Rawson Farm Rd.	\$1.13 mil
06/03/2026	30 Taft Ave.	\$350,000

Date	Upton	Amount
06/22/2026	179 South St.	\$1.05 mil
06/22/2026	43 Knowlton Cir.	\$555,000
06/18/2026	36 Brooks St.	\$800,000
06/18/2026	72 Glenview St.	\$1.50 mil
06/10/2026	36 Knowlton Circ. #1	\$535,000
06/02/2026	4 Hazeltine Rd.	\$970,000
05/29/2026	35 Brooks St.	\$501,000

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



The 4-bed, 2-bath, 1,540 square-foot home at 65 Milford St. in Mendon recently sold for \$640,000. Photo source: www.zillow.com

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Upton Senior Center programs and activities, July & August

The following is a list of activities at the Upton Council on Aging.

Chair Yoga on hiatus. Chair Yoga will be taking a break for the summer and may return this fall. Stay tuned for updates.

Mindful Meditation, Fri., July 10, 1 p.m. Calm your mind and body so you can acknowledge and accept your thoughts, feelings, and sensations through Mindful Meditation with Robin Natanel.

Silver Sisterhood, Wed., July 15, 11 a.m. Want to connect with other 55+ women in the community? Join the Silver Sisterhood. A fellowship of senior women interested in making new friends and sharing interests, laughter and support.

Upton Recreation Presents Peter Pan, Fri., July 17, 2 p.m., Blackstone Valley Tech. Come see the Upton Recreation Commission's magical performance of *Peter Pan* at Blackstone Valley Tech. Based on the beloved classic, *Peter Pan* follows the adventures of the boy who never grows up as he takes Wendy, John, and Michael Darling on an unforgettable journey to Neverland. Along the way, they encounter fairies, pirates, mermaids, and the infamous Captain Hook in

a story filled with imagination, adventure, and wonder. Free admission! Perfect for audiences of all ages. RSVP for transportation by July 10.

Music of McCartney, the world's most successful songwriter, Mon., July 20, 1 p.m. This program, presented on piano and vocals by Dan Kirouac, will explore the music of Paul McCartney. From the influences of his father, a jazz musician, his incorporation of those sounds of ballroom and dance-hall big bands in his music, to his successes as a pop and rock performer in Wings and as a solo musician, the listener will relive a wide spectrum of musical styles covered over Sir Paul's 65-year career. This program is supported in part by a grant from the Upton Local Cultural Council, a local agency

Lunch Trip, Fri., July 24, 12:30 p.m. Join us for lunch at Miss Mendon Diner, a local favorite known for its delicious comfort food. Transportation is available. Sign up by July 17. RSVP by July 15.

July Birthday Bash & America's 250th Birthday Celebration, Tues., July 28, 12:45 p.m. Join us as we celebrate our July birthdays and America's 250th

birthday! Enjoy a delicious lunch featuring hamburgers, hot dogs, and potato salad, followed by cake and ice cream. Wear red, white and blue and come share in the fun, friendship, and patriotic spirit as we honor our birthday celebrants and this historic milestone for our nation! \$5 per person, free for July birthdays. RSVP by July 21.

Summer BBQ and Ice Cream Truck, Tues., Aug. 4, 1 p.m. Celebrate summer at our annual BBQ and Ice Cream Truck event! Enjoy live music by *Steve George* and a classic cookout featuring pulled pork, pulled chicken, cornbread, BBQ beans and coleslaw (sponsored by FUSE), and cool off with a sweet treat from the ice cream truck (sponsored by Upton Fire & EMS Association). Then kick up your heels with a line dancing demonstration by our own Marcus Ciambelli. It's the perfect way to enjoy good food, great company, and summertime fun. Registration open to Upton seniors July 1-17. Open to all seniors July 20-24. \$8 per person, payment in advance.

Tea with the Town Manager, Fri., Aug. 7, 9 a.m. RSVP by August 5 and submit your questions in advance.

Lunch & Learn: Social Security & Estate Planning, Tues., Aug. 11, 12:30 p.m. RSVP by Aug. 7.

Upton Food Pantry
The Upton Community Food Pantry is open to all Upton residents. The hours of operation are:

Mondays 9:30-11:30 a.m.
Wednesdays 12-3 p.m.
Fridays 10 a.m.-1 p.m.

Are you unable to come at these days and times? Transportation or home delivery available on request. Call 508-529-4558 for more info or to make an appointment.

Upton Recreation Summer Concert Series, Wednesdays, 6 p.m., Kiwanis Beach featuring:

July 15: Roger That Band
July 22: Tim and Jim
July 29:* Band From UNCLE - transportation available

Aug. 5: Moxie
Aug. 12: Christopher Principe

*Transportation will be available for the concert on July 29 - RSVP by July 24.

Food options and pricing may vary and will be provided by the Girl Scouts as a fundraiser.

Senior pen pals needed for letter-writing program

In the fall, the Mendon Senior Center will continue its Pen Pal program with fourth and fifth graders at Whitinsville Christian School where letter writing is part of their curriculum.

Participants will write one letter a month and the Senior Center will take care of the rest.

If you are interested, or have a senior relative, neighbor, or friend who might be interested in joining this program, please call or text Cheryl at 508-685-1419 or email her at cheryl.lemon31175@gmail.com. A sign-up sheet is also available at the Senior Center.

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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

TAFT ADULT NEWS JULY 2026 UPCOMING EVENTS:

Teen Summer Reading - It's here! Our Teen Summer Reading incentive program rewards patrons in grades 5 through 12. For every three hours of reading, participants can redeem their hours for a weekly gift card prize. Limit one per week. To register for the program go to www.taftpubliclibrary.org, scroll down to Current Events at Taft and click on the Teen Summer Reading post.

Adult Summer Reading - Why should kids have all the fun? The Taft Library has a Summer Reading incentive program for adults too! Track and log your minutes of reading over the summer and be automatically entered to win gift cards each week. Visit our website, scroll down to Current Events at Taft and click on the Adult Summer Reading post to register for the program.

26th Taft Public Library Great Cardboard Boat Race - Attention all captains of cardboard! The 26th running of the Taft Public Library Great Cardboard Boat Race will be on Mon., July 13, (rain date is Tues., July 14) at the Mendon Town Beach. Boat check-in begins at 5:30 p.m. with races set to start at 6:30 p.m. For those interested in registering a boat, please visit us at www.taftpubliclibrary.org, scroll down to Current Events

at Taft, and find the Cardboard Boat Race post. There you'll find the list of boat categories, special awards, and rules and regulations for the event. Click on the link entitled Form Center to access the boat race registration form. For those who would prefer, the library will also have a limited number of paper registration forms available for distribution at the upstairs desk. Not interested in entering a boat? Just come and cheer on the competitors at our beyond belief boat battle by the beach! We hope to see you there!

Mosaic Pendant Craft with Cheryl Cohen (via Zoom) - Join Cheryl Cohen of Cheryl Cohen Mosaics for a pendant making class on Zoom, Tues., July 21, at 6:30 p.m. Each participant will be supplied all materials needed to make a beautiful flower pendant. Pendant kits will be available for pickup at the upstairs Circulation Desk prior to the class. Registration is required as spots are limited. Click on the Calendar & Events link at www.taftpubliclibrary.org to register.

Adult Handcrafting Group - Let's get crafty! Join the Adult Handcrafting Group on Wednesday, July 15, at 2 p.m. downstairs in the library and get your craft on! Bring your own craft project, whatever it might be, to work on while you visit. Intended for adults. No registration is required. Crafts

are NOT supplied.

Adult Book Club - The Adult Book Club is led by Library Assistant Kris Heumann. The group typically meets the second Monday of the month at 6:30 p.m. No book club discussions are scheduled for July or August.

Upcoming book clubs - Adult Book Club books can be picked up at the downstairs desk. For additional information on upcoming book clubs contact the library at 508-473-3259.

Sept. 14: *The Measure* by Nikki Erlick and *The Fountains of Silence* by Ruta Sepetys

Oct. 12: *The Woman in the Library* by Sulari Gentill

Nov. 9: *West with Giraffes* by Lynda Rutledge

Dec. 14: *The Extraordinary Life of Sam Hell* by Robert Dugoni

Awards Book Club - Hosted by Taft Library Assistant Jane Blackwood, the Awards Book Club meets on a quarterly basis to discuss fiction award winners of the year. Jane selects from the books that took home the coveted Pulitzer Prize, the National Book Award, the Booker Prize and more! Stop at the downstairs circulation desk to request the latest Awards book for discussion. The current book in the Awards Book Club discussion series is "Angel Down" by Daniel Kraus, winner of the 2026 Pulitzer Prize for fiction. Discussion will be on Tues., Aug. 18, at 7 p.m. Contact the library

at 508-473-3259 for further information.

German Conversation Club - Are you looking for a place to practice what German you remember or to improve your German vocabulary? Conversations in German is no pressure, just fun! Lead by Library Assistant (and Mendon resident) Monika Schmid, the group typically meets the last Monday of each month. The group will meet next on Mon., July 27, at 6 p.m. Contact the library at 508-473-3259 for additional details. Registration is required. To register, visit our website.

2026 Challenge Book Club - The library has begun a new book talk series revolving around a monthly challenge prompt. The group typically meets on the last Wednesday of each month at 12 p.m. Participants are encouraged to share the title or titles (and brief synopsis) of a book they've read or would like to read centered on the prompt. Prompts for the next few months of the club are as follows:
July: A book under 200 pages
August: A classic or modern classic
September: A book about school, learning, or growth

TAFT CHILDREN'S NEWS JULY 2026

Summer Reading Is Here! Plant a Seed...READ! Head over to our website to register for the Summer Reading program. For every three hours of reading children, birth to grade four, will be able to pick a prize from our treasure chest! Also, on our website you will find more information

and links to register for all our summer programming! Hope to see you around the Taft this summer!

July Programs

7/13: Spanish Storytime at 9:30 a.m. Cardboard Boat Race at 5:30 p.m. Check In/6:30 p.m. Race begins

7/14: Read Around Town: Police Station at 10:30 a.m.

7/15: Itty Bitty Storytime at 9:30 a.m. Read Around Town: Southwick Zoo at 11 a.m.

Adult Handcrafting at 2 p.m.

7/16: Animal Craze Petting Zoo at 9:30 & 10:15 a.m.

7/20: Spanish Storytime at 9:30 a.m. Music at the Blissful at 10:30 a.m.

7/21: Itty Bitty Storytime at 9:30 a.m. Story & Craft at 10:30 a.m. Egg Drop Challenge at 1 p.m. Mosaic Pendant at 6:30 p.m.

7/22: Read Around Town: JJ's Ice Cream at 1 p.m.

7/27: Spanish Storytime at 9:30 a.m.

7/28: Itty Bitty Storytime at 9:30 a.m. Story & Craft at 10:30 a.m.

Joe Buckley Mini Golf at 2-6 p.m. Rolie Polie Guacamole Concert at 6:30 p.m.

7/29: Santa Storytime at the Beach at 10:30 a.m.

Challenge Book Club at 12 p.m. Worm Race at 1 p.m.

7/30: Mr. Vinny the Bubble Guy at 10:30 a.m.

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Happenings

Events happening in and around the area

The following is a sampling of events happening in the area. This is not meant to be an exhaustive list. Please confirm details before you head to an event.

July 13

6:30 p.m. – Great Card-board Boat Race, Mendon Town Beach. Registration starts at 5:30 p.m. Rain date: July 14. www.taftpubliclibrary.org

July 14

6 p.m. - Hearts, Hugs & Hope: An Alzheimer's Support Group, on Zoom. Sponsored by Cornerstone at Milford, will meet on July 14 at 6 p.m. on Zoom. Contact jhozempa@cornerstonemilford.com for more information and Zoom link.

July 15

6 p.m., Upton Recreation Summer Concert Series, Kiwanis Beach. Featuring Roger That Band.

July 15

6:30 p.m. – Soul Syndicate, Hopedale Community House.

July 22

6 p.m., Upton Recreation Summer Concert Series, Kiwanis Beach. Featuring Tim and Jim.

6:30 p.m. – Elastic 5 (pop, rock, folk), Hopedale Community House.

July 29

1 p.m. – Worm Race, Taft Public Library, 29 North Ave., Mendon. Details at www.taft-publiclibrary.org

6 p.m., Upton Recreation Summer Concert Series, Kiwanis Beach. Featuring Band from UNCLE. Transportation available, contact Upton CoA.

July 31

8 p.m. – Reckless Comedy for Safe Recovery, First Congregational Church, 4 Congress St., Milford. Double featuring Liam McGurk & Jason Cordova. Social hour at 7 p.m. Tickets \$20. Proceeds to benefit the church.

Aug. 4

Drop off by 6 p.m. - Stuffed Animal Sleepover, all ages. The library's fuzziest patrons are invited to a special overnight after hours! Stuffed animals should be dropped off Aug. 4 no later than 6 p.m. for their overnight of fun.

Aug. 5

6 p.m., Upton Recreation Summer Concert Series, Kiwanis Beach. Featuring MOXIE.

Aug. 12

6 p.m., Upton Recreation Summer Concert Series, Kiwanis Beach. Featuring Christopher Principe.

SAVE THE DATES:

Sept. 10

6:30 p.m. – Celebrating the 250th anniversary of the signing of the Declaration of Independence, Upton Community Center.

Sept. 19

Hopedale Day in the Park

Sept. 20

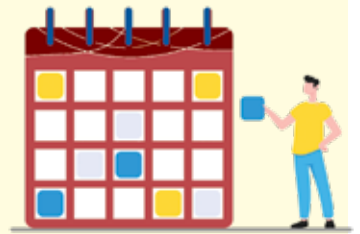
Mendon Senior Citizen Day, honoring Justine Southwick Brewer as 2026 Senior Citizen of the Year. Event details to follow.

Sept. 26

9 a.m. – Upton Heritage Day, Upton Town Common. Vendors, crafters, entertainers, etc., can contact uptonhistoricalsociety@hotmail.com or 508-529-6600.

10 a.m. - Holiday Vendor Fair, Community House, 8 Court St., Uxbridge (behind Town Common). Tables available by contacting dataless1@yahoo.com 508-244-7849.

If you have an event you'd like listed in the calendar, send it to editor@milfordfreepress.com



We Want To Hear From You!
Email us about an upcoming event or about a concern about things happening around town
editor@uptonmendonfreepress.com

Brown, Lisle/Cummings, Inc.
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Upton Habitat for Humanity breaks ground, volunteers needed



(L to R) Katherine Robertson, Jeannie Brooks, and Brian Gallagher of the Affordable Housing Trust; Rev. Emily Carle of the Upton United Church of Christ, who performed the blessing; Debbie Maruca Hoak, CEO of this Habitat for Humanity region; and Michael Antonellis, Upton Town Planner. Photo source: Habitat for Humanity

On June 22, several members of the Upton community and Habitat for Humanity gathered for a groundbreaking ceremony to mark Habitat's first project in town.

A derelict house at the corner of West Hartford Avenue and Cape Road will be replaced by a new affordable four-bedroom home for a local family to be

built by Habitat, its prospective owners, and many volunteers.

The project has been years in the making and was brought to fruition thanks to dedicated efforts by the local Habitat staff, Upton's Affordable Housing Trust, and Upton's town officers.

Upton residents are welcome to volunteer to help build the house, regardless of skill



level. For more information, visit <https://www.habitatmwgw.org/volunteer/>.

Submitted by Habitat for Humanity

Pet of the month: Nalia

This petite little miss is a boss, but she also knows how to let loose and have fun. To see Nalia sitting so regally in her bed you would never guess she can zoom around the room like a pinball bouncing off the bumpers. Bring out the string toys, and she leaps into the air like a gazelle.

Nalia has no problem relaxing either. She is happy to lounge in a cozy bed and take plenty of catnaps.

At 5 years old, Nalia knows her own mind. If you are petting her and she thinks you

might stop, she may reach out her paw to pull you back. If she's had enough, she will let you know she's done. Nalia likes to let the other shelter cats know she's the boss, too. For this reason we think she would do best as the only pet in her new home.

Nalia is taking visitors at Milford Humane Society on Sundays between 1 p.m. and 4 p.m.

For information on the Milford Humane Society or the cats in our care, please visit <https://www.milfordhumane.org>



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LETTER TO THE EDITOR

The Friends of Mendon Elders wish to thank the community for another successful town-wide yard sale which was a tremendous success because our community showed up in full force.

To everyone who supported this beloved Mendon tradition, we extend our deepest gratitude you turned a great day into an unforgettable one. Your support keeps our Senior Center thriving and will enable us to continue offering the programs and activities that mean so much to our seniors.

Thank you to our incred-

ible volunteers and community partners - Mendon Girl Scout Troop @65245, Brothers of The Brush and Police Department - the behind-the-scenes heroes who lifted tables, constructed signs, directed traffic, sorted donations, answered questions, and kept the day running smoothly, we couldn't do this without you.

To our yard sales who set up early, welcomed shoppers, and filled the town with treasures and good cheer, thank you for your energy and enthusiasm. And finally, to the thousands of bargain hunters who came out

to explore Mendon, meet neighbors, and enjoy the day, your excitement is what makes this event such a joyful community celebration.

And we would also like to take this opportunity to thank our incredible sponsors who help sustain the many programs, activities, and services at the Mendon Senior Center: Imperial Cars, Boucher Energy Systems, Lowell's Restaurant, Sutfol Autobody and Sales, Dean Bank, Devaney Energy, Jolicoeur Overhead Doors, Candy Machine Tattoo Studio, Pandolfi Fine Chocolate, Muffin House, Market Basket, Frank's Appliances, Shop Small, Hosta Farm, Postal Center, Byer Piano Service, Smart Style, Dr. Tank Install, Knights of Columbus #1562, Mendon Family Dentist, ABMI-TV, Studio 16, Bay State RV Inspection, Charles River Bank, Mendon Lions, and PAWS-Bed and Biscuit. Thank you all for your support!

-The Friends of Mendon Elders

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Mendon Senior Center programs for July

Tri-Valley lunches. Come be our guest at our Tuesday/Thursday lunches at the Senior Center. Menu selections are listed on the July calendar page. Stop by to pick up an August menu later this month. Meals are served at noon. The cost is a \$3 donation per meal. Reservations must be made at least 48 hours in advance. Transportation is available.

Friends Summer Dine Out, Wed., July 15, Outpost Farm, Holliston. Carpool in the senior van with friends from the senior center at 11:30 a.m. or meet at the farm at noon. The cost of lunch is your responsibility but the company is free! Please sign-up at the senior center.

Hip Hop Square Dance Exercise, July 15, 2 p.m. Rondae Drafts will offer a fun, energizing exercise program for seniors set to music. This program is funded by the Mendon Cultural Council. Please stop by or call the senior center to register.

COA Summer Cookout/Eat-In, Thurs., July 16, 12 p.m. Join us at the Senior Center for a good old-fashioned cook-out prepared by the Mendon Council on Aging and volunteers. We'll have hamburgers, hot dogs, summer side dishes, and all the fixings! The cookout is free, sponsored by the COA, but seating is limited. Please call Shawna to schedule or sign up at the Senior Center.

Crystal Bowls & Meditation Workshop, Fri., July 17, 2 p.m. Meditation improves memory and attention, reduces stress and anxiety, improves quality of sleep, lowers blood pressure and boosts immune function. Before and after meditation, Faith Kennedy will offer crystal bowl therapy. Crystal bowl sound therapy is an ancient practice in which sound healers produce different sound frequencies with quartz crystal singing bowls to restore balance and harmony in

the body. The cost of the grant funded program is \$25 per person. Call or stop by the senior center to register.

Summer Birthday Bash, Tues., July 21, 12 p.m. We will be serving Lasagna, garlic bread, tossed salad and of course cake. Lunch will be followed by a singing performance by Alexandria Connolly, a singer from Massachusetts who has garnered attention for her vocal talent. She has been described as having a voice that would fit well on Broadway.

Beach Picnic, Wed., July 22, 11:30 a.m./noon. Take a free van ride to the town beach at 11:30 a.m. with Senior Center staff. Bring a picnic lunch or order from the snack shack. Stop by or call the center at 508-478-6175 to register.

The Senior Tea, Sun., July 26, 2-4 p.m. The Council on Aging and Friends of Mendon Elders will be co-hosting a special reception honoring Mendon residents aged 85 and older. Our afternoon tea will feature sandwiches, dessert and beverages along with beautiful piano music played by our own COA board member Earl Pearlman. Please call the Senior Center if you have not received your invitation by mid-July. Transportation is available.

Beach Picnic, Wed., Aug. 5, 11:30 a.m./noon. Take a free van ride to the town beach at 11:30 a.m. with Senior Center staff. Bring a picnic lunch or order from the snack shack. Stop by or call the center at 508-478-6175 to register.

Bingo, Thurs., Aug. 6, 1:30 p.m. Seasons players and curious newcomers welcome. The Friends are letting the good time roll. If you are ready to have some fun, reserve your spot by calling the Senior Center at 508-478-6175 or stopping in to sign up. Details:

- \$5 fee: Used entirely for prizes & payable by registration date

- **Registration deadline:** Tuesday before the event. You must be registered to play.

- **Eight games:** with prizes based on attendance

- **12 p.m. Baked Potato Bar:** Consider arriving at noon for a Tri-Valley Baked Potato Bar; featuring an assortment of toppings including chili, broccoli, cheese sauce, salsa, sour cream, chives and bacon for \$3. Register today.

Food pantry day/evening hours, pickup/delivery. The Mendon Food Pantry, located at the Senior Center, is open to Mendon residents in need one Friday per month by appointment or by completed order form with pick up. Ap-

pointments are required. New evening hours have been added. The schedule is:

- Aug. 7 and Sept. 4, day hours vary by appointment.

- July 20 and Aug. 17, 5-7 p.m., evening hours by appointment.

Deliveries for orders are also available for residents with ambulatory or transportation issues. Call to receive an order form. Assistance is confidential. For more information or to make an appointment call Amy at 508-478-6175, ext. 1.

Plymouth Harbor Cruise, Pilgrim Belle Tour, Aug. 7. Payment due today. Cost is \$135 per person. For details, contact Beverly Fior at 508-473-8382.

Musical lunch, Tues., Aug.

18, 12 p.m. A hearty lunch of Chicken Parmesan, rolls, tossed salad and cake will be served followed by a rousing performance presented by Russ Morency, a professional musician and entertainer specializing in blending classic rock, country and pop music from the 50s to the 70s.

Veterans assistance ongoing. Mr. Pat Morris, Mendon's Veterans Agent, is available to assist you. Morris is a US Army veteran and retired from the insurance industry; he has been a Veterans' Services Officer (VSO) for nine years and is also a certified SHINE Counselor. For assistance, contact him at pmorris@mendonma.gov or 508-529-6723 ext. 120.



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continued from page 1

6:30 p.m. - Band concert at Memorial Park

9 p.m. - Fireworks at Memorial Park

Years before the signing of the Declaration of Independence, on March 1, 1773, Mendon Town Meeting approved the "Mendon Resolutions" which included 19 resolutions that foreshadowed ideas later found in the Declaration of Independence.

According to archive.org, those resolutions included (verbatim):

1. Resolved, That all men have naturally an Equal Right to Life, Liberty and Property.

2. Resolved, That all just and lawful Government must necessarily originate in the free Consent of the People.

3. Resolved, That the Good, Safety and Happiness of the People is the great end of Civil Government, and must be considered as the only rational object in all Original Compacts and Political Institutions.

4. Resolved, That a principle of Self Preservation, being deeply planted by the God of Nature in every human breast, is as necessary not only to the well being of Individuals, but also to the Order of the Universe, as Attraction and Cohesion are to the preservation of material bodies and the order of the Natural World, Therefore

5. Resolved, That a Voluntary Renunciation of any Powers or Privileges, included or necessarily connected with a principle of Self Preservation is necessarily acting counter to

the Great Author of Nature, the Supreme Legislator, Therefore,

6. Resolved, That a Right to Liberty and Property (which is one of the Natural Means of Self Preservation) is absolutely UNALIENABLE, and can never, lawfully, be given up by ourselves or taken from us by others.

7. Resolved, That the claim of the Parliament of Great Britain to the power of Legislation for the Colonies, in all cases whatever, is extremely alarming and threatens the total deprivation of every thing that is dear and valuable in life, and is, we humbly conceive, abhorrent from the spirit and genius of the British Constitution which is LIBERTY; destructive of the Immunities and Privileges granted us in our Royal Charter, which assures to the Inhabitants of this Province all the LIBERTIES AND IMMUNITIES OF FREE AND NATURAL BORN SUBJECTS OF ENGLAND; and in reality is not reconcilable to the most obvious principles of Reason, as it subjects us to a State of Vassalage and denies those essential NATURAL RIGHTS, which, being the gift of GOD ALMIGHTY, is not in the power of man to alienate.

8. Resolved, That the late Revenue Act, by which the Commons of Great Britain have assumed and exercised a Power of Giving and Granting to his Majesty the property of the Colonists, without their consent, is a grievous Infringement of the Right of disposing of our own Estates.

9. Resolved, That the unlimited power vested in the Commissioner of the Customs of

March 1. At a town meeting by adjournment from Feb. 10, 1773, the chairman of the committee appointed to prepare resolves to be laid before the town for their consideration at this time, relative "to our Rights and Privileges as Men, Christians and Subjects, and the Infringement of them by Sundry Acts of the British Parliament, acquainted the Moderator that he was ready to make Report and read the same as follows, viz:

1. Resolved, That all men have naturally an Equal Right to Life, Liberty and Property.

2. Resolved, That all just and lawful Government must necessarily originate in the free Consent of the People.

3. Resolved, That the Good, Safety and Happiness of the People is the great end of Civil Government, and must be considered as the only rational object in all Original Compacts and Political Institutions.

In 1773, Mendon Town Meeting signed 19 resolutions some of which would later be reflected in the nation's Declaration of Independence in 1776. Excerpt from "Annals of the town of Mendon, from 1659 to 1880" by John George Metcalf (1880). Source: <https://archive.org>

creating inferior Officers and Collectors and the exorbitant power to these under officers and Ministers to enter, at pleasure, any houses or other places and to break open trunks, chests, &c. upon bare suspicion of goods concealed, is a grievous Violation of the Sacred Right of Domestic Security.

10. Resolved, That introducing and quartering Standing Armies in a free country in times of peace, without the consent of the People, is a violation of their rights as Free Men.

11. Resolved, That the enormous Extension of the Power of the Courts of Vice Admiralty, in a great measure deprives the People in the Colonies of the Inestimable Right to Trials by Juries.

12. Resolved, That the Act passed in the last session of Parliament, entitled "An Act for the better preserving his Majesty's Dock Yards, Magazines, Ships, Ammunition and Stores," by virtue of which Act the Inhabitants of the Colonies may, for certain supposed offences committed against said Act, be arrested and carried, from their families, to any part of Great Britain, there to be tried, is an Infringement not only of our Constitutional

Privileges as Colonists, but of our Natural essential Rights as Men.

13. Resolved, That the Acts for prohibiting Slitting Mills for manufacturing our own iron and restraining the Manufacture and Transportation of Hats, as they deprive us of the natural advantages of our own climate, the produce of our own country and the honest fruits of our own Labour and Industry are very unreasonable and injurious.

14. Resolved, That the Act restraining the transportation of Wool (the produce of our own Farms) even over a ferry, subjects the Inhabitants of this Province to a great an unreasonable Expense, and a violation of our Charter Privileges, whereby all Havens, Rivers &c. are expressly granted to the Inhabitants of the Province and their Successors, to their own proper use and behoof forever.

15. Resolved, That the fixing a Stipend to the Office of the Governor of this Province, to be paid out of the American Revenue, rendering him independent of the free Grants of the People, has a necessary tendency to destroy that Balance of Power which ought to exist between the several branches of the Legislature.

"Voted that the foregoing Resolves be entered in the Town Book that our Children, in years to come, may know the sentiments of their Fathers in Regard to our Invaluable Rights and Liberties."

~ Mendon Town Meeting
March 1, 1773

16. Resolved, That the affixing Stipends to the offices of the judges of the Superiour Court of Judicature and rendering them independent of the People and dependent on the Crown for Support may hereafter (considering the depravity of human nature,) be improved to purposes big with the most fatal consequences to the good People of this Province.

17. Resolved, That the wresting out of our hands Castle William, the principal fortress of this Province, and garrisoning it with his Majesty's regular Troops is a violation of our Charter Privileges.

18. Resolved, That it is the mind and desire of this Town that the judges of the Superiour Court of Judicature and all other Officers who receive grants from the Province should have an honourable support agreeable to the dignity and importance of their respective stations.

19. Resolved, That the Representative of this Town be and he is hereby instructed to use his utmost endeavours, in a constitutional manner, for the Redress of the aforementioned grievances; and that he in no wise consent to the giving up of any of our Rights, whether derived to us by nature or by Compact or Agreement.

... Voted that the foregoing Resolves be entered in the Town Book that our Children, in years to come, may know the sentiments of their Fathers in Regard to our Invaluable Rights and Liberties."

Resolutions source: <https://archive.org/details/annalsoftownofm-00metc/page/316>

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PEN PAL

continued from page 2

grade students at Memorial Elementary School in Upton and senior residents throughout the Upton community.

The pen pal program, which began in the 2024-2025 school year, started out with one 3rd grade class of 19 students and 19 seniors from Upton. With an overwhelming response from the senior population in its pilot year, the program expanded to two 3rd grade classes with a total of 36 third grade students and 36 senior pen pals.

Throughout the school year, students and senior pen pals exchanged letters regularly, building connections through thoughtful conversations, shared stories and words of encouragement. 3rd grade teacher, Jan Maglione, who initiated the program with the Upton Senior Center in 2024, noted "The program not only strengthened the students' writing skills, but also fostered empathy, communication and intergenerational friendships".

In May, the students and senior pen pals had the opportunity to meet face-to-face at a special year-end meet and greet at the Upton Senior Center. The event gave participants the chance to put names to faces and celebrate the friendships they had developed through months of correspondence. Molly Smith, a 3rd grade teacher whose class joined the

program this year, shared "It was heartwarming to watch the students and seniors interact as if they had known each other for years. The relationships they built through their letters were genuine and meaningful, and several pairs plan to continue writing after the school year has ended."

Katie San Clemente, Social Services Coordinator for the Upton Department of Elder and Social Services, highlighted the positive impact the program has had on participating seniors.

"One of the most rewarding aspects of this program has been seeing the joy it brings to our seniors," said San Clemente. "For many participants, the letters became something they genuinely looked forward to receiving each month. The program fosters a sense of inclusion and connection, reminding seniors that they are valued members of our community with important stories and experiences to share. We've also seen the program serve as a wonderful introduction to the Senior Center, with several new participants becoming involved in other activities and programs after joining as pen pals. It has been a meaningful way to help seniors build new friendships and become more connected to the community."

The enthusiasm generated by the Student-Senior Pen Pal Program has extended beyond Memorial Elementary School. Due to an overwhelming response from seniors interested

in participating, the Upton Department of Elder and Social Services partnered with local Upton Girl Scouts to launch a similar intergenerational pen pal initiative this year. The program matched 13 additional seniors with 13 Girl Scouts from the community, providing even more opportunities for meaningful connections through letter writing. Participants in the Girl Scout program will have the opportunity to attend a meet and greet to meet their pen pals face-to-face in July.

With another successful year completed and participation continuing to grow, organizers look forward to expanding the program in the future and creating even more opportunities for students and seniors to connect through the simple yet powerful act of letter writing.

If you are a senior residing in Upton and would like to learn more about becoming a pen pal for the 2026-2027 school year, you may reach out to Katie San Clemente at the Upton Senior Center at 508-529-4558.

LETTER TO THE EDITOR

Protecting a piece of Upton's history

The former Holy Angels Church building, located at 3 Milford St. in Upton, has fallen into a state of disrepair. According to the 2025 Criterium engineering report, the steeple is leaking and the roof should be repaired. While the Town continues discussions regarding a future use for the building, the Historical Commission has decided to submit an application to the Community Preservation Committee (CPC) requesting funding to repair the roof to prevent further deterioration.

The Commission's goal is to have these repairs completed before winter to safeguard the building against additional damage from heavy snow loads and strong winds.

In light of several recent Town Meeting votes, many Upton residents are understandably concerned about rising taxes. The good news is that CPC funding for this project will not increase the tax burden on

Upton taxpayers. These funds have already been designated for historic preservation and exist specifically to protect important community assets such as this one. By using CPC funding, Upton can preserve a significant historic landmark in the heart of our town without placing any additional financial burden on its residents.

The former Holy Angels Church has stood proudly at the center of our community since 1848. Today, the building is 178 years old. As our nation commemorates the 250th anniversary of the founding of the United States, it is fitting that our community also invests in preserving the places that tell Upton's own story. Repairing the roof is not simply a maintenance project—it is a commitment to safeguarding an irreplaceable part of our town's history for future generations.

Thank you.
Craig Weinfuss

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SPORTS

Another sizzling summer for Milford Legion

Mendon/Upton crew helps Post 59 rise in zone standings

By Chris Villani

After rattling off 20 straight wins during the regular season last year, Milford Legion won 12 of its first 14 games to start 2026, buoyed by a strong group from both Nipmuc and Blackstone Valley Tech.

“My hope is just to get better during the season, I don’t want to be playing our best at the beginning of the year,” head coach Steve DiVitto said. “We have bigger goals than gath-

ering a lot of regular season wins.”

Milford was knocked out early in the playoffs last year, but is guaranteed a spot in the state tournament this year as the event’s host. DiVitto said he wants his team to continue to gel as the tourney approaches at the end of July.

“That’s our goal, to continue to get closer as a team,” he said. “In the summer months, a lot of the guys have never

played with each other and are still understanding how one another operates.”

Playing a longer season means asking more from the team’s depth, both on the mound and at the plate.

Recent Nipmuc graduate Cole McGovern has been a steady presence on the mound for Milford during the first half of the year. Josh Giancola, another Nipmuc graduate, is one of the team’s top pitchers despite having battled an arm injury.

DiVitto noted that the injury bug has hit the team quite a bit, which is not uncommon after a lengthy high school season and amid the grueling night-in, night-out legion campaign.

Looking ahead to the second half of the year, DiVitto said he is hoping Nipmuc’s Gavin Metcalf returns after an injury



Milford huddles following a recent game, Post 59 is once again one of the area’s top teams.

Photo credit: Lorelai Grant

suffered during the spring.

“We are really excited about having Gavin back in the fold,” DiVitto said.

Milford is also hoping that first baseman Sean Burchard continues what has been an upward trajectory.

“He struggled a little bit at the start of the season, but he is turning it on now,” his coach said. “It’s going to be big for us if he stays hot during the second half of the season.”

Nipmuc rising senior Adam Dubowik and BVT graduate Jordan Martorano are two more players who have added to Post 59’s depth and helped fill out what DiVitto hopes will be a team poised for a strong showing in the states.

“We are excited about the state tournament,” he said. “It’ll be a great thing for not just Milford, but for the surrounding towns as well. We have to do our best to be playing our best baseball.”

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SPORTS

Getman, Consigli cap track season with titles

Getman wins discus and shot put, Consigli nabs boys' discus championship

By Chris Villani

The Nipmuc track and field team saw two of its athletes capture state championships at the end of the spring season, as sophomore Kam Getman won both the shot put and discus crowns, while senior Eben Consigli defended his title in the discus.

For Getman, the younger of the two athletes, having the chance to train with teammates like Consigli at the top of their game has been a big boost.

“Practicing with them has always been really fun, they push each other and that makes everyone else want to push as well,” Getman said. “It’s very motivating to be on the team with people who are so excited for the sport and it shows you can do it as well, you just need to put in the same hard work.”

Getman was pleased with how the year progressed, especially setting a new record in the shot put despite having a preference for the discus.

For Consigli, capturing a second straight discus title was both exciting and a bit of a relief, especially because he fouled on his first two attempts during the preliminary round and needed to take a little off of his third throw to ensure that he posted a mark and was able to move onto the finals.

“You never want to foul out

of a meet, especially one where you’re supposed to be defending the title, so I was definitely a little nervous,” he said. “But, once I made it to the finals, everything just went away, and I was able to pull through.”

Consigli went on to place fourth in both the Massachusetts Meet of Champions and the New England Regional meet. With his high school career wrapped up, Consigli will turn his attention to the University of New Hampshire, where he plans to compete in track at the Division I level.

“My sister went there, so I am familiar with the campus and I have competed against a couple of throwers who are there now,” he said. “It just felt very natural when I went on my visit.”

Getman advanced to the Meet of Champions in both events, and said that winning the state titles validated the effort that it took to get there.

“It was very rewarding and exciting,” Getman said.

With two years left, Consigli sees big things ahead for his now-former teammate.

“The things Kam has done are awesome, I wish I could have done that as a sophomore,” Consigli said. “The future is very bright, and they will continue to crush it wherever else they go.”



Eben Consigli successfully defended his state title in the discus. Courtesy photo



Kam Getman earned a pair of state titles at the end of their sophomore season. Courtesy photo

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