

Upton ‘Revolutionary War Encampment’ on Oct. 17

History Museum to host period-accurate events

By Barry Lynn
Upton Historical Society

Step back in time and discover what life was like during the American Revolution when a Revolutionary War Encampment comes to the Upton History Museum, 2 Main St., on Sat., Oct. 17, from 10 a.m. to 3:30 p.m.

This immersive historical program will bring the Revolutionary era to life through authentic military drills, period-accurate encampments, demonstrations, music, and opportunities to learn about the people and activities of the 18th century.

Visitors will have the opportunity to observe authentic military drills performed by Revolutionary War reenactors and explore period-accurate



On Oct. 17, Upton Town Common will host a Revolutionary War Encampment which will feature authentic military drills. Photo courtesy of Upton Historical Society

encampments while talking with knowledgeable historical interpreters

ENCAMPMENT
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26th Annual Great Cardboard Boat Race draws large crowd

16 teams competed, won various awards



Photo from the Taft Public Library’s 26th Annual Great Cardboard Boat Race. Photo by State Rep. Brian Murray, a judge in the competition

By Theresa Knapp

There were plenty of captains, plenty of cardboard and, plenty of spectators on hand for the 26th Annual Taft Public Library Great Cardboard Boat Race held in July.

Sixteen homemade boats took to Lake Nipmuc for five races, while more than 300 spectators gathered along the shore (and in

pontoon boats near the finish line) to cheer on the competitors.

In the One-Person Craft division, Mark McNaughton took first place aboard Yellow Submarine. Memphis Drake came in second with Piggyback Ride, followed by

CARDBOARD
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ENCAMPMENT

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about military life and the challenges faced by those who lived during the era.

The encampment will also highlight everyday life in the 18th century. Demonstrations will include cider making and a Printing Revolution demonstration, while visitors can learn about period tools, crafts, and daily routines. Fife and drum musicians will perform from 12-2 p.m., adding to the sights and sounds of the Revolutionary era.

Feeling hungry while exploring the encampment? Soul Cafe will be on hand selling refreshments and baked goods.

As communities across the nation commemorate the 250th anniversary of the American Revolution, this special program offers an opportunity for people of all ages to experience history

in a personal and engaging way. Students, families, and history enthusiasts are encouraged to attend and interact with the interpreters throughout the day.

The event is sponsored by the Upton Historical Society, with partial funding provided through a grant from the Upton Cultural Council. Admission is free and open to the public. Donations are gratefully accepted and will help support the Upton Historical Society's ongoing efforts to preserve and share Upton's history.

Bring the family to the Upton History Museum, 2 Main St., on Oct. 17 and experience the sights, sounds, and activities of the Revolutionary era as history comes alive!



Cider making will be one of the demonstrations at a Revolutionary War Encampment reenactment on Upton Town Common on Oct. 17.

For more information, visit <https://uptonmahistory.org/>.

This immersive historical program will bring the Revolutionary era to life through authentic military drills, period-accurate encampments, demonstrations, music, and opportunities to learn about the people and activities of the 18th century.

~ Upton Historical Society



A fife and drum corps will perform on Upton History Museum from 12-2 p.m. as part of the immersive historical program on Oct. 17. Photos courtesy of Upton Historical Society

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CARDBOARD

continued from page 1

Melly Drake and Mellicorn in third.

The Two-Person Craft competition was won by Eva Golden and Lilly McNaughton in Princess Pirates. Dona Neely and Aiden Ford took second place with Beak and Buccaneer, while Adam Rebello and Dylan Rebello finished third aboard The Wayfinder.

The Three or More-Person Craft division saw Willa Montag, Weston Montag and Ian Butler take first place with Lost to Fall Damage. Trevor Byrne, Mack Byrne and Molly Byrne finished second in Mack's Hero Headquarters, while Cam Montoya, Zack Montoya and Emi Montoya took third with Sink to Lobby.

The Family Craft division was captured by the Flannery family. Sondra, Bella, Olivia, Julia and Gemma Flannery paddled Gone Fishin' into first place. Second place went to Unsinkable Luau, crewed by Willa

McBee, Elisa McBee, Laina McBee, Cayla McBee and Pam Kuhs; while third place went to Narwhal and Jelly with Travis, Meaghan, Memphis, Melly and Murphy Drake at the helm.

In the Group Challenge, the Mendon-Upton Cub Scouts proved that teamwork can go a long way. World Cubs 2026, crewed by Fin Histen, Freya Histen, Bodie Gates, Aditya Shenvi, Benji Welch, Jacob Stover, Ava Horner, Emily Horner and Mark McNaughton, took first place. And the Mendon Senior Center crew of Peg Nogueira, Paul Bouchard, Karen Mills and Kathy Hunt paddled The Cat in the Hat to second place.

Judges issue special awards

This year's panel of judges included State Rep. Brian Murray, Mendon Assistant Town Administrator Jen O'Neill, Mendon Assistant Town Clerk Rory Crisfield, Mendon Fire Chief Jason Bangma, and Jack MacLellan of the Mendon Board of Health.

The Pride of Mendon Award for most creative design went



Photos from the Taft Public Library's 26th Annual Great Cardboard Boat Race. Photos by State Rep. Brian Murray, a judge in the competition



to World Cubs 2026, while Unsinkable Luau took home the Captain's Choice Award for most attractive boat.

The Flannery family and Gone Fishin' earned the Esprit de Corps Award for being the most spirited and organized team.

The Perseverance Award, which honors the competitors who never gave up, went to Black Pearl, crewed by Emily Horner, Ava Horner, Julie Horner and Jim Horner.

The Titanic Award, for the most spectacular sinking, went to (coincidentally) Sink to Lobby.

The Surprise Award, for the boat that surprisingly floated, went to Mack's Hero Headquarters, crewed by Trevor Byrne, Mack Byrne and Molly Byrne.

And the Flower Power Award, which best represents the library's summer reading theme - Plant a Seed...Read!, went to the Mendon Senior Center crew of Peg Nogueira, Paul Bouchard, Karen Mills and Kathy Hunt for The Cat in the Hat.

State Rep. Brian Murray said, in a Facebook post after the event, "It was great weather and a great crowd as we all watched

some very well-designed boats with enthusiastic crews navigate the shores of Lake Nipmuc at the Town Beach. Congratulations and thanks go to Library Director Andrew Jenrich, his staff, volunteers and Trustees of the Taft Public Library for their hard work in organizing this event and making sure that it continues as a Mendon tradition."

To see and hear a portion of this year's race, visit <https://bit.ly/MendonCardboardBoatRace2026>.

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Five questions that could change how you see retirement



Mark Freeman, CEPA

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Saving for retirement is important, but it's only part of the picture. If you're within five to 10 years of your target retirement date, it's time to start thinking about what you actually want your retirement to look like. After all, getting to retirement

isn't the end goal — it's what you want to do once you're there that matters. Start by asking yourself these five questions.

When do you want to retire?
The age at which you retire matters more than you may realize. Retiring early sounds appealing, but it means saving more and having less time to do it. It can also create gaps in health care coverage and income before key benefits kick in. For example, Social Security benefits can begin at 62, but at a reduced amount. Full benefits are available between ages 66 and 67, depending on birth year, and waiting until 70 means the maximum benefit. Medicare doesn't start until age 65, and penalty-free withdrawals from retirement accounts generally aren't allowed until age 59½. For couples, timing gets even more complicated. Staggering

retirement dates can sometimes maximize benefits; in other cases, retiring at the same time works better. A financial advisor can help you sort through these decisions and find the approach that makes the most sense for your situation.

How do you want to spend your time in retirement?
Many new retirees are surprised to find that having unlimited free time feels disorienting rather than freeing. Thinking ahead about how to fill the days with meaningful activity — whether that's travel, volunteering, pursuing hobbies or spending more time with family — can make the transition smoother. It helps to sketch out what a typical week, month or even first year might look like. If there are big gaps, it's worth thinking now about what might fill them in rewarding ways.

Where do you want to live as a retiree?
Some retirees stay put, while others downsize or relocate entirely. Either way, it's wise to consider whether a chosen location will work well as you get older, taking into account factors like proximity to family, access to health care, cost of living and climate.

What will your retirement lifestyle cost?
It's not uncommon for retirees to discover that their travel, entertainment or leisure expenses were higher than expected. The more active and involved you plan to be, the more you will likely need to budget.

Does your retirement involve giving back?
Retirement often brings both the time and motivation to be more generous. Whether the goal is helping family members, donating

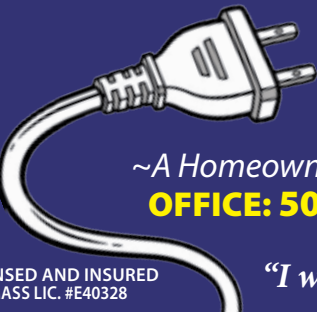
ing to charity or volunteering in the community, it's worth defining those goals and building them into an overall plan. Now that your vision is taking shape, turn it into a plan. Work with your financial advisor to align your savings with the life you want — and revisit that plan as your priorities evolve so your retirement keeps pace with you.

Contact Mark today to discuss this topic or any of your financial goals.
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Hopkinton, MA 508-293-4017
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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

Friends of the Library Fall Booksale, Sat., Sept. 26, 9 a.m. – 2 p.m. The event will take place in the Community Center great room. Come enjoy the book sale along with all the other events around the town common for Upton's Heritage Day. Purchase gently used fiction, non-fiction and children's books. All proceeds benefit the Upton Library Museum Pass and Summer Reading Programs. Hardcover \$2, paperback \$1 and children's books 50 cents. Bring your Friends tote bag and fill it for \$20 or purchase a new tote for an additional \$5. There is a 50% discount for teachers (please show your teacher ID). Donations to the book sale are being accepted during the month of September, and the Friends of the Library are always looking for new members and volunteers.

ADULT EVENTS
Summer Reading Bingo ends Sept. 30. Don't forget to return your bingo sheet at the library front desk for the chance to enter a raffle to win summer reading prizes.
Ask a Food Scientist with Danielle Anderson – Sat. Sept.

19, 2-3:30 p.m. Join us at the library where local expert Danielle Anderson will talk about current food topics and issues, share her professional knowledge, and answer your burning food science questions. Save your seat and submit your questions at uptonlibrary.org.
Poetry 101 Workshop – Tues. Sept. 29, 6-7 p.m. Have you ever wanted to learn to write poetry? Do you want to let loose your inner Dickinson, or heat up your latent Frost? This is your moment. We will be having an introductory poetry writing course at the Upton Town Library. Space is limited so be sure to reserve your seat.
Opera, War, and the Human Spirit: Finding Beauty in Enemy Territory – Thurs. Oct. 1, 6-7 p.m. Join us for an engaging talk with award-winning historical fiction author Janis Robinson Daly, as she shares her inspiration and research for her latest novel *Under Two Flags*. Drawing upon the memoir of eighteen-year-old Josephine Therese Marzynski, a Boston opera student trapped in Berlin during World War I, Daly explores how Josephine's passion

for music drives her strength to endure even in humanity's darkest hours. Copies of her book will be available for purchase at the talk. Reserve your seat now at uptonlibrary.org.
Fall Plant Swap – Sat. Oct. 3, 11 a.m.-2 p.m. Calling all plant enthusiasts. Bring your plants, cuttings, and seeds to the library for a plant swap. Exchange your old plants for new ones and chat with other plant parents and gardeners. Find more details and RSVP at uptonlibrary.org.
Virtual Cooking Demo with Heidi McIndoo: One Pot BBQ Chicken Mac and Cheese – Mon. Oct. 5, 7-8 p.m. Join our favorite chef, Heidi McIndoo, as she shows us how to make one pot BBQ chicken mac and cheese. Recipes will be sent out prior to the program so you can cook along if you'd like. Registration required to receive Zoom link for program. Please register at uptonlibrary.org. *Program is sponsored by the Friends of the Ashland Public Library and brought to you in collaboration with a multitude of MA & NH libraries.*
DIY Yarn Pumpkin Craft – Wed. Oct. 7, 6-7 p.m. For ages 16 and over. Ready to get into

the fall mood? Searching for cute and cozy fall decorations? Look no further. Join us at the library for an evening craft making DIY yarn pumpkins. Register online at uptonlibrary.org.
Tabletop Game Night for Adults – Thurs. Sept. 24, 5:15-7:30 p.m. Join our tabletop game series for adults. Meets every fourth Thursday of the month. Beginners and experienced players welcome.
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/uptontownlibrary>. Oct. 1 at 7 p.m.: Author Talk with Veronica Roth: *Courage, Choice, and What Comes Next*. Oct. 8 at 2 p.m.: Author Talk with Smithsonian Curator Carolyn Russo: *Art in Flight*.

CHILDREN'S & YOUNG ADULT EVENTS
Bobbers on the Blackstone – Sept. 19 at 10 a.m., ages 6 to 12. New to fishing? Learn basic casting, equipment, ethics, and fishing techniques with Park Ranger Sherine Hamade in this beginner-friendly introduction to this popular outdoor activity. No equipment needed. This event takes place at Riverbend Farm in Uxbridge (Blackstone River &

Canal Heritage State Park). Registration required.
Sensory Fun – Sept. 21 at 1:30 p.m. & Oct. 14 at 4:30 p.m., ages 1 and over. Our new Sensory Fun program features activities that are important for childhood development. This program allows your child as much or as little time as needed to explore our toys. Drop in and enjoy the sensory materials we have to offer, including kinetic sand, building blocks, small instruments, a light table, balance beams, and more. No registration required. Children must be supervised by an adult. *This program is generously funded by The Friends of the Upton Town Library.*
Autumn StoryWalk – beginning Sept. 22, all ages. Stop by the VFW playground to enjoy "Hello Autumn." by Shelley Rotner. A StoryWalk is a self-guided picture book activity, put together with separate story page panels that families can enjoy one at a time with their children. Enter our QR code at the end of the story and enter for a chance to win a copy of the book. Our Autumn StoryWalk runs through Nov. 24.
Parody Playhouse – Oct. 10 at 10 a.m., ages birth to 6. Join us

UPTON LIBRARY
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UPTON LIBRARY

continued from page 6

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. Put on your dancing shoes and get ready for a show that combines music, education, and hands-on fun. Registration required.

Button Pumpkins – Oct. 10 at 1 p.m., ages 5 to 12. We will be creating beautiful cardboard pumpkins decorated with buttons. Create these with us for the perfect pop of autumn color for your home.

Pajama Storytime - Oct. 28 at 6 p.m., ages 3 to 8. Join us for a special evening storytime with Children's Librarian, Mrs. Murphy. Feel free to wear your most comfy pjs as we share stories, songs, rhymes, and fun.

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 information.

Upton Reads Book Group. An eclectic mix of contemporary literary fiction with meetings on the second Tuesday afternoon and Thursday evening of each month, with a remote call-in option. Tuesday, Oct. 13 at 12:45

p.m., and Thursday, Oct. 15 at 6:45 p.m.: *How to Read a Book* by Monica Wood.

Fic or No Fic Book Group. An adult book group that alternates between fiction and non-fiction selections. This group meets on the last Wednesday of each month at 6:45 p.m. This month is *The Road to Tender Hearts* by Annie Hartnett on Wed., Sept. 30, at 6:45 p.m.

Rainbow Readers Book Club – Sept. 16 at 6 p.m., ages 10 to 14. 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, all in a comfortable and respectable atmosphere. This group is for anyone wishing to read such literature. For October, we will discuss the title, *Hazel's Theory of Evolution* by Lisa Jenn Bigelow. Registration appreciated.

Read with Copper - Sept. 17 at 4:30 p.m., ages 5 to 12. Join Copper the Therapy Dog and have him be your reading partner. This is a 1-on-1 experience for your child to read their favorite reading material to Copper. This program encourages reluctant readers to practice their reading skills in a judgment-free session. Copper is a large English Chocolate Lab. He is certified through Animal-Assisted Therapy Services (AATS) of Massachusetts and will be guided by his owner and handler, Wendy Hodge.

Kids' Book Club – Oct .7 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 October meeting, we will be discussing the title *The Great Pypetive* by Alina Tysoc. 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.

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

Drop-In Storytime - 4th Monday at 9:30 a.m., ages 1 to 5.

Family Music & Movement - 1st Monday at 9:15 a.m., 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.

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

Virtual Alzheimer’s support group to meet Oct. 13

Hearts, Hugs & Hope, a virtual Alzheimer's support group sponsored by Cornerstone at Milford, will meet this month on Zoom. The virtual meeting will be held on Oct. 13 at 6 p.m.

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.
For more information and the Zoom link, contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com.
This group meets on the second Tuesday of each month and is sponsored by Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch Street, Milford.

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A new treatment option for dry macular degeneration

BY ROGER M. KALDAWY, M.D. | MILFORD FRANKLIN EYE CENTER

For decades, telling a patient they had dry macular degeneration meant delivering some of the most difficult news in eye care. I would sit across from patients worried about losing their ability to read, drive, or enjoy time with family, and explain that we had very few treatment options.

The advice was always the same: take appropriate vitamins, don't smoke, maintain a healthy lifestyle, monitor your vision, and come in for regular exams. Beyond that, our approach was largely one of careful observation. We were managing the disease as best we could, but we had little to offer in terms of active treatment.

Today, that paradigm is changing.

generation, affecting millions of Americans. Unlike wet AMD, for which effective injectable treatments have been available for nearly two decades, patients with earlier stages of dry AMD historically had no treatment specifically designed to address the disease itself. While the AREDS2 vitamin formulation can reduce the risk of progression in certain patients, active treatment options remained severely limited.

However, in November 2024, the FDA authorized the Valeda® Light Delivery System for the treatment of dry AMD. Valeda utilizes a technology called **photobiomodulation (PBM)**, offering a noninvasive approach for appropriately selected patients with intermediate dry AMD before the development of advanced geographic atrophy.

other medical fields for wound healing and inflammation, its application in ophthalmology is a major milestone.

PBM uses carefully controlled wavelengths of red and near-infrared light delivered to the retina during a series of brief, painless office treatments. The light is absorbed by mitochondria—the energy-producing structures within cells. Researchers believe this process supports cellular metabolism while reducing the oxidative stress and inflammation that drive the progression of macular degeneration.

The standard treatment protocol consists of nine short sessions performed over approximately three to five weeks. Based on clinical trials, additional treatment series may be recommended periodically.



A new option for dry AMD
Dry age-related macular degeneration (AMD) is the most common form of macular de-

What is photobiomodulation?
While light-based therapies have been used for years in

What does the research show?
The LIGHTSITE III clinical trial evaluated photobiomodu-

lation in patients with intermediate dry AMD over two years. The results were highly encouraging:

- **Improved vision:** Patients receiving PBM experienced an average improvement in visual acuity compared to those who received a sham treatment.
- **Measurable gains:** More than 60% of treated eyes gained at least five letters on the standard ETDRS visual acuity chart.
- **Slower progression:** The study suggested that treated patients may experience lower rates of progression to advanced geographic atrophy.
- **Safety:** The treatment was well tolerated with no significant safety concerns identified.

A note of caution: Photobiomodulation is not a cure, and it does not guarantee improved vision for every patient. As an ophthalmologist, I believe in balancing optimism with reality. Patients deserve accurate information and realistic expectations, not exaggerated promises.

Who is a candidate?
Patient selection is critical. Current evidence and FDA authorization focus specifically on patients with **intermediate dry AMD**. Determining whether this treatment is appropriate requires a comprehensive eye examination, detailed retinal imaging, and an individualized evaluation by an ophthalmolo-

gist or retina specialist.

What this means for you
If you were told years ago that there was "nothing to do" for your dry AMD, it is time to have another conversation with your eye doctor. PBM does not replace the fundamentals of care—patients must still take vitamins, avoid smoking, and undergo regular monitoring—but it offers a powerful new tool in our arsenal.

At Milford Franklin Eye Center, we are proud to be the fourth center in Massachusetts—and the only one in our local area—to offer photobiomodulation therapy with the Valeda system through our Franklin office.

We are also proud to provide comprehensive, on-site retina specialty care through Dr. Alyse Richard, a highly trained retina specialist dedicated to advanced, patient-centered care for complex retinal conditions.

After many years of simply monitoring dry AMD, I am grateful we finally have more to offer. If you or a loved one has been diagnosed with dry AMD, contact Milford Franklin Eye Center today to schedule a comprehensive retinal evaluation.

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LETTER TO THE EDITOR

Coexisting with our beaver neighbors

UPTON - When a family of beavers built two dams and a lodge on Warren Brook, clearly visible from a bridge on Fowler Street, neighbors took notice. At dusk, we gathered to watch the beaver family go about its business, swimming silently to and fro, grooming themselves and each other, and gnawing the bark from branches for breakfast (as nocturnal creatures, it was the start of their day). We chatted, took pictures, joked about beaver tourism, and shared binoculars. Neighbors who had never met forged friendships. Children giggled gleefully. One thoughtful neighbor even hung a pair of binoculars in a waterproof case on the bridge railing for kids to get a good look at the action.

While many neighbors were enchanted, some were not.

To address a neighbor's complaint and concern that the dam on the downstream side of the bridge might cause Fowler Street to flood, the Department of Public Works (DPW) began dismantling it. The landowner asked them to stop so the situation could be assessed to determine if the danger was great enough to warrant the destruction. After the DPW left, the beavers repaired the dam within a day.

The episode with the DPW raised concerns among the beaver watchers. As mentioned in my last article [May 2026], beavers are good for the environment. As a "keystone species," they dramatically increase plant, bird, fish, and other wildlife variety and populations; improve water quality;

recharge aquifers; and protect against flooding and wildfires. They also help mitigate climate change by creating wetlands that turn streams into powerful carbon sinks.

But beavers do things their way, which can cause perceived - as well as real - problems.

The Upton DPW has long responded to beaver activity in various ways, including destruction.

The decision to destroy beavers rests with the Board of Health (BoH). A municipal department or landowner must submit a permit requesting that a colony be destroyed, and then only for the purposes of human health and public safety. It is up to the BoH to determine whether a request meets those strict criteria. The landowner must be consulted and grant permission for destroying the beavers. (That said, a property owner is permitted to hire a licensed trapper to destroy beavers on their own property, but only during fur-bearing hunting season from Nov. 1 through April 15.)

Dubbing ourselves the "Beaver Brigade," we formed an informal interest group to discuss what was best for the town, beaver-abutting landowners, and the beavers. We talked about working with the town to put in place a process to assess each situation—and when there were genuine threats, to explore alternatives to destroying beavers. The group agreed that we should learn how Upton can take advantage of the good beavers can do, and develop means to mitigate problems when possible.

We met with the BoH and requested—among other things—that permits be denied/delayed between April 15 and late July when the kits are in their lodges. The BoH was supportive. Since the meeting, the BoH has not issued permits to trap beavers on Warren Brook, yet alarmingly, the beaver colonies have disappeared outside of fur-bearing hunting season and during breeding season.

I was tasked with becoming the group's "beaver expert." I've embraced the assignment because beavers have fascinated me since childhood, and that fascination was fed when beavers built a dam on Warren Brook that created a pond behind our Mechanic Street home. The pond is home to an amazing array of wildlife, such as the family of geese pictured here.

I am educating myself about beavers and how humans can coexist with our beaver neighbors so we all benefit. To learn



Beavers on Warren Brook in Upton. Photo credit: John Herendeen



more, I will be travelling to Minneapolis in late September to attend BeaverCON, a "global gathering for knowledge-sharing around beaver." In addition to the main conference, I will be attending a "beaver coexistence workshop." I will share what I learn, and hope to serve as an information resource.

Submitted by Becky Wetzel



Geese on a Warren Brook Beaver Pond in Upton. Photo credit: Becky Wetzel

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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.

Sept. 11

6 p.m. – Milford Youth Center 16th annual fundraiser, CraftRoots Brewing, 4 Industrial Rd., Milford. For more information, contact jward@townofmilford.com .

Sept. 12

12 – 4 p.m. – Farm Fest, Medway Community Farm. www.MedwayCommunity-Farm.org .

Sept. 19

8 a.m. to 12 p.m. - Electronics Recycling Day, First Congregational Church of Milford, 4 Congress St., Milford. Cash payments only. Questions: 508-473-5259.

Sept. 19

10 a.m. Hopedale Day in the Park, Hopedale Community House. Rain date: Sept. 20. For more info, visit https://hopedale-ma.gov/1241/Hopedale-Cultural-Council. The art show will be in the Draper Gym.

Sept. 25 - Nov. 1

Times vary. The Great Jack-O'-Lantern Journey, Southwick's Zoo, Mendon. www.southwickszoo.com .

Sept. 26

8 a.m. – Medway town-wide yard sale. 8 a.m. to 2 p.m. 9 a.m. – Upton Heritage Day, Upton Town Common. Vendors, crafters, entertainers, etc., can contact uptonthistoricalsociety@hotmail.com or 508-529-6600.

Sept. 26

9 a.m. – Upton Town Library Book Sale, through 2 p.m., including \$5 bag sale. Benefits museum pass and summer reading programs. www.uptonlibrary.org.

Sept. 26

10 a.m. – Coffee and Conversations, Millis Public Library. Topics range, conversations are moderated to focus less on debate and more on understanding. All political perspectives welcome and respected. Will also meet on Oct. 24, Nov. 21.

Sept. 26

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

Sept. 26 – Oct. 31

Times vary. Pumpkin Patch, St. John's Church, 237 Pleasant St., Franklin. www.stjohnsfranklinma.org .

Oct. 4.

2 p.m. – “A Proper Fit,” a book talk about the corset industry, Mendon Senior Center, 62 Providence St. Sponsored by Mendon Historical Society.

Oct. 17

10 a.m. – Upton Revolutionary War Encampment immersive event, Upton History Museum Grounds, 2 Main St. 10 a.m. to 3:30 p.m.

Oct. 30

6 p.m. – Milford Youth Center ‘Night of Horror Classics,’ 24 Pearl St., Milford. www.milfordyouthcenter.org .



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

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Upton Senior Center updates

UMass/Milford Regional Wellness Fair - Thurs., Sept. 17, at 10 a.m. Celebrate National Rehab Professionals Week! Come to the Wellness Fair for Balance and mobility activities, grip strength testing, fall risk screenings, and adaptive equipment displays. Learn how rehabilitation professionals help promote health, wellness, and independence. Plus, enter to win a raffle prize. Register by Sept. 15.

Lunch & Learn: Creating an Emergency Folder - Fri., Sept. 18, at 12:30 p.m. Back by Popular Demand! Join Attorney Amy Azza to learn how to create an essential Emergency Folder and legacy plan to protect your wishes and give your family peace of mind. Sign up by Sept. 14.

Lunch Trip: Mon., Sept. 21 at 12:30 p.m. - Join us for this month's lunch trip to Tavern in the Square in Bellingham. Sign

up by Sept. 17.

Willie Nelson, Songs & Stories with Matt York - Tues., Sept. 22, at 2 p.m. - Celebrate the life and music of country legend Willie Nelson with musician Matt York. Enjoy Willie Nelson's greatest hits while hearing the stories behind the songs. Register by Sept. 18.

Living Well with Hearing Loss Presentation - Wed., Sept. 23, at 1 p.m. - Jonathan O'Dell from the Mass Commission for the Deaf and Hard of Hearing will share information about the agency, what some of the issues of concern are for older adults with hearing loss, and ways to make your world more accessible and accommodating. Registration required by Sept. 15.

Tai Chi is Back - Thursdays at 10 a.m. starting Sept. 24. This gentle class, with instructor Robin Natanel, combines medi-

tation, slow, flowing movements, and deep breathing to improve balance, strength, flexibility, and relaxation. Participants should be able to move and walk independently. Those needing additional support may be better suited for Strength and Stretch or Exercise with Shirley.

Free Trip to Tower Hill Botanical Gardens for AARP Day - Tues., Sept. 29 at 10:30 a.m. Escape into the beauty of nature with a visit to Tower Hill Botanical Gardens. Stroll through vibrant seasonal blooms, wander peaceful walking paths, and take in breathtaking scenic views. After exploring the gardens, relax and enjoy a delicious bite to eat at the café. Free admission for 5 guests with every AARP membership! Meet us there with your AARP Card or sign up to take the bus. Register at the Senior Center by Sept. 25.

Birthday Bash - Wed., Sept. 30, at p.m. - Join us as we cel-

ebate everyone with September birthdays and enjoy a pasta bar from Tri-Valley (\$3 donation requested). We'll also welcome a very special guest, Koda, the Police Comfort K9 who is turning 1! Register by Sept. 23.

Upton Student-Senior Pen Pal Program. The Pen Pal Program is back for another school year, and we are calling out to all new and returning senior pen pals! Upton seniors who are interested in being part of this program will be paired with a 3rd grade student from Upton's Memorial Elementary School. Letters will be passed between pen pals from October - May, concluding with a pen pal meet and greet celebration at the end of the school year. Don't miss out on the opportunity to make connections with the younger generation by sharing memories, traditions and stories. Space is limited - please reach out to Katie San Clemente at 508-529-4558 if you are interested in

joining our program!

Upton Food Pantry. Do you need food assistance? The Upton Community Food Pantry is open to all Upton residents. Hours of operation include Mondays 9:30-11:30 a.m.; Wednesdays 12-3 p.m., and Fridays 10 a.m.-1 p.m. If you are not able to come at these days and times, transportation or home delivery available on request. Call for more info or to make an appointment: 508-529-4558.

The Upton Community Center Food Pantry is seeking donations of the following:

- Cereal
- Canned meat (chicken, ham, salmon)
- Hearty soups
- Creamy peanut butter
- Canned fruit
- Shelf stable milk
- Hand soap
- Gift cards and monetary donations also accepted

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



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Taft Public Library Calendar of Events

29 North Avenue, Mendon • 508-473-3259 • TaftPublicLibrary.org • HOURS: Tues. & Wed. 10-7 • Thurs. 3-7 • Fri. 12-5 • Sat. 9-12 • Sun. & Mon. CLOSED

ADULT & TEEN PROGRAMS SEPTEMBER 2026

Upcoming Events: Library Closed Dates

The library will be closed on Saturday, Sept. 5 and Monday, Sept. 7 for the Labor Day weekend. We will reopen again on Tuesday, Sept. 8 with our regular hours.

Poetry Reading: *Crimson Courageous*

Join local author Christine Omodi-Engola in a reading and discussion of her book *Crimson Courageous*, a heartwarming and uplifting look at life around us and the people we meet who help us appreciate our world. Tuesday, Sept. 15 at 6:30 p.m. Register via the Calendar & Events link on our website (www.taftpubliclibrary.org).

The Family Letters of Abby Kelley and Stephen Foster

The Family Letters of Abby Kelley and Stephen Foster will be presented at Bancroft memorial Library in a special joint program hosted by the Taft Public Library and the Friends of the Hopedale Library. Re-enactors Lynne McKenney Lydick and Thomas Lydick bring the Fosters to life through their personal letters, offering an intimate glimpse into their family life and their work as passionate abolitionists and ad-

vocates for women's rights. As radical lecturers for the American Ant-Slavery Society, Kelley and Foster often spent long periods apart as they traveled throughout the country speaking against slavery. Their letters provide a fascinating look at the personal sacrifices behind their public activism, as well as the love and commitment that sustained their family during their years of separation.

The performance is a unique opportunity to experience the history of Mendon, Hopedale, and the surrounding Blackstone Valley through the voices of two remarkable 19th-century reformers. Q & A session following the performance. To register for the program visit the Taft Calendar & Events link on our website, stop in, or call us at 508-473-3259. Space is limited. *Funded in part by a grant from the Hopedale Cultural Council, a local agency supported by the Mass Cultural Council, and the Taft Public Library.*

Adult Handcrafting Group

Let's get crafty! Join the Adult Handcrafting Group on Wednesday, Sept. 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 typically meets the second Monday of the month at 6:30 p.m. Upcoming book club discussions are as follows:

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

The Woman in the Library by Sulari Gentill on Oct. 12.

West with Giraffes by Lynda Rutledge on Nov. 9.

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

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.

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 *The Heaven & Earth Grocery Store* by James McBride, winner of the 2024 Library of Congress Prize for American Fiction. Discussion will be on Tuesday, Nov. 10 at 6:30 p.m. Contact the library at 508-473-3259 for further information.

Footnotes Nonfiction Book Club

Footnotes Nonfiction Book Club is led by Library Director Andrew Jenrich. The next book in the Footnotes discussion series is *Material World: The Six Raw Materials That Shape Modern Civilization* by Ed Conway. The group will meet on Thursday, Dec. 3 to discuss the book.

Dates of discussion for upcoming books are to be determined. The Footnotes Nonfiction Book Club typically meets on a quarterly basis. Those interested can request a copy of the next book at the downstairs circulation desk. The new slate of nonfiction titles for 2026 into 2027 will be decided following the group's August book discussion.

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 Monday, Sept. 28 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. 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:

September: A book about school, learning, or growth.
October: A mystery, thriller, or spooky book.
November: A book that made you think.

The group typically meets on the last Wednesday of each month at 12 p.m.

Friends of the Taft Public Library Meeting

The Friends of the Taft Public 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 holi-

TAFT LIBRARY

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continued from page 12

day or during a school vacation. All are welcome (and encouraged) to attend! The next meeting of the Friends is Tuesday, Sept. 29 at 7 p.m. If you plan on attending, it's always a good idea to call the library at 508-473-3259 or email the Friends at friendsoftaftlibrary@gmail.com to confirm the date and time of the meeting. The group will do its best to post any meeting changes on the Taft Library web site and the Friends of the Taft Public Library Facebook page.

TAFT CHILDREN'S NEWS
SEPTEMBER 2026

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

Itty Bitty Storytime

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. Please note there will not be Itty Bitty Storytime on Sept. 22.

Story & Craft Time

Join us for Story and Craft Time! Perfect for the preschool-aged child! 10:30 a.m. each Tuesday unless otherwise noted. Please note there is no Story & Craft on Sept. 22.

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 on Sept. 30.

Coffee & Conversation and Music at the Blissful with Beginning Bridges, CFCE

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!

Music at the Blissful

6x Boston Parent Paper Family Favorite and National Touring Musician, Music at the Blissful (Evan Haller) from Boston, Massachusetts comes to the Taft for a high energy, fun-filled, interactive, movement-packed music experience for the whole family. Join us on Wednesday, Sept. 30 at 9:30 a.m. for Coffee & Conversations and 10:30 a.m.

for Music at the Blissful.

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 you don't eat the Legos! Tuesday, Sept. 8 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. Wednesday, Sept. 9 at 9:30 a.m.

The BaNannies

The BaNannies are a mother/daughter duo who bring children's songs, both old and new, to life! With their silly and interactive songs, they'll have your littles singing and dancing along! The BaNannies will visit Taft on Monday, Sept. 14 at 10:30 a.m.

Tutors with Tails

Meet Sprite! Sprite is a therapy dog who loves children and love books. Sprite & her owner Janet will visit Taft on the last Tuesday of each month. Register today for the opportunity to read to Sprite! Spots are limited.

UMass Memorial Health – Milford Regional to offer free webinar series focusing on senior mental health

Series will focus on hoarding and social isolation as well as having difficult conversations with senior loved ones

UMass Memorial Health – Milford Regional Medical Center's Community Benefits Committee is offering a free community webinar series focusing on senior mental health.

This two-part series is presented as part of Milford Regional's "Opening Doors to Mental Health" community webinars and will feature board-certified Geropsychologist Kelly O'Malley, PhD,

ABPP, FGSA, and UMMH – Milford Regional Manager of Behavioral Health and Addiction Services Lisa Shaw, MSN, PMHNP-BC. UMMH – Milford Regional Chief Operating Officer Bert Thurlo-Walsh, MM, RN, CPHQ, will moderate.

MENTAL HEALTH

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🕒 **Wed., Sept. 23, 2026**
6 to 8 pm

📍 **Milford Town Library**
80 Spruce St., Milford, MA

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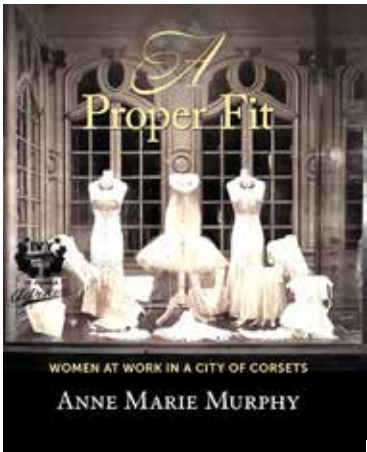
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Learn about corset industry on Oct. 4

Mendon Historical Society to present 'A Proper Fit'

A fun, informative program about the corset industry is being planned by the Mendon Historical Society on Sunday, Oct. 4, at 2 p.m. in the Mendon Senior Center, 62 Providence Street, Mendon.

The program is entitled "A Proper Fit" highlights women's work in the corset industry. It will be presented by Anne Marie Murphy, author of "A Proper Fit: Women at Work in a City of Corsets" (2026). Her



exhaustive research feels rollicking and joyful. Books will be available as well as a book signing.

From the online book description...

"For Anne Marie Murphy, what began as curiosity about one female business owner from 1904, became an exploration of a huge industry in Worcester, Massachusetts: corset making. From the Civil War to the 1980s, the city was home to an astounding 126 corset-related businesses. Women were at the helm of half of them. The industry created a wealth of female self-employment opportunities long before American women had the right to vote. One woman, in particular, operated at the highest level—factory owner Mary Heintzelman Gifford Bowne. How did she learn the trade? How did she become a world-famous corset designer? And, how did she fare as a female factory owner in the U.S. in that era?"

Source: <https://amzn.to/4iExm6p>

MENTAL HEALTH

continued from page 13

The first webinar, "Mental Health Causes and Effects of Social Isolation and Hoarding Disorder," will take place on Wednesday, Oct. 14, beginning at 6:30 p.m. Attendees will learn about hoarding disorder in older adults and discover practical ways to reduce social isolation, how to talk with an older adult about their social needs and ways to help them engage in social activities.

The second webinar, "Ways to Approach Difficult/Sensitive Topics With Older Adult Family Members," will take place on Wednesday, Oct. 21, beginning at 6:30 p.m. Attendees will discover ways to avoid unproductive conversations and learn practical approaches for effective communication.

Both webinars will include

dedicated time for participants' questions as well as information on available resources.

"Mental health is an essential part of overall health at every stage of life, yet many older adults face challenges such as social isolation, anxiety, depression and difficulty navigating important life conversations," said Milford Regional COO Bert Thurlo-Walsh. "Through this webinar series, we hope to provide caregivers and family members with practical tools, expert guidance and access to resources that can help improve their loved one's well-being."

To register, visit ummhealth.org/milford-regional, scroll toward the bottom of the homepage and go to "View All Events." For questions, contact UMMH – Milford Regional Community Benefits Manager Michelle Sanford at 508-422-2827 or Michelle.sanford@umassmemorial.org.

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Trip to Virginia Beach planned for Sept. 28

The Silver Club of the Uxbridge Senior Center will be taking a trip to Virginia Beach from Sept. 28 to Oct. 3. The cost is \$819 and includes bus, hotel, 5 breakfasts, 3 dinners, a guided tour of Williamsburg, a narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus and Battleship Wisconsin,

the Virginia Beach boardwalk, Virginia Beach Aquarium, and the Mariner's Museum and Park.

Everyone is invited to join the group on this tour. The bus will depart from the park and ride in Millbury on Rt. 20.

Please call Sue at 508-341-0797 for more information.

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Mendon Senior Center updates

Senior Citizen Day Luncheon – Reserve your space today! Plan to attend the annual Senior Citizen Day luncheon sponsored by the Mendon Lions Club to honor all Mendon senior citizens, especially Justine Southwick Brewer, this year’s Senior Citizen of the Year! The event, scheduled for Sun., Sept. 20 at 11:30 a.m., will be held at the Unitarian Church of Mendon/Uxbridge, 13 Maple St. Mendon. Please call 508-478-6175 or stop by the senior center to register.

New Players Welcome - The Mendon Senior Center offers a variety of recreational activities including:

Cribbage—Wednesdays 9:45 a.m. The Cribbage group is always looking for new players. Stop in Wednesdays at 9:45 a.m. All levels welcome.

Hand, Knee and Foot card game—Tuesdays 1 p.m.

Mah-Jong—Wednesdays & Thursdays 1 p.m. Please check our schedule regarding days, times, and availability. Don’t see your favorite game listed, please let us know what you’d like to see offered!

Dine-Out - This Friends of Mendon Elders sponsored program is open to all. Join us on the appointed Wednesday at either

the Senior Center at 11:30 a.m. to carpool or at the restaurant at 12 p.m. Please sign up with the Senior Center. The cost of lunch is your responsibility. Wednesday, Sept. 16 – Grumpy’s in Bellingham.

Pen Pals Wanted - This fall we will continue our Pen Pal program with 4th and 5th graders at Whitinsville Christian School where letter writing is part of their curriculum. One letter a month on your part is all it takes. We will do the rest. We ask you to reach out to senior relatives, neighbors and friends who might be interested in joining this endearing program. A sign-up sheet is available at the Senior Center. Feel free to call or text program coordinator Cheryl Lemon at 508-685-1419 or email Cheryl.lemon31175@gmail.com with questions or for more information.

Digitally challenged? “Simply click and learn” - Based on input and ideas provided by you, our seniors, members of the Friends of Mendon Elders, and the Council on Aging, we will be significantly expanding the technology program at the Senior Center this fall with a grant from AARP. There will be lots of informative hands-on classes with real-world

navigation and personal support - loaner equipment will be provided if you don’t have your own for the course - for you, it’s just simply click and learn!

Mendon Minstrels Chorus, singers needed - In the hopes of reviving our Mendon Minstrels chorus for the November Veterans’ Appreciation event, we ask anyone who enjoys singing and would like to participate in a half hour choral program, to please contact director Amy Wilson Kent, at 508-478-6175 ext. 1. Rehearsals would take place Monday afternoons with a start date in September.

Fitness Programs, introductory classes and more - Curious about adding a little movement to your week? We’d love for you to join us! Please call Shawna Timperio at the center for more information or to register for one of our exercise programs.

Tai Chi - The Senior Center will be offering one Introductory, grant funded, Tai Chi class for you to try on Tues., Sept. 29, at 10:15 a.m. Tai Chi, per instructor Faith Kennedy is “meditation in motion” and is gentle for all ages. Please call or stop by the center to register.

Qigong - Qigong, pronounced Chee-gong, is a practice that uti-

lizes gentle stretching and breathing exercises. Upon finishing these seated 45-minute introductory classes, students will feel relaxed yet energized. The Mendon Senior Center will be offering three complimentary, grant funded, classes beginning on Wed., Sept. 30, at 11:15 a.m. (10/7, 10/14) Transportation is available for Mendon residents.

Chair Exercise: Tuesday and Thursday 9 a.m. - This popular 60-minute class chair yoga program offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. The practice is great for older adults, people with health conditions, and those who work at a desk all day. Call Shawna to inquire about availability.

Evening Yoga - Evening Yoga is returning to the Senior Center on a new day and time beginning Mon., Sept. 14, at 6:30 p.m. The cost of this eight-week session is \$65 per person. Please call or stop by the center to register. Space is limited.

Sept. 23 - Making Sense of Medicare: 2027 Changes and AEP Readiness

With Medicare’s Annual Enrollment Period approaching this fall, you have options. Maggie Mood,

a licensed insurance agent and trusted Medicare resource who has been helping Medicare beneficiaries here at the center and throughout the area. On Wednesday, Sept. 23 at 1 p.m. will discuss the important Medicare changes coming in 2027, including updates to prescription drug coverage, costs, and benefits. You’ll also learn about the different types of Medicare plan options and get helpful tips on preparing for the Annual Enrollment Period (AEP). By the end of the session, you’ll have a better understanding of your coverage choices and how to make informed decisions about your healthcare for the year ahead.

Oct. 5 - Health Plan Options (Duration: 45 minutes) - Are you Ready for the Medicare Annual Election Oct. 15 through Dec. 7? Blue Cross Blue Shield of Massachusetts will be presenting Medicare Health Plan Options on Mon. Oct. 5, at 1 p.m. - this is a 45-minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The

MENDON SENIOR CENTER
continued on page 17



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BVT receives \$880k grant to expand workforce training

The Blackstone Valley Vocational Regional School District has received an \$880,000 Career Technical Initiative (CTI) grant to train 84 adults for careers in high-demand skilled trades through the Blackstone Valley Technical Institute (BVTi).

The Round 11 grant, announced Aug. 10 by Massachusetts Secretary of Labor and Workforce Development Lauren Jones during an event at Greater New Bedford Regional Vocational Technical High School, is part of \$15.5 million in CTI grants awarded to 24 organizations across the Commonwealth.

The CTI program enables Massachusetts vocational technical high schools to use classrooms, labs, and equipment in the evenings and on weekends to provide workforce training outside the traditional school day. Through partnerships with employers, workforce boards, community organizations and

educational institutions, CTI helps prepare participants for in-demand occupations.

The Round 11 funding will support training in carpentry, automotive collision, automotive technology, culinary arts, electrical, HVAC, plumbing and advanced manufacturing. The programs are designed to address regional workforce needs and provide adult learners with opportunities to gain industry-recognized skills and credentials.

Through BVTi, the District will continue to expand its adult education programs. Fall courses include advanced manufacturing, electrical, HVAC, and welding. Spring courses will include auto body, automotive technology, construction, culinary arts, and plumbing.

“We’re proud to expand access to career technical education at BVTi,” said BVT Superintendent-Director Anthony E. Steele II. “This grant

will allow BVTi to deliver high-quality career technical education to adults seeking to upskill or retrain, strengthen the regional workforce by preparing skilled employees for in-demand careers, and generate revenue that supports our students and programs.”

For more information about adult education at BVTi, visit the Blackstone Valley Technical Institute at www.valley-tech.k12.ma.us/bvti or www.bvtadulthood.org.

About the grant: This grant is funded by the Career Technical Initiative through state appropriations and funds appropriated through the federal American Rescue Plan Act of 2021. This grant initiative is administered by Commonwealth Corporation on behalf of the Executive Office of Labor and Workforce Skills Cabinet.

Submitted by Blackstone Valley Vocational Regional School District

Recent Home Sales

Date	Mendon	Amount
08/17/2026	13 King Philip Path	\$759,000
08/07/2026	5 Bates St.	\$525,000
08/07/2026	170 Millville Rd.	\$807,500
08/03/2026	1 Leone Ln.	\$775,000
07/30/2026	17 Dudley Rd.	\$880,000
07/28/2026	174 Millville Rd.	\$760,000

Date	Upton	Amount
08/18/2026	324 Mendon St.	\$460,000
08/14/2026	236 Mendon St.	\$635,000
08/14/2026	7 Hazeltine Rd.	\$680,000
08/14/2026	5 Pleasant St.	\$420,000
08/14/2026	145 W. River St.	\$910,000
08/13/2026	1 South St.	\$770,000
08/13/2026	27 W. River St.	\$1.20 mil
08/13/2026	27 James Rd. #4	\$752,000
08/10/2026	8 Stearns Rd.	\$1.38 mil
07/31/2026	215 North St.	\$810,000
07/31/2026	51 School St. #3	\$410,000
07/30/2026	11 Howarth Dr.	\$1.10 mil

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



The 4-bed, 3-bath, 3,570-square-foot home at 27 W. River Street in Upton recently sold for \$1,200,000. Photo source: RobynSoldMyHouse

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Pets of the month: Hope and Snow, a found family story

Hope and Snow have chosen each other and now we are waiting for a family to choose them! These girls were surrendered to Milford Humane Society around the same time last year. They lived in separate rooms for the first six months they were with us, only meeting a few months ago when Snow was moved into our Main Room.

Hope was in our Main Room from the beginning. The pretty green eyes under her black masquerade mask showed us just how scared Hope was. She spent her time hiding in her bed and giving a little hiss when we came near. Our volunteers didn't give up on her and Hope, quite literally, slowly began to move forward. She started spending more time at the front of her cage eventually allowing petting and brushing. Then one day she decided it was time to go out and explore.

She interacted with the other cats but hadn't made a friend.

Snow is a long-haired black and white tuxedo cat with a perpetually surprised look on her face, that showed exactly how she felt about shelter life. Despite our best efforts, she resisted interacting with the volunteers. Snow wasn't difficult, she just didn't want our attention. We decided it was time to move her to the Main Room in the hope that more exposure to people and cats would bring her out of her shell.

As luck would have it, Snow was moved right next to Hope. As soon as we opened Snow's door to allow her to explore, she hopped right into Hope's cage.



Hope and Snow are ready for adoption. Photo source: Milford Humane Society

It didn't take long for Hope to admit that she'd found her new best friend. Hope and Snow's new goal is to expand their found family. Do you want to be part of their family tree?

For information on meeting Hope and Snow, or the other cats at the Milford Humane Society, please visit <https://www.milfordhumane.org/>

BVT's school lunch, breakfast programs policy

Families encouraged to check eligibility chart, submit application

The Blackstone Valley Vocational Regional School District (BVT) is pleased to continue offering students one free breakfast and one free lunch each school day, thanks to permanent funding from the U.S. Department of Agriculture and the Commonwealth of Massachusetts. While meals are provided at no cost, families are still encouraged to complete the Free and Reduced-Price Meal Application on the school website. Doing so helps expand other educational and nutrition initiatives across the district and supports funding for these programs in future years.

You do not need to complete an application to receive free meal benefits if you receive a letter stating that your child is eligible through the direct certification process. Families who qualify for free or reduced-

price meals may also become eligible for SUN Bucks, a program that provides grocery assistance during the summer months when school is not in session. Eligible families may also qualify for the Supplemental Nutrition Assistance Program (SNAP), which provides monthly financial assistance for groceries. If you are not currently receiving SNAP benefits but think you may be eligible, contact Project Bread's Food-Source Hotline at 1-800-645-8333 or apply online through DTA Connect.

To determine whether your household qualifies for free or reduced-price meal benefits, visit the school website to view the current federal income eligibility chart, find answers to frequently asked questions, and complete an online application at www.valleytech.k12.ma.us/freereducedmealsfaq.

MENDON SENIOR CENTER

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presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. (No product information is presented)

Mendon Senior Center day trips - Trips operated by Bloom Tours. Please make checks payable to Friends of Mendon Elders and mail to 62 Providence St., Mendon 01756. For more info, contact Beverly Fior at 508-473-8382.

Oct. 16 - New Bedford Whaling Museum. Motorcoach departs at 10 a.m. from the Mendon Senior Center and returns approximately 5:15 p.m. Cost is \$139 per person due in full at time of booking. Join Bloom Tours as we travel to the New Bedford Whaling Museum, where you will discover the underwater world of whales and its impact, and the maritime history of Massachusetts' south coast. Before the museum, we will have lunch at the Candela Cucina where you will have a choice of Chicken Parmesan, Salmon, or Lasagna - meal choice due at signing. No Refunds after 9/16/26.

For more info, call 508-478-6175 or stop by the Senior Center.



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SPORTS

BVT football taking it a day at a time

Beavers look to build on strong finish last year

By Chris Villani

The Blackstone Valley Tech (BVT) football team turned its season around last year after a slow start, winning five of its final seven games. But head coach Anthony Landini is not looking back, or forward, as the new season kicks off.

“It sounds cliché, but I am trying to figure out what we have to work on in practice today,” Landini said, running through how fast-paced the preseason is ahead of the season opener. “I am trying not to look past today.”

BVT has spent the preseason evaluating its talent, but many of the key cogs this year are players who saw significant time last season.

Senior offensive lineman and middle linebacker John Patrick returns, as does fellow lineman and captain Jacob Vaidya. Fellow seniors Nathan Harris and Xavier Salois are two skill players who will be all

over the field this fall.

“Nate is like a Swiss Army knife,” Landini said. “He punts, he’s an edge on defense, and he’s a tight end.”

Salois is similarly versatile, and will see reps and slot receiver, defensive back, and as a kick returner.

Ace Cupid, another wideout and defensive back, and Quinn Gomez, a running back and middle linebacker, are also captains this fall and bring experience and leadership to the field.

Although not a captain, junior quarterback Dylan Dean figures to be one of the team’s most important players this year, and is someone Landini is happy to have running the offense. A former quarterback himself, Landini recalled feeling the nerves when he was out on the field. Dean, he said, appears impervious.

“He doesn’t have nerves, he is calm and collected and he is even a little better when stuff breaks



BVT's Nathan Harris is like a "Swiss Army knife" due to his versatility. Courtesy photo

down,” Landini said. “He has some backyard football in him, which you don’t see a lot nowadays.” The coach added, “We just call him a gamer.”

Valley Tech is slated to open the season with home games against Auburn and Nantucket



BVT QB Dylan Dean with coaches Al and Ben Richards. Courtesy photo

before heading out on the road. Although the Beavers hope to be in the postseason ahead of their final game on the schedule, they will wrap things up against Nipmuc in the annual Thanksgiving

Day showdown.

But Landini has not let his thoughts drift that far ahead.

“There’s not much time to think ahead because there is so much to do,” he said.



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SPORTS

Speed, toughness to drive Nipmuc football

Coyotes bring experienced junior class to field

By Chris Villani

Before the 2026 season kicked off, the Nipmuc football team had to get a little bit creative with its offseason workouts. On-going renovations at the school meant the weight room would be closed to install new flooring, so head coach James Royster's team just moved all of its equipment outside and spent the summer sweating in the sun.

"We went 'Rocky' style," Royster said with a chuckle.

Maybe it was the outdoor workouts, but the Coyotes have gelled heading into the new year.

"They have developed this camaraderie," Royster said. "They get along extremely well, and they have worked hard all summer long."

Nipmuc has a deep junior class and several seniors who will play big roles this fall as the team looks to return to the top of its league standings.

Sam Moshier is back as a running back and defensive back after being a two-way player a year ago. Ryan Zanchi is another player who will see time on both sides of the ball, as both a wide receiver and a corner-

back.

Senior Tyler Rainbow is perhaps the Coyotes' most versatile player. Royster said he can play quarterback, running back, and linebacker.

"He is going to do a little bit of everything for us," the coach said.

Nipmuc has some big bodies up front as well, including three-year starter Jacob Carle.

Speaking ahead of the team's first scrimmage of the new year, Royster had yet to select captains for the 2026 squad, a motivational tactic to keep the players' edge.

"In the past, it's not that the captains haven't worked hard, but something changes, they take it a little bit easier," he said. "I think a lot of the work ethic we have shown is because we don't have captains yet."

Royster has lofty goals for the season, including a repeat as league champion, a winning record, and a spot in the playoffs. Nipmuc will have to deal with a strong Division VI, which features mostly teams from Eastern Massachusetts.

Royster said the skill is there.



Sam Moshier (21) and Ryan Zanchi (3) are two of Nipmuc's most versatile players. Courtesy photos

His team should be formidable running the ball and he said they should be able to throw it down the field a bit as well. The speed, physicality, and funda-

mentals are all there, Royster said, but mental toughness could be the key to a great season.

"How we handle adversity has been a weak point since I have

been here, that's my fault," he said. "We have struggled with that in the past, but I think that's something that's going to be much stronger this year."

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 CAR FAX ONE-OWNER VEHICLES 1040 ONE-OWNER VEHICLES IN STOCK!	2023 CHEVY EQUINOX LT AS LOW AS \$81/WK #TP8401A • ALLOYS, TURBO, AWD NEW RETAIL PRICE: \$35,190 WHOLESALE PRICE: \$22,977	2021 JEEP GLADIATOR AS LOW AS \$110/WK #26251Z • SPORT TRIM, ALLOYS NEW RETAIL PRICE: \$49,625 WHOLESALE PRICE: \$30,977	2024 FORD F-150 XLT 4x4 AS LOW AS \$135/WK #C7044 • NAV, TURBO, ALLOYS NEW RETAIL PRICE: \$46,250 WHOLESALE PRICE: \$37,977	2021 FORD EXPLORER 4x4 AS LOW AS \$110/WK #P19380 • XLT, HEATED SEATS NEW RETAIL PRICE: \$45,765 WHOLESALE PRICE: \$30,677	2024 JEEP WRANGLER 4x4 AS LOW AS \$96/WK #D16309 • 4xe SPORT, ALLOYS NEW RETAIL PRICE: \$49,810 WHOLESALE PRICE: \$26,977
2020 CHRYSLER PACIFICA AS LOW AS \$96/WK #D16491 • HEATED SEATS, ALLOYS NEW RETAIL PRICE: \$55,265 WHOLESALE PRICE: \$26,977	2021 TOYOTA TACOMA 4x4 AS LOW AS \$120/WK #TM26-1037A • SR TRIM, 3.5L V6 NEW RETAIL PRICE: \$42,605 WHOLESALE PRICE: \$33,677	2022 DODGE DURANGO GT AS LOW AS \$120/WK #TP8579 • LEATHER, SUNROOF NEW RETAIL PRICE: \$48,595 WHOLESALE PRICE: \$33,977	2023 SUBARU ASCENT AS LOW AS \$106/WK #TDD2705A • HEATED SEATS, CPO NEW RETAIL PRICE: \$44,700 WHOLESALE PRICE: \$29,677	2025 TOYOTA CAMRY SE AS LOW AS \$106/WK #TM26-907B • ALLOYS, HYBRID NEW RETAIL PRICE: \$38,625 WHOLESALE PRICE: \$29,977	2022 CHEVY SILVERADO 4x4 AS LOW AS \$120/WK #C48799 • CUSTOM, 2.7L TURBO NEW RETAIL PRICE: \$54,180 WHOLESALE PRICE: \$33,977
2023 NISSAN ROGUE AWD AS LOW AS \$74/WK #23A4770 • 1.5L TURBO, ALLOYS NEW RETAIL PRICE: \$31,710 WHOLESALE PRICE: \$20,977	2024 CHEVY TRAX SUV AS LOW AS \$74/WK #TP8464 • LS TRIM, 17" ALLOYS NEW RETAIL PRICE: \$28,565 WHOLESALE PRICE: \$20,977	2024 TOYOTA TUNDRA 4x4 AS LOW AS \$152/WK #ST1181A • SR5, ALLOYS, 3.4L NEW RETAIL PRICE: \$58,405 WHOLESALE PRICE: \$42,977	2024 JEEP COMPASS 4x4 AS LOW AS \$78/WK #D16358 • LATITUDE TRIM, ALLOYS NEW RETAIL PRICE: \$34,400 WHOLESALE PRICE: \$21,677	2022 HYUNDAI TUCSON SEL AS LOW AS \$81/WK #TFL1632A • 24/29 CITY/HWY MPG NEW RETAIL PRICE: \$36,750 WHOLESALE PRICE: \$22,977	2025 TOYOTA COROLLA LE AS LOW AS \$81/WK #25P6322 • 32/41 MPG CITY/HWY NEW RETAIL PRICE: \$26,589 WHOLESALE PRICE: \$22,677
2024 SUBARU CROSSTREK AS LOW AS \$85/WK #TRA4405A • 17" ALLOYS, CPO NEW RETAIL PRICE: \$34,265 WHOLESALE PRICE: \$23,977	2024 TOYOTA RAV4 XLE AS LOW AS \$113/WK #TP7012 • AWD, SUNROOF, CPO NEW RETAIL PRICE: \$36,160 WHOLESALE PRICE: \$31,677	2023 FORD EDGE SEL AS LOW AS \$89/WK #P19199 • NAV, 18" ALLOYS, AWD NEW RETAIL PRICE: \$40,395 WHOLESALE PRICE: \$23,977	2023 GMC TERRAIN SLE AS LOW AS \$89/WK #49012 • AWD, ALLOYS, TURBO NEW RETAIL PRICE: \$32,195 WHOLESALE PRICE: \$23,977	2022 LINCOLN CORSAIR AS LOW AS \$103/WK #P19249 • SUNROOF, LEATHER NEW RETAIL PRICE: \$46,645 WHOLESALE PRICE: \$28,977	2022 FORD BRONCO 4x4 AS LOW AS \$138/WK #P19192A • CPO, BIG BEND TRIM NEW RETAIL PRICE: \$46,995 WHOLESALE PRICE: \$38,377
2024 SUBARU OUTBACK AS LOW AS \$92/WK #24A5907 • CPO, PREMIUM TRIM NEW RETAIL PRICE: \$34,695 WHOLESALE PRICE: \$25,977	2025 MERCEDES GLA 250 SUV AS LOW AS \$117/WK #TP7036 • 2.0L TURBO, LEATHER NEW RETAIL PRICE: \$50,800 WHOLESALE PRICE: \$32,977	2022 HYUNDAI ELANTRA AS LOW AS \$74/WK #TM26-1054A • SEL, 16" ALLOYS NEW RETAIL PRICE: \$28,688 WHOLESALE PRICE: \$20,977	2023 CHEVY COLORADO AS LOW AS \$132/WK #C48652 • TURBO, 4X4, NAV NEW RETAIL PRICE: \$44,290 WHOLESALE PRICE: \$36,977	2026 HONDA CIVIC SPORT AS LOW AS \$99/WK #P19121 • 31/39 MPG CITY/HWY NEW RETAIL PRICE: \$34,190 WHOLESALE PRICE: \$27,977	2025 BUICK ENCORE AWD AS LOW AS \$89/WK #48900 • GX PREFERRED, TURBO NEW RETAIL PRICE: \$32,225 WHOLESALE PRICE: \$24,977
2023 MAZDA CX-5 2.5 S AS LOW AS \$103/WK #TP7142 • AWD, HEATED SEATS NEW RETAIL PRICE: \$32,899 WHOLESALE PRICE: \$28,677	2025 BMW X1 xDrive28i AS LOW AS \$117/WK #48834 • AWD, TWIN TURBO, NAV NEW RETAIL PRICE: \$51,595 WHOLESALE PRICE: \$32,977	2022 RAM 1500 BIG HORN AS LOW AS \$135/WK #TP7020 • 4X4, V6, 20" ALLOYS NEW RETAIL PRICE: \$50,710 WHOLESALE PRICE: \$37,677	2024 TOYOTA HIGHLANDER AS LOW AS \$135/WK #TP6877A • XLE TRIM, SUNROOF NEW RETAIL PRICE: \$45,775 WHOLESALE PRICE: \$37,977		

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