

‘Indigenous Past, Present, and Future’ will feature Nipmuc artist, historian

Brittney Peauwe Wunnepog Walley to discuss history and culture through weaving

The Upton Historical Society will present “Indigenous Past, Present, and Future” on Fri., Nov. 6, at 6:30 p.m. at the Upton Community Center. The program is free and open to the public. The evening will explore the history and continuing presence of Native Americans in Upton and Central Massachu-



‘Indigenous Past, Presence, and Future’ featured speaker Brittney Peauwe Wunnepog Walley will share her perspective on Indigenous history and culture through the tradition of weaving. Photo source: Upton Historical Society

NIPMUC ARTIST
continued on page 2

Corbin is new Outreach Coordinator in Mendon

The Mendon Council on Aging and Director Amy Wilson Kent are pleased to introduce Shelby Corbin as the newest member of the Mendon Senior Center team as the Outreach Coordinator. Corbin said, “I am very excited for this incredible opportunity to serve the residents of Mendon in any way I can! I come with an educational background of psychology and sociology, allowing me to understand both the individual and the community. Along with my education, I have a vast employment history working in several different settings focusing on case management.” Corbin says she loves to bring a positive energy and encouragement to every person she meets; is a big fan of craft-



Shelby Corbin is the new Outreach Coordinator at the Mendon Senior Center. Courtesy photo
ing; and loves to cuddle up with her cats, Moo and Opal.
Submitted by Mendon Senior Center

Robyn Nasuti
ABR, ASP, SRS, GREEN, SRES, MBA

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LOOK INSIDE!

Owl Prowl on Nov. 7 in Milford

Guided night hike to be held at Louisa Lake

The Friends of the Milford Upper Charles Trail will hold an Owl Prowl on Nov. 7 from 5-6 p.m. at the Lions Club Pavilion at Louisa Lake, Dilla St., in Milford.

Anyone curious about the sounds of the night who wishes to participate in a short education session, and then hike on a paved trail, can join this nighttime adventure. The hike will last approximately 45 minutes at a moderate pace. Wildlife encounters are never guaranteed.

Hikers should wear sturdy, closed-toe walking shoes and weather-appropriate layers; bring water and a flashlight or

headlamp with a red-light setting; and expect dark or uneven trails; walk quietly and follow your guide.

Please leave pets at home. No registration is required, just arrive before 5 p.m.

The program will take place outdoors after dark and may be rescheduled in severe weather.

If you have questions about the program, call 508-498-2922.

To become a member of the Friends of the Milford Upper Charles Trail, visit <https://www.milfordtrail.org/donate.html#membership>.

Sponsored by the Friends of the Milford Upper Charles Trail

Spotted Lanternfly confirmed in Mendon

The Massachusetts Department of Agricultural Resources (MDAR) recently confirmed an infestation of the invasive insect known as spotted lanternfly (*Lycorma delicatula* or “SLF”) in Mendon. Members of their survey team were following up on a report that came in to the pest reporting website and confirmed the presence of spotted lanternfly adults in the area.

Spotted lanternfly is a pest that attacks tree-of-heaven, grapevines, maple trees, hop vines, and many other types of plants. This pest is known to impact grape/wine producers and other agricultural commodities, and can also

interfere with outdoor recreation if infestations reach high levels, due to the swarming behavior of adult SLF in late summer and fall. That said, the insects themselves do not bite or sting - they are a nuisance because they gather in large numbers in areas where people are, and cover anything they are on with a sticky, sugary waste product known as honeydew.

Learn more at <https://massnrc.org/pests/pest-faq-sheets/spottedlanternfly.html> and <https://massnrc.org/pests/linkedddocuments/SLFHomeownerMgmtGuide.pdf>.

Source: www.mendonma.gov

SPOTTED LANTERNFLY



Spotted lanternfly eggs can survive cold

“Spotted lanternfly eggs, however, show resilience, surviving on surfaces at 12-14 degrees Fahrenheit, allowing them to persist through winter conditions. The larvae employ survival strategies, including clustering together to endure cold climates. While adult lanternflies are affected by freezing temperatures, their egg masses can survive the harsh winter and potentially hatch in spring.”

Source: <https://blog.entomologist.net>

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NIPMUC ARTIST

continued from page 1

setts, with a particular focus on the Nipmuc and Algonquin peoples. The program will look beyond the distant past to consider the enduring presence, experiences, traditions, and future of Indigenous communities in our region.

Featured speaker Brittney Peauwe Wunnepog Walley, a Nipmuc artist and historian, will share her perspective on Indigenous history and culture through the tradition of weaving. For Walley, weaving is more than an art form, it is

an ontology, a living worldview that connects fiber arts with ancestors, the land, and future generations. Her twined baskets serve as powerful records of historical resilience, carrying stories of Indigenous survival and resistance in New England. Through her artwork and storytelling, Walley offers an opportunity to better understand the deep connections between Indigenous people, place, history, and cultural traditions.

The Upton Historical Society invites residents to join this special program and learn more about the Indigenous history of our community and Central Massachusetts.

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BVT named one of America’s healthiest schools for 2026

Blackstone Valley Regional Vocational Technical High School (BVT) has been named one of America’s Healthiest Schools for 2026 by the Alliance for a Healthier Generation, a national nonprofit dedicated to advancing equitable whole-child health by creating healthier school environments.

Supported by Del Monte Foods, Kaiser Permanente, and Kohl’s Cares, this annual awards program recognizes schools for implementing evidence-based policies and practices that support academic success and lifelong well-being. Schools are recognized in nine health-related areas.

BVT was recognized for its work to improve nutrition and food access, including conducting student taste tests in the cafeteria, collaborating with the food services team during the school’s annual Multicultural Festival, and developing other partnerships and activities that



promote healthy food choices and access.

A special lunch menu celebrating the Multicultural Festival featured coconut burfi brownie bites, a dessert infused with rich Indian flavors. These tasting activities and specialty items were well received by students and provided opportunities to introduce them to new foods and flavors.

“It is an honor to be recognized as one of America’s Healthiest Schools,” said BVT Superintendent-Director Anthony E. Steele II. “Our staff



A BVT Food Services member displays a Filipino noodle dish at the Multicultural Festival. *Photos provided by BVT*

and students understand the importance of maintaining a healthy and active lifestyle, and I am proud of the policies

and programs that have helped make health and wellness a priority at BVT.”

Submitted by BVT



Coconut burfi brownie bites served as part of a special lunch menu celebrating BVT’s Multicultural Festival.



BVT Assistant Food Manager Claudette Barrett holds taste-test samples in the school cafeteria.

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Voters defeat funding request for immediate preservation work

\$362K in CPA funds was sought for Holy Angels Church

Upton held a Special Town Meeting on Sept. 3 in response to a citizen petition asking for Community Preservation Act funds to be used on the historic former Holy Angels Church at 3 Milford Street in Upton Center. There was one article on the warrant.

The building was built in 1848 as a Unitarian Church. It is on the National Register of Historic Places, and is included in the Massachusetts Cultural Resource System. The town

After one hour of discussion, the question was moved. It failed with a vote of 141 in favor and 183 opposed.

purchased it in 2017.

The Special Town Meeting request was for \$362,000 to perform immediate work on the roof, steeple, and exterior envelope of the building. An additional \$10,000 was requested to create a preservation restriction on the property.

The Finance Committee said it did not support the article.

The Community Preservation Committee and Historical Commission both recommended favorable action.

Chairman of the Historical Commission Craig Weinfuss, who said he has been involved in the project for the past 15 years, made a 20-minute presentation.

He said the Historical Commission's responsibility "is to help protect and preserve Upton's historic resources."

He explained the Special Town Meeting was called ahead of the town's Fall Town Meeting "because of the concern that action may be needed sooner rather than later." He said the Historical Commission is concerned that another heavy snow load this winter could cause the weakened roof to fail and that "another harsh winter could damage the building beyond repair."

He said the passing of the article would authorize repairs to the building, protect a historic asset from winter damage, and preserve the town's options for



Historical Commission Chair Craig Weinfuss made a presentation at the Sept. 3 Special Town Meeting seeking funds to make repairs to the former Holy Angels Church. Source: Upton Community Television

the future of the building.

"This decision before us is about stabilizing and protecting the building, it's not a decision about the ultimate future use of the building," which will be decided in the future by residents and the Select Board, he said. It would also not make the building move-in ready.

He noted the CPC fund would have an available balance of \$2.2 million in October.

Select Board member Laura Hebb noted the requested funds exceed the current assessed value of the building which is \$325,000. She said a 2025 Criterion evaluation report said the building is not structurally sound, and the expected cost, nearly two years ago, was "slightly over \$3 million; that is to seal the envelope."

Hebb also made an impassioned plea to residents to be



A historic image of the then-Unitarian Church in Upton Center with horses and buggies in the street. The original colors of the building were beige and olive green. Source: Upton Historical Commission

civil on social media when debating this issue, adding that she was "thoroughly disgusted" with the online exchanges. "Residents of Upton, we are better than that," she said to a round of applause.

After one hour of discussion,

the question was moved. It failed with a vote of 141 in favor and 183 opposed.

A recording of the meeting can be found on Upton Community Television at www.youtube.com/watch?v=BcNsK8j2OJo.

"For generations, this building has been an important landmark in our community. It contributes significantly to Upton's sense of place and to the character that makes our downtown recognizable as a historic New England village."

~ Craig Weinfuss, Upton Historical Commission Chair
Sept. 3, 2026 Special Town Meeting

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Sustainable investing means investing with purpose



Mark Freeman, CEPA

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When you think about investing, you probably want your money to grow. But maybe you also want it to make a positive difference in the world while you continue pursuing your financial goals. That’s the foundation of sustainable investing — an approach that considers environmental, social and governance (ESG) factors alongside traditional financial analysis.

Sustainable investing allows you to support better business practices through your investment choices. It looks at how companies address issues ranging from climate change to worker well-being to corporate ethics. At its core, it’s about aligning investments with personal values while still focusing on long-term financial outcomes.

Here are the three main areas of sustainable investing:

- **Environmental considerations** include how companies respond to climate change, use natural resources and manage pollution.
- **Social factors** address workforce well-being, product safety and efforts to reduce social inequities.
- **Governance** focuses on corporate behavior, ethics policies and financial transparency.

You may wonder whether investing sustainably means

sacrificing returns. Research suggests it doesn’t. New York University’s Stern Center for Sustainable Business reviewed more than 1,000 studies from 2015–20 and found that incorporating ESG factors does not inherently diminish returns, and in many cases is associated with improved financial performance. As with any investment approach, it’s important to focus on high quality investments that help support more consistent long term returns.

Sustainable investing can take several forms:

- **ESG intentional strategies** spread out your investments and have clear goals for choosing companies that follow strong environmental, social and governance practices.
- **Sustainable thematic strategies** focus on specific issues, such as clean energy or water conservation.
- **Impact investments** go a step further, targeting measurable environmental or social

outcomes. Because they prioritize more narrow, specific objectives, they may carry higher volatility and potentially lower returns.

One concern you may hear about is “greenwashing,” which happens when companies or funds exaggerate their environmental efforts. To help prevent this, the U.S. Securities and Exchange Commission created a rule in 2023 that requires any fund with “ESG” in its name to keep at least 80% of its assets in ESG aligned investments.

Another challenge is data consistency. Today, 99% of S&P 500 companies report ESG metrics, according to the Center for Audit Quality, but different rating providers still use different methods. Looking at relative rankings can help you compare companies and mutual funds in a more consistent way.

Deciding whether to include sustainable investments in your portfolio really depends on your

values and financial goals. You can build a well diversified portfolio with or without them. A qualified financial advisor can help you understand whether adding sustainable investments fits your overall strategy and makes sense for your situation.

As more companies disclose ESG data and more funds offer sustainable options, investors have increasing opportunities to align their portfolios with their values — without sacrificing their financial objectives.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA 508-293-4017
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Upton Bloomer Girls Fall Vendor Fair on Nov. 7

The Upton Bloomer Girls are once again hosting their Fall Vendor Fair at BVT High School 65 Pleasant St. in Upton on Saturday, Nov. 7 from 9 a.m. to 3 p.m.

The fair will feature 60+ vendors, Country Cafe, baked goods, raffles, “Bloomer Girls’ Treasures” and a visit from Santa!

This event is generously sponsored by the Upton Bloomer Girls, a 501(c)4 women’s charity organization that offers resources, helping hands, or other assistance to current Upton resi-



dents who are in need of additional support. Free parking, free admission, and opportunities to win great door prizes.

For more information, please go to [Facebook.com/ Upton-BloomerGirls1](https://Facebook.com/Upton-BloomerGirls1).

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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

Creative Writing Group, Weds evenings - each Wednesday, 6:30 to 7:45 p.m. at Upton Library. Community event facilitated by author Marcia K. Matthews. Share your original writing and receive positive and fun feedback. The creative writing group gives you an opportunity to share support, suggestions, and critique. Informal gathering of local writers and poets provides incentive and inspiration to workshop and market our writing.

ADULT EVENTS
Drum Circle with Dave Curry - Sat., Nov. 7, 7-9 p.m. Ages 8 - Adult. Join facilitator Dave Curry on the first Saturday of each month for an evening of freestyle drumming. Instruction and extra drums are provided, but you can also bring your own drums and percussion instruments. No prior experi-

ence is necessary, so the circle is suitable for beginners on up to experienced drummers.

Tabletop Game Night for Adults - Thurs., Oct. 22, 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!

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>
Author Talk with **E. Lockhart**: Secrets, Lies, and Unforgettable Twists - Thursday, Nov. 5 at 7 p.m.
Author Talk with **Paul Vigna**: How Money Became God: Rethinking Wealth and Greed in Modern Society - Wednesday, Nov. 11 at 2 p.m.

CHILDREN'S & YOUNG ADULT EVENTS
Autumn StoryWalk - through Nov. 24, all ages. Stop by the VFW Playground anytime it's open to enjoy the library's Autumn StoryWalk, "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.

Button Pumpkins - Oct. 10, 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!

Sensory Fun - Oct. 14, 4:30, ages 1 to 12. Sensory play is



important for childhood development. Our new Sensory Fun 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, fidget toys, balance beams, and more! *This program is generously funded by The Friends of the Upton Town Library.*

Pajama Storytime - Oct. 28, 6 p.m., ages 3 to 8. Join us for a special evening storytime! Feel free to wear your most comfy pjs as we share stories, songs, rhymes, and fun! No

registration required.
Playdough Party - Nov. 3, 10 a.m., all ages welcome. Join us for fun with playdough! Sculpt, mold, create, and play with playdough, cookie cutters, rolling pins, and more!
Drop-In Craft - Nov. 7, 11 a.m., ages 3+ We'll be celebrating fall feasts as we make a seasonal cornucopia using cardboard, yarn, hot glue and pom poms. NOTE: Children will need assistance from their

UPTON LIBRARY
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UPTON LIBRARY

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caregiver if using the hot glue. Liquid school glue will also be provided as an alternative.

Pasta Dinosaur Fossils - Nov. 14, 10 a.m.

It's Dino-venber at the Upton Town Library! Join us to learn about these extinct creatures and then become a novice paleontologist as we create fossil designs out of pasta! No registration required.

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, Nov. 10 at 12:45 p.m., and Thursday, Nov. 12 at 6:45 p.m.: *The Mighty Red* by Louise Erdrich.

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.

Wednesday, Oct. 28 at 6:45 p.m.: *The Splendid and the Vile: A Saga of Churchill, Family, and*

Defiance During the Blitz by Erik Larson.

Rainbow Readers Book Club.

Oct. 21 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, all in a comfortable and respectable atmosphere. This group is for anyone wishing to read such literature. For October, our meeting will be for teens ages 14-18. We will discuss the title *Cemetery Boys* by Aiden Thomas. Registration appreciated.

Kids' Book Club – Nov. 4 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 November meeting, we will be discussing the title *I Survived the Dust Bowl, 1935* by Lauren Tarshis. 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. Registrations open 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 – 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 Wednes-

days 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 caregiver support group to meet Oct. 13

The October caregiver support group will meet on Zoom 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.

Contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com

com for more information and for the Zoom link.

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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Macular Degeneration new frontiers

AREDS 3 and Photobiomodulation

By ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

For millions of older adults, Age-Related Macular Degeneration (AMD) represents one of the most significant threats to independent living and visual quality of life. AMD specifically targets the macula—the highly sensitive central area of the retina responsible for producing sharp, straight-ahead vision. When macular function declines, essential everyday tasks like reading fine print, driving safely, recognizing familiar faces, and enjoying hobbies become increasingly difficult.

While dry AMD historically presented limited active intervention options beyond basic nutritional support, major scientific advancements are transforming how eye specialists manage the condition. Today, patients have access to refined oral nutritional formulations alongside breakthrough light-based clinical therapies—giving

us more precise, non-invasive ways to protect precious vision.

Understanding AREDS 3: The Next Generation of Ocular Nutrition

For over twenty years, standard care for intermediate dry macular degeneration has centered around targeted nutritional supplementation. Grounded in the landmark clinical trials conducted by the National Eye Institute—the Age-Related Eye Disease Studies (AREDS and AREDS 2)—these specific high-dose vitamin combinations proved that antioxidant therapy could significantly slow the rate of disease progression.

The classic AREDS 2 formulation, which blends Vitamin C, Vitamin E, Lutein, Zeaxanthin, Zinc, and Copper, established itself as an indispensable tool in preventative ophthalmic care. However, ongoing nutritional science and clinical research have driven further refinements,

leading to the introduction of AREDS 3.

AREDS 3 represents an updated, highly tailored evolution in nutritional management rather than a complete overhaul. While AREDS 2 remains an effective, widely accessible standard, AREDS 3 incorporates crucial modifications designed to improve tolerability, enhance metabolic processing, and offer targeted protection based on individual patient profiles.

Key Clinical Differences in AREDS 3

- **Adjusted and Reduced Zinc Levels:** High-dose zinc (typically 80 mg in AREDS 2) plays a critical role in retinal enzyme function and antioxidant transport. However, high zinc intake can trigger gastrointestinal distress, stomach upset, or copper deficiency in sensitive individuals. Furthermore, ongoing research suggests that



individual genetic variations may influence how efficiently different patients process heavy metals. AREDS 3 offers tailored options with lowered zinc dosages, ensuring effective antioxidant delivery while reducing digestive and systemic burden.

- **Incorporation of Ocular B-Vitamins:** Emerging clinical research underscores the protective role of key B-complex vitamins (including B6, B9/folate, and B12) in managing ocular health. These vitamins help lower systemic blood levels of homocysteine—an amino acid associated with vascular stress, inflammation, and cellular damage within the delicate blood vessels supplying the retina. By adding essential B-vitamins, AREDS 3 addresses important metabolic risk factors beyond standard antioxidant protection.

fort with standard AREDS 2 formulas.

- Individuals who require a reduced overall zinc intake due to systemic health conditions or personal medical considerations.
- Patients presenting with elevated vascular risk factors who stand to benefit from daily B-vitamin supplementation.

Deciding between AREDS 2 and AREDS 3 requires a comprehensive evaluation by your ophthalmologist, who can review your overall health history, lifestyle factors, and specific retinal status to recommend the precise formulation suited for your eyes.

Photobiomodulation: A Clinical Breakthrough for Intermediate Dry AMD

While tailored nutrition forms a crucial line of defense, modern eye care now offers direct therapeutic intervention for intermediate dry macular degeneration through Photobiomodulation (PBM).

Photobiomodulation is an advanced, painless, non-invasive treatment that utilizes precise, selected wavelengths of light (yellow, red, and near infrared) to target the retina. At a cellular level, these light wavelengths stimulate the mitochondria—the microscopic “powerhouses” of retinal cells. By boosting cellular energy production (ATP), reduc-

Is AREDS 3 Always Indicated?

It is essential for patients to realize that AREDS 3 is not a mandatory replacement for AREDS 2.

AREDS 2 remains a proven, highly effective, and widely recommended standard for the vast majority of individuals with intermediate AMD. Instead, AREDS 3 provides eye care specialists with a valuable, highly specialized alternative tailored for specific clinical circumstances:

- Patients who experience recurrent stomach upset, nausea, or digestive discom-

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SURGERY CENTER MILFORD145 West St.508-381-6040

Family-run *Affordable Junk Removal* takes the stress out of cleanups

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company takes an environmentally responsible approach to disposal, recycling whenever possible and properly handling non-

Business spotlight



AFFORDABLE JUNK REMOVAL
AND DUMPSTER RENTAL
774-287-1133
AffordableJunkRemoval.com
"YOU DON'T LIFT A FINGER"

recyclable materials. "With four kids, sustainability is especially important to us," he says.

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers reinvested into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 21 years, and we both work full time, managing the company as

well as other endeavors. Business is doing great; it has grown tremendously to include a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and be involved in their activities. We're also able to give back to the communities we serve."

As for Upton and Mendon in particular, Schadler said they are very involved with these towns as their older son attended Blackstone Valley Technical High School. They support the police and fire departments.



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents

across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordable-junkremoval.com.

PAID ADVERTISEMENT

EYES

continued from page 8

ing oxidative stress, and improving local circulation, PBM helps revitalize struggling retinal tissue and slow down cellular degeneration before irreversible sight loss occurs.

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At Milford-Franklin Eye Center, we are dedicated to staying at the very forefront of modern medicine. We are proud to be one of the few practices in the Commonwealth—and the first in our area—to acquire and offer photobiomodulation technology for our patients.

Our mission has always been to combine academic-level clinical excellence with compassionate, community-centered care. By offering cutting-edge

treatments like photobiomodulation alongside personalized nutritional strategies like AREDS 2 and AREDS 3, we ensure that you do not need to travel far to receive world-class ophthalmic care. The highest standard of medical innovation is available right here in your backyard.

Whether you are seeking proactive treatment for dry macular degeneration, exploring advanced light therapy, or simply looking for an expert second opinion, our team is here to guide your journey toward preserved visual health.

Protect your sight today. Contact Milford-Franklin Eye Center to schedule your comprehensive evaluation or request a second opinion with our eye care specialists.

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Upton Senior Center October updates

Cribbage Group *Every Monday at 12 p.m.*
Whether you're a longtime cribbage player or want to learn, everyone is welcome!

Silver Sisterhood *1st and 3rd Wednesday at 11 a.m.*
Silver Sisterhood is a fellowship for senior women (60+) interested in making new friends and sharing interests, laughter and support.

Meditation and Stress Relief *Friday, Oct. 9, at 1 p.m.*
Calm your mind and body so you can acknowledge and accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.

Men's Club Senior Dinner *Friday, Oct. 9, at 5 p.m.*
Join us for this month's Senior Dinner—chicken marsala, rice, vegetables, rolls and salad with cheesecake for dessert—sponsored by the Upton Men's Club. This complimentary event is for Upton senior residents. Sign up by Oct. 2. Save the date for the event: Nov. 13, at 5 p.m.

Discover the Relaxing Art of Zentangle *Tuesday, Oct. 13 &*

27, at 2 p.m.
Take a break and get creative with Zentangle – an easy-to-learn, relaxing art method that combines simple, structured patterns to create beautiful, intricate designs. No artistic experience is needed, just enjoy the calming process of making art. Register by Oct. 9 and Oct. 23. \$10 per session for materials - paid in advance.

Home Safety Program Information Session *Wed., Oct. 7, at 1 p.m.*
Lieutenant Bonnie Lopez is introducing a new program through the Upton Fire Department focused on improving safety at home through fire prevention strategies and fall risk awareness. The program will review common household hazards, practical steps residents can take to reduce fire risks, and effective ways to prevent falls—one of the leading causes of injury among older adults. You will also learn about the new grant-funded opportunity to receive in-home safety assessments, where Lt. Lopez can evaluate individual living environments and provide recommendations to further improve safety in the home.

Light refreshments will be served. Register for this information session by Oct. 5.

Hopkinton Center for the Arts Art Gallery Tour *Wednesday, Oct. 14, at 10:30 a.m.*
Explore an inspiring exhibition curated by Jamaal Bonnette, showcasing how art can help us process emotions, navigate challenges, and find new perspectives. Enjoy light refreshments and conversation. Meet us there or sign up for the bus (Upton residents have priority). Register at the Upton Senior Center by Oct. 8.

Memory Café *Wednesday, Oct. 14, at 2 p.m.*
The Memory Café offers a safe, welcoming space for people experiencing memory changes—whether or not they have a formal dementia diagnosis—and for their caregivers, family, and friends. It's a place to connect, share stories, and enjoy activities together.
This month, put your thinking caps on for a brain teaser from Bob C., pumpkin painting, fall activities, seasonal treats, conversation, and laughter as we welcome the beauty of autumn! RSVP by Oct. 8.

Birthday Bash *Friday, Oct. 16, at 12:30 p.m.*
Join us as we celebrate everyone with October birthdays

and enjoy pretzel sliders from Shaw's. Register by Oct. 9. \$5 — free if it's your birthday month!

Nutrition Talk *Monday, Oct. 19, at 11:30 a.m.*
Join us for a conversation about healthy nutrition and aging. Learn practical tips for making nutritious food choices and supporting your health and well-being at any age.

Jeopardy! *Tuesday, Oct. 20, at 1 p.m.*
Join Andrea for a classic game of Jeopardy and test your knowledge! Bring a friend, form a team, and see who wins. Enjoy delicious desserts! Win exciting prizes! Sign up by Oct. 16.

Trivia with the Town Library *Monday, Oct. 26, at 12:30 p.m.*
Put your knowledge to the test and join us for a fun game of trivia! Gather your friends, enjoy some friendly competition, and see how many questions you can answer.

Lunch Trip *Wednesday, Oct. 28, at 12:30 p.m.*
Join us for lunch at 3 Seasons at BVT. Choose between baked haddock with mashed potatoes, meatloaf with mushroom sauce, or chicken piccata over pasta. Includes garden salad and apple crisp with ice cream. \$19 per



person, paid in advance. Sign up by Oct. 21.

Blood Pressure Checks *Wednesday, Oct. 28, at 12:30 p.m.*
Stop by the Senior Center for a quick blood pressure check. It's an easy way to keep track of your numbers and stay informed about your health.

Halloween Party Palooza *Friday, Oct. 30, at 12:30 p.m.*
Join us for a spooktacular Halloween celebration filled with creativity, laughter, and a delicious lunch of either chicken and broccoli pasta or shepherd's pie! Guests will enjoy a variety of fun-filled activity stations, including pumpkin decorating, caricature drawings, and other festive Halloween activities. Come dressed in your favorite Halloween costume. Prizes and awards for best costumes will be presented! Registration opens Oct. 1 for Upton residents and Oct. 12 for everyone. Registration closes Oct. 23. \$8 per person - paid in advance.

Save the Date
Nov. 9, at 2 p.m.—Upton Historical Society Presentation on Revolutionary War Witness Houses.
Nov. 12, at 10 a.m.—Veterans Day Breakfast.
Nov. 18, at 12:30 p.m.—Thanksgiving Luncheon.

Upton Food Pantry
Do you need food assistance? The Upton Community Food Pantry is open to all Upton residents!
Hours of Operation:
Mon. 9:30–11:30 a.m.
Wed. 12:00–3:00 p.m.
Fri. 10:00 a.m.–1:00 p.m.
Are you unable 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.

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Happenings

Events happening in and around the area

This is not meant to be an exhaustive list. Please confirm details before you head to an event.

Through Oct. 31

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

Through Nov. 1

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

Oct. 17

10 a.m. – **Upton Revolutionary War Encampment immersive event**, Upton Town Common. 10 a.m. to 3:30 p.m.
6 p.m. – **Milford High School Class of 1976 reunion**. For details, contact Ann Robichaud at 508-473-0422 or arobichaud1033@gmail.com.

Oct. 18

4 p.m. – **Evergreen Cemetery Walk**, 8 Green St., Medway. 4-7 p.m. Hot chocolate and donuts at the end of walk. www.medwayhistoricalsociety.org

Oct. 30

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

Oct. 31

Upton Fire & EMS Halloween Parade - The Upton Fire & EMS Association Halloween Parade will take place on Sat., Oct. 31, at 6:30 p.m. Participants are asked to line up at the Upton Community Center, 9 Milford St., at 6 p.m.

Nov. 11

8:30 a.m. – **Mendon Veterans' Appreciation Breakfast**, Mendon Senior Center, 62 Providence St. In partnership with Mendon Police Assn. 8:30-10:30 a.m. To reserve your place, stop by or call the Senior Center at 508-478-6175. Transportation is available.



BVT 2026 annual report now available

Report highlights facts, figures, launch of BVTi

The 2026 annual report for Blackstone Valley Regional Vocational Technical High School (BVT) is now available at www.valleytech.k12.ma.us/annualreport.

The FY26 annual report, titled Second Shift, explores BVT's continued expansion of career-focused education and highlights the school's day and evening programs. It highlights

achievements, key financial information, and the launch of the Blackstone Valley Technical Institute (BVTi).

"As responsible stewards, we remain committed to maintain-

ing and improving our campus through smart budgeting, low debt and thoughtful long-term planning," said Superintendent-Director Anthony E. Steele II. "In FY26, we launched BVTi,

which offers hands-on, career-focused learning beyond our day programs (first shift) and into the evening (second shift). Through grant-funded, credential-based programs in advanced manu-

facturing, electrical, HVAC, plumbing and welding, BVTi supports adults, strengthens the regional workforce, and generates nonlocal taxpayer revenue."

Submitted by BVT

Upton early voting hours start Oct. 17

Massachusetts' general election will take place on Tues., Nov. 3.

The schedule for in-person early voting at Upton Town Hall is:

Sat., Oct. 17, from 8 a.m. to 2 p.m.
Mon., Oct. 19, thru Fri., Oct. 23, during regular Town Hall hours.

Sat., Oct. 24, 8 a.m. to 2 p.m.
Mon., Oct. 26, thru Fri., Oct. 30, during regular Town Hall hours.

If you would like to Vote By Mail, contact the Upton Town Clerk's office at 508-529-3565 for an application or complete the online form.

The last day to submit a request for a mail ballot is Tues., Oct. 27, at 5 p.m.

Source: www.uptonma.gov



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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 PROGRAM
NEWS OCTOBER 2026

Upcoming Events:

Author Michael J. Tougias
Returns to the Taft

Join us on Wednesday, Oct. 14 at 7 p.m. when local author Michael Tougias re-counts the events of his newest book *In Deep Water*, the story of three friends whose boat sinks 12 miles out in the Gulf of Mexico. Over the next 28 hours they must survive in open water facing eight-foot waves, jellyfish stings, hypothermia, and circling sharks. With no Mayday call sent and no one aware they're missing, the odds of rescue are less than 1%. *In Deep Water* chronicles one of the most improbable rescues in Coast Guard history and the extraordinary resilience of the men who lived to tell it. To register for this program visit us at www.taftpubliclibrary.org and click on the Calendar & Events link.

Dustin Pari Presents
Amongst Angels & Demons

On Tuesday, Oct. 20 at 7 p.m. get primed for the Hal-

loween season as we welcome back paranormalist Dustin Pari for one of his newest lectures, *Amongst Angels & Demons*, an intriguing exploration of demonic possession and the stories, experiences, and questions surrounding it. Registration is required as space is limited. Visit our website to register.

Greg Dwyer Presents
Harry Houdini

Join magician and storyteller Greg Dwyer for an unforgettable evening celebrating the life, legend, and lasting legacy of the world's greatest escape artist Harry Houdini, on the 100th anniversary of his death. More than just a magic show, this program combines breathtaking sleight of hand, impossible mind-reading, astonishing escapes and captivating stories from Houdini's remarkable life. How did a poor immigrant become the most famous magician in history, challenging fraudulent mediums and creating a legacy that continues to inspire audiences a century later? Register to find out!

Slow Flow Yoga for Adults
and Teens

Join Katie Aissis from Sprouting Tree Yoga for Slow Flow Yoga. This Vinyasa style yoga class links breath to movement in a dynamic sequence of postures. Participants will build strength while also finding moments throughout the practice to quiet the mind and rest the body. This class is appropriate for all levels, and no previous yoga experience is necessary. Please bring your own yoga mat. Join us on Tuesday, Oct. 13 at 7 p.m. Registration required.

Adult Handcrafting Group

Let's get crafty! Join the Adult Handcrafting Group on Wednesday, Oct. 7 and Wednesday, Oct. 14 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 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 Thursday, Nov. 12 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. 3rd 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, Oct. 26 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:

October: A mystery, thriller, or spooky book.

November: A book that made you think.

December: A cozy or winter-themed book.

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

Assistance from Sheila
Elliott and the Blackstone
Valley Partnership for Public
Health

Sheila Elliott will be on site at the Taft Library on Tuesday, Oct. 6 from 2-4 p.m. to provide assistance filling out applications for MassHealth, SNAP, WIC, fuel assistance, Medicare, Social Security, Veteran's Ben-

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TAFT LIBRARY*continued from page 12*

efits, and more. Ms. Elliott can also provide referrals to community organizations, mental health and substance abuse providers and give guidance in obtaining financial resources to address past due bills. Each session is 30-minutes long. Those interested can sign up for a 30-minute block of time by clicking on the Calendar & Events link on the Taft Library website (www.taftpubliclibrary.org).

Shine Counseling with Jenna Gouin, MBA/MSOL

Meet with Jenna Gouin in partnership with the Blackstone Valley Partnership for Public Health for information, counseling, and advice on Medicare. Ms. Gouin is a SHINE counselor trained and certified by the Massachusetts Executive Office of Aging & Independence in the various options available to Medicare beneficiaries – including Medicare Parts A & B, Medicare Advantage, Medicare prescription drug coverage (Part D), Medigap, Prescription Advantage, MassHealth, and other programs that help people with limited resources pay for health care costs. Get your Medicare questions answered at one of the following upcoming sessions:

Monday, Oct. 19, 9-10 a.m. or 10-11 a.m.

Monday, Nov. 16, 9-10 a.m. or 10-11 a.m.

Monday, Dec. 14, 9-10 a.m. or 10-11 a.m.

To register, click on the Calendar & Events link on the Taft Library website (www.taftpubliclibrary.org).

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 holiday or during a school vacation. All are welcome (and encouraged) to attend. The next meeting of the Friends is Tuesday, Oct. 27 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 friendsoftaftli-brary@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 OCTOBER 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.

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.

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 Oct. 28.

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

Coffee & Conversations

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 Wednesday, Oct. 28 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, Oct. 13 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, Oct. 14 at 9:30 a.m.

Halloween Celebration with Rolie Polie Guacamole

Join us on Monday, Oct. 19 at 6:30 p.m. for our annual

Halloween Party! Make sure to wear your Halloween costume....adults too!

Jersey natives Frank Gallo & Andrew Tuzhilin created Rolie Polie Guacamole in 2006 while living in Brooklyn, NY. Over the next 15 years, they played thousands of shows, recorded thirteen albums.

Winner of the prestigious Parents' Choice® and NAPPA Awards, Rolie Polie Guacamole has developed a smart, parent-friendly musical style that dresses up original tunes and classic covers with vibrant harmonies and deft instrumental layers, plugging in a sizzling electric current of rhythm that lights up lyrics humming with

relevance and humor

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, Oct. 26 at 10:30 a.m.

Tutors with Tails

Meet Sprite! Sprite is a therapy dog who loves children and love books. Sprite a 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.

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Recent Home Sales

Date	Mendon	Amount
09/25/2026	29 Thornton St.	\$1.00 mil
09/22/2026	86 North Ave.	\$615,000
09/17/2026	7 Daniels Rd.	\$744,900
09/11/2026	16 King Philip Path	\$825,000
08/31/2026	10 Cemetery St.	\$1.06 mil

Date	Upton	Amount
09/21/2026	78 Main St.	\$677,500
09/16/2026	4 Picadilly St.	\$480,000
09/10/2026	149 Glenview St.	\$640,000
09/04/2026	218 Mechanic St.	\$751,500
08/31/2026	6 Wood St.	\$1.09 mil
08/31/2026	30 Pearl St.	\$680,000
08/27/2026	45 Mendon St.	\$866,900

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



The 3-bed, 4-bath, 2,300-square-foot home at 7 Daniels Road in Mendon recently sold for \$744,900. Photo source: www.zillow.com

Pet of the month: Paddington

Paddington may as well have come from deepest Peru for all we know. He clearly seemed out of place when he arrived at the shelter. But just like the bear he is named after, all he needs is a family to find him and take him home.

Paddington was very aloof and nervous for the first few weeks after he arrived; often giving us a very hard stare much like Paddington Bear was known for. Our volunteers saw the scared cat behind that stare and gave him love and patience in return. We discovered that the way to Paddington's heart was through grooming - he absolutely loves being brushed!

He has made progress but still gets nervous, so he will



need a patient adopter. For information on meeting Paddington or the other cats at the Milford Humane Society, please visit <https://www.milfordhumane.org/>

Veterans' Appreciation Breakfast to be held on Nov. 11

The Mendon Senior Center, in partnership with the Mendon Police Association, will hold its annual Veterans' Ap-

preciation Breakfast on Wed., Nov. 11 at 8:30 a.m. at the Mendon Senior Center.

Due to space constraints, this

program is limited to veterans only.

We want to make this year's event our biggest yet and encourage all Mendon veterans to join us, including those who served in the Army, Navy, Air Force, Marine Corps, Coast Guard, Space Force, National Guard, and Reserves.

This breakfast and entertainment are our way of saying "Thank You" for your service, dedication, and sacrifice. It will also be a great opportunity for veterans to meet, reconnect, and enjoy some good food and camaraderie. A patriotic musical tribute will be offered by musicians Bill Reidy and Brad Moser.

To reserve their seat, veterans should stop by or call the Senior Center at 508-478-6175. Transportation is available.

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Mendon Senior Center October & November events

Click and Learn – New Program! Digital Connections Program

The Click and Learn – Digital Connections Program, funded through an AARP Community Challenge Grant, is moving forward to help Mendon seniors build confidence and skills in using technology. The program has already generated excellent community interest, with more than 35 residents responding to our initial survey. Their feedback is helping us identify the digital skills seniors want and need most. To start, we have large-screen laptops for the classes and are developing the curriculum and learning materials. Pilot sessions are being planned, with full classes beginning in mid to late September. Call the Mendon Senior Center at 508-478-6175 for upcoming registration information about class schedules on Monday and Thursday afternoons!

Bocce
Sunday Evenings at 5:30 p.m.

Join us for a good-natured, non-competitive game of Bocce on Sunday evenings at 5:30 p.m.! All players are welcome—novice or experienced.

If interest increases, we will consider scheduling additional games. Let's get outside, enjoy some fresh air, get a little exercise, and enjoy the camaraderie of your fellow players!

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!

Hip Hop Square Dance Exercise

The Mendon Senior Center welcomes back Rondae Drafts on Thursday, Oct. 15 at 1 p.m. with 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.

Dine Out
Wednesday, Oct. 16 – Roast House, Blackstone

Carpool with friends from the senior center one Wednesday of each month at 11:30 a.m. or meet at the restaurant at 12 p.m. The cost of lunch is your responsibility, but the company is free! Please sign-up at the senior center.

Oktoberfest

Our much-anticipated Raffle Basket Fundraising Event will take place at the Oktoberfest event at the Senior Center on Saturday, Oct. 17.

Our event will include raffle baskets created by the various groups that use the Senior Center, handmade crafts, and baked goods. This year, we will also be offering some beautiful vintage holiday decorations.

Mark your calendar and plan to:

- Create a raffle basket
- Volunteer to help with the event
- Donate handmade crafts or baked goods

- Or simply join us for this special day!

We look forward to seeing you at Oktoberfest and appreciate your continued support of the Friends of Mendon Elders.

October Birthday Bash
Tuesday, Oct. 20 at 12 p.m.

If you are celebrating an October Birthday or simply looking for a cheerful afternoon out, you are warmly invited. We will be serving chicken casserole, tossed salad, and, of course, cake. Lunch will be followed by a performance by Lynne Canavan, an accomplished violinist and jazz vocalist. She has been a member of the Milford, Massachusetts-based Claflin Hill Symphony Orchestra for more than 20 years.

Lunch & Learn
What to Leave Behind: Creating an Emergency Folder for Your Loved Ones
Tuesday, Oct. 27 12 p.m.

If the unexpected happens, do your loved ones have the information they need? An

emergency planning folder is a place to gather the necessary documents and details in one easily accessible place. In the free seminar, you'll learn what to include, from your Health Care Proxy, HIPAA Authorization, Durable Power of Attorney, and medical information to a summary of your insurance policies and accounts and details about your wishes. Bring your questions, enjoy a free lunch, and leave with your own emergency planning folder. This Lunch & Learn program is offered at the Mendon Senior Center by Attorney Amy Azza, Esq. of Bellingham.

History Series
Tuesday, Oct. 27 at 2 p.m. *(If you will be going on the van, please arrive at the Mendon Senior Center by 1:30 p.m.)*

Plan to join us for the next presentation at the Chestnut Hill Meetinghouse located in Millville, MA. Van transportation

MENDON SENIOR CENTER
continued on page 17

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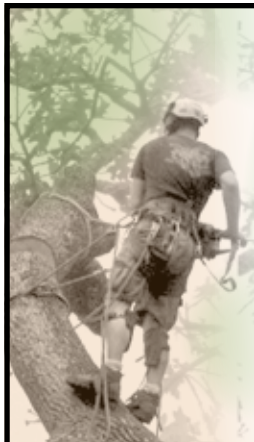
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Carey named to 'Best Lawyers' list

Paul W. Carey, of Upton, was named the Best Lawyers® 2027 Bankruptcy and Creditor Debtor Rights/Insolvency and Reorganization Law “Lawyer of the Year” in Worcester and was selected by his peers for inclusion in The Best Lawyers in America® (2027 Edition) for the same practice area. He has been recognized in Best Lawyers since 2023. Carey is co-managing partner at Mirick, a full-service law firm based in Worcester.

Submitted by Mirick



Stony Brook Camera Club October meetings

The Stony Brook Camera Club meets in person and/or virtually by Zoom on Thursdays at 7:30 p.m. from September to June.

In person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin. Our meetings feature speakers, competitions, and discussions of general interest. We also sponsor a number of photography activities, field trips, and workshops throughout the year.

SBCC includes and welcomes photographers of all levels. Meetings for October include:

Oct. 15: (Zoom only) "The Art and Craft of Better Seeing" with John Tunney.

Oct. 22: (Zoom only) "The Art of Abstraction" with Deb Loeb Bohren.

Oct. 29: (Zoom only) "Lightroom Power Tools" with Rob Knight.

Visit stonybrookcc.com for a complete calendar of events and member information.



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St. John earns master's from Bridgewater State University

The family of Jennifer St. John of Mendon is proud to announce her graduation from Bridgewater State University, where she earned a Master of Science in Education (M.S.Ed.) during the University's commencement ceremony held on May 14, 2026.

Jennifer's achievement reflects her unwavering dedication, perseverance, and commitment to lifelong learning. Earning a master's degree is the culmination of years of hard work, balancing academic responsibilities

while remaining committed to her personal and professional goals.

Jennifer's accomplishment is a testament to her passion for education and her desire to make a meaningful impact in the lives of others. Her family and friends are incredibly proud of this significant milestone and look forward to seeing the positive contributions she will continue to make throughout her career.

Submitted by the family of Jennifer St. John



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MENDON SENIOR CENTER*continued from page 15*

will be provided. The Chestnut Hill Meetinghouse is one of New England's best preserved 18th century meetinghouses and is a fine example of the most important public buildings in the colonial landscape. Come learn about the role this meetinghouse played as part of the town of Mendon and the meetinghouses role in the development of what is now Blackstone and Millville as populations grew and industry and agriculture changed the boundaries of Mendon. Join us to learn more about this fascinating part of Mendon's history!

Halloween Hat Party & Italian Buffet followed by Music Bingo
Thursday, Oct. 29 at 12 p.m.

Come wearing your best Halloween Hat (or Costume) and enjoy some spooky tunes spun by DJ Chris during a buffet lunch. Our Tri-Valley buffet features a BUILD YOUR OWN PASTA BOWL with penne pasta and a choice of tomato or Alfredo sauce and the following toppings: meatballs, sweet Italian sausage, grilled chicken, roasted onions and peppers, broccoli and sauteed mushrooms. Also served bread, milk and dessert. Call 508-478-6175 or stop by the center to register. Following lunch, DJ Chris will facilitate Music Bingo at 12:30 p.m. Van transportation is available. Call Shawna Timperio to schedule a ride.

SHINE Health Insurance Counseling for October & November
OCTOBER Shine

Medicare Open Enrollment runs from Oct. 15 through Dec. 7. This is an important opportunity to review your Medicare Advantage and Part D prescription drug coverage

for the coming year.

You do not have to make a change simply because it is Open Enrollment, but you should take this opportunity to review your options as premiums, prescription costs, medication formularies, and provider networks can change from year to year. Changes made during this period generally take effect Jan. 1. SHINE counselors are available to help Massachusetts residents compare their Medicare options and understand potential changes. To schedule an appointment with your local SHINE counselor, contact the Senior Center. SHINE is a program of Tri-Valley Inc., funded in part by the Executive Office of Aging and Independence.

NOVEMBER Shine

Do not forget to review your Medicare Options. There is still time to review your Medicare coverage during the Annual Open Enrollment Period (OEP). OEP runs until Dec. 7 and is the annual period when all Medicare recipients can review their plan needs and make any changes to their coverage for the upcoming year. If you have an appointment scheduled to review your options, make sure you are prepared for that appointment by bringing your current insurance information, prescription list with dosage amounts, doctor's names, and your preferred pharmacies. SHINE counselors provide free, unbiased Medicare counseling and do not sell insurance or represent any plans. To schedule an appointment with your local SHINE counselor, contact the Senior Center. SHINE is a program of Tri-Valley Inc., funded in part by the Executive Office of Aging and Independence.

"Are You Game?" – Bingo!
Thursday, Nov. 5 at 1:30 p.m.

The Friends are letting the good times 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.

- \$5 fee – used entirely for prizes
- Registration deadline: Tuesday before the event. You must be registered to play.
- Eight games, with prizes based on attendance

We welcome both seasoned players and curious newcomers. Mark your calendar and join the fun!

New Program!
Senior Breakfast Club
Friday, Nov. 6—The Spoon, Hopkinton

Join us once a month for Breakfast out on the first Friday. Meet at area restaurants at 10 a.m. Once again, the cost of the meal is your responsibility but the company is free! Please sign-up at the senior center.

Crystal Bowls & Meditation Workshop
Nov. 30 at 6:30 p.m.

Faith Kennedy will be offering a crystal bowl and meditation workshop at the Mendon Senior

Center for seniors. The benefits of both disciplines are vast. Meditation improves memory and attention, reduces stress and anxiety, improves quality of sleep, lowers blood pressure, and boosts immune functions. Before and after mediation, Faith 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 this partially grant-funded program is \$25

per person. Call or stop by the senior center to register.

REMINDER

Scent-sitivity Alert— Periodic reminder. Please refrain from using strong fragrances or cologne before coming to the Senior Center, especially when attending exercise programs or crowded events. For some, it can cause headaches and various allergic reactions etc. Thank you for your understanding! Note—even strong fabric softener can be irritating to other guests with this sensitivity.

MENDON FOOD PANTRY HOURS
Thursday, Oct. 19 5-7 p.m.
Friday, Nov. 6 9-1 p.m.

The food pantry is available to Mendon residents in need of all ages. Please contact Outreach Coordinator Shelby Corbin at 508-478-6175 ext. 2.

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SPORTS

BVT Volleyball keeps riding high after '25 success

Beavers fast start follows a state vocational title last fall

By Chris Villani, Staff Sports Writer

Blackstone Valley Tech girls' volleyball head coach Jacob Ramos feels like his team picked up right where it left off last season, and he could not be happier about it.

"We graduated some seniors, and we were wondering how we were going to start the season," Ramos said. "To have played as confidently as we have played has definitely been better than we expected. We have been blessed to pick things up rather quickly."

BVT rattled off wins in seven of its first eight matches through September. Ramos said his team has been able to make adjustments quickly, and a mix of veterans and newer players has gelled.

One of those experienced players, senior captain Franceska Malo, at the start of the year picked up her 1,000th career assist as the team's setter.

"She has been a rock star for us," Ramos said. "Setting, serving, playing defense, she has been a staple over the last four years."

Ramos also had high praise for the play of his middle hitters, fellow captains Delaney Dubois and Makenzie Johnson. Both of them are playing "phenomenal" volleyball, the coach said.

"They are playing some of

the best I have seen out of middle hitters," he said. "They are versatile players; you can move them up and down the line along the net, and they are going to make plays."

Anchoring the defense is senior libero Manuella Bernardes, another four-year player for the Beavers. Ramos said Bernardes' serve-receive has been a huge strength.

Younger players have also stepped into significant roles. Sophomore Abigail Kilbourn is standing out on the right side and exceeding expectations, Ramos said. Junior Anna Charon took over the outsider hitter spot at the start of the season, and has been able to take on any challenge thrown at her by the coaching staff.

The fast start has Ramos and the rest of the team setting lofty goals for the remainder of the year. The Beavers figure to be in a fight with Nipmuc for the top spot in the league. Valley Tech is also hoping to repeat as state vocational champion and position itself well for the state tournament.

"Making another deep run in the playoffs is the standard we have set for ourselves," Ramos said. "We made the Sweet 16 last year, and we'd love to make another appearance."



Senior captain Franceska Malo recorded her 1,000th career assist earlier this season. Photo taken by Alexa Casto

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SPORTS

Nipmuc Girls Volleyball keeps rolling

Buoyed by strong feeder system, program is in top shape

By Chris Villani, Staff Sports Writer

The Nipmuc girls' volleyball team appears poised for another strong season after racing out to a 7-1 start to the season through September's contests. The fast start has been aided by a relatively young roster, which has head coach Brian Gerard excited for both this season and the future.

"The middle school just keeps promoting our program and we get good players coming in," Gerard said.

The Coyotes, who compete in Division IV in the state tournament, knocked off a pair of Division II teams and a Division III squad in its first month. By the start of October, Nipmuc had earned the number five ranking in D4.

Senior captain Alyssa Burdzel is leading the way all around at the outside hitter position.

"She has been really bringing her athleticism to the forefront," Gerard said. "She is also helping with serving and on defense, so it's more than just hitting in the front row."

A key cog in Nipmuc's offense has been sophomore Mackenzie Kirkpatrick, who has a serve that Gerard described as a "laser beam."

"She not only gets tons of aces, but she puts opponents out of system because her serve is so hard, so low, and so fast," Gerard said.

ard said. "It causes people a lot of problems."

One of the Coyotes' strengths is their balance. All of Nipmuc's outside hitters have around the same number of kills, making it challenging for opposing defenses to key on any single player.

In the middle, junior Lianna Vasilikeris returns and has had some big performances, including a standout match against Whitinsville Christian in which Gerard said the other team simply did not have an answer for her. Running the offense is freshman setter Kelsey Sanville, who has several years of club volleyball experience.

"She commands the court very well, and she knows the game very well," Gerard said. "She just has to get used to working with older kids."

Nipmuc is replete with veteran leadership. In addition to Burdzel, Charlotte Leitch, Ashlyn Kenney, and Maya Ver-cruysse are serving as captains this fall. Nipmuc will likely contend along with Blackstone Valley Tech for the league title, and Gerard said his is a team that could make a run in the state tournament.

"This could be true for any team," he said. "But, if you cut down on unforced errors, you will have success. When we do that, I think we do very well."



The Coyotes were one of the top five teams in their division at the end of September. Photo from Coach Brian Gerard



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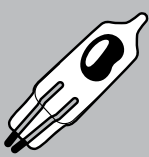
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2023 CHEVY EQUINOX LT  AS LOW AS \$78/WK #TP8401A • ALLOYS, TURBO, AWD NEW RETAIL PRICE: \$35,490 WHOLESALE PRICE: \$21,377	2021 JEEP GLADIATOR  AS LOW AS \$106/WK #D16743A • OVERLAND, ALLOYS NEW RETAIL PRICE: \$49,625 WHOLESALE PRICE: \$29,977	2024 FORD F-150 XLT 4x4  AS LOW AS \$131/WK #C7044 • NAV, TURBO, ALLOYS NEW RETAIL PRICE: \$46,250 WHOLESALE PRICE: \$36,977	2021 FORD EXPLORER 4x4  AS LOW AS \$106/WK #P19380 • XLT, HEATED SEATS NEW RETAIL PRICE: \$45,765 WHOLESALE PRICE: \$29,677	2023 JEEP WRANGLER 4x4  AS LOW AS \$96/WK #TP7145 • SAHARA 4xe, ALLOYS NEW RETAIL PRICE: \$49,810 WHOLESALE PRICE: \$26,977
2022 CHRYSLER PACIFICA  AS LOW AS \$74/WK #P19310A • HEATED LEATHER, 3.6L NEW RETAIL PRICE: \$55,265 WHOLESALE PRICE: \$20,977	2025 TOYOTA TACOMA 4x4  AS LOW AS \$142/WK #TP7275 • TRD OFF-ROAD, CPO NEW RETAIL PRICE: \$46,605 WHOLESALE PRICE: \$39,977	2022 DODGE DURANGO GT  AS LOW AS \$117/WK #TP8579 • LEATHER, SUNROOF NEW RETAIL PRICE: \$48,595 WHOLESALE PRICE: \$32,977	2023 SUBARU ASCENT  AS LOW AS \$103/WK #TDD2705A • HEATED SEATS, CPO NEW RETAIL PRICE: \$44,700 WHOLESALE PRICE: \$28,677	2025 TOYOTA CAMRY SE  AS LOW AS \$120/WK #TM26-907B • ALLOYS, HYBRID NEW RETAIL PRICE: \$38,625 WHOLESALE PRICE: \$33,977
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 \$71/WK #TFB9440B • TURBO, ALLOYS NEW RETAIL PRICE: \$31,710 WHOLESALE PRICE: \$19,977			
2024 CHEVY TRAX SUV  AS LOW AS \$71/WK #TP8464 • LS TRIM, 17" ALLOYS NEW RETAIL PRICE: \$28,565 WHOLESALE PRICE: \$19,977	2024 TOYOTA TUNDRA 4x4  AS LOW AS \$149/WK #TP8485 • SR5, ALLOYS, 3.4L V6 NEW RETAIL PRICE: \$58,405 WHOLESALE PRICE: \$41,977	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 \$78/WK #TFL1632A • 24/29 CITY/HWY MPG NEW RETAIL PRICE: \$36,750 WHOLESALE PRICE: \$21,977	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 #TP7201 • AWD, HEATED SEATS 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 \$113/WK #TP7036 • 2.0L TURBO, LEATHER NEW RETAIL PRICE: \$50,800 WHOLESALE PRICE: \$31,977	2022 HYUNDAI ELANTRA  AS LOW AS \$74/WK #TM26-1054A • SEL, 16" ALLOYS NEW RETAIL PRICE: \$28,686 WHOLESALE PRICE: \$20,977			
2023 CHEVY COLORADO  AS LOW AS \$127/WK #48578A • TURBO, 4X4, NAV NEW RETAIL PRICE: \$44,290 WHOLESALE PRICE: \$35,977	2026 HONDA CIVIC SPORT  AS LOW AS \$96/WK #P19121 • 31/39 MPG CITY/HWY NEW RETAIL PRICE: \$34,190 WHOLESALE PRICE: \$26,977	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	2023 BMW X1 xDrive28i  AS LOW AS \$110/WK #TP7037A • AWD, TWIN TURBO, NAV NEW RETAIL PRICE: \$51,595 WHOLESALE PRICE: \$30,977
2022 RAM 1500 LARAMIE  AS LOW AS \$127/WK #TP70490 • 4X4, V8, 20" ALLOYS NEW RETAIL PRICE: \$50,710 WHOLESALE PRICE: \$35,677	2024 TOYOTA HIGHLANDER  AS LOW AS \$138/WK #TP7213 • XLE TRIM, SUNROOF NEW RETAIL PRICE: \$45,775 WHOLESALE PRICE: \$38,977			

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Mike Penner
Sr. Vice President

SEVEN-DAY VEHICLE EXCHANGE PROGRAM

SALE ENDS 10/31/2026. SOME RESTRICTIONS APPLY. THIS OFFER IS NOT VALID ON PRIOR SALES AND IS BASED ON THE MSRP, AND NOT COMBINABLE WITH ANY OTHER DISCOUNT, PROMOTIONS, OR INCENTIVES. PRICE LISTED INCLUDES ALL APPLICABLE MANUFACTURER REBATES (NOT EVERYONE WILL QUALIFY) AND IMPERIAL DISCOUNTS INCLUDING A \$1,000 IMPERIAL TRADE ASSISTANCE BONUS FOR A QUALIFYING 2016 OR NEWER TRADE. SEE US FOR DETAILS. ADVERTISED PRICE DOES NOT INCLUDE TAX, TITLE, REGISTRATION, DOCUMENTATION OR ACQUISITION FEES AND CANNOT BE COMBINED WITH ANY OTHER DISCOUNTS OR PROMOTIONS. WEEKLY PAYMENTS CALCULATED WITH AN ESTIMATED DOWN PAYMENT OF \$2,999 CASH OR TRADE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. CALL 1-508-488-2382 TO SEE WHICH REBATES YOU QUALIFY FOR.