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Postal Customer Local

Vol. 1 No. 3

Free to Every Home and Business Every Month

Mar. 9 - April 12, 2023

Real Maple Syrup Being Made Through March in Massachusetts

Quissett Hill Farm in Mendon is one of several local harvesters

By Linda Chuss

Many people have never tasted authentic maple syrup, instead using flavored corn syrup to top off their pancakes and waffles. That was true for John Gomersall, who now not only uses maple syrup with everything from coffee to ham, but also produces the "liquid gold" at Quissett Hill Farm in Mendon, and sells it throughout the region.

People who have used both types of syrup often find maple has a far richer taste.

In 2014, Gomersall moved to the farm which is located at 58 Quissett Road and dates to 1815. At that time, it was not set up for maple sugaring.

"We wanted to raise alpacas at a historic property," he shares. Pondering the hundreds of maple trees, his interest turned to making



Quissett Hill Farm's John Gomersall boils sap and measures its sugar content, which must be between 67 percent and 68 percent to avoid spoilage or crystallization. Courtesy photo

his own syrup. "I started off knowing nothing about it, and studied up. Given my engineering background, I also like exploring various production methods."

Gomersall progressed

MAPLE SYRUP

continued on page 8

Women's History Month

Fearless and Fiery: Upton's Polly Bradish, a Renowned Abolitionist

Her house still stands on N. Main St., was stop on Underground Railroad

By Linda Chuss

Despite rebuffs from fellow residents and legal risks, Upton's Polly Dean Bradish (1797-1876) was a passionate anti-slavery advocate known throughout the region.

She was born Polly Dean to a farming family in 1797 and was said to have been trained for future domestic life. In 1819, at age 22, she married blacksmith Harvey Bradish.

In 1826, they built their first home at 15 Main St. (which is no longer there) and in 1844, built their second home at 10 North Main Street, said to be the largest in town, which is still standing. That Bradish house served as a station on the "Underground Railroad" and hundreds of fugitives, who were escaping slavery in the south, were reported to have



Portrait of Polly Dean Bradish, renowned Upton abolitionist, early 19th century, by Porter and Doyle, in the Bowdoin College Museum of Art. Photo public domain

stopped there for a meal or a night as they made their way to Canada.

BRADISH

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Tues., March 14, 6-8pm Rushford & Sons Brewhouse, Upton

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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. CLOSED • TRIAL MONDAYS Feb. 6 - Mar. 13 OPEN from 10 -4

ADULT PROGRAMS **March Mondays**

Would you like to see the library open more hours? From now through March 13 the Taft Public Library will be open on Mondays from 10 a.m. - 4 p.m. on a TRIAL-ONLY basis. Join us for a test run of open days. Then, if you'd like to see us continue to open more hours, show your support at the Mendon Town Meeting on Friday, May 5 at 7 p.m. at the Miscoe Hill Middle School Auditorium.

View our Recently Completed 5-Year Strategic Plan

The Taft Public Library Strategic Planning Committee has finished its work on the Taft Strategic Plan for 2023-2028 and it can now be viewed on our website www.taftpubliclibrary. org. It's the culmination of a year-long effort to meet with staff, patrons, and local organizations to find out what they like about the library and what they see as the unique challenges and opportunities for growth at the

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library over the next five years. The library and the committee would like to thank everyone who provided feedback. The committee was comprised of Library Director Andrew Jenrich, Children's Librarian Tara Windsor, Library Trustee Leesa Michael, Library Trustee Alison Chu, Charles Noel, Sue Ruggiero, Savannah Histen, Naomi Vogt, Mary Anne Moran, and Lauren Scott.

Upcoming Events:

To register for an event, click on the Library Event Calendar and Registration link at the top



The Academy Awards with Frank Mandosa

Join us on the Red Carpet for a night of everything Oscars! In the lead up to the 95th Academy Awards, film historian Frank Mandosa returns to Taft to present "The Academy Awards: The Good, the Bad, and the Outrageous" on Tuesday, March 7 at 6:30 p.m. The night will include Oscars trivia past and present and prizes. Arrive at 6:30 p.m. and take part in our Red Carpet Experience! Then at 7 p.m. sit back as Frank takes us on a tour of awards history. Registration is required as space is limited.

Adult Book Club

The Adult Book Club will meet on Monday, March 13 at 7 p.m. to discuss Blind Tiger by Sandra Brown. Adult Book Clubs are held on the second Monday of the month.

For upcoming book clubs contact the library at 508-473-3259 to request copies of the books or log in to your account from our website to request them through interlibrary loan. The next Adult Book Club books are as follows:

April: The Things They Carried by Tim O'Brien

May: The Buddha in the Attic by Julie Otsuka and the poems of Ada Limon

June: The House in the Cerulean Sea by T.J. Klune

Cheryl Cohen Pendant Class on Zoom

Learn to make a mosaic pendant in this online class using adhesive putty. You will be instructed by Cheryl from Cheryl Cohen Mosaics Art Center. Tuesday, March 14 at 6:30 p.m. Registration is required as space is limited.

Jill Vetstein Parent Education Online Class: Picky **Eaters**

Join licensed therapist Jill Vetstein on Thursday, March 16 at 7 p.m. on Zoom when she discusses the picky eating habits of children. Click on the Library Event Calendar and Registration link on the website to register. Program sponsored by the Taft Public Library and Beginning Bridges CFCE.

Handcrafting Group

Let's get crafty! Join us on Wednesday, March 1 and Wednesday, March 22 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. Crafts are NOT supplied.

Ellen Henry, Bridging Two Worlds: An Afternoon of Mediumship

Join us on Saturday, March 25 at 1 p.m. for medium Ellen Henry. Ellen will describe what mediumship is, how it differs from a psychic reading, and how she receives messages. Then share in the experience as she performs a mediumship demonstration for the group.

Please note: Attendance at a demonstration does not guarantee that you will receive a reading. Space is limited. Visit our website to register.

German Conversation Club

Are you looking for a place to practice what German you remember or to improve your vocabulary? German Conversation Club is no pressure, just fun! Lead by Library Assistant (and Mendon resident) Monika Schmid, the group meets the last Monday of each month. The next German Conversation Club will be on Monday, March 27 at 6 p.m. Registration is required. To register, visit our website.

Cooking with Chef Rob Scott

Chef Rob Scott returns with a whole new set of cooking demonstrations on Zoom. Rob joins us virtually from his kitchen in Long Island. All ages are welcome to participate. The recipes will be sent out before each class if you want to cook alongside Chef Rob. Sessions are at 7 p.m. The next session is: Tuesday, March 28: Panzanella Salad with Vinaigrette Cod with San Marzano Tomatoes and Fennel with Toasted Ciabatta Bread. Please visit our website to register for the session.

Fran Hart Presents: The **Beatles**

Join Fran Hart, founding member of the Beatles tribute band 4EverFab, for an evening performance on Thursday, March 30 at 7 p.m. His Cultural and Historical Reflection of the 1960s Through the Music of The Beatles features live music with a multi-media presentation to explore not only the music of The Beatles, but the influence they exerted in every area of the cultural landscape. Register on the Taft website. Space is limited. This program is supported in part by a grant from the Mendon Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Friends of the Taft Library Present Herbal Tea **Blending at Herbs Make Scents**

Learn how to skillfully blend your own special tea to suit your personal needs at Herbs Make Scents Tea, then take home a bag of your custom blend. Join us at 4 Maple Street in Mendon on Friday, March 24 at 6:30 p.m. or Friday, March 31 at 6:30 p.m. Registration is required as space is limited. The fee is \$10 per person cash or check in advance made payable to Friends of Taft Public Library (no refunds). Cash or checks may be dropped off at the upstairs circulation desk in the library.

Friends of the Taft Public **Library Meeting**

The Friends of the Library will meet on Tuesday, March 28 at 7 p.m. downstairs in the library's Art Holmes Community Room for their monthly board meeting. Board meetings are typically held on the last Tuesday of the month at 7 p.m., unless it falls on a holiday or during a school vacation. All are welcome (and encouraged) to attend. If you plan on attending, it's always a good idea to call the library at 508-473-3259 or email the Friends at friendsoftaftlibrary@gmail.com to confirm the date and time of the meeting. The group will do its best to post any meeting changes on the Taft Library website.

Taft Children's News-March 2023

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 Story Time

Itty Bitty Story time is de-

LIBRARY

continued from page 2

signed for our youngest patrons birth to 3 years old. Join us for a lot of fun on Tuesdays at 9:30 a.m.

Story & Craft Time

Join us for story and craft time. Perfect for the preschoolaged child. All sessions take place Tuesday mornings at 10:30 a.m.

Alphabet Storytime

It's all about the alphabet. Each week we will focus on a different letter. We will read a couple of books, sing songs, and learn about the letter of the week. Wednesday mornings at

10:30 a.m.

Coffee and Conversations & **Puppet Storytime**

Dates: Wednesdays: 3/1, 4/5, 5/3/23 Time: 9:15 to 10:15 a.m. Location: Taft Public Library, 29 North Ave., Men-

Join us for an informal playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Taft will supply Muffin House Muffins.

Please stay for the 10:30 a.m. Puppet Storytime. Join Newton & Friends of Through Me to You Puppetry for songs and stories. At the end of the 30-minute show, children can greet the puppets. Geared for children 2 to 5 years, but all are welcome.

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, March 8 Preschool - 9:30 a.m. and all ages - 4:30

Music & Movement with Deb Hudgins

Miss Deb will join us on Tuesday, March 28 at 10:30 a.m. for a fun-filled, musical morning. Registration is required and limited.

Tutors with Tails

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

This program is designed to help increase reading fluency and build a child's confidence in their reading ability. The dog provides a non-judgmental safe environment for children to practice their reading.

Book Clubs

Registration is required for all book clubs. Books are available for pickup at the Children's Circulation desk. Pizza and

refreshments will be served. Please let us know of any dietary restrictions.

6-9 Book Club - We will be reading The First Cat in Space Ate Pizza & Bad Kitty Goes to the Vet. The book club discussion will be held on Tuesday, March 2 at

8-12 Book Club - We will be reading Wishtree by Katherine Applegate. The book club will be held on Tuesday, March 28 at 5 p.m.

Graphic Novel Book Club -This month we will be reading Cranky Chicken: Party Animals & Narwhalicorn and Jelly. Join us on Tuesday, April 4 at 5 p.m. to discuss this month's book picks.

Women's History Month

Mendon's Lydia Taft: America's First Female Voter - Or Was She?

Taft is part of national suffragist history, even if the record is questionable

By Linda Chuss

One of Mendon's most notable historic women, Lydia Chapin Taft, is part of an impressive lineage including President William Taft. The Chapin and Taft families settled in Mendon in the 1600s. Centuries later, current Mendon residents are among their descendants, like David Lowell, who is exploring his ancestry along with avid town history student Rich Schofield.

Born in 1712, Lydia Chapin lived near the Post's Lane bridge and Mill River in Mendon.

In 1727, the western part of Mendon became the newly incorporated town of Uxbridge, and in 1731, Chapin married

Josiah Taft and moved to Uxbridge. She was a homemaker while he became a wealthy landowner and the town mod-

Taft is heralded as America's first female voter. She cast her famous vote in Uxbridge on October 30, 1756, a time when only landowning men had voting privileges. History student Schofield related how she bypassed the requirement.

"In September, their son Caleb died while attending college. Josiah went to bury Caleb, and less than two weeks later, he also died. The town was facing an important vote to appropriate funds for the French and Indian War. The Taft household, among the largest

taxpayers and therefore most affected by the outcome, had no eligible voters. Townsmen granted Lydia a proxy vote."

According to the New England Historical Society website, Taft's eldest surviving son, Bezaleel, was too young to vote. The site also says "records show Lydia Taft appeared at least twice more at town meeting conducting her affairs: once to address tax issues and once to change the school district she was assigned."

A century later, in notes for his forthcoming book about early Uxbridge, Judge Henry Chapin recounted Taft as having delivered the deciding vote. Chapin died before completing the book, but in 1881, Rev.



A sign along Rt. 146A in Uxbridge pays tribute to Lydia Taft's historic act.

Rushton Dashwood Burr published it as, "Address Delivered at the Unitarian Church, in Uxbridge, Mass., in 1864 with further statements, not made

a part of the address, but included in the notes by Henry

TAFT

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*New 2023 RAV4 LE AWD with MSRP: \$31,388. Lease requires approved credit; based on 10,000 miles per year. \$0.15 per mile excess. Lease for \$309 per month for 39 months with \$2,999 due at signing (including \$2,040 cash or trade down, first month's payment of \$309, and acquisition of \$650). Tax, title, registration, and inspection fees are ad-



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Publisher

Chuck Tashjian

Editor

Theresa Knapp

Send Editorial to:

editor@uptonmendonfreepress.com

Advertising Sales

Susanne Odell Farber 508-954-8148 sue@sodellconsult.com

Advertising Sales Manager

Jen Schofield 508-570-6544 jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry Kim Vasseur Wendy Watkins

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Local Real Estate Veteran Joins Mendon Local Realty

Angel Moscatelli joins boutique brokerage, Mendon Local Realty



Angel Moscatelli

Mendon Local (MLo) Realty owner, Melissa Lodi, announced long-time REALTOR® Angel Moscatelli has signed on with the boutique firm. Moscatelli, who recently managed Milford's ERA Key Realty & previously

owned a brokerage, Angel's Realty, is excited about this new venture and working with the

Angel shared her thoughts on the transition:

"When looking for a real estate company that was a good fit for me, I was looking for a place that is professional yet has that personal touch; that combination of experience and knowledge, while also caring about their agents, goes a long way in the real estate industry. That extends to their clients as well. In meeting with Melissa Lodi, I found their motto of 'Why Go Big, When You Can Go Home' is exactly what they practice - a boutique

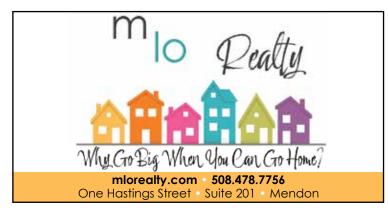
office grounded in professionalism and caring, has real estate agents that feel the same and are successful. Respect, integrity, with an outlook for you (the agent) and the client, is what it is all about. Melissa keeps business in mind for all, not just the company. Focusing on the agent and what we can provide to our clients looking to sell and buy, is very important to success for all. I am excited to begin anew at Mendon Local Realty."

MLo Realty prides itself with their personal, customized boutique approach that sets them apart from large brokerages. Dedicated to their community, MLo is more likely to be found at town festivals/parades than

big glossy ads. As their tagline says, "Why go big when you can go home?".

Owner Melissa Lodi is excited about the addition of Moscatelli to the team, stating "Angel coming on board is a wonderful thing for not only the brokerage, but for the entire team as well. She is incredibly knowledgeable and has so much to offer – in addition to being an incredibly kind soul. We share the same values and goals, so this is truly a wonderful match. I couldn't be happier for her to make the choice to come on board!"

Mendon Local Realty is located at 1 Hastings Street, Mendon, MA 01756.







Mendon Historical Society to Host Antique Appraisal **Show March 25**

Dust off those relics and join us as we discover which items may be priceless and which might end up in your yard sale! On March 25 the Mendon Historical Society will host its own Antique Appraisal Show.

Kevin Bruneau, Travis Landry and Joel Bohy from Bruneau & Co. of Cranston RI will be available on site to appraise your items for a small fee of \$5 for one item and \$10 for three and to answer questions about auctions, values, and trends. One of their items to appraise is

"Pop Culture" including comic books, trading card games and

The event will take place from noon to 3 p.m. at the Museum located at 15 Hastings Street, Mendon.

Limited and handicapped parking is available in our yard and also additional parking across the street. Please join us for an interesting and informative afternoon.

For additional information, contact us at mendonhistorical@gmail.com.



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Open the (Back) Door to a Roth IRA



Mark Freeman

FINANCIAL FOCUS

There aren't many drawbacks to having a high income — but being unable to invest in a Roth IRA might be one of them. Are there strategies that allow high-income earners to contribute to this valuable retirement account?

Before we delve into that question, let's consider the rules. In 2023, you can contribute the full amount to a Roth IRA — \$6,500, or \$7,500 if you're 50 or older — if your modified adjusted gross income is less than \$138,000 (if you're single) or \$218,000 (if you're married and filing jointly). If you earn more than these amounts, the amount you can contribute decreases until it's phased out completely if your income exceeds \$153,000 (single) or \$228,000 (married, filing jointly).

A Roth IRA is attractive because its earnings and withdrawals are tax free, provided you've had the account at least five years and you don't start taking money out until you're 59½. Furthermore, when you own a Roth IRA, you're not required to take withdrawals from it when you turn 72, as you would with a traditional IRA, so you'll have more flexibility in your retirement income planning and your money will have the chance to potentially keep growing. But given your income, how can you contribute to a Roth?

You may want to consider what's known as a "backdoor Roth" strategy. Essentially, this involves contributing money to a new traditional IRA, or taking money from an existing one, and then converting the funds to a Roth IRA. But while this backdoor strategy sounds simple, it involves some serious considerations.

Specifically, you need to evaluate how much of your traditional IRA is in pretax or after-tax dollars. When you contribute pretax dollars to a traditional IRA, your contributions lower your annual taxable income. However, if your income is high enough to disqualify you from contributing directly to a Roth IRA, you may also earn too much to make deductible (pretax) contributions to a traditional IRA. Consequently, you might have

contributed after-tax dollars to your traditional IRA, on top of the pretax ones you may have put in when your income was lower. (Earnings on after-tax contributions will be treated as pretax amounts.)

In any case, if you convert pretax assets from your traditional IRA to a Roth IRA, the amount converted will be fully taxable in the year of the conversion. So, if you were to convert a large amount of these assets, you could face a hefty tax bill. And since you probably don't want to take funds from the converted IRA itself to pay for the taxes, you'd need another source of funding, possibly from your savings and other investments.

Ultimately, then, a backdoor Roth IRA strategy may make the most sense if you have few or no pretax assets in any traditional IRA, including a SEP-IRA and a SIMPLE IRA. If you do have a sizable amount of pretax dollars in your IRA, and you'd still like to convert it to a Roth IRA, you could consider spreading the conversion over a period of years, potentially diluting your tax burden.

Consult with your tax advisor when considering a back-door Roth strategy. But if it's appropriate for your situation, it could play a role in your financial strategy, so give it some thought.

If you would like to discuss your personal situation with a financial advisor contact:

Mark Freeman
Edward Jones Financial Advisor
77 West Main Street,
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MURSD K-8 Student Artwork Selected for Youth Art Month Display

Mendon-Upton School District kindergarten through 8th grade students recently had their artwork selected to be on display for the statewide Youth Art Month. Youth Art Month takes place every March celebrating Visual Arts education.





Top row: Riley Miller (grade 6), Penelope Papadopoulous (grade 5), Mikayla Calari (grade 5). Bottom row: Jude Chase (grade 6), Emma Clements (grade 6), Arjun Vempati (grade 5).



Top row: Oliver DeGrood (grade 8), Mithra Balaji (grade 7), KJ Garland (grade 7). Bottom row: Kaylee Schlander (grade 8), Haylee Jenkins (grade 8), Chase Tempesta (grade 7).



Cough Art Students: Top row: Charlie Bliss, Logan Nelsen, Evin Barroso. Bottom row: Luna Houle, Eloise Lolli.

All photos courtesy of Mendon-Upton Regional School District



Meals on **Wheels** Seeks **Volunteers**

The Meals on Wheels program run by Tri Valley Elder Services, which operates out of the Upton Senior Center, is looking for volunteers to package or deliver meals to homebound elders in Upton. Drivers receive a mileage reimbursement at 56 cents per mile.

For more information call 508-529-9094.

Swandale Cemetery Meeting



The annual meeting of the Swandale Cemetery Association will be held on Monday, April 3, at 6:30 p.m. in the Meeting Room of Mendon Police Station. The purpose of the meeting is to listen to reports, elect officers and discusses any business which will come before the association.

Old Plants and Decorations to be Removed from **Cemeteries**

Attention lot owners of Swandale and Quaker Cemeteries in Mendon.

Please remove any old plants or decorations left on the graves before April 15. Anything left will be discarded and disposed of at our discretion as cemetery cleaning will be taking place.

To try to keep the cemetery well maintained, your cooperation is appreciated. Thank you.

Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic,

Susan Tetreault

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or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

508-473-3630

cpr_etc@comcast.net



If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with sameday service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www. takeawayjunk.com.

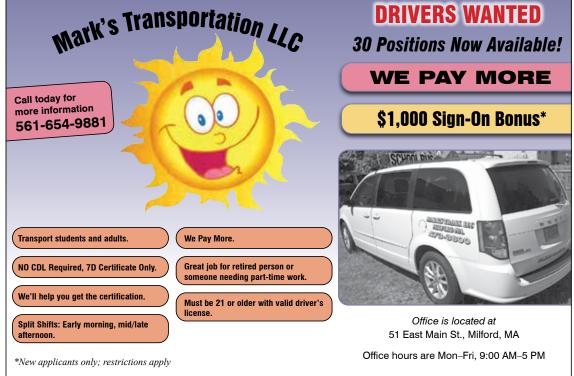
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MAPLE SYRUP

continued from page 1

from gathering a few buckets of sap and cooking it over a campfire to using a tube-based collection operation with reverse osmosis filtering in his production system, which greatly improved efficiency.

Maple syrup has four different basic flavors from the milder golden to the intense very dark. Syrup can also be infused with flavors like vanilla. The Quissett Hill farm store offers sampling at events, with maple and alpaca products available onsite and at QuissettHillFarm.com. Syrup can also be purchased at Mendon's Imperial Gas and Country Store and Kelly's Farm

in Upton.

While Massachusetts is not renowned for maple harvesting, dozens of small-batch farms in the state produce syrup rivaling that of Vermont.

Syrup starts as sap, which is water containing approximately 2% sugar that trees produce for their energy needs. Weather temperatures cycling between below and above 32 degrees create pressure inside a tree, pushing the sap. Tapping a hole in a tree with an attached spout allows the flowing sap to drip into a container. Boiling the collected sap extracts water and raises the sugar content.

"This year, I began tapping in February and expect to continue for six to eight weeks," Gomersall said. "Climate

More Maple Sugar

Woodville Maples, 217 Wood Street, Hopkinton - sells syrup, candies, and honey at their sugar house and at the town's farmers' market. https://bit.ly/3DS6Lxv

Natick Community Organic Farm, 117 Eliot Street, Natick sells bottled syrup and offers ticketed tours (pre-register). https://bit.ly/3DS5vKN

Pure BS Maple Shack, 149 Central Street, Auburn - syrup, maple cream, candy, etc. for sale; also free tours, demonstrations, testings, sap gathering. https://bit.ly/40HmOIA

For additional locations and resources, including how syrup is made, visit MassMaple.org

change is making the start and duration of the sugaring season less predictable."

Buying local syrup instead of syrup transported from far-off factories is one way to reduce emissions that drive climate change. Another benefit of buying local is the pleasure of dealing with neighbors and finding unexpected delights like alpacas at a small family-run operation.



A maple tree being tapped at Mendon's Quissett Hill Farm may be as old as the 1815 house on the property.

Courtesy photo

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Town of Mendon Wins Outstanding Citizenship Award

Upton is a close second

The winner of the Senator Louis Bertonazzi Outstanding Citizenship Award for the election period 2020-2022 is the Town of Mendon.

The towns involved are municipalities that Bertonazzi represented in Worcester and Norfolk counties while he was in office. The aim of the contest is to offer a small competitive incentive for people to exercise the privilege of voting, a privilege won and maintained by the courage and sacrifice of so many over the history of our country.

The award has been given out for 18 years.

Of the 19 towns competing in the five elections of 2021-2022, Mendon turned out the highest percentage of registered voters who actually cast a ballot with 31.20%, barely nosing out the neighboring Town of Upton at 31 percent.

Mendon has now won the award two times. previously, Upton and Northbridge won two times, and Sutton and Grafton each won once.

Mendon Town Clerk Ellen Agro and the Board of Registrars will receive a check from the Bertonazzi Foundation for \$1,000 that may be used to



increase future voter turnout. The Mendon Board of Selectmen will be presented a plaque to be displayed for two years in the Mendon Town Hall. The citizens of Mendon, who earned the award, will receive a huge banner proclaiming Mendon as the "Best Voting Community" in 2021-2022 to be theirs for permanent display.

The other communities involved in this friendly competition include (with their final standings for this round): Hopedale (26.95%), Dudley (25.97%), Westborough (24.08%), Grafton (23.77%),

Blackstone (23.70%), Charlton (23.55%), Uxbridge (22.24%), Sutton (22.16%), Auburn (22.79%), Milford (22.67%), Oxford (20.49%), Bellingham (20.34%), Douglas (20.25%), Millville (19.03%), Northbridge (18.71%) and Southbridge (17.16%).

The Senator Louis Bertonazzi Foundation Board of Directors are Dr. Carl DiGregorio, Chairman; Andrew Diorio, Treasurer; Atty David Bertonazzi, Clerk; Gail Crimaldi; Joseph Nigro; Julie Richards; Ellen Murphy; and Louis Bertonazzi, ex officio.

Cataract Surgery in 2023: Questions and Options

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

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a worldclass surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away

02/15/2023

from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the only reason for this remote referral is financial and business-related interest your provider has with the far-away surgeon. In many of these referrals the referring optometrist and surgeons may also be in violation of the STARK law and anti-kickback statues. Beware referral bias. In our center, we eliminated the middleman. 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

2. What is my cost? Did you know that when your optometrist refers you to a

Amount

\$364,500



surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.

3. What type of anesthesia am I going to get? With modern cataract surgery, most

surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being ask to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

- 4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.
- **5. What is the rate of infections in your center?** Another potentially devastating

risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

6. What type of technology is available at your surgery **facility?** Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assisted bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not

EYES

continued on page 14

Recent Home Sales

Mendon

22 Taft Avenue

,,		1 /
02/15/2023	29 Kinsley Lane	\$555,000
02/03/2023	19 North Avenue	\$443,000
Date	Upton	Amount
02/23/2023	28 Fowler Street	\$595,450
02/15/2023	30 Sienna Circle #56	\$696,430
02/10/2023	13 Claflin Farm Road	\$1.04 mil
02/03/2023	21 Warren Road	\$500,000
01/30/2023	12 Stoddard Street	\$135,000
01/30/2023	57 Shannon Way #75	\$599,995
01/27/2023	26 Fiske Avenue	\$635,000

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



26 Fiske Avenue in Upton recently sold for \$635,000. Photo credit www.zillow.com



EYE CH



Roger M. Kaldawy, M.D.



Shalin Zia, O.D.



John F. Hatch, M.D.



Donald L. Conn, O.D.



MILFORD - FRANKLIN

Bryan Hong, M.D.



Dr. Mai-Khuyen Nguyen, O.D.



Michael R. Adams, O.D.



Dr. Purvi Patel, O.D.



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Upton Town Library Calendar of Events

2 Main Street, Upton • 508-529-6272 • UptonLibrary.org HOURS: Tues. - Thurs. 10-8 • Fri. & Sat. 10-4 • Sun. & Mon. CLOSED

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

Upton Library Moving April 17 - May 2

In May, Upton Library is moving to our new location in the Upton Community Center at 9 Milford Street.

Library services will be closed from April 17 until we reopen on May 2.

Holds will be available for pickup the week of April 17 to April 21. The doors will be closed, but call 508-529-6272 or knock on the door and we'll bring your held items out.

Our collection will be all in boxes, so only items requested through the hold system will be available. Please keep all returns until after we re-open. Due dates will be extended and you can bring items back to us after May 2 in our new location.

Please email or call Matthew Bachtold at mbachtol@cwmars. org 508-529-6272 if you have questions about specific library services during this period.

Tax Forms

Upton Library has a selection of State and Federal Tax forms available.

We have plenty of the Massachusetts Resident tax booklets, and a limited number of the Federal 1040 tax booklets.

If you don't need the full

booklet, we can print copies of any federal forms or schedules that you need, or we can help you locate the forms on the IRS website.

Friends of the Upton Town Library

Friends of the Upton Town Library is busy and growing. We meet the First Thursday of every month in the library from 6 - 8 p.m. Our next Meet and Greet is April 6. Come find out how you can support the library and be a Friend!

Intro to Foraging Program - Community event by Friends of Upton Town Library

Date: March 30 from 6:30 - 8 p.m.

Location: Upton VFW (15 Milford Street)

Description: This foraging presentation will take us through the seasons, focusing on foraging safety, beginner-friendly herbals and edibles and their uses, how to collect and preserve. It will also cover foraging ethics, invasive and native species, along with species to avoid.

Presenter: Rachel Goclawski, Forager, Certified educator, State-Certified in Mushrooming, is a Programmer for The Museum of Natural History, Sudbury Valley Trustees, New England Botanic Garden and other organizations.



Special Events

Spring Reading Challenge begins on March 18. Kids, tweens, and teens can step up to the challenge of reading 5 titles throughout the spring and earn a prize while doing it! Participants may return their completed challenge sheet to the circulation desk to receive their prize kit for a birdfeeder craft. One prize per participant. Our challenge ends May 27.

Library Events – Currently held in the Upton Town Hall

Starting in May, library programs will require pre-registration. Registration for May programs will open April 1. Visit our event calendar at uptonlibrary.org.

Saturday Storytime – March 18 1 p.m.

This special afternoon sto-

rytime held in Town Hall is a blend of our Baby and Preschool storytimes, with stories, songs, and a craft. Best for ages 2-5. Drop-in program.

Music & Movement - Select Tuesdays 10:30 a.m.

Music & Movement with Deb Hudgins will take place March 7 and 21 from 10:30 -11 a.m. Join us for stories, songs, and fun. Best for ages 1-5. Partial funding for this program is through a grant from Beginning Bridges CFCE in Uxbridge. Currently, this is a drop-in program.

Baby Storytime - Fridays at 10:30 a.m.

Baby Storytime is for ages birth to 3 and is every Friday. This is a 20-minute lapsit program featuring stories, songs, and nursery rhymes. For ages 0-3. Currently a drop-in program.

Preschool Storytime – Thursdays at 10:30 a.m.

Preschool Storytime is every Thursday and is for ages 3 to 5. This is a 30-minute program, featuring longer stories, songs, rhymes, and crafts. Currently, storytimes are drop-in programs. For ages 3-5.

Teen Group – Tuesdays 3 p.m.

This group meets weekly every Tuesday from 3 - 4 p.m.

WE WANT TO HEAR FROM YOU!

Email us about an upcoming event or about a concern about things happening around town editor@uptonmendonfreepress.com

and focuses on a new theme each month, sharing books, crafts, games, and more. For March, our theme will be fantasy! This group is for tweens and teens ages 10-16. This is always a drop-in program.

Kids' Book Club - Feb 1, 4 p.m.

Our book club members explore popular juvenile and preteen titles on the first Wednesday of each month. Join us April 6 from 4 - 4:45 p.m., to discuss the nonfiction series "From an Idea to Google/Disney/Nike/LEGO" by Lowey Bundy Sichol. This group is for ages 8-12 and reads mostly middle grade titles. We welcome new members all year round. New members may contact Mrs. Murphy at lmurphy@cwmars.org.

Upton Reads Book Group – Town Hall

An eclectic mix of contemporary literary fiction with meetings on the second Tuesday afternoon and Thursday evening of each month. This group will meet in person at Upton Town Hall, with a Zoom remote option.

Tuesday, March 14 at 12:45 p.m., and Thursday, March 16 at 6:45 p.m.: *The Magnificent Lives of Marjorie Post*, by Allison Patak

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

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Women's History Month

BRADISH

continued from page 1

The Polly Dean Bradish House is still occupied today, and about 20 years ago Upton Historical Society President Tom Bair toured the residence.

"On the second story was a kitchen. The door of a cabinet was opened, and you could see a removeable panel at the back. Behind that was a crawlspace leading to the attic. It's amazing that feature hasn't been lost to renovation," Bair added. It may have been used for hiding a fugitive if authorities came.

Slavery was ruled illegal in Massachusetts in 1780. Some, like Bradish, regularly helped conceal those escaping bondage from other states. The federal Fugitive Slave Law enacted in 1850 levied a \$1,000 fine (equal to about \$38,000 today) and up to six months in jail for abettors, and the escapee was returned to their life in slavery.

Because safe houses needed to be kept secret, records documenting the Underground Railroad are scarce. Bradish is named in "A Journey Through Upton Memories," published in 2014 by the Upton Historical Society. William Brown, a "passenger" on the railroad who later became a noted public speaker, said he was concealed at the Bradish home one night, not long before the Civil War began. Then, "At three o'clock the next morning, Harvey [Ruggles] harnessed his team and carried the slave to a friend in Hopkinton, who was another secret agent on the same route." Ruggles was a fellow abolitionist in Upton and his "team" was likely horses carrying a wagon filled with hay on top of the fugitive.

Though Bradish was outspoken about her surreptitious activities, she was never caught.

Bradish had been an active abolitionist for many years, and in the 1850s, joined the Worcester County South Division Anti-Slavery Society, according to the town's National Register of Historic Places registration form filed with the National Park Service when creating the Upton Center Historic District. Events hosted by the organization featured fiery speeches and served as a means to raise funds for the movement. Bradish was also known for singing at these events, as a way to warm up the crowd.

She was an in-demand speaker at the society and in Upton, and helped to secure prominent guests. Most renowned, Frederick Douglass spoke at the Upton Anti-Slavery Fair in 1844.

Many contemporaries admired Bradish, while others shunned her. Even in northern states, some favored slavery, benefiting from the lower cost of goods produced under slavery in the south. Leading up to the Civil War, an increasing majority in Upton supported abolition, persuaded by Bradish and her compatriots.

While the Bradish home remains intact, Polly's contributions to helping end slavery will stand much longer.

For more information about the abolitionist movement in Upton, and Bradish specifically, visit the Upton Historical Society at 2 N. Main Street or on Facebook at UptonHistoricalSociety

The town's application for the historic district can be found at https://bit.ly/3YYfF53.



The home of Polly Dean Bradish (1797-1876) at 10 North Main St. was a stop on the Underground Railroad. Source: https://bit.ly/3YYfF53

TAFT

continued from page 3

Chapin, edited by Rushton Dashwood Burr."

Prior to Taft's vote, only one other woman – Margaret Brent of Maryland Colony in 1647 – had been known to try but had been thwarted. After Taft's pioneering vote, there are no indications it prompted attempts by other women, or even any attention, until Chapin's book.

Women were legally allowed to vote for the first time

in 1776 in New Jersey, though the right was rescinded 27 years later. Starting in the mid-1800s, prolonged campaigning by suffragists led some towns and states to grant voting rights to women. By 1920, the efforts culminated in the 19th amendment to the United States Constitution, guaranteeing women suffrage.

To recognize her as America's First Woman Voter, in 2004 the Massachusetts legislature designated Route 146A as the Lydia Taft Highway.

There have been questions

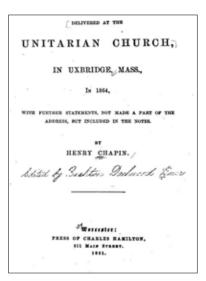
about the honor because no town records reflect Taft's momentous vote.

"There was likely at least a kernel of truth," Schofield surmised. "Maybe a conversation where she informally influenced the outcome, later to be described as a vote."

Regardless of the facts from 1756, Chapin's retelling had a powerful influence. Lydia Taft is now part of the continuum leading to women's suffrage.

The full text of the Burr's book can be found at https://bit.ly/3IzhkXS.

Book cover and Appendix XVI from "Address Delivered at the Unitarian Church, in Uxbridge, Mass., in 1864 with further statements, not made a part of the address, but included in the notes by Henry Chapin, **Edited by Rushton Dash**wood Burr" (1881) which includes text on page 172 referring to "the wife of Josiah" (aka Lydia Chapin Taft born in Mendon), who is purported to have cast the first female vote, in 1756.



APPENDIX XVI.

the legal profession does this branch of the family appear to be, that more than one of the daughters has become a lawyer's wife. Among the "honorable women not a few," who have joined their names and fortunes to the Taft family, mention should be made of the wife of Josiah, the son of Daniel. The days of her widowhood were times of serious trouble for the colonies. Her husband died in 1756. The Preach and Indian war was at hand; the Revolution not far distant. A requisition was made upon the town of Uxbridge for a certain sum of money for colonial purposes. A meeting of the legal voters was held to see if the money should be granted. The estate of Josiah Taft paid the largest tax in Uxbridge, and his son Bezaleel was a minor; but with a stardy sense of justice that there should be "no taxatice without representation," the citizens declared that the widow Josiah Taft should vote upon the question. She did as, and her vote was the one that decided in the affirmative that the money should be paid. Who wonders that her son was a man who had the unbounded confidence of his townsmen, and served them in various offices of honor and trust for forty years! Uxbridge may yet be famous as the pioneer in the cause of woman's suffrage.

Bishop Feehan Announces its Second Quarter Honor Roll

Upton resident Keira Kayrouz receives honors

Bishop Feehan Vice Principal for Academics Charlotte Lourenco is proud to announce the Honor Roll students for the second quarter.

Honorees include Keira Kayrouz, grade 10, of Upton.

Honor Roll is a recognition of high-performing students based on the student's overall average in any given quarter, regardless of the levels of their classes. Bishop Feehan has three levels of Honor Roll. First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher, Second Honors is grade 90.00 or higher, and Third Honors is 85.00 or higher, with no individual grade below 80.



Upton Garden Plots are Available for 2023 Growing Season

Do you want the joy of raising your own local food, but don't have space for a garden of your own? Then join us at the Upton Community Garden.

Most plots are 4 feet by 16 feet raised beds for growing organic vegetables, flowers and herbs. Plots are available to Upton residents and Upton based community groups. Elevated beds may be available for gardeners who have difficulty accessing the standard

height beds. There is a \$10 participation fee to defray costs.

Available plots will be assigned by lottery. A number of plots are reserved for individuals with disabilities, seniors, and community groups. Please indicate if you fit into one of these categories.

To sign up for the 2023 season send a note to CommunityGarden@uptonma.gov by April 1.

Upton Men's Softball Sign-ups

Upton Men's Softball will hold signups for its Sunday morning league on March 25 from noon to 6 p.m. at the Rose Garden

For more information, contact Rick Rankins at 508-509-



5473 or rickrankins@yahoo.com



Mendon Senior Center Programs - March 2023

Qigong - New Session Starting

Wednesday, March 15 at 10 a.m.

The Mendon Senior Center is pleased to offer another session of this popular fitness program. Qigong (pronounced Chee-gong) according to instructor Faith Kennedy is "meditation in motion." It utilizes gentle stretching and breathing exercises. Upon finishing this class students will feel relaxed yet energized. Participants will be seated for the majority of the class. The cost of this eight week session is \$40 payable to the instructor. Please stop by the center or call Melissa Rezek at 508-478-6175 to register.

New Program! Fun & Functional Fitness

Mondays, 9 a.m. Beginning March 20

This six-week grant funded class is designed to introduce people to basic functional movements, focusing on building a body capable of doing real-life activities in real-life positions. Everyday movements such as balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing, and lunging will be made easier while training to improve functional strength. There will be special considerations provided for people with physical limitations (such as arthritis). Another component will be incorporating fun cognitive actives throughout the class. Set to upbeat music, the class, designed for all levels, will also introduce sedentary individuals back into

performing and functioning at a more healthy level. Class size is limited and first time participants will have preference. Please stop by the center or call Melissa Rezek at 508-478-6175 to register.

Instructor Christine Bositis brings to her clients over 35 years of experience in the field of Group Fitness. She has been a Gold Certified (from the American Exercise Association) Group exercise Instructor since 1986. She has also been certified as a Spin instructor and Senior Fitness Instructor. As a former Human Resources professional and trainer, she brings a unique understanding of the importance of work-life balance to her fitness programs.

Music Bingo & Pizza Luncheon

Thursday, March 30 at 11 a.m.

Join us for a trip down memory lane with Music Bingo by Good Thomas. Enjoy the songs of the 50's, 60's and more. You may even win a prize. This returning program is generously sponsored by the Friends of Mendon Elders. The cost of the pizza luncheon following is \$5 per person. Please register for one or both programs. Call 508-478-6175 or stop by the senior center to register for one or both programs. Transportation is available for Mendon residents.

Historical Women presented by Sheryl Faye Eleanor Roosevelt

Wednesday April 12, 1 p.m. After suffering through an unhappy childhood, and losing her parents and one of her brothers, Eleanor Roosevelt figured out where she fit in and could make a difference.



Eleanor Roosevelt

She grew up and became an American politician. She was the longest serving First Lady of the United States. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. She became one of the first delegates to The United Nations and one of the top ten most admired people of the 20th century. In a return engagement to the Mendon Senior Center, Sheryl Faye will present Eleanor Roosevelt on Wednesday. April 12 at 1 p.m.

The Mendon Cultural Council, a member of the Massachusetts Cultural Council, has generously approved this grant-funded program. Please stop by or call the Senior Center at 508-478-6175 to register for this free event. Reserve early, space is limited.

Mendon Yoga

The Mendon Senior Center is pleased to announce the return of evening yoga. These one-hour classes are taught by instructor Faith Kennedy and will begin on April 11 at 6 p.m. The cost is \$65 for 8 weeks. To register, call 508-478-6175 or stop by the Mendon Senior Center. Space is limited.





Nipmuc Regional Drama Guild Spends Vacation Building Sets





The Nipmuc Regional Drama Guild used their vacation week to work on their sets for their upcoming spring production of Disney's Beauty and the Beast. Both parents and students got together to paint, build and assemble sets and create eyecatching costumes for the production which will be March 24 at 7 p.m., March 25 at 2 p.m. and 7 p.m., and March 26 at 2 p.m. following a meet and greet with your favorite characters at 12:30 p.m. Tickets can be purchased at the door \$15 for adults and \$10 for students you can also get your tickets now at ticketstage.com. Come and be our guest! Courtesy photos

Mendon-Upton Regional School District Named Recipient of 2023 Municipal Cybersecurity Awareness Grant

Superintendent Maureen Cohen is pleased to announce that the Mendon-Upton Regional School District has been named a recipient in the 2023 Municipal Cybersecurity Awareness Grant Program.

The Municipal Cybersecurity Awareness Grant Program, offered by the state EOTSS Office of Municipal and School Technology, supports the efforts of municipalities and school districts to improve overall cybersecurity posture.

Awards were announced on Friday, February 9.

Program participants begin their training with an initial cyber strength assessment to measure baseline cybersecurity awareness. Following the assessments, periodic assessments consisting of training modules and simulated phishing email campaigns help participants build good cyber hygiene habits to increase their awareness of deceptive techniques used by bad actors to gain unauthorized access to government systems. At the end of the program, participants complete a final cyber strength assessment to measure their progress.



"Our district could face a cyberthreat at any time, so this training is vital to making sure our staff remains up to date with best practices and keeps us digitally secure," Superintendent Cohen said. "Thank you to the Office of Municipal and School Technology for providing this opportunity."

Overall, the 2023 program will provide over 57,000 employees from 177 municipalities and public school districts across the Commonwealth with critical

cybersecurity training.

"Our administration is committed to providing communities across Massachusetts with the resources they need to defend their technology against potential cyber threats," said Gov. Maura Healey. "We are thrilled to see municipal leaders from across the Commonwealth prioritize cybersecurity by providing this vital training to their employees. Our administration will continue to advocate for resources to further support our partners in municipal government to meet the needs of the constituents they serve."

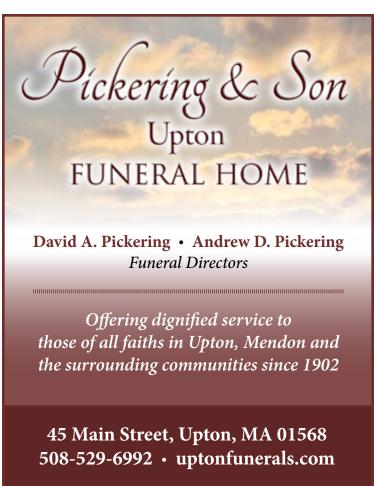
For more on the Municipal Cybersecurity Awareness Grant Program, visit https://bit. ly/3xRKOeQ

Source: www.mursd.org

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Contact Susanne 508-954-8148 sue@sodellconsult.com





EYES

continued from page 9

offer laser-assisted bladeless cataract surgery? We do!

- 7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependance on glasses.
- 8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stich-free.

10. What will be my vision on day 1 after the surgery?

One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the Pan-

Optix and Vivity lens implants. We have trained local and outof-state surgeons on how to perform cataract surgery. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No longer need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and 2 other locations in Milford and Millis. Over 30 thousand procedures performed and 7 providers with your interest in mind offering the best costefficient surgical care in an ambulatory surgery center closer to home.

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SCHOOLS -

BVT Robotics Team Receives \$3,000 Grant from Bayer Fund

Support STEM Education through FIRST® Robotics



Blackstone Valley Regional Vocational Technical High School's Robotics team received a grant to benefit Team 61, The Intimidator.

Courtesy photo

The robotics team at Blackstone Valley Regional Vocational Technical High School (BVT) is the proud recipient of a grant. Bayer Fund, a philanthropic arm of Bayer, recently awarded a one-time \$3,000 grant supporting Team 61, The Intimidator's participation in the FIRST® Robotics competitions to enhance their skills in science and engineering.

Bayer Fund is a nonprofit organization dedicated to strengthening the communities where Bayer customers and employees live and work by providing funding for food and nutrition, education, and community development projects. This grant will allow students to participate in FIRST® Robotics educational programs and competitions. FIRST® enables teams of students to compete with others in building, designing, and programming their own robots to perform preassigned tasks, giving students a chance to get involved with real-world engineering.

"As a Bayer Fund grant recipient, Team 61 will enhance their skills in science and engineering," said Robotics Team Advisor Michael Norton. "Our students will participate in FIRST® Competitions in March utilizing the Bayer Fund funding at the 2023 NE District SE Mass Event FIRST Robotics Competition in Bridgewater, MA, and the Western NE Event in Springfield, MA."

Bayer Fund's sponsorship of FIRST® Robotics teams continues the nonprofit's intentional support of programs that improve STEM education. Over the past five years, Bayer Fund has contributed over \$35 million to STEM outreach efforts.

"The FIRST® Robotics program helps provide the necessary skills for young students to become STEM (science, technology, engineering, and math) leaders," said Al Mitchell, President of Bayer Fund. "This program not only inspires innovation but provides life capabilities such as communication and self-confidence. Bayer Fund is proud to provide grants to student teams to encourage their development into future scientists, engineers, and computer programmers."



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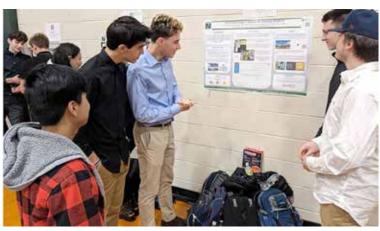
SCHOOLS -

Mendon-Upton Regional School District Shares Success of Annual Nipmuc High School Science and Engineering Symposium

Superintendent Maureen Cohen is pleased to share that Nipmuc Regional High School hosted a successful Science and Engineering Symposium on January 19.

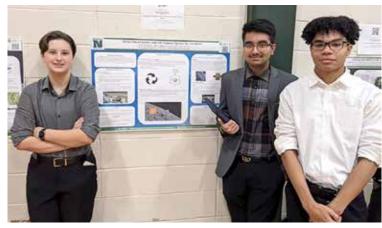
More than 220 students participated in the symposium, where they presented their projects centered on science and engineering. About 150 projects highlighted a variety of topics including: drinking water issues, chemotherapy treatment, eco-friendly energy, enhanced learning, and solar radiation on the moon.

Participating students are studying Anatomy & Physiology, AP Biology, Biotechnology, CHEMgineering, Chemistry, Engineering 1 and



Mark Calabrese from Nipmuc Regional High School presents their symposium project to their peers. Photo courtesy of Mendon-Upton Regional School District

2, Engineering Solutions to Disease, Independent research projects, and Marine Studies. "The Science and Engineering Symposium is a culminating showcase of learning that always leaves me in awe," Superintendent Cohen said. "I'm always so impressed by the depth of knowledge of our students, who used their skills to address the challenges of the



Abigail Gibbons, Jorvan Uppal, and Jonathan Baham from Nipmuc Regional High School stand with their symposium project on "Developing a Closed-Loop Life Support System for the Moon." Photo courtesy of Mendon-Upton Regional School District

world around them."

Teachers, students and more than 120 parents and community members attended.

"Everyone in the Science Department is extremely proud of our students and the positive feedback they received from the attendees," said Science Teacher James Gorman, who coordinated the symposium. "We as a school look forward to continuing this tradition and seeing even more exciting research in the future."

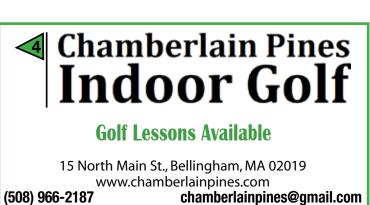
Source: www.mursd.org



Students from Nipmuc Regional High School present projects during the annual symposium. Photo courtesy of Mendon-Upton Regional School District



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SCHOOLS

Nursing Students Pinned as Part of Practical Nursing Program

Blackstone Valley Tech holds ceremony packed with promise

It requires a solid education, skill, and compassion to become a nurse and care for patients. The Moonlight Program in Practical Nursing at Blackstone Valley Regional Vocational Technical High School (BVT) is challenging and rewarding. Its graduates will tell you that pursuing life-changing training takes perseverance, dedication, and hard work.

The adult evening program recently recognized the achievements of the Class of 2023 during a pinning ceremony held at the school. Twenty proud graduates were pinned and received their nursing certificates, marking the culmination of one and a half years and over 1,090 hours

of instruction balanced with work and family obligations.

The ceremony began with a warm welcome from Practical Nursing Coordinator Joann L. Monks, MBA, MSc, RN-BC, RMA, who spoke highly of the program and the accomplishments of the graduates, faculty, and staff to meet the objectives of the program. Monks said, "This class is beyond prepared to test for the National Council Licensure Examination-Practical Nurses exam. We're proud of all you have accomplished in our time together."

Superintendent-Director Dr. Michael F. Fitzpatrick spoke about the need for skilled nurses. He said, "Well-trained, you are



The Moonlight Program in Practical Nursing Class of 2023. Back row: Prosper Amoah, Mary Driscoll, Emmanuel Leke, Michaedis Ateawung, Emily Donnelly, and Jill Keddy. Middle row: Tawanda Small, Jane Natabi, Kaleigh Ndawula, Amanda Scott, Ashley Cormier, and Lisa Barton-Ramos. Front row: Kristen Perham, Kerry Devine, Dawn Atchue, Tracy Silva, Michelle Kluesner, and Catherine Kagunda. Not pictured: Jaqueline Eller and Kelly Schroeder-Mullett. Courtesy photo.

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a valuable resource for the residents, hospitals, and health care providers of the Blackstone Valley and beyond." He also recognized two students, who chose to attend BVT not once but twice, graduates of BVT's Health Services program, Amanda Scott (Class of 2004) and Emily Donnelly (Class of 2019).

Class President Mary Driscoll gave a Class Address. The guest speaker, Assistant Nursing Director at Sterling Village, Jonathan Boutwell, LPN, congratulated the graduates on their journey to becoming nurses and making a difference. In addition to the presentation of the certificates and pins, faculty and legislative awards (the Massachusetts House of Representatives Muradian, Murray, and Soter) provided certificates, and Prosper Amoah, Catherine Kagunda, and Tracey Silva received the Faculty Recognition Award. Representing the Commonwealth of Massachusetts, Senators Ryan Fattman and

Michael Moore congratulated the graduates on their chosen professions and promising careers as nurses.

If you're ready to take that next step toward a new and exciting career, one of the Moonlight Programs might be for you. The Practical Nursing program serves adult learners in District, out of District, and out of State.

For more information, visit www.valleytech.k12.ma.us/practicalnursing.

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MURSD Spanish Immersion Program Prepares for 26th Year

By Scott Calzolaio

Since 1997, the Mendon-Upton Regional School District (MURSD) has been offering their youngest students the opportunity to start down a path of biliteracy.

The Spanish Immersion program at MURSD starts at the kindergarten level, where students learn 100 percent of lessons in Spanish. Spots in the coveted program are always in demand, and students are chosen by lottery.

The program touts a unique opportunity for students to learn a second language while still receiving a comprehensive

education. The program is designed to immerse students in a Spanish-speaking environment, allowing them to develop native-like fluency in reading, writing, speaking, and listening.

Students enrolled in the program will learn all lessons fully in Spanish until grade 3, where the percentage of English speaking classes begins to progressively increase until high school.

"Many Spanish Immersion students continue with the language through high school where courses are specifically designed with the immersion philosophy in mind," accord-

ing to a post made on the "MURSD Spanish Immersion" website. "Research shows many benefits to being bilingual, from cognitive enhancement to global awareness."

One of the key benefits of a Spanish immersion program is that students develop the ability to think in a second language, which is a highly valuable skill, notes the website. By thinking in a second language, students are able to become more proficient communicators and are better able to navigate multicultural

SPANISH

continued on page 17

SCHOOLS

MURSD School Building Highlights



Compiled by Scott Calzolaio Nipmuc High School

Congratulations to Mr.
Gorman and the Engineering
2 students who were featured
last week on WBZ-TV, CBS
Boston News for their "Eye On
Education" segment. This segment highlighted the incredible
achievements of Mr. Gorman's
Engineering 2 class, which recently earned runner-up in an
international competition for

2022 World Space Week. It also covered the unique and amazing collaboration between our students and bluShift Aerospace on their MAREVL 2.0 engine, which is currently under development. If you missed last week's segment, you can find it at https://cbsn.ws/3KSHyYr.

Notes from the School Nurse: Extra COVID Food Funds to End - Federal extra COVID Supplemental Nutrition Assistance Program (SNAP) benefits for families ended on March 2.

Miscoe Hill Middle School

Spring sports registration opened February 9. Baseball, softball and track and field are offered for seventh and eighth grade

only. Navigate to the most recent newsletter on the school website to find the registration form.

On May 13, the Best Buddies group will be walking at Polar Park in Worcester to raise money for Best Buddies International and awareness of inclusion. School leaders encourage everyone to join them. If interested in joining, Navigate to the most recent newsletter on the school website to find the registration form.

Save the dates: March 17- Teacher PD, No School/Full Release for Students April 6- ELA MCAS April 11- ELA MCAS May 9- Math MCAS May 11- Math MCAS May 15- Science MCAS (Grades 5 & 8 Only) May 18- Science MCAS (Grades 5 & 8 Only)

Henry P. Clough Elementary

The Department of Mental Health has launched a new Behavioral Health Help Line that people can call or text at 833-773-2445. It is available 24 hours a day, seven days a week in more than 200 languages. The help line can help individuals and families navigate the behavioral health system and access treatment, including mobile crisis services. For more information, please see the FAQ at www.masshelpline.com/

faq/. Anyone with questions or concerns about the help line can email the help line director at Mio.Tamanaha@mass.gov.

Memorial Elementary

Specialists Night will be returning to Memorial School this year on May 25. Join in for a fun evening showcasing the children's work from their specialist classes. Music and physical education will have specific times designated by last name and grade level. Visit art, library, and technology showcases at your leisure.

Last names A-M will show-case from 5 - 5:55 p.m.

Last names N-Z will show-case from 6:05 - 7 p.m.

SPANISH

continued from page 16

environments.

For English-speaking parents interested in the prospect, homework instructions are provided in both English and Spanish in the early grades, but students are encouraged to take responsibility for their own learning as they progress, helping children develop independence and self-reliance as learners.

While some parents may have concerns about their child's English language development in a Spanish immersion program, according to the site, research shows that students in these programs typically perform as well as their peers on standardized tests. Students must take standardized tests in

English per the Commonwealth of Massachusetts, so their English language skills are still being assessed and developed.

Ultimately, Spanish immersion programs offer a valuable opportunity for students to develop language skills and a multicultural perspective that will benefit them throughout their lives.

Registration for the fall 2023 Kindergarten Spanish Immersion program has passed but prospective fall 2024 Kindergarten parents can request the program during Kindergarten registration. Prior to registration, parents are encouraged to attend both Kindergarten Information Nights and the Spanish Immersion Information Night to learn more about the program.

For more information, visit https://bit.ly/3kooXbC

GRADES	SPANISH	ENGLISH
K-2	100%	0%
3	80%	20%
4	60%	40%
5 & 6	50%	50%
7 - 12	SECONDARY WORLD LANGUAGE	



SPORTS

Record Breaking Season for Nipmuc Girls Track

By Chris Villani Sports Writer

The Nipmuc girls' winter track and field program started to see glimpses of how good it could be last season when the Warriors placed just outside the top-10 in the state. This year, with some experienced veterans and perhaps the most talented group of young runners in the state, the team broke half a dozen records, won a third straight Dual Valley Conference title, and finished as one of the top five teams in its division statewide.

"I don't know the full history of Nipmuc track and field, but I would say this is one of the best seasons we have ever had," said head coach Justin Townsend. "The future looked bright last year and, this year, it was fulfilled." The season came to a close with Nipmuc sending three relay teams to the meet of champions. The 4x400 quartet of Kyah Montano, Anya Montano, Jessica Casey, and Emma Watts broke the school record by three seconds. The best news for Nipmuc, Kyah Montano is the oldest member of the team and she's just a sophomore.

That relay team put Nipmuc over the top in the DVC title meet, when a win in the 4x400 was the difference in outlasting Whitinsville Christian.

"The girls are as good as you can get," Townsend said. "They are deep in the sprints. Our cross country team has filtered into our track program now, and we have a pretty deep distance team. And our throws are coming along as well."



Pictured here are the Nipmuc Girls Track relay teams that qualified for the meet of champions. Courtesy photo



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Gianna Yordonopoulos finished up a five-year career with Nipmuc this winter, setting a school record in the state meet and placing in the event. Emma Nadolski, another veteran, bounced back from an injury to anchor the state-qualifying 4x800 team, qualify for states in the mile and capture a district title in that event.

Freshman Riley Restic emerged as a top hurdler, finishing sixth in the state meet and leading a strong hurdling crew coached by newcomer assistant Jose Dos Santos. Amelia Squires qualified for states in the shot put and is approaching a school record.

The Warriors finished as the runner up in the relay meet and also placed second in the District E Division I state meet, falling just short against a much larger school in Wachusett.

While Nipmuc will be graduating some strong seniors, Townsend said the program has done well in recent years to replace the talent lost with younger athletes.

"We have worked hard to develop the climate and culture by having athletes with a passion for the sport, who enjoy coming to practice every day, and that's produced results," Townsend said. "It can only get better from here."

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SPORTS

BVT Group Helps Medway Hockey Manage Tough Slate

By Chris Villani Sports Writer

Medway girls' ice hockey head coach Karl Infanger wanted to test his team this season and put his players through one of the toughest schedules in the state. The Mustangs co-op responded with a record above .500 and a number 16 ranking in the state at the end of the regular season.

"We faced off against probably three of the top five teams in division II and two of the top teams in division I," Infanger said. "We wanted to make sure this team was battle tested going into the state tournament. We knew there would be times when we took our lumps, but we are better for it."

Medway, which has eight players from Blackstone Valley Tech, was competitive throughout the season. A majority of the team's eight losses were by a single goal and the Mustangs took teams like perennial D1 powerhouse Shrewsbury to the wire.

BVT sophomore Ella Mc-Cann has been a big part of the Mustangs' success as the team's goalie this winter.

"She has been phenomenal

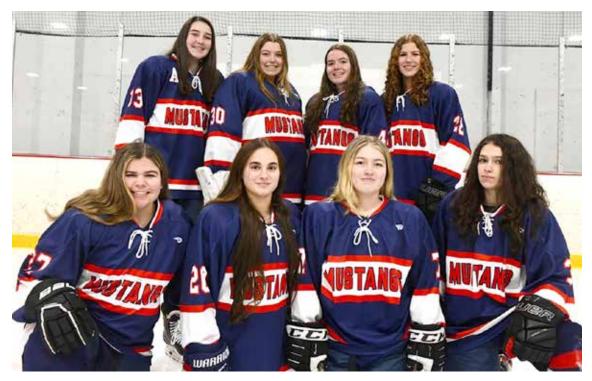
all year," Infanger said. "She is one of the best goalies around and she hasn't given up more than three goals in a game the entire year. Her job is to put us in position to win the game and she has been able to do that every single game this year."

A pair of Valley Tech players have helped boost the Medway offense, with juniors Breanna Reneau and Lily Turcotte adding to the team's attack along with sophomore Skylar Cournoyer.

A number of BVT skaters have also given the Mustangs one of the deepest blue lines in the area. Macyn White, Michaela Gledhill, and Abigail McGovern have all logged significant minutes on defense.

"They have made a tremendous impact," Infanger said.
"We are able to run about six or seven defenders sometimes and all three of them have been great."

The Medway co-op brings together four different schools. In addition to the host school and BVT, the team has athletes from Ashland and Holliston. Getting the group to gel quickly is always a challenge, but In-



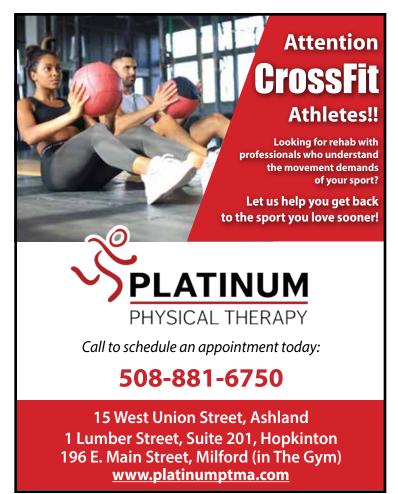
Eight players from Blackstone Valley Tech are part of the Medway team. They include, back row-Bern, McCann, White, Turcotte. Front row- McGovern, Cournoyer, Reneau, Gledhill. Courtesy photo

fanger said the captains made the job much easier this winter, including BVT senior forward Julia Bern, who also ranked among the team's top scoring threats.

"When they talk into the rink, we have that team mentality," Infanger said. "It doesn't matter what school you're from or if you just played against one of your teammates in field hockey a month earlier, when you walk through that door, you're a Mustang."

The team-first mentality has allowed Medway's players to form a strong bond despite coming from different schools. He credited the leadership of the veteran players, like Bern.

"All of the captains have done a tremendous job in making sure all four schools are one team," Infanger said. "It's been great to have that strong leadership from the captains."







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