

# localtownpages Hopedale

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February 2024

## Possible \$500k Prop 2 ½ override an option to balance FY25 budget

**Town officials consider options as health care premiums soar and BVT costs remain undisclosed, cost could be \$209 per resident**

By THERESA KNAPP

In a short presentation to the Hopedale Select Board on Jan. 22, Town Administrator Mitch Ruscitti shared the town's "fiscal reality" which he attributed to "structural issues that contribute to the town's fiscal problems."

"I wanted to get this information out there early so it's not a surprise to anyone," said Ruscitti. The information included a possible \$500,000 Proposition 2 ½ override to balance the town's FY25 budget.

Last year, Hopedale resi-

dents approved a \$1.35 million Proposition 2 ½ override to balance the FY24 budget.

Select Board Chair Glenda Hazard said at the beginning of the override discussion, "We're not saying we want that, we're looking for alternatives for that."

Ruscitti detailed the town's finances by saying, "We do want to bring up the possibility that, the budget being as tight as it is, could require additional funds to maintain level services. My job to the Select Board is to provide recommendations but also provide the public with options and run different sce-



**Rainbow Over Hopedale.** This photograph was taken in January 2024 by Paige Ann and posted on Facebook @Hopedale MA Bulletin Board. Used with permission.

narios because, at the end of the day, it is their decision."

"Our projection as of right now, and some of these things will fluctuate, they are going to change because there are variables that we don't have clarification on and are beyond our control, our projected revenue including our levy and additional state aid and [inaudible] revenue for FY25, as of this

moment is \$30,129,679."

Ruscitti said he has asked town departments to submit budgets "with a projected 3% increase across the board which I feel is fair, a lot of that comes from contractual obligations with employees."

He said there are some town department budgets that will be "substantially lower than they were in FY23 and 24..."

we're looking to make cuts where we can."

"If we were to take everything across the board, including the schools and BVT, [sic] raised just that 3%, our estimated expenditure for FY25 would be \$29,659,466."

Ruscitti said that leaves the

### BUDGET

*continued on page 2*

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**BUDGET**

*continued from page 1*

town approximately \$400,000 as a buffer. He noted there are expected costs the town cannot control such as an undetermined (but likely 12%) increase in the town's health care premium which he said is "one of the main driving cost factors that puts us over our revenue base."

Ruscitti said, "So, if that number were to witness a mod-

est increase, it puts us right at our expenditure limit. These numbers that we've used to budget also include the assumption that the BVT budget will increase by 3% or less, but I will note, for the members of the public that are here, that between FY23 and 24 the BVT budget increased by 28%."

"If things break out in our favor, we're looking at an override somewhere between \$400,000 and \$500,000... Right now, if we were to pass

a half million override, the increase on the average resident would be \$209, it could change."

Hazard said, "I know that's upsetting to people and I just wanted to make it clear that we're working on solutions and that is not our plan to put forward an override."

Select Board member Scott Savage said he doubted BVT would keep its increase to three percent or less, adding, "This is quite upsetting to me especially

considering, regardless of how much I've been trying to push on moving faster and more aggressively with this BVT thing, that we didn't do it as a board, we didn't move quick enough."

Ruscitti responded regarding BVT saying, "The number is relatively small considering some of the other structural issues we have. For example, the projected 10-12% increase that we've been told we will have with our premium share this year for benefits, structurally is

a much larger number."

Hazard said the town's conversation with BVT is continuing "and I think that the budget reated part of it is still something we can achieve in this budget process."

Select Board member Bernie Stock noted the budget "is a moving target when you start in January. I'd be more concerned with the numbers as we get closer to the end of February...Discussion is healthy, keep it on the table."

# School pick up and drop off guidelines

The Hopedale Police Department recently shared these "School pick up and drop off guidelines" on the Hopedale MA Bulletin Board Facebook page.

The Hopedale Police and Hopedale Schools have worked together over the years to make sure drop off and pick is not only safe for our children but as efficient as possible. Please take note of the rules that are already in place and have been for some time now.

When dropping off at Memorial in the morning we ask that vehicles come off of Freedom St.

and proceed down Prospect to drop off. When leaving we ask that you take a right at the bottom of the driveway and exit back onto Freedom. Please do not use Hope St., Union St., or Peace St., to get to school or leave the immediate area.

During pick up for Memorial please park where there are legal areas to do so. We understand that you are only there for a few minutes to pick up children but DO NOT park where there is a sign in from of you that says "No Parking". This will be monitored. Also please do not block drive-

ways or fire hydrants on Adin St. leave a minimum of 5 feet if you are parked near the mouth of a driveway and your vehicle and 10 feet for a hydrant.

HHS drop off also has a few rules that need to be followed. When exiting the driveway of the High School you are only allowed to proceed straight or take a right. Take note of the signage next time when exiting it has been up for years but not always adhered to. Also DO NOT stop anywhere on Adin St or Dutcher St and drop children off when waiting to pull into the driveway.

There are also sign stating No Parking, Standing, or Stopping on Adin or Dutcher.

Lastly when dropping off or picking up at the High School only teachers are allowed to enter and exit the upper lot. There is absolutely NO drop off or pick up from the upper lot. Please make note of the signage there as well. If you are there for pick up for Memorial use the lower lot as that is a municipal lot for any and all to use.

Please take note of these easy rules and please pass them along to anyone who may be picking



up or dropping off at any of our schools. We have these rules in effect for the safety of the children. Thank you.

-HPD/HPS

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# Senior Center News

## Free Tax Prep Assistance

The Hopedale Sr. Center will hold free tax preparation clinics for Seniors and low to moderate income individuals on the following Thursdays: Thursdays (9 am - 2:30 pm) February 8, 15, 22, 29, 2024

March 7, 14, and 21, 2024

The procedure for the program is as follows:

1. Schedule an appointment.
2. Meet with a Tax-Aide volunteer to go through your documents.
3. A Tax-Aide volunteers will complete your Tax Return.
4. You and Tax-Aide volunteer will go over the Tax Return.
5. After you approve and sign the Tax Return, the document will be filed electronically.

Sign-up is required. Call (508)634-2208. You must speak to a Staff member to schedule an appointment. Please try to complete forms prior to your appointment.

Please bring the following documents if applicable:

Prior years' tax returns, Social Security Benefit statement, W-2s, All income documents, Retirement Plan, IRA, and Brokerage statements. If you are filing for Circuit Breaker Credit a copy of your last three (3) years of Real Estate Tax bills and your Water and Sewer bills for the prior filing years.

If you are filing jointly, BOTH of you must be present to sign the tax return.

## We're searching for Volunteers!

The Hopedale senior center needs your help! Will you consider being a Hopedale Senior Center volunteer? It's meaningful work and a lot of fun!

Individuals who have as few as 2 hours a month can help out at the Senior Center.

Volunteers work between the hours of 9:00 am to 3:00 pm weekdays. We especially need Meals on Wheels Drivers.

Call us at (508)634-2208.

## Join us for a "Lunch and Learn" at the Hopedale Senior Center

How do I keep my home and property out of Probate Court?

Thursday, February 22, 2024 -12:00pm

Lunch- 2:00 pm - Presentation-12:45 pm

Listen as the nuts and bolts on how the Registry of Deeds and the Probate Court work together for the residents of Massachusetts.

Join us in a dialogue about land ownership and how probate issues can legally affect what happens to your property. We will provide introductory information and give an overview about Deeds, Homesteads, Trusts and Estates.

Lunch is: Choice of sandwich, (Roast Beef or Turkey club), chips, cookie, and coffee - \$5.00 p.p.

Reservations required. Call

the Senior Center at (508)634-2208. Payment is due at time of sign-up.

Presenters: Katherine Toomey, Registry of Deeds and Stephanie Fattman, Probate Court

## Bucket List Workshop

An evening to explore what's truly on your list

Presented by: Rosemary Tsacoyianis RN, MS

Rescheduled-Thursday February 8, 2024 - 7:00 pm

Hopedale senior center 43 Hope St. (community house) Hopedale

Adults of all ages welcome Please register: 508-634-2208 - no charge

# Hopedale provides mutual aid to Mendon house fire

On Jan. 23, the Hopedale Fire Department posted about this house fire in Mendon.

"Just after 1am, Ladder 1,

Strong work by all involved. Milford Fire Department, Upton Fire & EMS, Northbridge Fire Department, Millville Fire Res-



Tanker 2 and Car 1 responded to the town of Mendon for a house fire. Mendon Fire Department arrived to a fully-involved attached garage. No injuries were reported. The fire was under control in about an hour.

cue, Bellingham Firefighters Local 2071, Uxbridge Fire Department, Douglas Fire Dept, Sutton Fire."

Source: Facebook @Hopedale Fire Department

# Library's "Check Out Challenge" ends March 2

The Bancroft Memorial Library has invited all students at the Memorial Elementary School to participate in a new "Check Out Challenge."

When students visit the library

and borrow an item, they will earn points for their class. The top three classrooms with the most points will receive prizes.

The program runs from Feb. 1 to

March 2.

For more information, contact Miss Laura at the library.

Source: www.hopedale-ma.gov/bancroft-memorial-library



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- A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.

# Hopedale creates position paper regarding BVT financial impact and structure

By THERESA KNAPP

The Hopedale Select Board has created a position paper related to how Blackstone Valley Regional Vocational Technical High School sets its budget and presents that budget to member towns.

Traditionally, BVT presents its budget to its 13 member towns who have no influence over the total amount. It is, in fact, an invoice they must pay in full, and often presents an annual problem for an often cash-strapped Hopedale.

In October, Hopedale town officials called a meeting of all BVT member towns to discuss the issues surrounding the BVT model and finances. [Find that full story at bit.ly/

HopedaleBVTsummit]

The December seven-point memo, which will be circulated publicly, captures Hopedale's concerns. BVT should:

Adopt policies that lead to their student body mirroring the communities they serve;

Cap student attendance at 15% of any given student body cohort;

Present a detailed capital plan and establish a stabilization fund to pay for and plan for capital improvements;

Present its annual budget to member communities as a singular group, not at individual town meetings as is the current practice;

Cap annual school budget at the mean budgetary increase (or decrease) of respective individual municipal high schools, excluding the singular lowest and highest outlier values;

Provide all information pertaining to capital improvements that trigger procurement regulations; and

Be aware the Town of Hopedale advocates for a change in the charter that would require 75% of member communities to vote for material changes, instead of the current requirement of 100% support.

Read the full memo at bit.ly/HopedaleBVTmemo

At the same meeting, Ruscitti noted that BVT representatives have told him they will not have a completed budget until March. That news was not well received by Hopedale town officials since the town's annual town meeting – at which it must approve the next year's budget – follows soon after in May. BVT's March presentation of a must-pay invoice could leave Hopedale scrambling to make adjustments within its own budget which it does control.

To see Hopedale's "BVT Position Paper," visit www.hopedale-ma.gov/sites/g/files/vyhlif711/f/agendas/packet\_1-8-24\_meeting.pdf

# BVT first trimester Commendation List

Acknowledging Academic & Vocational Achievements – January 5, 2024

Blackstone Valley Regional Vocational Technical High School Superintendent-Director's Commendation List for the first trimester of the 2023–2024 school year has been released. BVT students must meet rigorous standards to be named to the Commendation List, such as maintaining a grade point average of 88 percent or above in each technical, related, and academic course for the trimester. Congratulations to these Hopedale students:

**SENIORS (Class of 2024)**  
Igor Freeman, Engineering & Robotics; Ashlyn Leonard, Health Services; Josh Maillet, Automotive Technology; Eleanor Poitras, Health Services; Avery Sanosi, Culinary Arts; and Mi-

kayla Sanosi, Multimedia Communications.

**JUNIORS (Class of 2025)**  
Kallie Allen, Biotechnology; Nathaniel Allen, Information Technology; Benjamin Catalogna, Information Technology; Eric Deppe, Engineering & Robotics; Alexander Fumia, Advanced Manufacturing & Fabrication; Connor Griffin, Electrical; Gabriella Griffin, Health Services; Declan Reilly, Information Technology; and Christopher Russell, Biotechnology.

**SOPHOMORES (Class of 2026)** Jason Abbruzzese, Engineering & Robotics; Isabella-Marie Adriko, Engineering & Robotics; Ella Foster, Engineering & Robotics; Evan Griffin, Information Technology; Ethan Novelli, Multimedia Communications; and Shiv Patel, Engineering & Robotics.

# Kindergarten Registration

Kindergarten registration for the 2024-2025 school year will be held Monday, Feb. 5, 2024, through Friday, Feb. 9, 2024, from 8:30 a.m.- 3:30 p.m.

Registration packets will be sent to families of eligible children during the week of Jan. 15, 2024. If you do not receive a packet by Wednesday, Jan. 24, 2024, please call the school office at 508-634-2214x8.

Registration paperwork can be dropped off at the office, emailed

to ltuite@hopedaleschools.org or mailed to Hopedale Memorial School, 6 Prospect St., Hopedale, MA 01747.

Please be sure all paperwork is completed and any necessary documents needed to register are with your packet. This registration is for Hopedale residents only.

Please Note: Your child must be 5 years old on or before Aug. 31, 2024, to be eligible for kindergarten this year.

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# Hopedale new personnel policy went into effect Jan. 1

## New policy more adaptable, easier to change

By THERESA KNAPP

Hopedale Annual Town Meeting voted in May 2023 to delete the personnel bylaw from the town bylaws and replace it with a personnel policy which would be easier to amend when needed.

In December, the Select Board approved and adopted a new personnel policy that went

into effect on Jan. 1, 2024.

Town Administrator Mitchell Ruscitti explained the “more adaptive policy” includes information that was in the personnel bylaw and also reflects recent decisions related to union contracts.

“The benefit to the town to having Select Board-approved personnel policies and procedures allows the town to adapt more rapidly to social change,

other norms as it pertains to benefits, vacation days, time off. This really should not be in a bylaw simply because bylaws take an enormous process to change,” Ruscitti said, noting the recent addition of the Juneteenth holiday and the process required to make that change in a town bylaw.

The Select Board voted unanimously to adopt the new policy.

# Winners of 2023 Hopedale Holiday Lights Contest announced

In December, the Friends of Historic Hopedale announced the winners of the 2023 Hopedale Holiday Lights Contest on its Facebook page. The results were not available in time for Hopedale Town News’ January edition, so we now offer a belated ‘Congratulations’ to the winners of the 2023 contest. For the full video featuring the winners, visit [bit.ly/FOHHolidayLightsContest2023](http://bit.ly/FOHHolidayLightsContest2023)



The winners of the 2023 Hopedale Holiday Lights Contest were announced on the Friends of Historic Hopedale Facebook page. Photo source: Facebook at [bit.ly/FOHHolidayLightsContest2023](http://bit.ly/FOHHolidayLightsContest2023)

Original post:

We would like to thank everyone who entered the 2023 Hopedale Holiday Lights Contest for their hard work and holiday spirit! This year we had a record number of voters and many comments letting us know just how much folks love driving around to ALL of the houses on the list! Thank you for making Hopedale a little brighter! The 2023 winners are:

- First Place: 90 Adin Street
  - Second Place: 221 Dutcher Street
  - Third Place: 67 Daniels Street
  - People’s Choice Award: 23 Mellen Street
- Source: [www.facebook.com/FriendsofHistoricHopedale](http://www.facebook.com/FriendsofHistoricHopedale)

# Recent Special Town Meeting passed all articles unanimously

By THERESA KNAPP

On Nov. 29, Hopedale held a Special Town Meeting at which all articles passed unanimously. Those articles included:

- Bancroft Memorial Library HVAC systems repair/replacement – passed
- Prior year’s bills – passed
- Prior year fire department overtime expenses – passed
- Supplement FY24 budgets – passed
- Rescind borrowing authorization – passed
- Pay off debt and interest – passed
- Close out accounts – passed
- Amend FY24 Water Department budget – passed

Acquire access easement on Crockett Circle – passed

Establish aid to the elderly and disabled taxation fund – passed

Purchase fire truck – passed

Water Department technology updates – passed

To see the full warrant, visit [www.hopedale-ma.gov/sites/g/files/vyhli711/f/minutes/2023\\_november\\_stm\\_minutes.pdf](http://www.hopedale-ma.gov/sites/g/files/vyhli711/f/minutes/2023_november_stm_minutes.pdf)

*Editor’s note: These results were not available by the deadline for our January edition*

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

By CHRISTIE VOGT  
CONTRIBUTING WRITER

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 has an environmentally friendly approach to disposal in which



it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

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 invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have

## Business spotlight

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 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to 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



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

I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."


As for Hopedale in particular, Schadler says they are proud to have many repeat customers and friends in the area. The Schadlers live in nearby Milford and have coached and sponsored many youth sports activities in both Hopedale and Milford.

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 [affordablejunkremoval.com](http://affordablejunkremoval.com).

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# 2024 Boy's/Girl's State and Student Trooper Programs Open to HHS Class of 2025

The Hopedale Alumni Association is pleased to sponsor two candidates from this year's Junior class to participate in the American Legion Boy's and Girl's State programs, to be held at Stonehill College June 15-21, 2024.

These unique offerings are

designed to teach democratic values, improve knowledge of government, and encourage citizen involvement through an intensive week-long program that immerses students in grass roots democracy.

The Alumni Association

will also sponsor one candidate (age 15-17), to participate in the American Legion's Student Trooper program at the Massachusetts State Police Academy (dates TBD but last year's sessions were in August).

The Student Trooper Pro-

gram is designed to provide insight and an understanding into what jobs in law enforcement look like, what is involved in their training, and to expose those interested to the everyday demands that a career in law enforcement entails.

Interested students from the Class of 2025 can reach out to the HHS Alumni Association at [hopedalealumni@gmail.com](mailto:hopedalealumni@gmail.com) to request additional details on any of these programs.

# Town Reaches New Union Agreement With Masscop Local #164

Negotiations for a new three-year contract for MASSCOP Local #164 began in October of 2023 and concluded in January of 2024, with a signed contract voted by the Hopedale Select Board on Jan. 8.

Parameters of the contract include provisions that provide the town of Hopedale financial relief while also strengthening the Hopedale Police Department during its pursuit of Accreditation.

This new agreement provides a foundation for continued future excellence among projected upcoming retirements.

Specific contract provisions are as follows: Cost of Living Adjustments (COLAs) of 1.5%, 2.5%, and 2.5% respectively; a cap on working hours to prevent work-related fatigue and hazards; an adjustment to private detail rates to be competitive with surrounding departments; a fixed rate health-

care opt out incentive projected to save the Town between \$297,014-\$500,177 over the next 5 fiscal years; and additional educational incentives that guarantee future officers are highly trained, qualified, and educated in their field.

The Town of Hopedale is committed to supporting its first responders and public safety officials and the work they do in the community, while also being responsible with the town's fiscal resources.

"This deal is a win-win for both the Town and the union. Right now, we have a great core group of dedicated officers that are like family. This agreement lays the foundation that ensures the overall quality of the Department and policing that the town of Hopedale has come to appreciate and respect - a culture cultivated by Chief Giovannella - stays intact for years to come. I am very pleased we were able to come together to get a mutually beneficial agreement in place that I believe is exceptional"

said Town Administrator Mitch Ruscitti.

Union lead HPD Sergeant Ricardo Lima added that "right now, our team consists of officers that love serving in this community. Over the years, we have built a great rapport with the residents of Hopedale, and care deeply about the Town." He added "we are glad we were able to come to an agreement with the Town that respects and acknowledges the Town's overall financial position,"

# Scholarship Application Time For 2024 & 2023 HHS Graduates

CLASS OF 2024: The Hopedale High School Alumni Association is pleased to announce that it is now accepting scholarship applications from this year's class. Multiple Alumni and Horne Memorial scholarships are once again available and, as in previous years, the Association will offer awards totaling upwards of \$80,000 to deserving graduates. Scholarships will be awarded on merits of character, leadership, academic

achievement, service to the community, special achievements, and financial need. One application covers all scholarships. The selection committee will meet in April, and recipients will be notified at graduation exercises.

CLASS OF 2023: Ten Horne Memorial Scholarships of \$3,000 each are available to graduates from this class. All 2023 graduates currently attending college are welcome to apply.

Only applications received by

April 1, 2024 - meeting all criteria listed - will be considered. Selections will be made in April, and notification letters will be emailed to recipients by the selection committee.

Application forms for all scholarships will be available in February on the HHS Alumni website ([hopedale-alumni.org](http://hopedale-alumni.org)). Without exception, only fully completed applications received by April 1, will be considered.

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(508) 381-0249

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# Man arrested for breaking into shed on Dutcher St.

The Hopedale Police Department issued this media release on Jan. 9.

“On Tuesday January 9, 2024 at 1245 hours, Disp. Messier received an E911 call in the area of [omitted] Dutcher St reporting a possible Breaking and Entering. The reporting party stated there was an unknown male inside her shed and initially reported the suspect was still inside. Chief Giovanella and Detective Dean were first to arrive in the area. The reporting party advised that the suspect had just taken off on foot and was able to point out the suspect

as he was walking away. Officers caught up to the party and he was immediately detained without incident. After investigation, the male party later identified as David Hughes, Age 45 of Billerica (currently homeless), was arrested and charged with the following: 1. Breaking and Entering. Mr. Hughes was taken to HPD and booked before being transported to Milford District Court for arraignment.”

Source: Facebook @hopedalepolicedept



# Annual Pancake Breakfast

The Troop 14 pancake breakfast fundraiser in Holliston has been a mainstay for over 30 years.

The pancake breakfast, at which the scouts prepare and serve breakfast to the community at large, is both a community service activity as well as a fundraising activity.

Funds earned are used to support troop activities throughout the year – camping, hiking, rank advancement, as well as community service projects.

The troop is sponsored by St. Mary’s in Holliston, and as such, that is where the event is held. This event is held in conjunction with National Boy Scout

Sunday, which is celebrated across the nation on the first Sunday of February.

February 4th, 2023, Time – 8am till Noon; Father Haley Hall, St Mary’s Church, Washington Street

Cost - \$5 per person, MAX \$20/family – (any scout in UNIFORM free admission)

# Thanks To Yanks and Northern Management Group LLC Support Massachusetts Deployed Military with Generous Donation to 3/126th AVN Battalion

Thanks To Yanks, a non-political 501(c)(3) organization and Northern Management Group LLC, owner and operator of 24 Dunkin’® shops, strong proponents of supporting those who serve, donates Dunkin’® coffee to 3/126th AVN Battalion deployed active duty Massachusetts National Guard military members.

Thanks To Yanks’ mission is to support military members, veterans, and their families. We

are also engaged in community building including school, civic, and religious groups with programs that support our military, veterans and their families. Northern Management Group LLC’s generous donation promotes support and compassion for our deployed troops and their families.

“I offer my sincere thanks to Northern Management Group LLC for their donation and support to the military community”

said Mike Shalin, Founder & President, Thanks To Yanks. “We are honored with your generosity in supporting our troops”.

Thanks to Yanks is a non-political 501(c)(3) organization whose mission is to support military members, veterans, and their families. For additional information regarding Thanks To Yanks, please visit our website or follow us on X, Facebook and Instagram.

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**Your Money, Your Independence**

# Frugal February... A Different Take, One That's Sustainable.



Glenn Brown, CFP

Seen the "Frugal February" challenge recently?

The main idea is following holiday indulgences and resolutions being forgotten, use February (only 28 days) to do something difficult but important – get your finances back on track.

Popularity has grown amongst the F.I.R.E. (Financial Independence, Retire Early) bloggers. You know, the supposedly "retired at 33" gurus that post multiple times a day to promote a website with 6 Google ads and links for annual subscriptions payable to their LLC.

### The challenge with this challenge?

Many use Frugal February as a month to not spend. While noble, how sustainable is this for improved outcomes, "Wow, \$2,200 saved last month, we deserve a vacation in the Caribbean!"?

Instead, let's discuss actions that provide yearlong benefits plus a better time to start.

### Finding Time to Focus.

Weekends are likely full of family activities, kids sports and honey-do lists. Add an unofficial national holiday, Super Bowl Sunday, and it's easy to be derailed.

So wait, start February 12th and go through March 11th. Kids activities have a break between winter to spring and family activities may be in a lull.

### Focus One: Credit Utilization.

Run your annual credit report. If not above 780, plan to fix so it improves your future cost of borrowing.

Next, review your terms (interest rates, fees, available limits) of credit cards, loans and HELOCs, including the zero balances.

Also consolidate to 2-3 credit cards with high limits, then use one primarily that's paid off monthly. Now it's easier to track expenses for budgeting and maximizing rewards.

Speaking of rewards, shift from air/hotel rewards to cash back automatically used the following month on purchases. Consider how often air/hotel programs update for a destruction of stored value. A \$400 flight now likely needs 25,000 miles, whereas get 5% cash back on annual \$25,000 spend, \$1,250 was used on following month purchases.

### Focus Two: Shop Insurance.

Been 3 years since shopped home, auto, umbrella and/or pet insurance? Good chance it increased over +30% without any claims to "cover increasing costs".

While partially true, consider, "We noticed you're still here, so we're betting on autopay and inertia to increase profits."

### Focus Three: Your Automatic Payments.

Review all automatic payments and use of those services/products.

Yes, it's easy to cancel Peacock after a NFL playoff game. But what of subscriptions on products shipped by Amazon, Instacart, DoorDash? Are you still using it, how frequently and can it be found at a lower price?

What of new bundles offered to better meet your needs? Talking about subscription plans for your cellphone, internet, cable/streaming, music, fitness, data storage, kids gaming, kids activities, club memberships, pet supplies, etc.

### Focus Four: Organize to Live with Less.

Declutter, purge, or just throw (bleep) out. Feng Shui touts the benefits of energy and flow, but to me it reduces the need to buy stuff that will re-clutter your space.

Speaking of space, if paying for a storage unit, please stop. At \$200 a month, \$2,400 annually and \$12,000 over 5 years, is the crap not good enough to be in your home worth \$12,000?

How about even \$1,000? Prove it by listing for sale.

Get \$600, then a \$3,000 win/win (or 3X return) over next 12 months.

### Focus Five: Finish Your Taxes.

With taxes done by March 11th, there is time to complete deadline items like funding an IRA or Backdoor Roth, plus gain ~10 months to impact 2024 from discovery within the return. Also, you're worry-free for March Madness, St. Patrick's Day and kid's new spring activities.

To get more sustainable ways

to improve finances, speak with your Certified Financial Planner.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of Plan-Dynamic, LLC, [www.PlanDynamic.com](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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## Hopedale early voting starts Feb. 24

The Hopedale Select Board has approved early voting for the March 5 Presidential Primary.

At its meeting on Jan. 22, the board approved the following hours:

Sat., Feb. 24, from 9 a.m. to 1 p.m.

Mon., Feb. 26, from 9 a.m. to 3 p.m.

Tue., Feb. 27, from 9 a.m. to 3 p.m.

Wed., Feb. 28, from 9 a.m. to 3 p.m.

Thurs., Feb. 29, from 9 a.m. to 3 p.m.

Fri., March 1, from 9 a.m. to 12 p.m.

Early voting will take place in the Town Clerk's Office at Town Hall, 78 Hopedale St.

The last day to register to vote is Feb. 24 at 5 p.m.

March 5 is Presidential Primary Day on which the election polls will be open from 7 a.m. to 8 p.m. at the Draper Gym, 13 Dutcher Street.

Source: [www.hopedale-ma.gov](http://www.hopedale-ma.gov)

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# Bancroft Memorial Library

50 Hopedale Street, Hopedale MA 01747

Contact: Tricia Perry, Library Director 508-634-2209  
tperry@cwmar.org

## Presidents' Day

The Bancroft Memorial Library will be closed on Monday, February 19 in observance of Presidents' Day.

## Community Conversations Sponsored by Hopedale For Change

Community Conversations will meet this month on Wednesday, February 7 at 6:30pm. If you are interested in joining the conversation, please sign up at the Circulation Desk or online on our website.

## Helen Symonds Book Group

The Helen Symonds Book Group will meet Wednesday, February 7 at 1:00 pm in the Library meeting room. We will discuss Remarkably Bright Creatures by Shelby Van Pelt. "Marcellus is a giant Pacific octopus living in the Puget Sound's Sowell Bay Aquarium. He is befriended by Tova, the 70-year-old widow who cleans the aquarium and shines the glass of Marcellus's tank. Tova still grieves the disappearance of her only child Erik 30 years earlier, and the recent death of her husband. Cam, a rock musician who's lost his band, his job, and his girlfriend, finds the Sowell Bay High School class ring of his long-gone mother and heads out to track down the father he never knew and finds a temporary job at the aquarium. Van Pelt has written an irresistibly wonderful, warm, funny, heartbreaking novel, full of gentle people (and one octopus) bravely powering through their individual scars left by lives that have beaten them up but have not brought them down." - adapted from CWMARS catalog

## Maker Mondays

Join our evening crafting workshop for adults at Bancroft Memorial Library on Monday, February 12 at 6:00pm! This month, we will be joined again by Talia Lefton. Learn how to make woodland animals! Registration is required and space is limited.

## An Evening with Romance Authors Ali Hazelwood, Nikki Payne & Denise Williams on Zoom

Authors Ali Hazelwood, Nikki Payne, and Denise Williams will discuss their latest romance novels in this unforgettable panel discussion followed by an audience Q&A on Monday, February 26 at 7pm on Zoom. This program was made possible by a collaborative partnership between the Tewksbury Public Library and 50 public libraries in Massachusetts and New Hampshire. Register on our website! Registrants will receive a link to access the Zoom Webinar via email.

## News from The Friends of the Hopedale Library

### New England UFOs

The Friends of the Hopedale Library are pleased to present "New England UFOs" with writer and TV personality Ronny LeBlanc on February 28th at 6:30pm in the downstairs program room. Ronny LeBlanc, of Discovery Channel's "Expedition Bigfoot" and Travel Channel's "Paranormal Caught on Camera", will present the strange and mysterious history of UFOs in New England, including information about recent sightings. Did you know the first sighting of a UFO occurred in Massachusetts? Ronny will explore the New England unknown as he highlights excerpts from his book *Monsterland: Encounters with UFOs, Bigfoot, and Orange Orbs!* Books will be available for purchase after the presentation and Q & A. To register, please sign up at the upstairs circulation desk, call 508-634-2209, or use the online event sign up on the Library website.

### The Irish in America

Mary King and friends will return to the Library to present their popular "Irish in America" program on Wednesday, March 6th at 6:30 pm. Irish immigrants captured the heart of the nation with their mix of Irish jigs, ballads, folk songs, storytelling, and humor. Their music was influenced by their travels throughout New England, the Midwest, Appalachia, and the West. Celtic traditions were infused with new styles and instruments creating a new voice to their culture, along with the old. Get your green on, warm up your voice, and enjoy

the warmth, spirit, and hilarity. Mary King often teaches a beginner's Irish jig before the start of the program. All ages are welcome. There is no charge to attend this program but registration is requested. To register, please sign up at the upstairs circulation desk, call 508-634-2209, or use the online event sign up on the Library website.

## Ongoing Book Sale

Did you know that you can support the Friends of the Hopedale Library anytime the Library is open by shopping at the Ongoing Book sale? We offer a selection of adult and children's titles, and even puzzles! You can find the sale area just outside the Program Room. All monies raised from our fundraisers go right back to the Bancroft Memorial Library to pay for children's and adult programs, museum passes and other expenses not covered by the Library budget. Thank you for your support!

## Join the Friends!

We are a volunteer, non-profit organization. Our purpose is to stimulate interest in the use of the Library, focus attention on community services the Library offers, and raise funds for equipment, materials, and programs not covered by the Library's regular operating budget. We assist library staff as needed for special events. Our fundraising supports the museum pass program and children's and adult programming, including summer reading. Our next Executive Board meeting is Wednesday, February 14th at 6:30 pm. We love new members!

## News from the Marjorie Hattersley Children's Room

Registration is encouraged but not required for all events. Please visit our website to register online.

## CHECK OUT CHALLENGE!

This year we invite all students at Memorial Elementary School to participate in a new CHECK OUT CHALLENGE. When you visit the Library and borrow an item, you will earn points for your class. The top three classrooms with the most points will receive prizes. The program runs



from February 1 through March 2. If you have any questions, please contact Miss Laura at the Library.

**Rhyme Time** - Ages 2 - 4 years - Every Tuesday(2/6, 13, 27) 10:00am

**Toddler Tunes** - Ages 1 - 3 - Every Tuesday(2/6, 13, 27) 11:00am

**Teen Advisory** - Grades 6 - 12 - 1st Wednesday(2/7) 5pm  
Share pizza and play video games! Registration required.

**Alpha-nauts!** - Ages 4 - 6 - Every Thursday(2/8, 15, 29) 10am  
Registration required.

**Busy Babies** - Ages 0 - 18 mos - Every Thursday(2/8, 15, 29) 11am

**Saturday Family Fun** - Families- Saturdays(2/3, 2/17) 11am-1pm  
Have some fun at the Library! Drop in. Check the calendar for more information.

**Elementary Engineers** - Ages 5-7 - 2nd Monday(2/12) 1pm  
Registration is required and is limited to 8 attendees.

**Book Cubs** - Grades 2 - 3 - 2nd Wednesday(2/14) 4pm  
Registration required.

**Desserts and Discussions** - Wednesday(2/7) 6:30pm presented by the Milford Family & Community Network at the Library. Come connect with other parents to share stories, challenges and triumphs. This is a fun night for parents/caregivers only. This will be a participant led discussion so bring your questions, concerns & advice. Call

508-277-4981 to register. The Milford Family & Community Network is a Coordinated Family Community Engagement grant funded by the Massachusetts Department of Early Education and Care and awarded to Milford Public Schools.

## February Vacation Fun at the Library

Join us for fun activities throughout the week! The theme is Fairy Tales!

Tuesday(2/20) 11am-1pm  
**Edible Fairy Tale Houses**

Make an edible Hansel and Gretel candy house and a Three Little Pigs pretzel and mini-marshmallows house!

Wednesday(2/21) 1pm **Movie**

Today's movie is about critter detectives who solve a sweet crime involving a girl with a red hood and Granny's goodies business.

Thursday(2/22) 11am-1pm  
**Make Fairy Wings and Wands and Swords and Shields!** Drop in.

Friday(2/23) 2pm **Minute to Win It Games** Ages 10+

Win prizes! Registration is required. Space is limited. May the odds be ever in your favor!

Saturday(2/24) 11am-12pm  
**Character Visit**

Peter Pan and Tinkerbell will be flying in to say HI to everyone in Hopedale today! They will tell a story and visit with everyone - you can have your picture taken with them too! Registration is required and picture order will be based upon the registration list.

For updates throughout the month, friend us on Facebook and sign up at [www.wowbrary.org](http://www.wowbrary.org) to discover the Library's newest books, movies and music. Our webpage is <https://www.hopedale-ma.gov/bancroft-memorial-library>.

# The Return of the Pantry's "SOUP"er Bowl Event

We are excited to celebrate the return of the Holliston Pantry Shelf's annual "SOUP"er bowl

Green for the "Back to the 80's Dance"!.

We have an amazing show of support from our local businesses. The cornerstone of this event is the soups and our Local businesses responded with a resounding show of support that gives us a delicious menu this year:

- Bar Athena - Sausage, Bean, and Winter Vegetable
- Bazels - Butternut Squash Soup (GF)
- Bertucci's - Lentil Soup (Vegan)
- Casey's - Chicken Dumpling Soup
- Outpost Farm - Broccoli Cheddar Soup
- Superette - Chicken Noodle Soup

The fundraising part of our event comes from sponsorships and ticket sales. We are thankful to have secured the 26 sponsors to be on the infamous "soup mug" that is given to each adult ticket holder. It is with much gratitude that we share with you the 2024 "SOUP"er bowl sponsors:

## Six (6) SUPERBOWL LEVEL SPONSORS:

- Historical Painting (Alberto Costa)
- Nicholson Plumbing, Electrical, Heating and Air Conditioning
- Ron and Megan Hovsepian
- Sweeney Custom Homes and Renovations (Bryan Sweeney)
- The Krantz Family
- Travel Concepts (Chris Celorier)

## Twenty (20) DIVISIONAL LEVEL SPONSORS:

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- Bradford Leisure Time Activities
- Charles J. Kelly Family
- CommCan
- Diane Regan, Realty Executives
- Fiske's General Store
- Harellick Dental Associates
- Holiday Dreams Foundation

- Holliston Complete Dentistry
- Holliston Oil Service
- Holliston True Value
- In Memory of R.A. Hovsepian
- Jack's Automotive
- Jay Marsden Law/Solares Hill Advisors
- Karen Jewett, LAER Realty
- Kathy Chisholm, Realty Executives
- Knights of Columbus, Council 14224
- M.E. Dellicker Construction Co.
- Strictly Pruning
- Village Auto Service Center

- General Admission is \$25
- Seniors (60 and older) are \$20
- There is a Family Cap of \$75 and children under 6 years of age are free.

All adult ticket holders will receive a "mug" at the event. Please visit our website at [HollistonPantryShelf.org](http://HollistonPantryShelf.org) and click on the "SOUP"er Bowl 2024" tab to purchase your tickets. There are also posters at many of the stores and organizations across town with an easy to scan QR code. There are no physical tickets needed. Your emailed receipt of purchase is your confirmation. Anyone who needs help with tickets, technology, or alternative ways to pay (writing a check) is asked to call or text Karen (774) 253 -0694 or email us at [President.HollistonPantryShelf@gmail.com](mailto:President.HollistonPantryShelf@gmail.com). We are hosting some ticket purchasing sessions with our team members at the Senior Center and Holliston Public Library in the upcoming weeks. Please call if you want more info or need help. We look forward to seeing you for some soup and socializing on Feb. 9.

Taking the step to support our neighbors in need shows true compassion of character. In the words of Coretta Scott King, "The greatness of a community is most accurately measured by the compassionate actions of its members". Based on this, our community is pretty great! Tickets are on sale now.



event that was forced into a hiatus for a few years (thank you COVID-19!). The board members and volunteers alike are beaming with joy to host the 14th Annual "SOUP"er bowl event on Friday, Feb. 9. "SOUP"er Bowl will be held at Saint Mary's Parish Hall located at 8 Church St. in Holliston.

The event starts at 5 pm and ends at 7:30pm (perfect timing to swing by for a soup dinner and scoot over to Anthony's on the



Coming April 2024

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# Living Healthy

## Macular Degeneration: 2 New Treatments

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

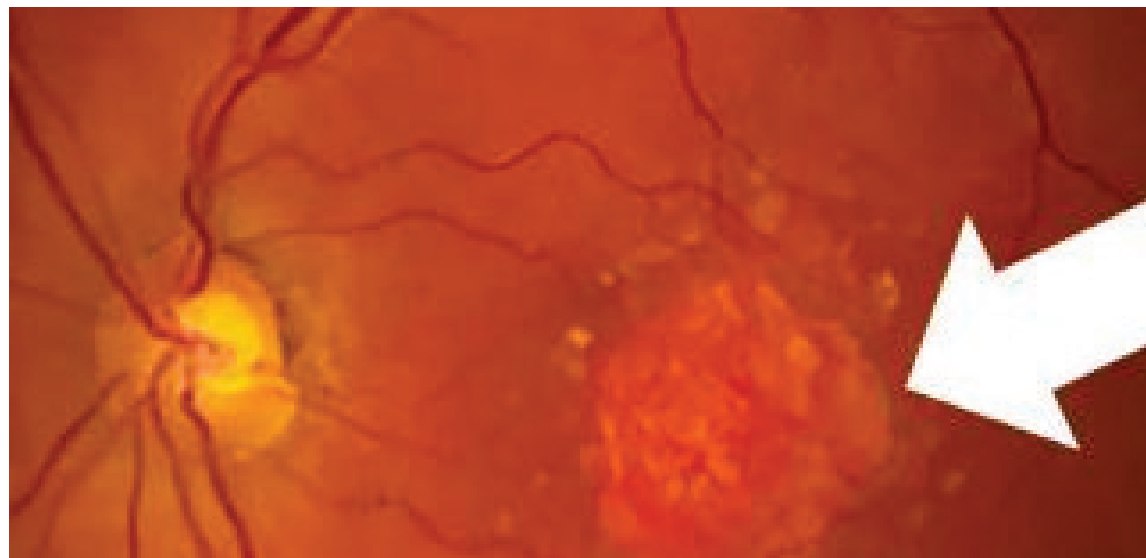
Age-related macular degeneration (AMD) stands as a major cause of blindness in the United States, predominantly affecting seniors. Recently, two innovative treatments for geographic atrophy (GA), an advanced form of AMD, have emerged. This article delves into the various AMD types and identifies potential candidates for these groundbreaking treatments.

Between ages 60 to 70, only 0.7% of the U.S. population exhibits AMD, but by ages 80 to 90, it affects 12% of Americans. This means less than one in 1,000 individuals in their 60s will have AMD, contrasting with over one in 10 in their 80s.

The progression of AMD unfolds gradually, spanning over 20 years. Initial signs include fine drusen and disruptions in the retinal pigment epithelium (RPE) with depigmentation and

pigment clumping. If there's no visual loss, these serve as precursor findings, with not all patients progressing to visually significant AMD.

Effectively managing this condition involves evidence-based medicine while acknowledging the art of medical therapy. Personal approaches include discussing findings like fine drusen and RPE dispersion with patients, reassuring them they don't yet have AMD. Emphasizing higher risk and the need for follow-up visits is crucial. Key risk factors include genetics, behavior, and associated diagnoses. Although genetic testing isn't recommended currently, advocating for a diet rich in green leafy vegetables and discussing AREDS-type vitamins are common practices. Smoking cessation, if applicable, might require expert referral, and patients with hypertension or hyperlipidemia are encouraged to manage these conditions with their primary



care physician.

Once drusen, RPE changes, and vision loss occurs, early AMD is diagnosed in 60-65% of cases. Despite no clear evidence supporting AREDS vitamins, many patients choose them. As AMD advances to intermediate stage (20-25%), evidence suggests daily vitamin and AREDS

vitamin use can delay disease progression. Some specialists also recommend omega-3 supplements.

Late AMD, affecting 10-15% of the 20 million U.S. AMD patients, manifests as wet AMD, GA, or a combination. Those are the real serious types of AMD. Treatment for wet AMD with anti-VEGF intravitreal injections is a significant breakthrough. While the financial and personal cost toll is evident, the vision improvement is substantial.

Distinguishing treatment for dry AMD and GA is essential. AREDS vitamin supplementation for intermediate AMD and monthly intravitreal injections for GA slow progression but don't improve current vision. Adopting vitamin therapy is easier, but monthly injections pose challenges, especially for GA patients. Despite an equal number of wet AMD and GA patients in the U.S., fewer GA patients might opt for intravitreal injection therapy.

With two recent FDA-approved intravitreal injection products delaying GA progression, treated patients can retain reading and driving vision for more years. Decisions regarding intravitreal injection therapy for GA patients need personalized counseling, highlighting the importance of smoking cessation. Patients with family history or bilateral disease are more likely to choose treatment.

Ophthalmologists and optometrists play a vital role in managing and counseling AMD patients. Differentiating between

AMD stages and accurate diagnosis can be achieved through careful examinations, regular OCT testing, and advanced imaging. Collaboration with retina specialists is essential, ensuring appropriate referrals for wet or combined AMD patients.

Patients with GA opting not to proceed with intravitreal injections can be managed without immediate referral. As their disease progresses, some may change their minds, emphasizing the evolving nature of decisions. All patients with significant visual loss deserve an evaluation for appropriate low vision aids.

In the ever-evolving landscape of AMD research, many more advances are anticipated. As the population ages, preparing every ophthalmologist and optometrist for the integral role of counseling and managing AMD patients becomes paramount.

At Milford Franklin Eye Center, we use state-of-the-art technology to treat a variety of eye problems, including macular degeneration. We have a dedicated retina specialist in our practice, specializing in the treatment of retinal eye disease and AMD, including the 2 recent treatment modalities discussed in this article. With the presence of this service and equipment that rivals the best found in major teaching eye hospitals, our practice continues to provide world class eye care closer to home.

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# Milford Regional And UMass Memorial Health Reach Affiliation Agreement

**Agreement will enable Milford Regional to advance community-focused mission**

(Milford, MA) Milford Regional Medical Center, inclusive of Milford Regional Physician Group, and UMass Memorial Health have signed a definitive agreement for a corporate affiliation. The organizations will now seek regulatory approval.

The definitive agreement follows a period of due diligence that began with the September 2023 signing of a non-binding letter of intent that made it possible to explore the potential corporate affiliation.

“Agreeing upon the key terms of our corporate affiliation moves us closer to the growth and expansion necessary for Milford Regional to advance its community-focused mission,” said Milford Regional Medical Center President and CEO Edward J. Kelly. “This is the right time, UMass Memorial Health is the right partner, and we have the right deal to pave the path for our promising future,” added Kelly.

A full-service, community and regional teaching hospital, Milford Regional is a 148-bed, nonprofit, acute care facility serving a region of 20-plus towns with more

than 300 primary care and specialty physicians. Milford Regional has a long history of investing in community health needs; in 2015, it opened a 78,000 square-foot building that houses a new emergency department, intensive care unit and private patient rooms.

UMass Memorial Health and Milford Regional have long enjoyed a strong collaboration since 1991 when Milford Regional Medical Center became the first hospital to clinically affiliate with UMass Memorial Medical Center. Since then, many additional clinical and educational programs have been created with UMass Memorial Health to bolster the level of care offered to the greater Milford community.

Key tenets of the newly approved definitive affiliation agreement include:

Preserving Milford Regional Medical Center as an acute care hospital offering inpatient and outpatient services, ensuring access to high quality, local care for the Milford community;

Supporting strategic capital investment in facilities, equipment and other infra-

structure to support clinical care and the local community;

Integrating Milford Regional into the Epic electronic medical record system;

Maintaining Milford Regional’s role as an employer of choice in the local/regional market, and enhancing Milford’s ability to address ongoing workforce challenges; and

Retaining a local community board of trustees, with Milford Regional having representation on the UMass Memorial parent board.

“We are excited to take this step forward in the process to form a corporate affiliation with Milford Regional, which will build upon UMass Memorial’s longstanding collaboration with this exceptional organization,” said UMass Memorial Health President and Chief Executive Officer Eric Dickson, MD. “Together, UMMH and Milford Regional will be better positioned to provide outstanding care to patients and support the health and wellbeing of communities across Central Massachusetts,” he added.

“Health care organizations across the state and nation continue to face extreme financial, staffing and operational challenges, and these issues are most acute for community hos-

pitals,” said UMass Memorial Community Hospitals President Douglas Brown. “We are confident that a corporate affiliation is the best way to ensure local access to high quality care for patients and ongoing investment in technology and workforce development in support of the Milford Regional community.”

Milford Regional and UMass Memorial Health leaders expect the regulatory approval process for this corporate affiliation to take up to nine months. With regulatory approval, Milford Regional Medical Center and Milford Regional Physician Group will formally become a member of the UMass Memorial Health system.



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# Sports

## Nathan Jarrett, The Last Hurrah

By CHRISTOPHER TREMBLAY  
STAFF SPORTS WRITER

Thank God for his parents' love for the game of hockey.

It was Nathan Jarrett's parents who got him onto the ice at a very early age with the Framingham Flyers and since then, his love for the sport has grown to where he is now a captain for the Hopedale Blue Raiders hockey program.

Having played some six years for his current club team, the Minutemen Flames, Jarrett was always interested in playing high school hockey, but he was not sure his stature (4' 10" and 120 lbs.) could handle the game.

"During the seventh and

eighth grade I always went to the high school games and looked up to the players on the team," he said. "But at that time, I didn't think that at my size that I was physically ready to play high school hockey, so I waited until my freshman year to try out."

Jarrett originally found himself with the mites team, but being so quick on his feet, the coaches eventually moved him into a forward position, something that he enjoyed.

"When the coaches moved me up, at first I didn't care as long as I was playing hockey somewhere," Jarrett said. "Of course, I was interested in the idea of scoring goals, and I try to score

as much as I can."

Coming into his freshman year, he figured that he'd give high school hockey a try, but we were coming out of the Covid season and things were still a bit on the stranger side. Athletes did not have access to the locker

ing center or one of the wings as long as he was on the ice, he was fine with things.

He found himself teamed up with Brady Butler and Jake Frohn and although intimidating to play alongside two huge role models, he had to take his game

the puck and roofed it over the Algonquin goalie," MacQuarrie said. "It was the perfect example of how he got on the defensive player with his speed, knocked him over with his toughness and then display a great shot."

The coach went on to say that



## Real Estate Corner

### Recent Home Sales

Date	Hopedale	Amount
01/16/2024	4 Country Club Ln.	\$805,000
01/12/2024	53 Westcott Rd.	\$558,000
01/10/2024	54 Dutcher St. #8	\$275,000
01/04/2024	225 S Main St.	\$485,000
01/03/2024	140 Mill St.	\$326,000
12/28/2023	69 Laurelwood Dr.	\$400,000

Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages



The 4-bed, 3-bath, 3,294 sf house at 4 Country Club Lane in Hopedale recently sold for \$805,000.  
Image credit: [www.zillow.com](http://www.zillow.com)

rooms and the younger players found it difficult getting to know the upper classmen on the team. The hockey players, as was every other athlete, were required to wear masks under their helmets.

"That year I played a lot for the junior varsity team and had fun, but it was very tough breathing through your masks while on the ice," he said. "My club team didn't use them as much, but the high school team was much more serious about it."

Although being named to the varsity squad in his sophomore season, Jarrett did not receive all that much playing time. When he was on the bench, he found himself concentrating on the other players and what they were doing on the ice.

"I did a lot of watching that season, but I got to understand and get a feel for the varsity game," Jarrett said. "The speed was much different, and it allowed me to take work on my techniques on the JV team, which played at a much slower pace."

Last year he found himself rotating between the top three lines depending on the game and where the coach needed him to play, and once again it didn't really matter to him if he was play-

to the next level to keep up with the talent he was playing with.

This campaign he originally found himself playing on the top line, but the Coaching staff found them to be too good together and needed to get more production out of another line, so Jarrett found himself on the second line, where he hasn't disappointed.

"He is a fast and tough kid with a great shot that has worked extremely hard to be a well wounded player who sets a great example for the rest of the team," Hopedale Coach Mike MacQuarrie said. "This season he has really turned the corner to be our team leader in goals."

Although early Jarrett leads the Blue Raiders with 6 goals and is hoping that he can string together enough goals and assists to reach the 20-point plateau in his final season with Hopedale.

According to the Hopedale Coach, the new-found goal scorer has been able to put the puck in the net many different ways.

"He started out banging in a couple of goals on some rebounds on the power play, then he had what I'm calling the goal of the year so far when he was forechecking, knocked the player over in the offensive zone, took

Jarrett had an opening snipe goal that opened up a five goal first period against Westborough and in a game tied with Longmeadow he was able to stuff home the go-ahead goal on the side of the net for Hopedale and then added an empty netter after blocking a shot in his own zone.

"Nathan continuing to play great will be a key for the hockey team this season if we want to have success," MacQuarrie said.



At this point, Hopedale is only sporting a 2-4-1 record that include some tough losses.

"Our record doesn't reflect upon us as a team," Jarrett said. "But I am confident that we will turn things around and start putting more pucks into the net and eventually get our wins."

As he tries to turn the Blue Raiders season around, Jarrett knows that this will most likely be the end of his hockey career. Upon entering college next year, he says that he will not be going out of his way to play the sport, but eventually may join a club team if the situation is right.

So, for the time being Jarrett is going to do everything possible to keep his team on the ice as long as he can during his senior season at Hopedale.

# FEBRUARY 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 am Free Panera</p> <p>9:00 am Bridge</p> <p>10:00 am Low Impact Exercise</p> <p>12:30 pm BINGO</p>	<p>9:00 am Yoga with Crystal</p> <p>12:30 pm Mah-Jongg</p> <p>12:30 pm Bridge</p> <p>3:30 pm Dance</p>	<p>10:00 am Low Impact Exercise</p> <p>11:00 am Meditation</p> <p>12:30 pm Literature</p> <p>1:00 pm Cribbage</p>	<p>10:00 am Watercolor Class</p> <p>1:00 pm Tai Chi</p> <p><b>Errand Van Available</b></p>	<p>10:00 am Low Impact Exercise</p> <p>12:00 pm Senior Center closes</p>
<p>9:00 am Free Panera</p> <p>9:00 am Bridge</p> <p>10:00 am Low Impact Exercise</p> <p>12:30 pm BINGO</p>	<p>9:00 am Yoga with Crystal</p> <p>9:30 am Grocery Shopping</p> <p>12:30 pm Mah-Jongg</p> <p>12:30 pm Bridge</p> <p>3:30 pm Dance</p> <p><b>Errand Van Available</b></p>	<p>10:00 am Low Impact Exercise</p> <p>11:00 am Meditation</p> <p>12:00 pm Valentines' Day Lunch</p> <p>12:30 pm Literature</p> <p>1:00 pm Cribbage</p>	<p>9:00 am - 2:30 pm AARP Tax Clinic</p> <p>10:00 am Knitters' Group</p> <p>10:00 am Watercolor Class</p> <p>1:00 pm Tai Chi</p> <p>1:00 pm COA Meeting</p> <p><b>Errand Van Available</b></p>	<p>10:00 am Low Impact Exercise</p> <p>12:00 pm Senior Center closes</p>
<p>CLOSED FOR PRESIDENTS' DAY HOLIDAY</p> 	<p>9:00 am Yoga with Crystal</p> <p>12:30 pm Mah-Jongg</p> <p>12:30 pm Bridge</p> <p>3:30 pm Dance</p> <p><b>Errand Van Available</b></p>	<p>9:30 am Nurse Clinic</p> <p>10:00 am Low Impact Exercise</p> <p>11:00 am Meditation</p> <p>12:30 pm Literature</p> <p>1:00 pm Cribbage</p>	<p>9:00 am - 2:30 pm AARP Tax Clinic</p> <p>10:00 am Watercolor Class</p> <p>12:00 pm Lunch and Learn</p> <p>Registry of Deeds on Probate</p> <p>1:00 pm Tai Chi</p>	<p>10:00 am Low Impact Exercise</p> <p>12:00 pm Senior Center closes</p>
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