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July 2023

Hopedale Class of 2023 Graduation

BY LAURA BUCHANAN AND SARAH LISKA

As Friday May 19 arrived, Hopedale Jr-Sr High's Class of 2023 entered the school building to run through the hallways one last time. To greet them, their class advisors Mrs. Laura Buchanan and Mrs. Sarah Liska prepared a day of activities, which included a breakfast, graduation rehearsal, a review of the upcoming senior events, and ended with a talent show. A variety of students shared their voices and guitar skills in song, and tears were shed as the students left the auditorium to say their goodbyes to teachers and friends. On Tuesday that week, the seniors had attended the traditional Senior Tea, a Hopedale tradition that dates back many years, but they were still heavily in the midst of their last few classes, studying



Class President Madeline Hodgdon. Photo by Steve Bassignani

for exams, and completing homework. The end was just beginning to seem real, however when they left school on Friday, the seniors finally had a sense that their year and their time at the high school was coming to a close.

The two weeks to follow were filled with an array of events and activities during which most if not all of the sixty-four seniors partici-

GRADUATION

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Library services saved by override

BY THERESA KNAPP

At a Bancroft Memorial Library Trustees meeting on June 6, Library Director Tricia Perry said the town's vote to pass a \$1.35 million operational override should be celebrated.

"I think the most important thing to be celebrating is that the library's override and the town's override passed with a significant majority," said Perry, commending the trustees and staff for their support. "I think it was important for the community to know that when you spoke about what the potential consequences would be that it was with a unified voice and with facts that were indisputable."

Library Trustees Chairperson Frederick G. Oldfield, III, thanked Perry for her hard work on sharing information with town officials and residents.

"Thank you Tricia as our director, you got us through the storm" said Oldfield, at the meeting. "She worked closely with the school superintendent, the Council on Aging; and they worked as a team; and it was all about all of us, not



just one, and I think that's really important to recognize."

Oldfield said, "That was huge. That was a lot of stress and concern for all of us."

The library was scheduled to lose its certification and close its doors on July 1, if the override did not pass.

\$1.35 million operational override passes

Services saved at Council on Aging, library, schools, parks

BY THERESA KNAPP

Hopedale residents voted in

OVERRIDE

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GRADUATION

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pated. There were celebrations and bonding moments, and many tearful goodbyes to teachers, friends, and younger students. The week of May 22nd included students finishing their classes, some taking final exams, while others completed presentations, and giving their last bit of help at their various internship locations. When not taking exams, students participated in a CPR and self-defense training course, hosted by the Hopedale Fire Department and the Villari's Self Defense Center of Holliston, gaining important life-long skills. These training sessions were followed by a

week was a community clean up of Draper Field followed by an ice cream truck and pizza at the Town Park. Students gathered together on the swings at the park, played basketball, and just enjoyed each other's company.

On the evening of Memorial Day, the Seniors embarked on a journey aboard the Odyssey in the Rows Wharf in Boston. Chaperone Steve Bassignani captured many photos of the students with the outstanding Boston skyline at sunset. Dinner was served on their private floor, with the occasional student deciding to dance to their favorite songs on the dance floor. Mostly, the seniors took in the beautiful sights, fresh ocean breeze, and were able to relax and unwind together before a busy week of



Seniors on the Odyssey. Photo by Sarah Liska

of their time at Hopedale Jr-Sr High School, many for even longer, and quite a few have been athletes in more than just one season per year. This night acknowledged their efforts and successes throughout their years of athletics in Hopedale. Some of the Seniors receiving awards were recognized for their sportsmanship and their ability to inspire and support their teammates. Also in attendance during this night was Mackenzie Greenberg, a former Hopedale alumna from the Class of 2015, two-time author, and founder of the Living with the Ribbon nonprofit foundation. She inspired the audience as she spoke about her own struggles as a cancer survivor and how her participation in sports helped to get her through living with a cancer diagnosis. At the end of this night, each student was presented with a Hopedale embossed blanket, a Senior video collage of many students' past athletic-related events, and a reception of refreshments in the cafeteria.

Wednesday evening was Baccalaureate, hosted and led by Reverend Cook at the Unitarian Church of Hopedale. After his

opening greeting to those in attendance, Class President Madeline Hodgdon gave the opening statement, welcoming friends, families, and peers to the night of reflection and sharing. The senior members of the high school's A Capella group, conducted by Mr. Christopher Chatham, sang a lovely rendition of "Build Me Up Buttercup." This was followed by Reverend Cook's official address, and then the microphone was opened up to the public to share memories, performances, poetry, or just funny stories of the class. Mrs. Liska and Mr. Chatham performed a duet from Wicked to break the ice, which then led to the sharing of appreciation of friends, classmates, and teachers, and many memories of funny mishaps from younger years. There was another performance by seniors Samantha Madigan and Thomas McSweeney of "Dreams" by Fleetwood Mac, and the night ended with a blessing by Reverend Konicki of the Sacred Heart Church. A reception of treats provided by the church members was well received, and many left that night with a happy heart full of

memories and good tidings.

Thursday's Class Night was the last celebration before graduation on Saturday, and is widely known as a favorite for students, staff, and administration. Many students were presented with scholarships and awards that night by Superintendent Karen Crebase, Principal Derek Atherton, and Assistant Principal Timothy Johnson. The long-anticipated Dale yearbook was introduced, the theme being "More Than Just a Letter." Mrs. Talitha Oliveri, the yearbook advisor, and the yearbook students ran the show, including the dedication of the yearbook to a long-time, soon-to-be-retired staff member Mr. Anthony Cordani. The class advisors addressed their class one last time, giving thanks for their six years together at the school, with many bonding events, school outings, fundraisers, and overall resilience. As they spoke, Mrs. Buchanan arranged for the big screen to display a photo message from the high school staff, with each staff member holding up a piece of a statement to the class. To end the night, the Senior video was unveiled as a Netflix-streamed show to the amusement of the audience. Students left the auditorium to sign yearbooks together, with some of their teachers and their advisors, while parents and family members enjoyed some snacks provided by members of the Freshmen class and their advisors, Mr. Mark Cafarelli and Ms. Sarah Wadehul.

The culminating event, graduation, was held on Saturday June 3rd, with a twist in the usual



Class Marshalls Kelsey Evans and Matthew Carroll. Photo by Laura Buchanan

walkthrough in their graduation gowns at the Bright Beginnings Center and Memorial School, where students said goodbye to their former teachers, younger siblings, and reconnected with their memories of times gone by. The last bonding event of the

events. On Tuesday May 30th, the Seniors celebrated their Senior Sports Awards night in the auditorium, orchestrated by the Hopedale Boosters association. Many of the seniors have been athletes throughout the entirety

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OVERRIDE

continued from page 1

favor of an operational override that will save services at the town's Council on Aging and senior center, public library, parks, and within its school system.

The \$1.35 million contingent operational budget for FY24 was passed by voters at the May 16

town meeting with only three audible "No"s or "Nay"s. The measure required the assessment of an operational override which then passed at the May 23 special town election with a vote of 1,075 to 403.

According to state records, Hopedale has approximately 4,000 registered voters.

At a Select Board meeting on May 22, between those two

votes, Selectperson Bernie Stock thanked then-Interim Town Administrator Jeff Nutting for his work on putting together a presentation that clearly spelled out the town's finances and the need for an operational override.

"Jeff, you did an outstanding job. You were coming in new, you identified the areas that were

problems right away, you put together a game plan...and I think the fact that it [passing at town meeting] went so smoothly is really a reflection on the way that you put the program together and disseminated the information. No one can say that there wasn't any transparency because I think there was more trans-

parency that took place at that town meeting than any that I've ever seen and I've been around for over 50 years seeing these things."

Chairperson echoed his sentiments, saying "Thanks from all of us, really; [we] appreciate you being here."

Hopedale residents can use Milford Compost Facility

Must obtain no-cost authorization letter prior to each use

According to a Board of Health post on the town website on June 6, the Milford Highway Department has authorized Hopedale residents to use the Milford Compost Facility on Fiske Mill Road in Milford for disposal of brush, grass and leaves.

The Compost Facility is open from May through November from noon to 4 p.m. on Thursday and Friday; 8 a.m. to 4 p.m. on Saturday; and 10 a.m. to 4 p.m. on Sunday.

Prior to use of the Compost Facility, Hopedale residents **MUST** obtain an authorization letter from Cindy at the Milford Highway Department, 30 Front Street, Milford, Monday through Friday between 7-3. Cindy can be reached at 774-462-3312. There is no fee to obtain the authorization letter. The authorization letter is for one-time use only, but additional authorization letters may be obtained as needed at no charge.

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GRADUATION

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hot weather that previous years have experienced. It was considerably cooler and a bit misty at times, but otherwise the heavier rain didn't start until after the ceremony ended, and everything

went according to plan. Led by the advisors and the Junior class marshalls, Matthew Carroll and Kelsey Evans, the Class of 2023 marched to their place of honor in front of the Community House to the sound of Pomp and Circumstance, played by the high school band members conducted by Mr. Anthony



Hopedale Boosters Sports Awards. Photo by Sarah Liska



Class Vice President David Manning and Principal Derek Atherton. Photo by Steve Bassignani

David Manning, Secretary Ari-anna Kotopoulos, and Treasurer Ryan Reynolds led the audience in the pledge of allegiance, and the senior ACapella members sang the National Anthem. Ms. Taylor Martin-LaVache, the Salutatorian, gave a poignant speech regarding the idea of nature versus nurture, and how one must choose how they lead their lives and present themselves to life's challenges. The class Valedictorian, Mr. Tyler Wilke, compared the class' four years to a baseball game, with their first few bases being a rough start with the pandemic being thrown into the mix. Superintendent Crebase spoke about life being like a roller coaster with highs and lows along with deciding



Valedictorian Tyler Wilke. Photo by Sarah Liska

Beaudry. Ms. Madeline Hodgdon was the emcee of the event, beginning with her own speech challenging the Class of 2023 to continue to lead their lives with kindness just as they showed her kindness when her father, David Hogdon, passed away her freshman year. Class Vice President

who you will take with you on your ride. Following the many words of wisdom given by the speakers, was a presentation of scholarships and awards by Mr. Atherton, which were aided by Hopedale Alumna Mrs. Karen Mazzarelli. Altogether, along with those awarded at class night, the amount of aid given in the form of scholarships this year came to a total of approximately \$160,000, all of which was greatly earned and truly appreciated by the Class of 2023. Finally, diplomas were presented, and in the end, Ms. Hodgdon instructed her classmates to switch their graduation cap tassels from left to right. It was an exciting end to an eventful graduation season for the Seniors, a day which neither they nor their families, teachers, coaches, friends, and the Hopedale community will soon forget.

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

Business spotlight

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, 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 con-

crete, 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.

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 same-day 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.take-awayjunk.com.

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Ants Ready to Bug Homeowners This Spring

WPC Pest and Termite Control offers pest-prevention tips to keep ants from marching indoors.

Summer is officially here and with it comes one of the most persistent warm-weather pests—ants. As temperatures rise, WPC Pest Control warns that America’s number one nuisance pest will invade homes across MetroWest in search of food. While most species present problems in people’s pantries and kitchens, some species can deliver painful bites while others inflict property damage. According to a survey from the National Pest Management Association (NPMA), more than half of consumers list ants as their top pest concern.

“As most homeowners know, ants are especially drawn to the kitchen and their sheer numbers can be daunting,” said Jim Mazzuchelli, owner at WPC Pest and Termite Control. “Carpenter ants are most likely to invade residential homes this spring, but eliminating food sources can help keep them at bay.”

Of all the U.S. ant species, carpenter ants and fire ants pose the most risk for homeowners. Carpenter ants excavate wood in order to build their nests, which can compromise a home’s structural soundness. Just seeing 3 to

5 ants a day could indicate an underlying problem that might only get worse and cause major damage to your home.

Although ants can be difficult to control once they have entered a home, the following preventative measures can play a major role in helping to avoid infestations:

- Wipe up crumbs and spills immediately
- Store garbage in sealed containers and remove from the home frequently

- Keep food packages closed or sealed and store products in air-tight containers
- Avoid leaving food out on the counter or pet food out on the floor for long periods of time
- Repair holes or gaps in window and door screens
- Seal cracks and holes on the outside of the home including entry points for utilities and pipes
- Keep tree branches and shrubbery well-trimmed and away from the house
- Replace weather-stripping and repair loose mortar around basement foundation and windows

- If you suspect an ant or any pest infestation in your home, contact a licensed pest professional to inspect, identify and treat the problem

“With more than 700 species of ants in the U.S., many of which create huge colonies, prevention is the key to an ant-free home,” added Mazzuchelli.

For more information on ants, please visit www.nobugsnopests.com or call 508-366-1820 to set up a free inspection and a free outside treatment.

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Hopedale Master Plan is fully adopted by Planning Board

The Hopedale Master Plan Steering Committee has announced the town’s master plan has been fully adopted by the town’s Planning Board, making the plan official and final.

“We thank the members of the Planning Board for their dili-

gent efforts in reviewing the plan and adopting it as the foundation for future planning and development in Hopedale,” the committee said in a press release in June.

The Master Plan website - <https://arcgis/0OP008> - is a summary of the plan that high-

lights the goals for each chapter and includes interactive maps for your reference when reviewing information about Population & Housing, Land Use, Economic Development, Open Space, Recreation & Natural Resources, Historic Resources, Transportation, and Town Services & Facilities.

The plan is more than 400 pages and can be found at bit.ly/HopedaleMasterPlan2022. It goes into great detail about each of the chapter subjects, expands on the goals to include recommendations and action items as well as an implementation matrix, displays the results of our town survey, and includes several maps.

Printed copies of the plan will be available at the Town Hall and library in July.

A Master Plan Implementation Committee will be created in the near future. This group will




Source: bit.ly/HopedaleMasterPlan2022

work with all town departments and committees to ensure the goals listed in the plan are met to the best of their abilities.

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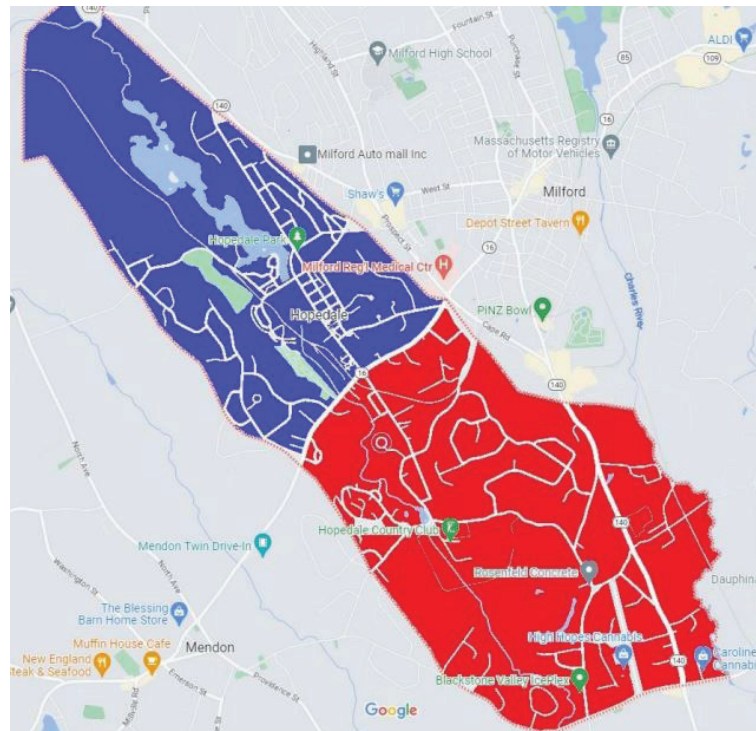
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Water restrictions now in effect



This map depicts Hopedale's new water zones. Source: www.hopedale-ma.gov

The Hopedale Board of Water & Sewer Commissioners has set the following water restrictions which went into effect on May 1.

All residents on town water to the north of Rt. 16 (BLUE ZONE), will be allowed to water on Tuesdays before 9 a.m. and after 5 p.m.

All residents on town water to the south of Rt. 16 (RED ZONE) will be allowed to water on Thursdays before 9 a.m. and after 5 p.m.

For the full notice, visit bit.ly/HopedaleWaterRestrictions2023

In addition, the state has enhanced its restrictions "beginning May 1st or when a drought condition is declared by the Executive Office of Energy and Environmental Affairs, Secretary for our watershed area." At that time, these water restrictions will be in full effect:

Level 1 (Mild Drought): All nonessential outdoor water uses restricted to no more than one day per week, before 9 a.m. and after 5 p.m., except that watering of ornamentals and flower gardens with drip irrigation, hand-held hose or watering cans may be permitted.

Level 2 (Significant Drought): All nonessential outdoor water use banned, except that watering of ornamentals and flower gardens with drip irrigation, hand-held hose or watering cans may be permitted.

Level 3 (Critical Drought) or Level 4 (Drought Emergency): All nonessential outdoor water uses are banned.

Minichiello appointed Call Firefighter Candidate

Led his first HFD tour at age 5

BY THERESA KNAPP

The Hopedale Select Board has appointed Robert "Robby" Minichiello to the Hopedale Fire Department as a Call Firefighter Candidate, effective June 5, 2023.

In a letter of recommendation to the town's Select Board on May 19, Hopedale Fire Chief Thomas Daige said that Minichiello had served as a student intern at the HFD prior to his from high school in June, but also has a life-long connection to the department.

"Robby's father was a Lieutenant within our Call Department when Robby was born. Robby's dad frequently brought Robby with him to the firehouse where he soaked up every bit of knowledge about the firehouse and the equipment that he could. By the



Robert "Robby" Minichiello was recently appointed to the Hopedale Fire Department as a Call Firefighter Candidate. He previously served as a student intern with the department. Source: www.twitter.com @hopedalecareers

time he was five years old, Robby was giving tours to other kids that stopped by the firehouse."

While in high school, Minichiello earned his license as an emergency medical technician, and he is enrolled in the Call/

Volunteer Recruit Training Program at the Massachusetts Firefighting Academy.

Daige said, "The members and I are excited to have him officially join our department."

Public comment policy adopted for Select Board meetings

Comments limited to three minutes per person; other boards encouraged to do the same

BY THERESA KNAPP

The Hopedale Select Board has adopted a "Public Comment Policy" in which public comment is limited to three minutes per person during Select Board meetings.

The new policy, which will be reviewed by the board after six months, reads:

"The Hopedale Select Board

encourages citizens to attend its meetings and welcomes their views on pertinent subjects. Anyone may comment for up to three minutes during the Public Comment portion of the agenda regarding an issue that is not on the agenda. However, given that no public notice of the topic has been provided, the Select Board will not engage in discussion. The

Select Board will give your issue appropriate consideration. Anyone may also comment during any agenda item for up to three minutes."

In March, then-Interim Town Administrator Jeff Nutting presented a draft policy for the

COMMENT
continued on page 9

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Select Board issues annual reappointments

At its meeting on June 12, the Hopedale Select Board made its annual reappointments, effective July 1. Those appointments include:

- Stephen Johnson, Assistant Building Inspector (1-year term)
- Ellen Murphy, Board of Assessors (3-year term)
- Matthew Dailey, Board of Assessors (3-year term)
- Lisa Pedrolì, Board of Registrars (3-year term)
- Timothy Aicardi, Building Commissioner & Zoning Enforcement Officer (1-year term)
- Lisa Pedrolì, Burial Agent (1-year term)
- David Guglielmi, Conservation Commission (3-year term)
- Becca Solomon, Conservation Commission (3-year term)
- Mark Giovanella, Constable (3-year term)
- Donald Martin, Constable (3-year term)
- Craig Landry, Constable (3-year term)
- Arlene Williams, Council on Aging (3-year term)
- David Guglielmi, Council on Aging (3-year term)
- Sally Decelles, Cultural Council (3-year term)
- Jeffrey Ross, Deputy Wiring Inspector (1-year term)
- Tom Daige, Emergency Management Director (1-year term)
- Colleen Strapponi, Finance Committee (3-year term)
- Donald Comastra, Finance Committee (3-year term)
- Chris Hodgens, Finance Committee (3-year term)
- Joseph Zacchilli, Gas and Plumbing Assistant Inspector (1-year term)
- John Fontana, Gas and Plumbing Inspector (1-year term)
- Donald Soares, On-Call Asst. Wiring Inspector (1-year term)
- Donna Lamphere, Parking Fines Clerk (1-year term)
- Lisa Pedrolì, Public Records Access Officer (1-year term)
- Patrick Morris, Veterans' Agent (1-year term)
- Joseph Scanzaroli, Wiring Inspector (1-year term)

Senior Center Events

These great wellness and exercise classes are available during the months of July and August at the Hopedale Sr. Center.

Gentle Yoga

Meets at the Sr. Center
Tuesdays - 9 - 10 am
Crystal Lee - Instructor
\$5.00 p.p.

You may be seated in a chair or on a mat. Try this wonderful movement class.

Tai Chi

Meets at Sr. Center
Thursdays - 1 - 2 pm
Faith Kennedy - Instructor
\$5.00 p.p.

Gentle movement class that incorporates breathing and meditation.

Meditation for Stress Reduction

Meets at Sr. Center
Wednesdays - 11 am - 12 pm
Yvonne Frohn - Instructor,
Certified in Mindfulness Based
Stress Reduction (MBSR) &
Reiki Master - \$5.00 p.p.

Move, Groove and Sculpt

Meets at Sr. Center
Wednesdays - 10 - 10:45 am
Ann Lynch-Masse - Priced
per month. July \$24.00/ August
\$40.00 Movement to stretch,
strengthen and improve balance.
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Walking Group

Meets at Senior Center
Fridays - 8:30 am

Join us for an easy walk around town. July 14, 21 and 28. August TBA.

Drop-ins welcome for most of these classes. Call the Hopedale Senior Center at (508)643-2208 with any questions.

Free Wellness Nurse Clinic

Everyone is welcome
Clinic is Free of Charge. No appointment necessary.

Meet our Health Nurse Mary Watson. She can assist you with a variety of medical issues, review medications, perform vital sign checks and much more! Private and Confidential. Wednesday, July 26, 2023, 9:30-10:30 a.m.

Volunteer opportunities for seniors

Are you a senior citizen looking for a way to volunteer in the community? If so, consider any of these volunteer opportunities:

- Become a "Grandfriend" at the Bright Beginnings Center Preschool in Hopedale
- Become a "Reading Buddy" at the Bancroft Library (Summer Program)

- Call BINGO (Monday afternoon)
- Assist in preparing the monthly Newsletter for mailing
- Deliver Meals on Wheels (Meals are delivered on weekdays only around 11:30 am.)
- Teach a Class at the Sr. Center

- Escort Grocery Bus or Help Us Serve Meals at Our Monthly Lunches
- Train to be an AARP Tax Preparer

Source: <https://www.hopedale-ma.gov/council-aging>

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Enjoy Every Sandwicher Moment



Glenn Brown

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted think-

ing about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress rained on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston. Here's some antidotes for Sandwichers:

Small talks instead of "The Talk". Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

Bring in outside mediators. My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

Define their plans for wellness. Far too often, adult children tip-toe around aging conversations with parents for fear it may come across as morbid or worse, inheritance focus.

These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these talks when both parents are in good health, it defines their expectations and allows planning a foundation with greater flexibility.

Your spouse's support is critical. Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

Through the eyes of a child. It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced

on their own these past 3-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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. 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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COMMENT

continued from page 7

board's consideration. At that time, the board decided to wait to take action until after the town's annual election.

The issue of public comment at municipal meetings was in the media earlier this year when the Massachusetts Supreme Judicial Court ruled unanimously for the plaintiff in Barron v. Kolenda. In that case, Southborough resident Louise Barron brought suit against Daniel Kolenda, then-chair of the Southborough Select Board, whom she said violated her civil rights when he tried to quell her speech and eject her from a 2018 public meeting.

Read the full decision at bit.ly/MMA_BarronKolenda

At the Hopedale Select Board's May 22 meeting, Nutting said, "The thought was obviously if someone has a concern that is worthy of a discussion, it really should be on the agenda and that way the board would be prepared to understand what was coming... The real intent is you don't want any crazy surprises and then get in a debate that you shouldn't be in because it wasn't on the agenda."

Select Board Chair Glenda Hazard said, "We certainly don't want to limit public discussion. If it turns out to be a media item that might be placed on a future agenda, but there's no harm in bringing that forward."

The Select Board has sug-

gested other town boards and commissions adopt something similar.

"It would be great if everybody shared the same [policy] so citizens could go from meeting to meeting and have a consistent voice, but that would be up to each individual body," said Nutting.

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Donation funds purchase of "VOX Books" for library

By THERESA KNAPP

The Bancroft Memorial Library has purchased "VOX Books" with a recent donation made by the Seven Hills Foundation.

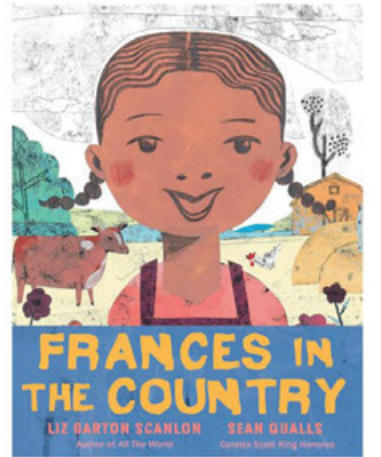
VOX Books are different from a traditional audiobook. They are created by VOX Publishing, a Library Ideas company, and are billed as "the world's first audio books that live in print books," according to the School Library Journal.

For a demonstration, visit bit.ly/youtube_VOXbooks.

"It turns on on the side, and then you just press 'play' and it reads the story with prompts on when to turn the page," said Library Director Tricia Perry at a June meeting of the library trustees. "They are well-regarded in libraries."

Perry told trustees she had "put in an order for about 25 [books] at different age levels including some Spanish/English versions." The books were approximately \$40 each.

The mission of the Seven



An example of a "VOX Book" recently purchased by the Bancroft Memorial Library with a grant from the Seven Hills Foundation. Source: www.voxshop.library-ideas.com

Hills Foundation is to "promote and encourage the empowerment of people with significant challenges so that each may pursue their highest possible degree of personal well-being and independence," according to www.sevenhills.org. Seven Hills Pediatric Center has a facility in Hopedale.

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The Seven Hills Foundation grant also funds Hopedale's "1,000 Books Before Kindergarten" program in which "50 or 60 families are actively meeting with their children," according to Library Director Tricia Perry.

At a recent library trustees meeting, Perry said statistics show that children's book circulation had increased 61% in May over May 2022, due largely to the 1,000 Books program.

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Cultural Council sponsors summer concert series, Day in the Park, annual art show and more

Council also seeking new members

By THERESA KNAPP

The purpose of the Hopedale Cultural Council is to enrich the cultural life of the town. Each municipality in Massachusetts has a cultural council which is funded by the state and run by town residents.

“We promote a lot of activities for the community like the Summer Band Concert Series,

“The food trucks are something new this year,” says Manning. “Some residents asked for them, so we’re giving it a try.”

Trucks will be parked on Dutcher Street near the playground, and will feature one truck per concert to include Methods of a Madwoman (“eclectic delectable edible concoctions”); or The Caribbean Press (“a taste of the Caribbean in a plate or sandwich”).

As in past years, the traditional concession stand will offer beverages and other snacks for purchase. The Boy Scouts will be selling pizza.

At 8 p.m. each evening, the HCC will choose one winner to receive a (donated) \$20 gift card from a local business such as The Coffee Bar, Dairy Queen, Hens and Chicks Cookie Company, and JJ’s Ice Cream Shoppe. Attendees can register at the HCC concession stand for a chance to win; tickets are free but you must be present to win.

Hopedale Day in the Park - Sept. 23

This year’s Hopedale Day in the Park will take place on Sept. 23 from 10 a.m. to 4 p.m.

In addition to awarding grants, the HCC can also receive grants. This year, it has been awarded a \$2,500 grant from the Massachusetts Cultural Council’s Festivals and Grants Program which will help offset costs associated with this year’s festival.

The annual family-friendly event includes entertainment, food, craftspeople, community groups, and more. This year’s entertainment will include music, dancing, games, and more with DJ Mike Rutkowski; painting miniature figures with the Jolly Good Giant; a petting zoo with Animal Craze; snakes, lizards, etc., with Rainforest Reptiles; and more.

“High school students and civic organizations will also set up games and fundraisers,” says Manning. “It has a fun, carnival atmosphere.” To view a past event, visit bit.ly/HopedaleDay

InThePark2015.

Juried art show, new student category

Hopedale Day in the Park includes a juried art show for adults, and this year will also include a new student category. The art show will be set up in a tent on the tennis courts.

Adults

Adult categories include mixed media, oil acrylic, pastels, and photography. Adult submissions should be no larger than 16 inches by 20 inches, and should be ready to hang on wall panels. There is no stated theme for adults. Adults can enter up to three pieces, one of which can be a Purchase Prize (see below).

CULTURAL COUNCIL

continued on page 13

Those interested in joining the Hopedale Cultural Council should contact the group through the town website www.hopedale-ma.gov/hopedale-cultural-council or attend the group’s meeting on Aug. 1 at 6:30 p.m. at Town Hall.

the Hopedale Day in the Park festival, and the awarding of grants that support local artists and musicians,” says Billi Manning, chairperson of the HCC. “And when we award grants, we have a preference for programs that will take place in Hopedale.”

In the past, the HCC has awarded grants to cover the cost of programs in the schools, at the public library, and beyond. Hopedale’s annual allocation is approximately \$6,000 and is based on population and equalized property values, according to www.massculturalcouncil.org.

Manning says the local cultural council is always looking for new members, noting members do a lot of the council work remotely, and they meet just a few times a year (as needed), including the grant meeting in the fall.

For information on joining the Hopedale Cultural Council, contact Manning through the town website www.hopedale-ma.gov/hopedale-cultural-council, email hopedaleculturalcouncil@yahoo.com, or attend the group’s next meeting on Aug. 1 at 6:30 p.m. at Town Hall.

Summer Band Concert Series - July

Each year, in partnership with the Hopedale Park Department, the HCC sponsors the Summer Band Concerts. This year’s July performers include 4EverFab: Beatles Tribute Band; Fantasy Big Band (swing to contemporary); and Southbound Train (contemporary country).

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

Independence Day is just around the corner. Your 4th of July holiday usually ends with enjoying professional fireworks and maybe even lighting a few of your own in the backyard. Before you light your first bottle rocket or sparkler, let's talk about the dangers of fireworks and how

to keep you and your loved ones safe.

Most firework injuries happen in a one-month span from late June to late July. Each year approximately 16000 people visit an emergency room because of a fireworks-related injury, and there are 18 deaths. The number of people sustaining minor injuries not requiring an ER visit is thought to be much higher. The most common injuries are to the hands and fingers, legs, head, face, ears and arms. Sometimes people pick up packs of fireworks at the grocery store thinking they're safe because they're small and don't produce large displays. Often, these are the fireworks we give or use close to children. Consider the number of ER trips these common, "safer" fireworks cause each year. Many of us think the people most at risk of getting injured are those lighting the fuse, but bystanders are the most at risk. Those on the sidelines account for 65% of all ER

visits for firework-related injuries.

Eye injuries caused by fireworks are very common and can have devastating effects. Your eyes are delicate, and any fireworks injury could potentially cause permanent damage. Sparks, flames, smoke, and flying pieces of debris are all hazards inherent in any display. The four most common eye injuries are: detached retina, scratches on the cornea, ruptured eyeball and burns. Any eye injury can lead to long-term vision problems or even blindness. If your eye has been hurt, seek medical attention right away. Please leave fireworks to the professionals and let's all enjoy a safe 4th.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely



while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself. In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

Choose wraparound styles so that the sun's rays can't enter from the side.

If you wear UV-blocking contact lenses, you'll still need sunglasses.

Wear a hat along with your sunglasses; broad-brimmed hats are best.

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.


Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.


By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ...

And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sunglasses. And if you need cataract surgery, 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. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the Nation and is measured by



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EYES

continued on page 13

Kaushik A National Merit Finalist

Hopedale Junior-Senior High School is proud to announce that Vineet M Kaushik has been designated as a National Merit Finalist and has been awarded the prestigious National Merit Northeastern University Schol-



In addition to being named a National Merit Finalist, Vineet has been awarded the National Merit Northeastern University Scholarship. This scholarship, provided by Northeastern University, recognizes Vineet's outstanding achievements and his potential for continued academic excellence. Northeastern University is renowned for its commitment to academic rigor and innovation, making it an ideal institution for Vineet to pursue his educational aspirations.

Vineet is a remarkable student who has consistently demonstrated his dedication to academic excellence throughout his time at Hopedale Junior-Senior High School. His passion for learning, intellectual curiosity, and commitment to personal growth have made him a role model for his peers and an invaluable asset to the school community.

arship. This outstanding achievement is a testament to Vineet's exceptional academic prowess, dedication, and commitment to excellence.

The National Merit Scholarship Program is an annual competition that recognizes and honors academically talented students across the country. Vineet's designation as a National Merit Finalist places him among the top students nationwide, reflecting his exceptional intellectual ability, exemplary scholastic achievements, and exceptional potential for future success.

Romano receives Hopedale Cultural Council Scholarship

Nicholas Romano has been awarded this year's Hopedale Cultural Council scholarship.

While at Hopedale High School, Romano maintained

a 4.37 GPA. In the fall, he will be attending Emerson College where he will major in Media Arts Production.

EYES

continued from page 12

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CULTURAL COUNCIL

continued from page 11

Students' Theme: Nature & the Environment

New this year is a student category. Manning explained that, in the past, the HCC sponsored a student art exhibit as part of Hopedale's Winter Stroll, but they have not held it since the COVID-19 pandemic began. This seemed like a natural way to bring it back.

There are two student categories - grades K-5 and grades 6-12 - and student work should reflect this year's student theme: "Nature & the Environment." Student submissions should be no larger than 16 inches by 20 inches, and should be ready to hang on wall panels. Student submissions are limited to the first 20 entries.

All entries will be judged by Boston artist, and Hopedale High School graduate, Iris Mar-

cus, who has juried the event in the past. Ribbons and cash prizes will be awarded.

Purchase Prize

Marcus has donated a Purchase Prize which will be available for purchase. Manning says the unframed print is approximately 28 inches by 28 inches and will have a price of \$350 (\$300 of which will go to the artist, and \$50 will go to the HCC). Manning says the print would be

ideal for a local business or resident who has ample wall space.

Other participating artists can donate a Purchase Prize as one of their three entries; it would be sold on the same terms.

Applications for the art show will be available on the Hopedale Cultural Council's town website after July 15. Vendor forms will also be available at that time. Sponsor letters have been sent out but additional sponsors are needed.

Hopedale summer band concerts take place at Hopedale Town Park and begin at 6:30 p.m. If the event is canceled due to inclement weather, the rain date is the following day unless otherwise indicated.

July 12

Band: 4EverFab: Beatles Tribute Band (no rain date)

Food truck: Methods of a Madwoman

July 19

Band: Fantasy Big Band, swing to contemporary

Food truck: Methods of a Madwoman

July 26

Southbound Train (contemporary country)

Food truck: The Caribbean Press



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Sports

Hopedale Boys Tennis Seniors finish season with CMASS Title

By M.S.PHILLIPS

The last four seniors of the Division 4 Hopedale tennis team won their respective matches to clinch the CMASS finals on Friday, May 26th at Assabet Regional High School.

Hopedale has won this sectional tournament for the past 6 years (excluding 2020 due to covid).

This year Hopedale, who moved up a class, faced a very tough Division 1 team from Marlboro High School.

Needing 3 points to win the match, the team relied heavily on it's senior players with some matches lasting almost 3 hours long.

2nd Singles player and Co-Captain, Jack Phillips faced a strong opponent, but won in straight sets, securing the team's first point.

The 1st doubles team of Dylan Dziok and Cam Whiting rallied from down 1-5 in the 3rd

set to win their match as well.

With daylight waning, the remaining 1st singles match, had to enter into a shortened "first to 10 point" 3rd superset with Hopedale's Co-Captain, Luke Tahmoush winning in dramatic fashion 13-11 as darkness fell.

This final point sealed the CMASS title for Hopedale with the team winning 3-2!

The team and families celebrated at center court with a brief awards ceremony and received their plaque and followed with a small parade through town escorted by Hopedale Police.

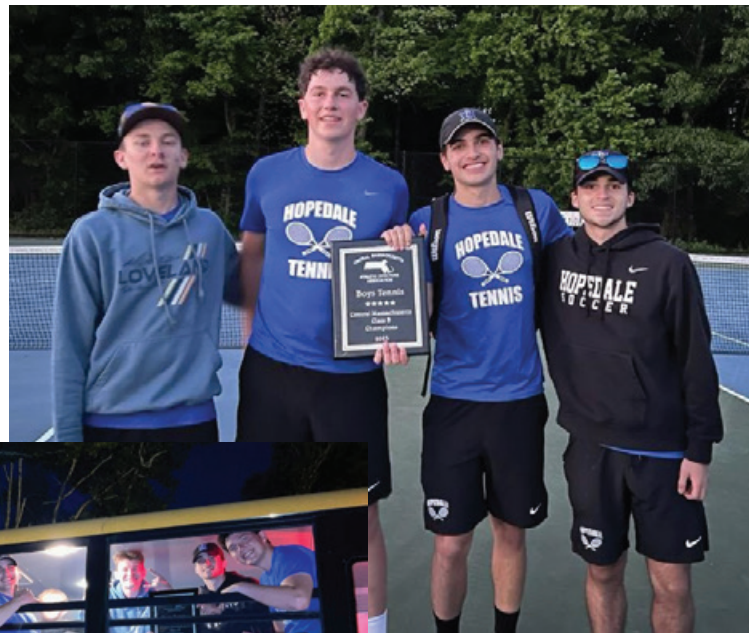
The team, thrilled to have coach Alex Laumeister come back for their final senior year, played an amazing season against some tough Division 1 teams from Algonquin and Shrewsbury.

They ended their season with an impressive 15-5 record, falling to Nantucket 2-3 in the State finals round of 16.

Several of these boys got their

start in pre-school playing the sport during their summers at the Hopedale Parks Department's Tennis Program under the guidance of then Parks Director, Barry Gorman and have played on the HS tennis team since 7th grade.

These past three years have been a challenge for both the



Girls and Boys Tennis teams having to play all "away games" due to the town park's tennis court

conditions and sometimes traveling well over an hour to matches. Special thanks to all the bus

drivers and our Athletic Director, Stephanie Ridolfi for juggling the travel logistics including scheduling towns to play and finding neutral courts for tournaments.

Next years team of underclassmen will look to follow in this year's performance.

Brytowski Has Found Her Home In the Circle

By CHRISTOPHER TREMBLAY, STAFF SPORTS WRITER

Hopedale's Lizzie Brytowski originally hated the idea of playing softball, but then one day while her father was practicing

with her older sister, Caroline, things all changed for her.

"My dad told me to pick up a bat and swing it. Then he pitched me a few balls and I was hooked immediately," Brytowski said. "I

found a fascination in hitting a ball with a bat to see how far it would go. I've been playing ever since."

While the thoughts of slamming a softball with a bat brought Brytowski an overwhelming sense of pride, it would be pitching that would eventually bring her the most joy.

Around the fourth grade she was given the opportunity to pitch and just like that first day of picking up a bat, she found that her new-found position was something that she truly loved doing.

"Being in the spot light was amazing," she said, "But to be able to control a game while also helping my teammates win was an even greater feeling."

When Covid hit, sports were put on the backburner and forgotten about for about a year. When they were opened up once again Brytowski found that she was entering high school as a freshman and really didn't know how things were going to be in regard to sports. She found that the



senior Bianca Fitch. With the senior hurler in the circle the incoming freshman was designated to the outfield.

"I would have much rather pitched, especially since I hadn't played the outfield in as long as I can remember," Brytowski said. "Bianca was a talented pitcher, and I really learned a lot from watching her. She never seemed to get mad, and this influenced me."

The following year Fitch was gone, and the pitching duties fell primarily on Brytowski, but the first-year starter found herself in a tough situation at the beginning of the season.

"My sophomore year was very stressful in the beginning because of what Bianca had done the previous year, (Fitch and the Blue Raiders won the Division 3 Central Championship)," she said. "Things eventually got easier as I basically had the same team behind me that she had."

high school tryouts were stressful and was unsure of where she would end up. In the long run it really didn't matter as long as she had a spot on one of the teams.

Brytowski made the varsity squad that year, but unfortunately the Blue Raiders already had a phenomenal pitcher in

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BRYTOWSKI

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Sports

Hamwey to be Inducted into Bellingham's Hall of Fame

Bellingham Bulletin sports writer Ken Hamwey will be inducted into the Bellingham Athletics Hall of Fame on Friday, Nov. 17 at the Coachmen's Lodge.

The 80-year-old Hamwey, a Bellingham resident who's worked for the Bulletin for 16 years, was a unanimous choice of the selection committee. In addition to the Bulletin, the veteran sports journalist continues to write feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who's been a Bellingham resident for 51 years, graduated from Natick High before earning a bachelor's degree from Babson College. He started his newspaper career in 1967 with the Framingham News, now the Metrowest Daily News. During his first year as a

sports reporter, his stories focused on Bellingham's new football program that achieved varsity status in 1967 and was coached by George Anderson. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Bellingham's Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Bellingham recognize me for my reporting. Some of my fondest memories during a 56-year career involve Bellingham's athletes and teams."

Hamwey covered the Blackhawks's baseball and softball teams in 2014 that won state championships on Flag Day, June 14. "It turned out to be a banner day for the town," he said. "The baseball team defeated Monument Mountain Regional

and the softball team upset two-time champion Grafton. Both triumphs were in Worcester. The boys competed at Holy Cross and the girls captured their crown at Worcester State."

Hamwey also covered many of the high school's elite players and coaches. He broke the story on Rick Santos when he was chosen to compete in the Hula Bowl after a dynamic career at the University of New Hampshire. He was on the scene when the Blackhawks won two state titles in field hockey during the coaching reign of Ron Bonollo. He also covered the BHS boys basketball team that defeated Bromfield for a state championship in 2003.

Others to be inducted include Carrie Wernig (field hockey), Mike Trudeau (baseball), Justin Bernard (football), Bob McManus (hockey), Justin Park (hockey), Beth Thornton (field Hockey), Joanne Paquette (field hockey coach), Dave Gibbs (basketball

coach), Rick Smith (contributor) and the 1996 field hockey team.

Hamwey, who'll be inducted as a contributor, left the Metrowest Daily News in 1973 and was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included editions of the Milford News and Country Gazette, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achieve-

ments. Many of Bellingham's top-notch coaches and athletes were featured in that column.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 16 years, he extensively covered Bellingham sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction will be his second Hall of Fame honor. He was inducted into the Millis Athletics Hall of Fame last year.

Hamwey and his wife Pauline, who taught at Macy School for 35 years, have been married for 34 years. His son, Travis, is a 1989 graduate of Bellingham High and a 1993 graduate of UMass-Dartmouth.

BRYTOWSKI

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Hopedale rode the arm of Brytowski into the Division 5 State Tournament with wins over Athol and Bristol County before being shut out by Greenfield, the number one seed and eventual Champion.

Over the course of her first season pitching for Hopedale, the sophomore amassed 180 strikeouts in the circle. This year she has exceeded the 300 mark during her career and still has tournament play this year as well as all through next year to add to that total.

According to Hopedale Coach Jim Casey, Brytowski is not only a fiery individual, but she is also the ultimate competitor when she enters the circle. Hopedale went 11-5 (7-1 in the DVC to capture a share of the league championship) with Brytowski taking the ball about 90% of the time.

"She wants the ball all the time and doesn't want to come out, she wants to pitch every inning of every game," Casey said. "Striking out 100-200 batters a year is a legitimate high school pitcher; to have 300 plus in her career should get her some Divi-

sion 2 and 3 (colleges) sniffs and to end your career with 500-600 is remarkable."

Getting 500 strikeouts is definitely on Brytowski's mind, especially having already eclipsed 300 in her first two seasons.

"I've thought about it, and it is achievable although not 100% certain at this time it will happen, but it is my top individual goal," the junior hurler said. "I want it to keep going, I guess it's a bit of greediness on my part, but I want to get better as I go along."

The Blue Raider coach noted that his pitcher has also done some work at Planet Fast Pitch in Uxbridge helping to mentor and coach young pitchers. When Hopedale happened to square off against Sutton in the earlier part of the season, one of Brytowski's pupils was pitching against her. Luckily Hopedale was able to walk off the field with a win.

"I had helped her with her mechanics at Planet Fast Pitch and then had to face her," Brytowski said. "It was weird, but I think that I knew her motion better than she did, and it was able to help us."

Having fanned 180 in her first-year pitching, Brytowski had hoped to hit 200 this season. At the time of this writing, she

had not completed that goal as Hopedale was getting ready to enter the State Tournament.

"As we get ready for the tournament I am hoping that we can go deep," she said. "If we don't get past the first round I will be really disappointed for the team as we will be losing six seniors and I won't get to play with them ever again."

While the team means so much to the junior hurler, it will be senior catcher, Franny Fitch, that will be missed the most come next spring.

"She is very important to me; I wouldn't have a single strikeout if it wasn't for her. She is easily the energy of the team and picks everyone up," Brytowski said. "She has been catching me for the past two years and it is going to be a really different vibe without her next year. Franny and I have been on the same page with almost every call, she knows my best pitches and knows me best as a person."

It may be a totally different feeling come next season when Brytowski is paired with another catcher, but for the remainder of the season Hopedale is looking to roll through the Division 5 State Tournament with its seniors one last time.

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
06/07/2023	36 Adin Street	\$735,000
06/07/2023	191 Hopedale Street	\$375,000
06/06/2023	221 S Main Street	\$550,000
06/05/2023	115 Dutcher Street	\$500,000
05/17/2023	54 Dutcher Street #9	\$305,000

Source: www.zillow.com / Compiled by Local Town Pages



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