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## Troop 1 Finds High-Adventure in Utah

A crew of eight Scouts and adult volunteers from Hopedale Troop 1 spent a week in July exploring Utah's Zion and Bryce Canyon National Parks.

Months before the trip, the troop began their planning and preparation – considering budget, where to go, travel arrangements, where to stay, what to do and how to build the fitness and endurance that would be needed. As the date drew closer, the group covered how to prevent injuries, first aid to treat common injuries, and appropriate gear for the planned activities.

### First Stop, Zion National Park

To beat the heat and the crowds everybody stayed on east-coast time, waking up at 4:30 AM every morning to be among the first to all trail heads.



Hoodoo in Bryce Canyon National Park

### TROOP 1

continued on page 2

## Select Board reminds Railroad of its current legal obligation

**Town officials express frustration that GURR is not following water protection regulations**

By THERESA KNAPP

At its meeting on July 24, the Hopedale Select Board sent a letter to the Grafton Upton Railroad to remind the owner of his legal responsibilities, specifically related to “compliance with Zone II Water Protection Regulations for [its] 1 Fitzgerald Drive Facility” associated with the “glass recycling operation” and “solid waste transloading services” taking place on that property.

Before the board approved the letter drafted by town counsel, Town Administrator Mitch Ruscitti explained, “We’re not talking about any new activity, we’re not talking about any new anything related to any of that, it’s more of a ‘here is, just as a reminder, what your compliance obligations are, if you have any questions, reach

out to us’ and that’s, at this point, all we’re talking about.”

Select Board member Scott Savage said, “This is something that’s been going on for a while where the Railroad has decided to not abide by our guidelines and has gotten away with it; so hopefully this will change their behavior because, wearing my other hat as the Chair of the ZBA, I have been contacted by residents about this issue and I repeatedly had to tell them that [the Railroad] had never come before us for the special permit and are operating as such. So hopefully this will strike a positive change and they will follow the guidelines set forth by the town.”

The full letter can be found at [bit.ly/HopedaleSB-packet07242023](https://bit.ly/HopedaleSB-packet07242023).

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**TROOP 1**

*continued from page 1*

The group started the week acclimatizing to the desert conditions and higher altitude by hiking Canyon Overlook Trail and the Watchman trail. These shorter hikes gave the group a sense of what to expect on the longer hikes while giving a preview of the amazing landscape and trail conditions.

Zion's most popular hike is The Narrows - a slot canyon with awe-inspiring canyon walls reaching 1,500 feet in height and areas where the canyon walls are only thirty feet apart. The Virgin River flows through the canyon and the scouts spent the day hiking through ankle to waist-deep, and sometimes chest deep, water. Record snow during the winter led to increased snow-melt water flowing through the river, making the hike more challenging.

When the hikers plunged into the river around 7 AM they were surprised at how cold the water was and as the day went on, how little light made it down into the canyon. It was hard to imagine that you would want a winter hat and polar fleece on a 95-degree day in the desert!

The most anticipated and anxiety-provoking hike was Angels Landing. For safety reasons, the National Park Service restricts the number of people who can take this hike and admission is lottery based. In April, a few troop members entered the lottery and were lucky enough to be awarded with passes for the entire group. The five-mile hike has a 1,500-foot elevation gain and in some areas has safety chains that hikers use on the exposed trails. The hike is intense and requires constant focus to navigate the terrain and be aware of other hikers. The reward was regular 360 views of Zion Canyon and a



**Above, Troop 1 Hopedale (left to right) Ryan D, Alex F, Cam M, John Staheli, Jackson S, Ethan Ho, Consuelo Staheli, Alison Ho**  
**Below, Canyon Overlook Trail**



tremendous sense of accomplishment as the group stopped at the peak to rest, experience the sensation, and enjoy their lunches.

Next Stop, Bryce Canyon National Park

On their second-to-last day, they traveled to Bryce Canyon

National Park, which is celebrating its 100th anniversary. Bryce is known for its iconic hoodoos, rock towers in shades of red, orange, and white. Scouts hiked down into canyon on the Queens's , Navajo Loop, and Mossy Cave Trails. After walking among the hoodoos, they hiked along the Rim Trail taking in the panoramic views from the different lookout points.

**Last Days**

At the end of the week, the group returned to Zion for a sunrise hike on the Timber Creek Overlook Trail in Kolob Canyon. Due to rain, part of

**TROOP 1**  
*continued on page 3*

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**TROOP 1**

*continued from page 2*

the road was washed out, and the road was closed to car traffic. This did not deter the scouts



**Hiking in the Narrows**

who decided to hike an extra 2 miles, past the washed-out road, to reach the trail head. The reward was making it to the observation point in time to see the sun beginning to light up the canyon walls while having the entire area to themselves.

It was and one-of-a-kind ad-

venture for Troop 1, many of whom had never been to this part of the country before. They achieved 38 miles of hiking, thousands of feet of elevation gain and experienced stunning views.

“Something that was unexpected was the number of people who recognized we were scouts and were excited to talk to us about their own scouting experiences. From younger Cub Scouts to the pilot of our flight, to restaurant workers ... it was wonderful sense of community,” said Scoutmaster, Consuelo Staheli.

**About Troop 1**

Hopedale’s Scouts BSA Troop 1 for boys is chartered through Union Evangelical Church. During the school year, we meet on Tuesdays from 7:00 – 8:30PM at the Hopedale Community House. Are you a boy between the ages of 11-17 and would like to be part of our adventures? Visit our booth at the Day in the Park, send us an email at [hopedalescouts@gmail.com](mailto:hopedalescouts@gmail.com), or register online at [beascout.org](http://beascout.org).

# Hopedale Council on Aging plans autumn trips

## Get your tickets today

Upcoming trips include:

**Wed., Oct. 4: New Hampshire’s Foliage Splendor**

Includes stops at Granite State Candy shoppe, luncheon at the Common Man Restaurant, and a visit to Meadow Ledge Farm. Everyone will receive a gift of Meadow Ledge’s delicious apple cider donuts to take home. Price is \$129 per person, includes transportation, luncheon, meal tax/gratuity, touring, and service of a Best of Times Travel tour guide (gratuity included). For more information, contact (508) 634-2208.

**Fri., Oct. 27: American Heritage Museum in Hudson, free**

This is a salute to Hopedale veterans. The trustees of the

Hopedale Community House, extend a thankful invitation, as part of our 100th birthday, to Hopedale residents who served as members of the United States Armed Forces. We want you to be our guest to travel to Hudson, Mass and visit the American Heritage Museum where you will see the military history of our nation through a series of compelling exhibits from the Revolutionary War to the present. This trip brings the history of all veterans to life. This is a can’t miss opportunity and a warm thank you for serving our country and representing Hopedale. Space is limited and offered to Hopedale veterans on a first-come-first-served basis. We will gather at the Hopedale Community House, Senior Center at 9:15 AM for a departure by coach bus at 9:30 AM. On our return to Hopedale, we will enjoy a box lunch in the Community House, main hall

and share thoughts about our experience. Reservations required by Oct. 20 by calling (508) 634-2208.

**Wed., Nov. 15: ABBA Tribute at Lake Pearl in Wrentham**

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# Keep an Eye Out For Signs of a Rodent Infestation This Fall

**WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home**

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attic's and basement's are a sure sign that rodents are present", said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.
- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.

• **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.

• **Tracks or rub marks:** As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.

• **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawl-spaces.

• **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen

babies every three weeks or up to 35 young per year. Chances are, if you see one mouse in the house, there are more hidden behind the walls!

• **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

*For more information about rodent infestations, visit [www.nobugsnopests.com](http://www.nobugsnopests.com) or contact a licensed pest control professional.*

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# Hopedale approves social media policy for town employees

**Town Administrator's office to oversee official posts**

By THERESA KNAPP

The Hopedale Select Board has approved a "Social Media/Networking Policy & Use Guidelines" document that will apply to all town employees.

According to the 8-page document, the policy is "meant to establish an expectation of the methods of communication and the information conveyed

by departments and employees of the Town of Hopedale. The Town of Hopedale uses social media/networking to maintain a higher level of transparency of the ongoing operations of the town and to disseminate information to residents and interested parties in an effort to reach a broadening audience."

Specific sites listed include, but are not limited to, Face-

book, Twitter, LinkedIn, Instagram, Vine, YouTube, and Flickr.

Town Administrator Mitch Ruscitti said the town does not currently have a policy, and the approved document will serve as a "good foundation" going forward.

"As of right now, the intent would be to have one place of communication, one verified

source of information, everything would flow through our office on behalf of the departments and we would control it that way," said Ruscitti, adding the intent is to share information "one-way," not to engage with the public through social media.

The Town Administrator's office would approve all posts before they go live.

"If we had a department head who wanted to post something about an event or something going on, that post would have to be approved by this [Town Administrator] office before it's allowed to be posted."

Employees are required to review the policy and sign an acknowledgement that will be kept in the employee's personnel file. Ruscitti noted the document would need to be shared with union leaders because it is related to personnel.

To read the entire policy, visit [bit.ly/HopedaleSB-packet07242023](http://bit.ly/HopedaleSB-packet07242023)

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# Select Board accepts resignations, makes appointments

By THERESA KNAPP

At its meetings on July 24 and Aug. 14, the Hopedale Select Board accepted resignations and made appointments.

The board accepted the resignations of:

Police Officer Cameron Amara to go to the Middleboro Police Dept., effective July 25, 2023

Call Firefighter/Paramedic Kristen Krauss, effective Aug. 6, 2023

The board appointed:

Casey Sweet as Career Firefighter/EMT, effective July 25, 2023

Allen Lavoie to the Zoning Board of Appeals, effective July 25, 2023, expiring June 30, 2025

Kelly Grant as Executive As-

stant to Town Administrator and Select Board (new part-time position)

Martha White as Executive Assistant to Town Administrator and Select Board (moving her from "interim" to permanent part-time position)

The board reappointed:

Tara Taglianetti-Chambers to Board of Registrars, effective July 25, 2023, expiring June 30, 2026

Dan Malloy to Council on Aging, effective July 25, 2023, expiring June 30, 2026

## Hopedale Winter Stroll & Shop Hop will be Dec. 2

By THERESA KNAPP

This year's Winter Stroll & Shop Hop will take place on Dec. 2 from noon to 7 p.m.

Tracy Phillips, President of the Friends of Historic Hopedale, was before the Select Board on Aug. 14 to provide details about this year's event, which will include vendors at the Draper Gym and local businesses listed on a special event map that patrons can visit during the event.

"The goal is just to get customers into Hopedale businesses," said Phillips, adding

any Hopedale business can be listed on the event map (at no charge) by visiting [friendsofhistorichopedale.com/winterstroll](http://friendsofhistorichopedale.com/winterstroll) before Oct. 20.

Phillips also requested (and received) permission to use two municipal parking lots for the event.

"I just love this day, I look forward to it more than anything else," said Select Board member Bernie Stock, thanking Phillips for the work she does year-round to bring the community together. "I can't thank Tracy enough."

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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 any tarps. I'm driving around

## Business spotlight

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



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

dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

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

ers 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.

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# Town approves proposal for Town Park retaining wall evaluation and design

## \$80k engineering fee was previously approved by Town Meeting

By Theresa Knapp

The Hopedale Select Board has engaged Tighe & Bond to provide engineering services related to the evaluation and design of replacement retaining walls at Town Park, where town officials say there have been “severe failures” with some of the retaining walls.

The cost for the engineering phase is \$80,000 which was previously approved by Town Meeting.

According to the contract, “The stone retaining wall that is the subject of this proposal bounds the park on the northern, eastern, and southern sides. The western border of the park has a newer retaining wall that has been recently constructed and therefore, will not be part of this study. The Park currently slopes from an approximate elevation of 316-feet in the northeast corner of the site to an approximate elevation of 286-feet in the northwest corner.”

Parks Commissioner Mike Reynolds attended the meeting and said there are currently

“significant safety concerns to the public when you talk about the areas that are compromised along Northrop and Freedom Street, specifically the Freedom Street side. Obviously, there’s a significant amount of degradation of that retaining wall, we have that sidewalk somewhat collapsing, and the railing is severely compromised so this was one that we felt needed to be a priority.”

The engineering design is the final stage before construction can move forward.

“This work entails all the engineering work and activities that have to take place prior to actually getting an overall cost of what it’s going to take to completely fix the situation,” said Reynolds.

The cost of the “complete overhaul” of the retaining walls is estimated to be \$800,000, according to Town Administrator Mitch Ruscitti.

Select Board member Scott Savage said, “I do think this one is something we need to get done so that residents can feel comfortable that the next phase will be

protected by what we’re doing here today.”

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# Celebrate retiring Youth Services Librarian Elaine Kraimer on Sept. 1 from noon to 2 p.m.

Mrs. Elaine Kraimer will retire on Sept. 1 after 29 years as a Youth Services Librarian at the Bancroft Memorial Library. The community is invited to stop by library on Sept. 1, from noon to 2

p.m. to celebrate Mrs. Kraimer's many years of service.

**Mrs. Elaine Kraimer will retire on Sept. 1, 2023, after 29 years of service as the Youth Service Librarian at the Bancroft Memorial Library. Courtesy photo.**



# 43rd Annual Hopedale Day in the Park

Sponsored by the Hopedale Cultural Council

In cooperation with the Hopedale Parks Department And a grant from the Massachusetts Cultural Council

Saturday, Sept. 23  
Rain date: Sunday, Sept. 24  
Hopedale Town Park 10am-4pm

Over 45 Craft, Food, and Games Booths

Juried Art Show under the tent at the 3rd tennis court

10:00am – 4:00pm DJ Mike Rutkowski  
Music, fun, and games at the bandstand

11:00am Rainforest Rep-tiles- basketball court Free!

11am-3pm Miniature painting with the Jolly Good Giant Free!

1pm-3pm Animal Craze Petting Zoo Free!  
Behind the bandstand

Little Red Shop Museum – Open all day

The Hopedale Cultural Council is seeking volunteers for the Day in the Park on Saturday, Sept. 23.

Help is needed for early morning set up (7:30-9:30 am) and closing at 4pm.

Contact: [www.hopedaleculturalcouncil@yahoo.com](http://www.hopedaleculturalcouncil@yahoo.com).

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# Financial Aid Changes to Impact This Fall's College Applications

We've come to expect Congress naming new legislation that exaggerates impact but does little to be true to its name.

Inflation Reduction Act. Secure Act. American Rescue Plan Act.

Now add "FAFSA Simplification Act," which makes the upcoming 2024-2025 college admissions process a complicated mess.

To be balanced, here are the benefits per advocates:

- Easier FAFSA application process with a reduced number of questions.
- The Federal Pell Grant expands to more students and will link eligibility to family size and the federal poverty level.
- The Estimated Family Contribution (EFC) has been replaced by the Student Aid Index (SAI).

This last one is interesting because SAI is based on a comprehensive database of education costs that includes tuition and fees, room and board, and other living expenses. The index also includes data on financial aid awarded to students, such as grants, scholarships, and loans.

By calculating the average cost of college for a given school and comparing it to the average amount of financial aid awarded, the index can provide a more accurate estimate of the student's EFC and help make more informed decisions about which school to attend.



Glenn Brown, CFP

Ok, enough of the accolades, let's get to the complications and impact.

**Two Different Views.** Both students and parents must create a Student Aid Account to get an FSA ID before completing the form. Previously a shared sign-on allowed for a singular view, now each completes their respective sections and continuity becomes more challenging.

**No longer does the most capable parent complete.** For divorced or separated parents, the one providing greater financial support over past calendar year must now complete the FAFSA. Yes, not the parent most engaged to ensure accuracy and meet deadlines, but the one who provides the most money. So much for a fiduciary process.

**Paying for two or more kids in college at same time? Who cares.** The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.

**You aren't selling the farm or small business you've built, but if you had to...?** The net worth of family farms and small businesses with under 100 employees will now be required as part of the application. Maybe having to sell is a strong ask, but borrowing against isn't - otherwise, why ask now?

**All applicants, especially Early Action / Early Decision (EA/ED), your school's deadlines will be before FAFSA opens.** Historically, FAFSA opens October 1 and EA/ED deadlines followed in mid-October through November. Per the federal government, this year FAFSA has "an anticipated December 2023 launch date." The colleges aren't waiting around, they're keeping October and November EA/ED application deadlines, including CSS Profile schools.

For example, state university UMass-Amherst has a Early Action deadline of November 5 and Regular Decision of January 15, but the FAFSA priority deadline is March 1 and state deadline for Massachusetts is May 1.

CSS Profile school Williams College states, "The FAFSA is not an initial requirement for the 2024-2025 academic year, given the uncertainty of the FAFSA Simplification Act application timeline. Enrolled students will be required to complete the FAFSA by May 15th."

So don't prioritize completing the FAFSA before submitting your college applications this year.

Instead work on the admissions application now, continue your student's building of a relationship with the university's local academic recruiter and stay focused on Return On Investment (ROI) during the selection process.

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 PlanDynamic, 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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# Bancroft Memorial Library

50 Hopedale Street, Hopedale MA 01747

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

## Labor Day

The Bancroft Memorial Library will be closed on Saturday, September 2 and Monday, September 4 in observance of Labor Day.

## Friday Hours

Friday hours will return to 1-5pm beginning on September 8.

## Library Card Sign-Up Month

September is Library Card Sign-Up Month! Any resident of Massachusetts is eligible for a library card free of charge. All you need is a picture I.D. and proof of a Massachusetts address. To learn more about the library's resources and programs, please visit our website: <https://www.hopedale-ma.gov/bancroft-memorial-library/bancroft-memorial-library>.

## Display Case

Do you have a special collection that you would like to share? The Bancroft Memorial Library has a display case to showcase your collection. If interested, please email Keely at kbethelpenny@cwmares.org!

## Community Conversations Sponsored by Hopedale For Change

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

## Helen Symonds Book Group

The Helen Symonds Book Group will resume monthly meetings on Sept. 6, 2023 at 1:00 pm in the Library Program Room. We will discuss *This Tender Land* by William Kent Krueger. If you are not on the current book group list, books are available in the Library. "Minnesota, 1932. Twelve-year-old orphan Odie and his 16-year-old brother, Albert, are the only white students at the Lincoln

Indian Training School. When Odie accidentally kills a fiendish school employee, he, his brother, their Sioux friend Mose, and a bereft little girl, Emmy, whose single-parent mother has been killed by a tornado, must flee by canoe down the nearby Gilead River. And so their adventure begins, a quest in search of self and home." From Library Journal review

## Wednesday Needlework Group

Join us for an evening of needlework every Wednesday night from 6:00pm until 7:45pm. Bring your latest project. No commitment required – come when you can!

## News from The Friends of the Hopedale Library

Farm Girl on the Front Lines: Deborah Sampson's Secret

The Friends of the Hopedale Library are pleased to present "Farm Girl on the Front Lines: Deborah Sampson's Secret" on Wednesday, September 27th at 6:30 pm. Join us as Janet Parnes portrays Deborah Sampson,

the only woman known to have disguised herself as a man and served in the Continental Army without detection. Learn about Deborah's childhood as an indentured servant, what life was like for women and girls in Colonial America, and how she managed to reach her goal of serving in the Continental Army. This free program is appropriate for ages 7 to adult. To register, please sign up at the upstairs circulation desk or call 508-634-2209. This program is supported in part by a grant from the Hopedale Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.

## Flower Power Fundraiser

The Friends of the Hopedale Library are running a Flower Power Fundraiser through 10/15! You can order fall bulbs online and have orders shipped directly to you. The Friends of the Hopedale Library earns 50% which goes 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. Shop at <http://hopedalelibrary.fpfundraising.com>. Thank you for your support!

## Who are The Friends of the Hopedale Library?

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 meeting is Wednesday, September 13th at 6:30 pm. We love new members!

## News from the Marjorie Hattersley Children's Room

Celebrate Mrs. Kraimer! Join the Library and community in celebrating Mrs. Kraimer's 29 years of service as the Youth Services Librarian on Friday, September 1 from 12pm to 2pm. All are welcome to join the festivities!

2023 Summer Reading at the Bancroft Memorial Library The 2023 Summer Reading Program at the Bancroft Memorial Library numbered 305 par-

## LIBRARY

continued on page 11

# MULLALY MATERIALS



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**SEPTEMBER 2023 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 12:00 pm Senior Center closes
4 <b>CLOSED FOR LABOR DAY HOLIDAY</b>	5 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	6 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	7 1:00 pm Tai Chi	8 12:00 pm Senior Center closes
11 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Medicare Seminar	12 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class  <i>Errand Van Available</i>	13 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	14 10:00 am Watercolor Classes 10:00 am Knitters' Group 1:00 pm 100 <sup>th</sup> Birthday Celebration for Mary Phillips 1:00 pm Tai Chi  <i>Errand Van Available</i>	15 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
18 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	19 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class	20 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	21 10:00 am Watercolor Classes 12:00 pm Lunch at Senior Center 1:00 pm Scam Presentation 1:00 pm Tai Chi	22 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
25 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	26 9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance Class  <i>Errand Van Available</i>	27 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage  7:00 pm Bucket List Workshop	28 10:00 am Watercolor Classes 12:00 pm Welcome Back BBQ 1:30 pm Tai Chi 2:00 pm COA Board Meeting  7:00 pm Medicare Seminar  <i>Errand Van Available</i>	29 10:00 am Low Impact Exercise 12:00 pm Senior Center closes

**REMINDER FLU CLINICS - OCTOBER 12 AND OCTOBER 26 - 4 PM TO 6 PM - HOPEDALE HS CAFETERIA**

**LIBRARY**

*continued from page 10*

ticipants this summer (88 more than last year!), and included infants, toddlers, and students and adults of all ages. In talking with students and parents, it was clear that the addition of the "Read and Bead" initiative was also a huge hit; with many readers challenging themselves to read as many hours as they could to submit multiple reading logs every week. Library staff would like to thank everyone who participated for making such an important commitment to celebrating literacy and "Finding Your Voice" as part of this annual program.

An assortment of 43 raffle prize baskets also provided reading incentives for all participants and included baskets for children, teens, and adults. We are thankful to our community and business sponsors for providing such a wide and varied selection of options. Summer Reading sponsors included Milford Ace Hardware, Six Flags New England, StoryLand NH, The Hanover

Theatre, Hopedale Community House, Hopedale Police and Fire Departments, OverDrive, BestBuy, An Unlikely Café and Bookstore, and All About Quilts (Walpole). Members of the Friends of the Hopedale Library and individuals in the community also contributed special prize baskets; with additional support provided by the Friends of the Library.

Congratulations to all of our 2023 Summer Reading participants! You did an awesome job!

**Back to School Story Walk®**

The Bancroft Memorial Library is pleased to present a "Back to School" themed Story Walk® on the Community House Lawn from Wednesday, September 27 through Saturday, October 7.

*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>.*

**Protect yourself from scams**

Pizza Lunch at the Hopedale Senior Center

Following lunch a presentation

by Julie Rinehart, Cybersecurity Professional

Unmasking Cybersecurity Scams:

Friendship/Love and Gift Cards

Thursday September 21, 2023

Lunch: 12:00 pm Presentation: 1:00 pm

As technology advances, so do the tactics used by cybercriminals, making it crucial for you and your loved ones to stay informed and vigilant. Join us as we demystify these scams, explore their inner workings, and equip you with practical knowledge to protect yourself and your community. Learn to identify red

flags and a few best practices that can help safe-guard against these threats.

Lunch: \$3.00 p.p. - Presentation: No cost

Sign-up Required by: 9/15/2023



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# Living Healthy

## Computer Vision Syndrome

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

As our scholars go back to schools and colleges, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

### 1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your

head to look from the document to the screen.

### 2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

### 3. Rest your eyes

When using a computer for an extended period of



time, rest your eyes periodically to prevent eye-strain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to re-focus. After two hours of continual computer use, rest your eyes for 15 minutes.

### 4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

### 5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having

the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 3 state-of-the-art facilities in Franklin, Milford and Millis. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

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# Get to Know New Director of Transportation

Hopedale is excited to welcome our new transportation director, who began in her role on July 1.



Prior to being selected for this position, Heather Lee worked as a school bus driver in Hopedale for 18 years.

Although Heather had a full-time job as a business analyst (16yrs)

for Sinco.inc, she spent every morning and afternoon driving our children because she thor-

oughly loved the job.

In addition to having extensive school bus driving experience, Heather has a great deal of experience in the business world, managing staff, dealing with customers, and analyzing efficiencies.

As transportation director, she will be able to combine her talents and skills as she adjusts to her new position.

Heather is a graduate of Framingham State University and is currently President of the Independent association of FSU Alumni.

She has lived in the Hopedale community for the past 20 years and raised her two sons, Jake and Trevor Hibbert in Hopedale.

Both of the boys are graduates of Hopedale high school and were very involved in Hopedale athletics and in the school community.

Heather said, "I am very pleased to continue serving this community in my new position."

# Medicare Seminar At The Hopedale Senior Center

- Are you getting ready to transition to coverage under the Medicare System?
- Are you a caregiver or an individual trying to assist a family member with their Medicare coverage and associated supplemental plan options?
- Are you wondering why it all seems so complicated and why there are so many choices?

We know Medicare and can help!

Our Presenter: Bob Casali S.H.I.N.E. Counselor and COA Board member. (Serving the Health Insurance Needs of Everyone)

Topics covered in the presentation:

- General overview of the Medicare System
- Part A, Part B, Part C and Part D
- When do I apply for Medicare benefits
- How to avoid enrollment penalties
- What Medicare does and does not cover
- What is the difference between Original Medicare and Medicare Advantage Plans
- What are Medigap Plans and how do I purchase one

### Choose a Day or Evening Presentation :

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## Sports

# Fund-raiser At Southwick Zoo Will Help Children In Tanzania

## Orphanage Founded By Bellingham's Jay Rowe

By KEN HAMWEY  
BULLETIN STAFF WRITER

Bellingham's Jay Rowe and the Southwick Zoo in Mendon have formed a magnificent partnership to help 30 children in an orphanage in Tanzania.

A fund-raising event, scheduled for Sept. 8 from 5-9 pm at the zoo, will ensure that money raised not only will benefit the children, but it also will help Rowe emphasize the orphanage's mission statement that reads: "to provide children (ages 5-12) access to school, medical care and church services in a clean, safe and loving environment."

The orphanage is located in Moshi, a small city in the East African country that borders Kenya, and its name is COKO (Children of Kilimanjaro Orphanage).

COKO was founded by Rowe and it began operating on March 15, 2020, just days before Covid-19 arrived. At the start of 2022, the zoo became the orphanage's primary sponsor.

"What could be better than a zoo that believes in animal conservation and teams up with an orphanage in East Africa to provide children an opportunity to have a normal life," said Rowe,

who served in the Army and the Marine Corps.

Tickets for the fund-raiser are \$50 and include two hours of touring the zoo from 5 to 7 pm, a skyfari ride (chairlift view of the zoo), music provided by Pieces of Eight, and a buffet that includes ribs, chicken, pulled pork, cheeseburgers, potato salad, cornbread and corn on the cob. Raffles will be held for gift baskets and other items.

Tickets (in the form of a bracelet) can be obtained by going to COKO's website (helpcoko.org) or at Venmo by typing Children of Kilimanjaro Orphanage. They can also be purchased from Rowe, Amanda Campano or Roger Dooley, all members of COKO's Board of Directors.

The 60-year-old Rowe is a native of Bellingham who graduated from Bellingham High in 1982. An avid outdoorsman, he always wanted to reach mountain tops.

A desire to climb Mount Kilimanjaro brought Rowe to Africa, and it was his generous nature to help people that led him to volunteer at orphanages in Kenya and Tanzania. "I quickly discovered there are good orphanages and bad ones," he said. "And,

it was unfortunate to see that money raised by bad ones wasn't benefitting children."

As a youth, his late parents (Dina and Chuck) always provided Rowe with the simple things in life. "I enjoyed a safe environment and I was loved," he said.

In spite of dealing with cancer (seven surgeries that led to removal of his esophagus), he still felt the need to undertake the Herculean task of starting an orphanage. Now, after three-plus years, COKO is in a good place and its future is bright.

Since its inception, COKO has changed a bit but it's all good.

"We've expanded from 25 children to 30," Rowe said. "Our fulltime staff has increased from seven to nine and includes a head matron, a head teacher, a security officer, assistant teachers, a cook and a cleaning employee. In March of 2025, we'll be leaving the compound's three buildings that occupy 10,000 square feet. We've bought 1.6 acres of flat land on Mount Kilimanjaro and that property will be the new COKO. It's beautiful, gorgeous land that's loaded with fruit trees."

Rowe knows the value of speaking more than one language. He speaks Swahili well enough to converse with the children, who learn to speak English at the start of third grade.

"They start learning English at school but when they return to COKO, they continue to work on English with two teachers, and they also do their homework," Rowe said. "The children at COKO are in the top 10 percent of their class."

Most of the children have no parents and some previously lived with grandparents who no longer could take care of them. They all come from villages surrounding Moshi and they're all chosen based on need by Rowe and co-founder Babu Msuya.

Rowe, who ran a masonry business before retiring, usually travels to Tanzania five or six times a year. But thanks to to-



Jay Rowe gets lots of love from the children of COKO in Tanzania.

day's technology, he's able to talk on a daily basis with Msuya, a former school teacher. "We discuss the day-to-day operations, COKO business, and what's needed," Rowe noted. "I also inquire about the kids' health, safety and their schooling."

Without donations there would be no COKO. The orphanage has donors from Bellingham, from all over the United States and from other countries. "A small amount can still go a long way in Tanzania," Rowe said. "A large percentage of donations comes from Bellingham because, as a co-founder of the orphanage, friends, residents and businesses know me. Anyone wishing to donate can go to helpcoko.org."

Mountain climbing took Rowe to Tanzania but he also was avidly involved with long-distance backpacking and ice climbing. But, he always wanted to climb Mount Kilimanjaro and he did that in January, 2011. "At that time, that was my highest climb," he said. "It was 19,341 feet. But, my highest effort was in 2013 in Nepal when I climbed 20,305 feet to the top of Island

Peak in the Himalayan mountain range."

Mountain climbing and orphanages are an unusual mix but that combination has benefitted both the children of COKO and Rowe.

"When you see 30 kids who are happy, safe, going to school, playing games, having clean clothes and linen, and knowing they're loved, it's an awesome feeling," Rowe said. "These children never had anything. They just want to smile, be hugged and be happy. They're getting the things I had growing up. Every kid deserves that. They've given me more than I've given them."

Rowe says that starting an orphanage was the greatest thing he's done in his life. "The kids are loved by a devoted staff and they're all friends. It's one big family," he emphasized.

The fund-raiser at Southwick Zoo will be a great way to assist in keeping COKO functioning and helping children.

Rowe doesn't crave publicity for his efforts but he's pleased when COKO gets noticed. His giving nature is a plus and it has no limits and no boundaries.



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# Sports

## Hopedale's Jackson Hunt Leaving His Competitors In the Dust

By CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

What happens when you find that no matter what sport you try, you just don't seem to be that good?

Hopedale's Jackson Hunt found himself in that particular situation, but at the urging of his mother he eventually found something that he could excel in.

"I played baseball, basketball and soccer up until the eighth grade, but found myself sitting on the bench a lot and when I did get into a game, I was not that good," Hunt said. "I eventually quit all three, but I tried out for the cross-country team on a whim as my mother wanted me to play a sport to stay in shape and have something to do."

The then-freshman was wondering what he got himself into during the tryouts and practices, but it was something that he really seemed to enjoy.

"The first three weeks of cross-county practice was the hardest thing that I have ever done in my life," he recalled. "While it was hard work and I felt completely exhausted each day, it was something that I thought was worth it."

Much like every other sport he decided to try, Hunt found himself once again looking at failure. However, he really found something in running.

"I was not good at all, but my mother made me stick with it to keep active and a lot of my friends were running, so it became a lot of fun," Hunt said. "Although we had to wear masks that first year and had a lot of our meets cancelled due to Covid, I found that I loved running."

Having found a sport that he enjoyed participating in Hunt still found himself on the lower end of the talented runners. During his first season he recalled himself being the 13th best runner on the team, but it was not going to deter him.

Hunt may have been near the end of the running pack, but he wanted to improve and running was a sport in which he could see his improvement as his times went down.

Hunt also decided to run both indoor and outdoor track and

although the indoor season was cancelled during his freshman year because of the pandemic, he still wanted to improve and continued to run to get ready for the spring season.

Running the 2-mile in the Divisional Meet during the spring,



Hunt decreased his time to 11:27, which was a personal record by 33 seconds.

"I may have not been any good that first season, but I knew that I wanted to keep running," he said. "When I recorded the 11:27 at the Divisions, it was the turning point. My time was still not that good, but at that point I realized that I could be good if I continued to push myself and I think the coaches saw my potential then too."

Boys' cross-country coach Joe Drugan was rather impressed with Hunt and his improvements.

"He knew nothing about the sport when he started running cross-country," Drugan said. "I think he found himself sitting on the end of the bench for the basketball team, but he had the potential and as long as he took to our teachings, he had a future."

Following his freshman season with Hopedale, Hunt had his eyes opened to the fact that he may be able to be a good runner. With that thought implanted in his brain, he found himself getting up at 7am in the morning during the summer break and running Monday through Friday.

When the fall came and it was

time to return to school and run in the woods, Hunt was more than ready to take on the courses.

"That first cross-country meet that year I surprised everyone by winning it. Suddenly I went from 13th to 1st," Hunt said. "It was shocking for me as well, I really didn't know my limits at that point, I was just looking to push myself and ended up cutting 11 minutes of my time."

When Hunt began running his freshman season his best time was 28:02 and by the end of that season he found that he had decreased his time to 23:42. By the time his sophomore season was completed, he was running a 17:07. During his junior year Hunt happened to catch COVID, not once but three times and the layoffs set the runner back quite a bit. However, he knew that he now had to work harder and although not as substantial as the previous year, he lowered his time to 16:45.

"Last year Jackson was a very important key to the team that helped us win a lot of meets," the Coach said. "He has been taking what I have taught him to heart, and he is running with it – it has made him a top-notch runner."

Following his junior campaign in cross-country, Hunt was notified that he was one of a dozen runners nominated for Central Mass Cross-Country Runner of the Year. During the Division 5 Outdoor Championship Meet, the Hopedale runner set personal bests in the mile with a time of 4:39 and in the 2-mile posting a 9:54.

As he gets ready to take part in his final season with the Blue Raiders, Hunt is looking at putting up some spectacular times. This past summer he logged at least 50 miles a week running to prepare for the upcoming seasons. To put that into perspective as to his dedication – Hunt only ran 40 miles once the previous summer.

"I am looking to get my cross-country time down to 15:30 and I believe that it is a real possibility," he said. "I've put in a lot more miles this past summer, now I just have to make sure that I don't get sick again."

After finishing the State Meet

in 13th place, Hunt is eyeing moving up into the top 5. Jumping 8 places seems like a big hurdle, but the senior is not worried about it. Prior to finishing 13th, he was 31st the year before; moving up 18 spots, so 8 is not an issue.

As the season begins, Hunt is hoping that his times continue to decrease as he would really like to run in college. Thus far he has reached out to Rensselaer Polytechnic Institute (RPI) and Worcester Polytechnic Institute (WPI), but things could get even better. If he can really improve his running, then who knows he could possibly be looking at col-

leges like Northeastern or MIT (Massachusetts Institute of Technology) instead of RPI or WPI.

While running is something that Hunt is looking to continue to do, he is very serious when it comes to his schoolwork. As he enters his senior year at Hopedale, he is unsure of where he actually sits in terms of his class numbers but is sure it is within the top three.

"I take academics very seriously," Hunt said. "However, I don't think that I would go to a college if I couldn't run there. Running is something that I want to do for the rest of my life."

## Real Estate Corner

### Recent Home Sales

Date	Hopedale	Amount
08/15/2023	133 Greene Street	\$603,000
08/09/2023	11 Forest Path	\$802,000
07/31/2023	89 Laurelwood Drive	\$385,000
07/28/2023	25 Tammie Road	\$685,000
07/28/2023	26 Progress Street	\$300,000
07/21/2023	13 Tammie Road	\$602,000
07/21/2023	1 Cook Street	\$450,000

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



The 3-bed, 2-bath, 1,359 sf (left) unit at 26 Progress Street in Hopedale recently sold for \$300,000. Image credit: [www.zillow.com](http://www.zillow.com)

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