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November 2023

## Hopedale Fire Dept. Staff Recognized For Lifesaving Efforts

*Schrafft, Sherens, and Sweet honored*

By THERESA KNAPP

At a Hopedale Select Board meeting on Oct. 10, three firefighters were honored for their heroism in recent weeks, having saved two patients in a 10-day period.

In a letter to the board dated Sept. 26, Fire Chief Thomas Daige said, "I wanted to make you and the board aware of two life-saving events that took place over the past 10 days where the on-duty firefighters had been called to a scene where they needed to be absolutely perfect with every decision they made and treatment they delivered in order to have a successful patient outcome."

Responding to the first call were paramedics Peter Schrafft



and David Shearns.

Daige explained that a patient was weak and passing out. "The fire department members arrived within five

minutes and found that the patient had a heart rate in the

### RECOGNITION

*continued on page 2*

## PCOA receives funds to add dance and literature classes

*Select Board approves request 2-1*

By THERESA KNAPP

At its meeting on Sept. 25, the Select Board voted 2-1 to approve \$2,500 in ARPA funds to be granted to the Council on Aging for dance/movement and literature classes.

According to [www.mass.gov](http://www.mass.gov), the American Rescue Plan Act of 2021 (ARPA), is the federal government's economic stimulus bill to speed up the nation's recovery from the economic and health effects of the COVID-19 public health emergency.

"This \$2,500 will directly result in two additional classes, I believe, being offered at that facility," said Town Administrator Mitch Ruscitti.

Selectperson Scott Savage was opposed to the use of ARPA funds in that way.

"While this is apparently a good program and I'm sure that it would be enjoyed by a few mem-

bers of our aging community, I personally don't think that utilizing ARPA funds for this type of a program is something that's in the best interest of the town as a whole especially as our ARPA funds are dwindling. There are some things that are coming up that I think could use ARPA funds more efficiently to benefit a larger pool of residents. I know that a lot of programs out there are funded by registration fees in other areas and I think that should be the same with this."

Select Board Chair Glenda Hazard was in support of the motion.

"I feel like it's a great use of ARPA funds. I think it's a pretty small amount of money and we don't do a heck of a lot for our senior population expense-wise, as a

### PCOA

*continued on page 2*

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# Hopedale receives \$20,000 municipal road safety grant

In October, the Healey-Driscoll Administration announced that 186 Massachusetts towns and cities will receive grant funds to support traffic safety enforcement and outreach programming. The federal awards total upwards of \$5.4 million invested in local roadway safety initiatives.

The Town of Hopedale received \$19,960.78.

A total of \$5,449,584.03 was

awarded through the FY24 Municipal Road Safety Grant Program. The program is administered by the Office of Grants and Research (OGR) and utilizes funds awarded by the National Highway Traffic Safety Administration (NHTSA). The annual program provides funding to municipal police departments who propose traffic safety projects in their community, includ-

ing high visibility enforcement patrols, equipment to enhance road safety such as digital speed signs, pedestrian and bicyclist safety initiatives and public outreach campaigns intended to educate community members and youth about roadway safety.

“Whether by vehicle, bicycle or foot, everyone has the right to travel safely through our communities,” said Gov. Maura

Healey. “Through this program, we were able to award grants to every community that requested funding. The education, enforcement and outreach initiatives supported through these grants will help ensure safer roads for all.”

“Aggressive and dangerous driving are a threat to every road user. Providing local law enforcement agencies with the resources necessary to en-

force traffic laws and educate members of their communities about distracted, impaired and aggressive driving is vital to ensuring the public’s safety,” said Secretary of Public Safety and Security Terrence Reidy. “These grants allow towns and cities to approach traffic safety initiatives in ways that make the most sense for the community’s needs.”

# Special Town Meeting to be held on Nov. 7

BY THERESA KNAPP

A Special Town Meeting will be held on Tues., Nov. 7, at 7 p.m. in the Hopedale Junior-Senior High School Dennett Auditorium.

At press time, the warrant was closed but the final version could not be found online.

At the meetings of the Select Board on Sept. 25 and Oct. 10, Town Administrator Mitch Ruscitti shared a draft warrant that included, among others, articles related to:

- HVAC at the library
- Prior year bills

- Supplement FY24 budgets
- Amend FY24 Water Department
- Water Department easement

For the full warrant, visit [www.hopedale-ma.gov](http://www.hopedale-ma.gov)

# Select Board makes appointments, accepts resignations and donations, expresses support

BY THERESA KNAPP

At its meetings on Sept. 25 and Oct. 10, the Hopedale Select Board accepted resignations, made appointments, and accepted donations.

The board accepted the resignation of:

- Call Firefighter Juan Ruelas, effective Sept. 18
- Part-Time Public Safety Dis-

patcher Roberta Lamothe, effective Sept. 28

The board appointed:

- Tyler Alt as Call Firefighter, effective Oct. 1
- Riccilyn MacNeil as part-time public safety dispatcher, effective Oct. 10

The board also accepted the following donations and grants:

- \$56,500 donation from

anonymous donor to fund legal fees associated with West Street litigation

- \$444,870 FEMA grant for Increased Flood Resiliency for Hopedale Pond

The board also voted to send a letter of support for the proposed Open Space and Recreation Plan.

## RECOGNITION

*continued from page 1*

20s and, as confirmed by the Emergency Room Physician, death was imminent. The members performed their job to perfection, the patient’s condition was stabilized, and they were then transported to a hospital in Worcester. The patient was kept at the Hospital for only a few days before being discharged.”

Responded to the second call were paramedic David Sherens and Firefighter/EMT Casey Sweet.

Daige said this involved “a middle-aged male who was found unresponsive, not breathing and without a pulse. Again, the two on-duty members were on scene within three minutes and performed flawlessly and were able to restore the patient’s pulse and breathing prior to leaving the scene. The patient regained consciousness in the emergency room and was discharged to his home two days later.”

In his letter, Chief Daige said, “I write this as a Chief proud of the work his members do daily, but also to shine light

on the job we perform and the positive outcome that is possible when members are in the building to respond quickly, trained to the highest level of care and not overworked, tired and unable to make sound decisions quickly and decisively. Every time the two on-duty firefighters go out on a call, I hold my breath hoping that calls like the ones mentioned above don’t come in where the response and care are delayed by having to wait for off-duty and call members or a mutual aid ambulance to respond.”

Select Board member Scott Savage said, “Excellent job guys, I really appreciate the work you guys do and all the efforts you have; it probably goes unrecognized too often in this community and others. This is a great opportunity to shine light on what you do every day, not to this extent hopefully that often, but you came through and there’s two people here who owe their lives to you gentlemen so thank you very much.”

Source: [bit.ly/HF-Drecog10102023](https://bit.ly/HF-Drecog10102023)

## PCOA

*continued from page 1*

matter of fact, the senior center’s a pretty shoe-string low-budget operation so I think if \$2,500 in ARPA funds is helpful in programming then I’m happy to have that happen.”

Selectperson Bernie Stock, who made the motion, agreed with Hazard’s support.

“I would concur, I guess because I have a front-row seat to what goes on over there.”

The motion passed 2-1 with Hazard and Stock in favor, Savage opposed.

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# A Will to Live

*TW: Mentions of Suicide, Self-Harm, Mental Illness*

By CHLOE ZHANG

As summer comes to an end and students return to school, people often discuss how to manage their course load or how to stay organized during school.

However, the main issue for the students of today's society is not organization, but rather a more serious issue of suicide and mental illness.

Not only is suicide one of the main causes of death among young adults and adolescents, but it is also an epidemic in itself with an annual growth of up to 30%.

Hopedale was fortunate enough to have John Trautwein, the founder of the "A Will to Live Foundation" talk to the students, staff, and parents about the struggles of mental illness among today's teenagers.

The foundation's mission is: "to be a positive and motivational resource for teens, young

adults, and their families in the global fight against teen suicide, depression, and the stigma surrounding mental illness."

Trautwein is not only a motivational speaker, but also a former pitcher for the Red Sox, published author, successful businessman, loving husband and father. When his son, Will Trautwein was 15 years old, he took his own life with his own hands.

His son Will, who stood 6-foot-1, strong, positive, with a bright future in his father's eyes, took his own life in the early morning of Oct. 15, 2010.

The discovery of this the next morning left Trautwein in disbelief and in shock. How could someone like his son Will could suffer from depression, nevertheless taking his own life? He was shocked how someone like Will: the lead in a band, captain of his traveling lacrosse team, popular in school, and often swarmed with friends, could take his own life.

He had no idea how much Will was struggling with depres-



sion and how much it had taken a toll on him. The death of his son left a lasting impact on his perception of mental illness and just how much it affects teenagers today with the usage of technology and social media.

Trautwein took the traumatic situation of his son's death and brought positivity to it by educating other parents and adults

about the reality of mental illness and the heartbreak of losing a child.

He said, "To be able to turn something tragic into something positive was such a big goal for me, I'm doing something Will would've wanted me to do." By giving these motivational speeches, Trautwein destigmatizes mental health and

promotes a culture that allows conversations about mental illness and depression.

His presentation spoke to the students who go through the struggles of mental illness, and to the parents of those children who grew up in a different

**WILL TO LIVE**  
*continued on page 5*

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# Hopedale Jr.-Sr. High School, a National Blue Ribbon School

BY CHLOE ZHANG

Hopedale Jr-Sr High School, home of the community of the Blue Raiders, was recently awarded as a National Blue Ribbon School.

In late September, Hopedale was named to be one of the 353 schools to receive a Blue Ribbon award.

This award was given to Hopedale to highlight the academic excellence and the positive close-knit community of Hopedale.

This award was not only given for the academics of Hopedale, but also for the school's dedication to building a positive environment for the students along with fostering academic achievement.

The Blue Ribbon award recognizes schools for their aca-



ademic achievement, but the reason why Hopedale is greater beyond academics lies between the students and the community that Hopedale has established.

Hopedale, a school of around 470 students, might be small, but it's one of the many qualities of the school. Asking students and teachers around the school why they believe Hopedale is a Blue Ribbon School, their responses

were not related to academics but rather to the welcoming community of Hopedale.

"My favorite thing about Hopedale High School is probably the people, just because they make me feel very at home, and very accepting," said Sami (Samantha) Welch.

"My favorite thing about Hopedale High School is the community because it has a

small-town feel, everyone is close to each other, it's just a very tight-knit community!" said Mr. Dietrich, (5th Year Teaching at Hopedale High)

"I believe that Hopedale is a Blue Ribbon School not only because of the academics but mainly because of the amazing community of Hopedale. I think that Hopedale is a very welcoming place for everyone," said Li

(Student Body Representative).

Hopedale is a school that promotes academic achievement through the various programs offered at the school. The size of Hopedale does not take away from the amazing teachers or excellent academic programs. Hopedale sets an example for what it means to raise the bar in education and beyond.

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**WILL TO LIVE**

*continued from page 3*

generation. His presentation opened up opportunities for conversations about mental illness between parents and their kids. Trautwein believes that he also takes away from the overall message of the presentations,

“I take away the positivity of the reaction from the kids themselves and the affirmation that they do need to hear from the adults in their lives that they have it hard, cause it is. They appreciate when someone recognizes that there is an adult that can see through their eyes and how they feel”.

Trautwein’s story is heart-breaking for parents and students all across the country, his story is not only remarkable and moving, but one that leaves an impact on the way we view mental illness as a society.

His vulnerability with the audience connected students and created numerous discussions about mental illness. From Trautwein’s humor to his self-progression story, he delivered an informative and moving presentation that stuck with the audience; regardless of the demographic.

He urged those gathered to share this message: If you’re a teen and you’re struggling with mental illness, please know that there will always be someone there for you. If you or someone you know is in need of help, please don’t hesitate to give them the resources they need and offer your support. If you ever feel as if you need to talk to someone or are in serious harm, call for help. You are not alone!

**Suicide Prevention: 1-800-784-2433; National Suicide Prevention Hotline: 1-800-273 TALK (8255); Crisis Text Line: Text HOME to 741741**

**Student Quotes:**

“I thought that the presentation he gave was very insightful and very empowering, and especially something that parents should hear about! I found the guy very energetic, and positive even when talking about a situation that was so hard on him.” - Li (Student Body Representative).

“I found the presentation moving because of how it relates to our mental health crisis today. I like how he was interactive with his presentation and connected us”

**Parent Quotes**

“There’s definitely a mental health crisis among adolescents, and it’s important to help students navigate that, and let them know that it’s okay to communicate about these feelings”

“We came on our son’s recommendation and left saying it was awesome!”

“This presentation really opened our eyes to the things that these kids have to deal with today.”

“It was really brave of him, I appreciated him sharing his personal story which really opened our eyes to the realities of what our kids go through these days.”

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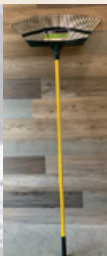
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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

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## Business spotlight

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!

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.

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

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



game for them to take away.

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

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

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.takeawayjunk.com](http://www.takeawayjunk.com).

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## Veterans Day

The Bancroft Memorial Library will be closed on Friday, November 10 and Saturday, November 11 in observance of Veterans Day.

## Thanksgiving Hours

Wednesday, November 22 open 10am-2pm  
 Thursday, November 23 (Thanksgiving Day) CLOSED  
 Friday, November 24 (open regular hours) 1pm-5pm  
 Saturday, November 25 (open regular hours) 10am-2pm

## Paper Shredding Lockbox

You can now securely drop off confidential documents for shredding at Bancroft Memorial Library! The Library now has a locked container for collecting confidential documents to be destroyed. Simply deposit the documents into the secure container and Mansfield Shredding Service will collect the container, shred and then recycle the material. Neither the Library staff nor employees at Mansfield Shredding see the documents inside the locked container. We ask you to bring in one shopping bag/box of papers once a month to allow everyone access to this service. This new service is designed for individual use only, it is not intended for commercial/business use). Mansfield Shredding Service is a 501 (c)(3) not for profit business that is HIPAA & FATCA compliant, fully insured, bonded and members of i-SIGMA (International Secure Information Governance & Management).

## Community Conversations

Sponsored by Hopedale For Change

Community Conversations will meet this month on Wednesday, November 1 at 6:30pm. If you are interested in joining the conversation, please sign up at the Circulation Desk or online on our website.

## Wall Street Journal – Daily print edition now available at the Library!

The Library has recently

added a print subscription to the Wall Street Journal. Stop in during regular Library hours to catch up on national and international news!

## Helen Symonds Book Group

The Helen Symonds Book Group will meet Nov. 1, 2023 at 1:00 pm in the Library meeting room to discuss Someone Else's Shoes by Jojo Moyes. If you are not on the current book group list, books are available in the Library. Everyone is welcome to join the discussion! For further information, check with the Circulation Staff at the Library. "A story of mix-ups, mess-ups and making the most of second chances - who are you when you are forced to walk in someone else's shoes. Nisha Cantor and Sam Kemp are two very different women. Nisha, 45, lives the globetrotting life of the seriously wealthy, until her husband inexplicably cuts her off entirely. She doesn't even have the shoes she was, until a moment ago, standing in. That's because Sam - 47, middle-aged, struggling to keep herself and her family afloat - has accidentally taken Nisha's gym bag. Now Nisha's got nothing. And Sam's walking tall with shoes that catch eyes ... Someone Else's Shoes is a funny, moving and heartfelt story about how, for any of us just one little thing can suddenly change everything"—CWMARS review

## Virtual Q&A with Authors

Join the conversation with the following authors for a Virtual Q&A via Zoom, sponsored by the Friends of the Ashland Public Library and in partnership with a multitude of MA Libraries. Please call the Bancroft Memorial Library to register and receive the links.

Virtual Q&A with Mystery Writer and TV Producer Lee Goldberg - Nov. 7 at 7pm

Virtual Q&A with Author Virginia Pye discussing "The Literary Undoing of Victoria Swann" - Nov. 15 at 7pm

## Maker Mondays

This month we will be joined by Talia Lefton who will provide a hands-on introduction to the art of wet felting on Monday, November 20th at 6:30pm. Reg-

istration is required and space is limited. Register online today!

## 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

Our next Executive Board meeting is Wednesday, November 8th at 6:30 pm. We love new members!

## Beer and Wine Tasting

The Friends of the Hopedale Library are pleased to present a special Beer and Wine Tasting on Saturday, November 18th from 7 to 9 pm at Hopedale Country Club. Hopedale Country Club is located at 90 Mill St. in Hopedale. Join us for a casual night tasting the latest wines and beers from Berkshire Brewing Company and Icon Imports. Light bites will be available. The Friends of the Hopedale Library will hold a 50/50 raffle as well. Proceeds of this event help fund year-round adult and children's

library programming, including the popular summer reading program. A suggested donation of \$20 may be paid at the Library or \$25 at the door the night of the event. You must be 21 or older to attend. ID is required.

## Shop Our Ongoing Book Sale During the Winter Stroll

Be sure to stop by the Ongoing Book Sale area downstairs in the Library during the Winter Stroll on December 2nd. Don't forget you can shop anytime the Library is open. We are constantly refreshing the selection. Funds raised go right back to the Library to support museum passes and Library programming.

## Holiday Harmony Quartet

Come hear the sounds of the season on Saturday, December 9th at 1 pm with the local a cappella group Holiday Harmony Quartet. This free event will take place in the upstairs Reading Room. To register, please sign up at the upstairs registration desk or call 508-634-2209.

## News from the Marjorie Hattersley Children's Room

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

## Afternoon Free Play - Preschoolers - Fridays (11/3, 17) 1-2pm

Preschool age children can come together for playtime at the Library. Meet up with your friends and have some afternoon fun!

## Homeschool Meetup - Families - 1st Monday of the month(11/6) 1 - 2 pm

Get together, meet other families, share information and experiences while helping the Library learn what we can do to support you. Drop in.

## Homeschool Classes - 2nd, 3rd and 4th Mondays(11/13, 20, 27) 1 - 2 pm

TBD programs for all ages created by the librarian in support of homeschool families' needs. Drop in or register as needed. Check the Library calendar for more information.

## Rhyme Time - Ages 2 - 4 years - every Tuesday(11/7, 14, 21, 28) 10 - 10:30 am

Fun with story time, music and movement as we build beginner reading skills. Drop in.

## Toddler Tunes - Ages 1 - 3 - every Tuesday(11/7, 14, 21, 28) 11 - 11:30 am

**LIBRARY**

continued on page 8

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Customers must meet program eligibility requirements prior to participating. Proposed equipment upgrades must be authorized prior to financing. Eligibility for the HEAT Loan Program is based on pre-approval. Some restrictions apply and offers are subject to change or cancellation. Financing is subject to credit approval. Additional Terms and Conditions apply.

Visit [MassSave.com/HEATLoan](https://MassSave.com/HEATLoan) or call 866-527-SAVE (7283) for details and to learn more about the program.





**LIBRARY**

*continued from page 7*

Gross motor skills are the focus as we have fun with dancing, throwing, catching, kicking and using instruments. Drop in.

**Teen Advisory - Grades 6 - 12 - 1st Wednesday of the month(11/1) 5-5:30pm**

Meet to discuss interests, activities and how the Library can best support Hopedale's teen community. We will share some pizza and there will be video games to play as well. Check out the Teen Communication Board and vote on what movie you would like to see on the Teen Movie Night happening later in the month. Registration required.

**Book Cubs - Grades 2 - 3 - 2nd Wednesday of the month(11/8) 4 - 5 pm**

Check out the book, read it over the month, then we come together for a peer discussion and a related activity. Registration required.

**Raucous Readers - Grades 4 - 5 - 3rd Wednesday of the month(11/15) - 4 - 5 pm**

Check out the book, read it over the month, then we come together for a peer discussion and a related activity. Registration required.

**Alpha-nauts! - Ages 4 - 6 - every Thursday(11/2, 9, 16, 30) - 10 - 10:30 am**

Come explore the universe of the Alphabet as we build emergent reading skills. Registration required.

**Busy Babies - Ages 0 - 18 mos - every Thursday(11/2, 9, 16, 30) - 11 - 11:30 am**

Come for a story and fun with toys intended to encourage your infant's motor and language development and meet other beginning families in our community too! Drop in.

**Kommunity Kids - all school age kids - 1st Friday of the month(11/3) - 3:30 - 4 pm**

Discussion and planning of opportunities for the youth of Hopedale to participate in civic engagement. Registration required.

**Early Release Activities - all school age kids - 12-2pm**

School's out early, so visit the Library for some fun!

11/22 Watch a Thanksgiving-themed movie and do some Thanksgiving crafts.

11/30 Watch some Holiday short movies to get into a festive mood!

**Saturday Family Fun - Families - (11/25) - 11 am - 1 pm**

Drop in and make some hand flowers, enough to make a bouquet, that you can give as a holiday present.

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>.

# Hopedale Winter Stroll & Shop Hop Dec 2, Noon to 7pm

The 12th Annual Hopedale Winter Stroll will be held on Saturday, Dec. 2, in downtown Hopedale.

New this year— Friends of Historic Hopedale have added a Shop Hop to the event to include any Hopedale businesses and organizations that would like to take part but are not located downtown.

The stroll takes place at many stops along Hopedale Street and Dutcher Street, including many historic buildings such as the Draper Gym, Hopedale Community House, Bancroft Memorial Library, Hopedale Unitarian Church, Union Evangelical Church and the Little Red Shop Museum.

The Shop Hop list will also include stops all over Hopedale for you to visit, shop, eat and enjoy!

Multiple vendor locations will

showcase work from local vintage vendors, hand makers, artisans, food vendors and mobile shops. Many businesses will take part

characters, outdoor movies and carolers roaming the route, while guests stroll. All of this ending in the long standing and popular



in the Stroll and Shop Hop with special offers for customers.

Past years have included performers setup along the route like live music at the park, costumed

town tradition of the tree lighting and Santa visit at the Hopedale Community House.

## A brief history of Veterans Day Happy Veterans Day to all veterans, thank you for your service

BY THERESA KNAPP

Veterans Day is celebrated on the 11th hour (usually) of the 11th day of the 11th month (11/11 at 11 a.m.) but it has not always been that way.

According to the U.S. Department of Veterans Affairs, World War I (known at the time as "The Great War") officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles,

France. However, fighting had ceased seven months earlier (in Nov. 1918) when an armistice (a temporary cessation of hostilities) between the Allied nations and Germany went into effect on the 11th hour of the 11th day of the 11th month. For that reason, Nov. 11, 1918, is generally regarded as the end of "the war to end all wars."

For the period of time between 1926 to 1954, the holiday was called "Armistice Day."

From 1968 to 1978, Veter-

ans Day was celebrated at the end of October as part of the Uniform Monday Holiday Act which moved most traditional federal holidays to a Monday, giving federal employees a three-day weekend. According to [www.constitutioncenter.org](http://www.constitutioncenter.org), that change was met with confusion and pushback from people who appreciated the significance of the 11/11 date and it was moved back to Nov. 11 in 1978.

According to the VA, "Veterans Day continues to be observed on Nov. 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to Nov. 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day, a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good."

Source: <https://department.va.gov/veterans-day/history-of-veterans-day/>

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Your Money, Your Independence

# Stop Making Sense: Massachusetts Updates Estate Tax Laws

It's taken 2 years, but Massachusetts lawmakers finally provided legislation for Governor Healey to sign on October 4th impacting the lowest (worst) U.S. estate tax threshold as part of a "\$1 billion tax relief package".

There are several positives in this package. Benefits for expanded childcare credit (over 30% of package), seniors, renters, septic systems, low-income housing, commuters, and short-term capital gains reduced from 12% to 8.5%.

Recall an estate tax may be owed based on net value of the estate of a deceased person before distribution to non-spousal heirs. To calculate net value, add all assets (real estate, investments, IRAs, small business, life insurance proceeds, personal property etc.) minus liabilities.

**Key facts on MA update:**

- Estate tax exemption rises to \$2 million from \$1 million, first increase since 2006.
- Provides a uniform credit of \$99,600.
- Eliminates "the cliff effect" when all assets were taxed if over threshold.
- Retroactive for estates of decedent's death on or after January 1, 2023.

- Filed 2023 estate tax returns or estimates paid are entitled to a refund.

**This Must Be The Place (Naive Melody).**

Before celebrating a victory for the Commonwealth by echoing legislators that this "doubles the previous threshold", understand there are only 12 states in the U.S. that still tax estates.

Yes, you can live in 38 other states and pay \$0 state estate tax regardless of your wealth.

Furthermore, the federal estate tax exemption is now \$12.92 million, over 6X greater than MA. For most, there's little concern of having a life's work of earning, planning and saving being taxed upon death by the federal government.

**Same As It Ever Was, Same As It Ever Was...**

The new \$2M threshold moves MA from tied for 49th worst to 48th of U.S. states.

Consider actions of other states since 2018 per taxfoundation.org.

New Jersey and Delaware eliminated their estate tax.

Vermont raised to \$5M, Maine \$6.4M, New York \$6.58M and Connecticut now aligns to federal government's \$12.92M.



Glenn Brown, CFP

Additionally, Illinois (\$4M) and Oregon (\$1M) legislators have proposals to increase to the federal government's \$12.92M or higher.

**Take Me To The River (or another state)?**

How quickly can one's estate exceed \$2 million in MA?

Consider the median single-family home sale price in Middlesex County is \$845,000. Add savings, 401(k), 403(b), any insurance proceeds, value of a small business, maybe a generations Maine lake house... it can add up.

**Connect with an estate planning attorney.** New laws and life events are opportune times to connect as well as provide an

updated net worth and review your process. Remember, revocable living trusts bypass probate, not estate tax laws.

**Know your net worth.** Run updated estate tax estimates after \$99,600 credit applied. MA is still a graduated tax rate starting 0.8% up to 16%. For example, \$3M is now ~\$82,400 in MA estate taxes, \$5M is ~\$292,000 taxes, and \$10M is ~\$968,000 taxes.

**Plan to be agile in retirement.** Connection to seasons, family and friends can be strong. However, proper planning can create alternatives for residency in 38 states to no longer deal with state estate tax or 5% MA state income tax (make that 9% if earning over \$1M).

At \$10M net value, does one put \$1M towards a new or 2nd home in another state, declare

residency so heirs receive this value? Or stay in Massachusetts to pay ~\$1M in estate tax?

As a fiduciary, it's a responsibility to educate on the possibilities for those interested.

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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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm <i>No Literature</i> 1:00 pm Cribbage	10:00 am Watercolor Class 1:00 pm <i>No Tai Chi</i>	10:00 am Exercise with Christine 12:00 pm Senior Center closes
6	7	8	9	10
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 9:30 am Grocery Shopping 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance <i>Errand Van Available</i>	11:00 am Meditation 10:00 am Low Impact Exercise 12:30 pm Literature 1:00 pm Cribbage	9:00 am Veteran's Day Program 1:00 pm Tai Chi  <i>Errand Van Available</i>	CLOSED FOR VETERANS' DAY HOLIDAY 
13	14	15	16	17
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	10:00 am Knitters' Group 1:00 pm Tai Chi 1:00 pm COA Board Meeting	10:00 am Exercise with Christine 12:00 pm Senior Center closes
20	21	22	23	24
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:00 pm Turkey Dinner @ Senior Center 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm <i>No Dance Class</i>  <i>Errand Van Available</i>	<i>No Classes or Activities</i> <i>Building Closes at 12:00 pm</i>	CLOSED FOR THANKSGIVING HOLIDAY 	CLOSED FOR THANKSGIVING HOLIDAY 
27	28	29	30	
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	10:00 am Watercolor Class 1:00 pm Tai Chi	

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# Thanksgiving Farmers Market

Add the farmers market to your list of pre-holiday shopping and preparation.

Stop by the AFM Pre-Thanksgiving Market on Nov. 18, 10a-1p at 125 Front Street. This is the last market of the year to get your produce, proteins, prepared foods, and other provisions, plus presents for any... person... in your life! See the list of vendors and artisans on the Ashland Farmers Market website.

## Leaf pickup information

The Town of Hopedale Highway Department is now collecting leaves through the first week of December 2023, weather permitting.

Reminders:

- Keep sidewalks clear of leaves

- Keep piles away from storm-water catch basins
- Please rake leaves to edge of property line
- Sticks, stones, and grass clippings will not be collected

- Keep pile at a distance from parked cars, trees, mailboxes, or utility poles
- If collection period is over, please use other options

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



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# Living Healthy

## DURYSTA - A Game-Changer in Glaucoma Treatment

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

### Introduction

Imagine a world where a tiny implant can help prevent vision loss and improve the quality of life for millions of people suffering from glaucoma. This vision is becoming a reality with the introduction of DURYSTA, a groundbreaking treatment option that is changing the landscape of glaucoma management. In this article, we will delve into what DURYSTA is, how it works, and its potential impact on the lives of glaucoma patients.

### Understanding Glaucoma

Glaucoma is a group of eye conditions that can lead to damage of the optic nerve, ultimately resulting in vision loss. It is often referred to as the "silent thief of sight" because it typically progresses slowly and without noticeable symptoms until sig-

nificant damage has occurred. The most common type of glaucoma is open-angle glaucoma, which accounts for around 90% of all glaucoma cases. In open-angle glaucoma, the drainage system within the eye becomes inefficient, leading to increased intraocular pressure (IOP). Elevated IOP is a major risk factor for optic nerve damage and vision loss.

### Traditional Glaucoma Treatments

Traditionally, the primary approach to managing glaucoma has been to lower intraocular pressure. Several methods are used to achieve this, including eye drops, laser therapy, and surgical interventions. While these treatments can be effective, they often require frequent administration, leading to compliance issues. Additionally, surgical procedures carry certain risks and may not be suitable for all patients.



### Enter DURYSTA

DURYSTA (bimatoprost implant) is a revolutionary development in the field of glaucoma treatment. Approved by the U.S. Food and Drug Administration (FDA) in March 2020, DURYSTA offers a novel and sustained approach to lowering intraocular pressure in glaucoma patients.

### How DURYSTA Works

DURYSTA is a tiny implant that is placed directly into the anterior chamber of the eye through a minimally invasive procedure. This implant releases a medication called bimatoprost, which is a prostaglandin analog. Prostaglandin analogs are known to be effective in reducing intraocular pressure by increasing the

outflow of aqueous humor from the eye. What sets DURYSTA apart is its sustained release mechanism, providing consistent IOP reduction for an extended period.

### Advantages of DURYSTA

**Long-Lasting Efficacy:** DURYSTA is designed to provide sustained IOP reduction for up to twelve months after a single implantation. This means fewer office visits and a reduced need for daily eye drops, improving patient compliance and quality of life.

**Minimally Invasive:** The procedure to implant DURYSTA is minimally invasive and typically takes a few seconds. Patients can usually return to their normal activities shortly after the procedure.

**Efficacy Across Glaucoma Types:** DURYSTA has shown efficacy in reducing IOP across various glaucoma types, including open-angle and angle-closure glaucoma, making it a versatile option for a wide range of patients.

**Reduced Side Effects:** Unlike eye drops, which can cause side effects such as stinging, redness, and allergies, DURYSTA is delivered directly to the eye's target site, minimizing systemic side effects.

**Preservative-Free:** Many eye drops contain preservatives that can irritate the eyes over time. DURYSTA is preservative-free, reducing the risk of irritation.

**Improved Quality of Life:** With fewer daily eye drop applications and sustained IOP reduction, DURYSTA can enhance the quality of life for glaucoma patients, allowing them to focus on their daily activities without the burden of frequent medication administration.

### Clinical Trials and Results

The approval of DURYSTA was based on the results of clinical trials that demonstrated its safety and efficacy. In a pivotal Phase 3 clinical trial, DURYSTA was shown to significantly reduce intraocular pressure compared to a placebo, with the effect lasting for an extended period. The trial also highlighted the low rate of adverse events associated with DURYSTA implantation.

### Real-World Impact

Since its approval, DURYSTA has made a significant impact on glaucoma management in clinical practice. Patients who were previously struggling with the inconvenience of daily eye drops and the fear of surgical procedures now have a more convenient and effective option for managing their condition.

DURYSTA has particularly benefited individuals with poor adherence to medication regimens, as it eliminates the need for daily eye drop administration. This can be especially crucial in preventing vision loss in glaucoma patients, as consistent IOP control is essential to preserving vision.

Furthermore, DURYSTA has the potential to reduce the healthcare system's burden by decreasing the frequency of office visits and surgeries for glaucoma management. This can lead to cost savings and improved resource allocation in healthcare.

### Challenges and Considerations

While DURYSTA presents a promising solution to many of the challenges associated with glaucoma management, it is not

EYES

*continued on page 13*



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**EYES**

*continued from page 12*

without its considerations:

**Cost:** The cost of DURYSTA may be a barrier for some patients, as it is a relatively new treatment and may not be covered by all insurance plans.

**Implantation Procedure:** While minimally invasive, the implantation procedure for DURYSTA still requires a skilled ophthalmologist. Access to specialized care may be limited in some areas.

**Long-Term Data:** As DURYSTA is a relatively new treatment, long-term data on its safety and efficacy beyond the three-year mark is still being collected.

**Conclusion**

DURYSTA represents a significant advancement in the field of glaucoma treatment. Its sustained release mechanism, minimal invasiveness, and potential to improve patient adherence make it a game-changer for glaucoma patients. As further research and real-world experience accumulate, DURYSTA's role in preserving vision and enhancing

the quality of life for those with glaucoma is likely to become even more pronounced. While challenges and considerations remain, DURYSTA offers new hope and a brighter future for individuals living with this sight-threatening condition. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including glaucoma. We offer DURYSTA in our state-of-the-art surgery center in Milford. 7 dedicated eye care providers here to help you in 3 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 glaucoma and manage this disease with many interventions including DURYSTA. We continue to provide world class eye care for the entire family.

For more details, see our ad on this page 12.

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# News from the Senior Center

**Food Stamp Application Assistance**

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Hopedale Sr. Center. We have vouchers for the Food Pantry in Milford as well.

**Heating Assistance Program**

Need help paying for heating costs?

Help is available! The Fuel Assistance Program helps income eligible households pay

for a portion of their heating costs. You may also qualify for electricity discounts and weatherization programs. Income Guidelines:

- 1 person: \$45,392 2 people: \$59,359
- 3 people: \$73,326 4 people: \$87,294
- 5 people: \$101,261

The new fuel season starts November 1, 2023.

The Hopedale Senior Center, located inside the Hopedale Community House is the Food and Heating Assistance resource for all Hopedale residents regard-less of age. Call us at (508)634-2208 with any questions. All inquires are confidential.

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Oct. 15, - Dec. 7, 2023

- Would you like to review

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- Are you a caregiver or an individual trying to assist a family member with their Medicare coverage and associated supplemental plan options?

- Are you getting ready to transition to coverage under the Medicare System?

- Are you wondering why it all seems so complicated and why there are so many choices?

The Hopedale Senior Center is your local resource for Medicare information. We can help!

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(Serving the Health Insurance Needs of Everyone) is available for one-on-one appointments. Please call the Hopedale Senior Center at (508)634-2208.

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# Sports

## Leading Hopedale Further Into the Tournament

By CHRISTOPHER TREMBLAY  
STAFF SPORTS WRITER

Over the past two seasons, the Hopedale field hockey team has managed to secure a number 18 seed in the Division 4 State Tournament.

Unfortunately, both times the Blue Raiders were sent home in the first round by Frontier Regional (2021) and Manchester Essex (2022). Senior captain Amma Gosselin is hoping to put an end to the first round exit this season.

“The last two years were sort of a rebuilding phase as we lost a lot of talented players,” Gosselin said. “This year just might be the year that we can go further into the tournament as we are having a much more successful season so far (Hopedale was 4-1-3 at the time of this writing) and playing



## Real Estate Corner

### Recent Home Sales

Date	Hopedale	Amount
10/12/2023	122 Laurelwood Drive	\$400,000
09/21/2023	93 Laurelwood Drive	\$435,000
09/19/2023	7 Crockett Circle	\$590,000

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



The 3-bed, 2-bath, 1,868 sf house at 7 Crockett Circle in Hopedale recently sold for \$590,000. Image credit: [www.zillow.com](http://www.zillow.com)

well as a team.”

Gosselin is also a second-year captain for the field hockey team and believes that if she can leave a positive impression on the younger girls the team will be successful.

“Last year we only had one senior so there was not a lot of choices for captain, but my teammates thought that I had the experience to take on the role and voted me in,” she said. “As a captain I am trying to be a role model for the younger girls, while giving them positive feedback allowing them to play in a positive environment.”

According to Coach Shelly Hynes, Gosselin is a leader both on and off the field and is one of the best players in the Dual Valley Conference in her opinion, thus the team’s confidence in her being named a captain for the second straight season.

In addition to playing field hockey for the Blue Raiders, the senior also steps onto the basketball court and the lacrosse field. Although a three-sport athlete, Gosselin prefers field hockey as her top sport.

Field hockey wasn’t even on her radar until she entered Hopedale Jr/Sr High School as a seventh grader. It was here that the then-soccer player de-

ecided that she wanted to change things up and look for something different. With her mother having played field hockey, Gosselin opted to try the sport out.

Almost immediately she found that she really enjoyed the sport as it was exciting, and she was enjoying it much more than soccer. Despite being new to the sport, she found that she was able to pick up the sport rather quickly and although making the junior varsity team that year, she was excited to venture into a new era on the athletic field. The following year she would earn a spot on the varsity squad as a center-midfielder.

“I was definitely a little bit nervous that year playing with the older girls on the varsity team, being the only 8th grader on the team,” Gosselin said. “But they were all super nice and welcoming. I made a lot of friends on the field hockey team.”

Her first game found her in the sweeper position, but Hynes quickly moved her to the center of the field where she has been ever since.

“I needed an athletic, strong, fast and in shape individual to play center midfield and she rose to the occasion,” the Hopedale Coach said. “She can still score some goals, but she’s better at defending corners and delivering

balls to the forwards. She is everywhere on the field and that’s what we need from her.”

That season, although only an eighth grader, Gosselin realized that she had a talent to play the sport while making a difference. As she enters her fifth and final season with the varsity team the senior has seen her game grow in so many ways.

“The biggest thing is that my confidence level has grown over the years. Originally, I doubted myself and was someone who didn’t want to shoot the ball,” she said. “I was young, laid back and nervous. I didn’t want to disappoint the older girls. As I grow into an upper classman my confidence changed and I began to shoot more.”

Although she sees herself as one who will get more assists than goals, she is trying to put a few balls into the opposition’s net.

As Hopedale continues to strive under the tutelage of Gosselin, the senior wants to take the field and play as hard as she can for the team allowing them to be successful. If they continue to play successful field hockey, then hopefully they will get a higher seeding this fall and be able to make a run through the Division 4 Tournament leaving Gosselin with an accomplished final season playing for the Hopedale field hockey team.

# Scarecrow Fest Delights Hopedale

Friends of Historic Hopedale hosted its annual town-wide Scarecrow Fest once again.

Residents and businesses were invited to display their creations either on their own property, their business property, or on the Community House lawn.

Scarecrows are on display through Nov. 2.

This year's entries were wacky, creative, fun, and spooky!

Courtesy photos

Hopedale United Parish in front of the stone church tower

Hopedale Community House Inc. The autopsy.

Adria Draper Place The one with a walker

Stonewell Farm Soap Company skeleton in bathtub pictures

Cumberland Farms pumpkin with baseball hat, and blue shirt

Pond Hollow Landscape and Design

(skeleton with pumpkin head in front of the house)



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