

# localtownpages Hopedale

PRSRT STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 142  
SPRINGFIELD, MA

Postal Customer  
Local

Vol. 10 No. 3

Free to Every Home and Business Every Month

June 2024

## Hopedale town election results, Hazard retains Select Board seat

BY THERESA KNAPP

Hopedale's annual town election took place Tuesday, May 14.

According to Town Clerk Lisa Pedroli, 1,067 people – or 26.4% of the town's 4,042 registered voters – cast a ballot in this election.

The final results are available at [bit.ly/HopedaleElection2024](https://bit.ly/HopedaleElection2024) and include:

### Select Board (3-year term)

Glenda A. Hazard \*

### Board of Health (3 yrs)

Jason MacDonald \*

### Housing Authority (5 yrs)

Karlene A. Alger \*

### Library Trustee (3 yrs)

Christine S. Seaver \*

### Park Commission (3 yrs)

Michael Costanza

### Planning Board (5 yrs)

Christopher Cody Chase \*



### Road Commissioner (3 yrs)

Justin Bruce Paulson

### School Committee (3 yrs, 2 seats)

Kaitlin Federico

Alysia K Butler \*

### Town Moderator (3 yrs)

Eugene N. Phillips \*

### Water & Sewer Commissioner (3 yrs)

Edward J. Burt \*

\* Incumbent

Voters were also asked one question: "Shall the town vote to have its elected tree warden become an appointed tree warden of the town?" The question prevailed with 616 'yes' votes and 284 'no' votes.

## Hopedale 'Champion Readers' participate in '1000 Books Before Kindergarten' program

BY THERESA KNAPP

More than 80 Hopedale children are participating in the '1000 Books Before Kindergarten' program through the Bancroft Memorial Library.

"It's self-paced, so they can start at any time," explains Library Director Tricia Perry. "As they move forward, we have been adding to our 'Reading Train' in the program room downstairs. As the children complete 100 books, they add their name to the train car, and we create a special 'Favorites' booklist for each of the readers."

The intent of the program, according to [1000booksbeforekindergarten.org](https://1000booksbeforekindergarten.org), is "to promote reading to newborns, infants, and toddlers, and to encourage parent and child bonding through reading."

Added benefits, according to the families of Hopedale's current champion readers, include



Claire O'Leary poses with her "1000 Books Before Kindergarten Champion Reader" yard sign. She was the first Hopedale resident to complete the program. Courtesy photo

fostering community, teaching social skills, enhancing family connections, building curiosity, and improving language, reading, and comprehension skills.

Claire O'Leary, age 5, was the first to complete the program.

Her mother Ally O'Leary said, "She did it at an insane

speed; I think she started in March and finished in July [2023], all driven by her, we honestly couldn't keep up with her. We stopped keeping track after meeting 1000 but she still

### BOOKS

continued on page 2

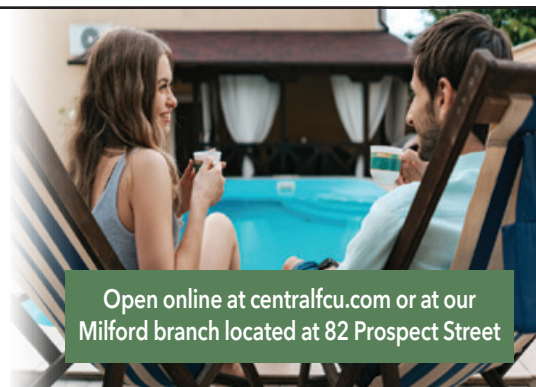
## Make your summer home projects a reality with a Home Equity Line of Credit

Whether you're dreaming of relaxing poolside or entertaining friends and family on a new patio, a Central One Home Equity Line of Credit can turn your summer project dreams into reality.



[centralfcu.com](https://centralfcu.com) • (508) 482-5371

Federally insured by NCUA. Equal Housing Lender.



Open online at [centralfcu.com](https://centralfcu.com) or at our Milford branch located at 82 Prospect Street

## DOGGIE DAYCARE LUXURY BOARDING



CALL or Email TODAY!  
**508-478-6390**

[Family@pawsbedandbiscuit.com](mailto:Family@pawsbedandbiscuit.com)



Voted Best of the Best!  
**BEST PET SERVICE**  
2019, 2020,  
2021, 2022  
& 2023

[PawsBedandBiscuit.com](https://PawsBedandBiscuit.com)

## Hopedale's Premier Choice for Martial Arts Training



**Hapkido** 합기도  
Children & Adults  
1 Month w/Uniform  
**\$49.99**

60C Mellen Street | Hopedale | 508-634-0030

[www.TMI-SELFDEFENSE.com](https://www.TMI-SELFDEFENSE.com)

[themartialinstinct@gmail.com](mailto:themartialinstinct@gmail.com)

## TESTA CARPENTRY



- All Home Improvements
- Finished Basements
- Additions
- Kitchens & Bathrooms
- Vinyl Siding
- Windows & Doors

**COREY TESTA**

508-962-6585

Office: 508-478-7979

Milford, MA

[testacarpentry.com](https://testacarpentry.com)

Find us on  
Facebook



BOOKS

continued from page 1

consistently reads the same number she read each month as she did back then...When she finished the program, she earned a sign for our front yard, and was so excited for all of the cars who drove by.”

Among Claire’s favorite authors is Mo Willems, but most of the books she read revolved around what she was learning in preschool that week or what other families recommended. As part of the program, the library staff has created a display of family recommenda-



Nathaniel Khokhar with his victory sign. Nathaniel is one of Hopedale’s first pre-kindergartners to complete the program. Courtesy photo

tions which can be helpful to program participants as well as other library patrons.

Claire says she likes to read because, “It’s fun! I get to do it with my parents. Sometimes I read to my brother Henry.”

O’Leary said, “Participating in this program gave us some dedicated one-on-one time with Claire and something special just for her...It created an awesome little project just for Claire and it was something she could control and focus on

and enjoy fun rewards.”

O’Leary praised the reading program for the life skills it has taught her daughter.

“Claire learned most of her social skills by going to the library and participating in this program. For example, learning how to walk up to the desk and speak to the librarian in a polite way to request a book or announce she’s made it to another 100 milestone was huge for our naturally introverted child. She



Lucy Tacosik is Hopedale’s fifth, and most recent, pre-kindergartener to complete the “1000 Books Before Kindergarten” challenge. Courtesy photo

also learned about raffle tickets and what it means to lose, learning to be quiet in the right situations, and being respectful of books/other’s property, but also sharing in the excitement of other friends’ success and participation in the program as they also earned their 100 milestone markers.

“We would often walk into the library and check where other friends were on the train/tracking board and if we saw them around town, we’d congratulate them. Most impactful, however, is Claire’s reading skills have soared – she’s moved on to chapter books and hasn’t looked back. She has an innate passion for reading and this program definitely helped us feed that passion (and it was free!).”

Saken Khokhar has been reading to her son Nathaniel, age 5, since before he was born. He has now read nearly 1200 books.

“I have been reading to him since in-utero. I have loved reading since I was a child myself,” said Khokhar. “He begs for extra books every night and loves going to the library where he is well-known.”

Nathaniel was born at 25 weeks and had early intervention from the time he came home from the NICU at three months, speech therapy from ages two to four, and at 2.5 years, could only say ‘Mamma,’” said Khokhar. “I knew reading would help with speech development, so we joined the 1000 Books program in January 2023 and we completed it by December 2023. It has really helped his speech and he is now on par with other kids his age and no longer needs speech therapy.”

Nathaniel’s father Jimmy says his son’s passion for reading stems from Saken. “She reads a lot, and my son picked it up 1000% from my wife. I also enjoy reading to him now, which I was barely used to do.”

Nathaniel said he likes books because he loves his mommy and reading stories, and his parents say his favorite books during the program were anything related to construction vehicles or farm animals.

Emma Gruber, age 3, was 18 months old when her family started the 1000 Books program.

Her mother Melissa Gruber says their experience with



Emma Gruber reading at home with her family. Courtesy photo

the program was great and, although Emma has surpassed 1000 books, she continues to read two to four books a day.

“She loves to read and would get excited when she completed 100 books. She loved being able to write her name on the train when she completed 100 and loved getting her picture taken as well. Going to the library became a highlight of our weekend.”

Gruber says Emma was an early reader. “She would reach out of her crib when she was little and bring books into it and read all morning.”

During the reading program, some of Emma’s favorites became the “Fancy Nancy” books; “The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear”; the “Pete the Cat” series; and “The Storm Whale.”

Her mother reports, “Emma says she loves to read because ‘it’s fun’ and ‘I learn new things.’”

For more information on ‘1000 Books Before Kindergarten,’ stop by the library any time.

How it works...

According to 1000booksbeforekindergarten.org, the concept is simple and the rewards are priceless.

“Read a book (any book) to your newborn, infant, and/or toddler. The goal is to have read 1,000 books (yes you can repeat books) before your precious one starts kindergarten. Does it sound hard? Not really if you think about it. If you read just 1 book a night, you will have read about 365 books in a year. That is 730 books in two years and 1,095 books in three years.”

SUMMER CORD-WOOD SALE



\*Sale applies only to Kiln-Dried & Air-Dried Cord-Wood

THERE’S ALWAYS MORE @ WEF:

Barrels of Wood, Packaged Firewood, Kindling, Fire Starters, Natural Wood Fly Ash, Specialty Wood for Smoking, + more

We Tumble Our Cord-Wood† to Reduce Bark & Fragments.

†KILN- & AIR-DRIED ONLY



4 CORD-WOOD TYPES AVAILABLE  
KILN • AIR • GREEN • ODDS & ENDS

Order Now and Take Delivery Before July 31, 2024, Receive \$25 Off and Avoid the \$25 Price Increase.\*

Inquire/Order Online



West End Firewood.com/summer

Open to Consumers, Restaurants, Campgrounds, Distributors and other Businesses.



West End Firewood  
496 Purgatory Rd, Whitinsville, MA 01588



# Hopedale DECA Team places 5th at the International Competition

This year, Hopedale DECA sent 20 DECA members to Anaheim, California to participate in the 2024 International Career Development Conference (ICDC). With exceptional performances at the MA DECA State Conference in March, Hopedale students earned the opportunity to compete and network with over 22,000 attendees from around the globe.



## Preparing The Next Generation Of Leaders

Several Hopedale DECA students participated in Leadership Academies (Thrive, Aspire, & Elevate), in which they were taught leadership and team-building skills, how to improve their DECA chapter, and how to use this newly acquired knowledge after high school. Participants included juniors Jonathan Araujo and Alexandra Goode, and seniors Alexandre Lannibois, Cody McLain, Jack Riddell, James Seaver, and Hudson Terando.

(Financial Literacy: Will Adamski, Matt Carroll, Kyle Malony and Sales Project: Riley Mulligan, Kenzie Styles, Aaron Terbush), Operations Research (Business Services: Team1: Patrick Madden, Carter Lacchiato, Team 2: Nate Jerrett, CJ Kivlehan), School-Based Enterprise (Retail: Emma Gosselin, Antonia Rolo), and Professional Selling (Leah Hodgdon).

## Project-Based Competition Experience

For the competition, each Hopedale team competed against ~200 worldwide winners per project category. Teams submitted 20-page papers or prepared for testing, before meeting with a judge to present their project. Participants by category included: Project Management

The Sales Project team of junior Riley Mulligan and seniors Kenzie Styles and Aaron Terbush advanced to the top 20 round, ultimately placing 5th in the world! “Our project focused on the Raider’s Nest merchandise sales, as well as the fundraisers, sponsorships, and marketing that help raise money for our chapter. We explained the vari-

ous project management tools used that helped us raise money to offset competition costs for our members”, explained Kenzie Styles.

## Thank You To The Community!

Hopedale DECA extends its gratitude to the local community for generously support-

ing the co-curricular program. Thanks to the community’s help, \$26,000 was raised, significantly lowering the per-student cost of the 5-night trip from \$1800 to just \$500! Thank you! Community members contributed through various activities like Egg My Yard, the DECA Dodgeball Tournament, Pasta Dinner, car washes,

and the online popcorn fundraiser. Sponsors at platinum, gold, silver, and bronze levels, including platinum supporters Consigli Construction, D&M Auto Parts, Hopedale Alumni Association, Hopedale Foundation, Mason’s Lodge, Milton CAT, and WGB Homes, further bolstered the students’ endeavors for the 2024 ICDC.

### DOGGIE DAYCARE • LUXURY BOARDING • TRAINING

- Pet Spa Services, Behavior Consults & Training available
- Doggie Daycare where your furry kids can relax & have fun
- Luxury Modern Dog Boarding at our Doggie Chalet



**The P.A.W.S. Canine Behavior School**  
Voted Best of the Best!  
BEST PET SERVICE 2019, 2020, 2021, 2022 & 2023

2023 QUEST-BEST WINNER

2022 BEST OF THE BEST WINNER

2021 LEADER'S CHOICE AWARD WINNER

CALL or Email TODAY!  
**508-478-6390**  
Family@pawsbedandbiscuit.com

**PawsBedandBiscuit.com | 97 Millville Road, Mendon | 508-478-6390**

**VETERINARIAN RECOMMENDED**



**THE P.A.W.S. BED & BISCUIT**

## New England Steak & Seafood Restaurant



**FATHER'S DAY is JUNE 16 make your RESERVATIONS NOW!**

**Dads Don't Like Cookouts THEY LIKE TO DINE OUT!**

**9 SEATING TIMES AVAILABLE**

12:00 noon	2:30 p.m.	5:00 p.m.
12:30 p.m.	3:00 p.m.	5:30 p.m.
1:00 p.m.	3:30 p.m.	6:00 p.m.

**Route 16, Mendon • 508-473-5079**  
**nesteakandseafood.com**

MILFORD REGIONAL'S COMMUNITY BENEFITS COMMITTEE PRESENTS:

**FREE WEBINAR**

## Opening Doors to Youth Mental Health:

## How Parents Can Best Support Their LGBTQ+ Child

**Wednesday, June 12 at 7 p.m.**



**Registration is required.** Visit [milfordregional.org](https://milfordregional.org) and select "Classes and Events" and then "Webinars."



# BVT Student Wins Gold at SkillsUSA Massachusetts Diesel Equipment State Championship

Josh Maillet of Hopedale, a student in the automotive technology program at Blackstone Valley Regional Vocational Technical High School, won first place and a gold medal in the diesel equipment technology competition at the 2024 SkillsUSA Massachusetts Diesel Equipment Technology State Championship on April 26 at Advantage Truck Group (ATG) in Shrewsbury.

Maillet, who is in the school's cooperative education program at ATG's Shrewsbury facility, will now represent Massachusetts at the National Leadership & Skills Conference in Atlanta, Georgia, June 24-29.

"I like working on big trucks and there's a lot of opportunity at ATG," said Maillet. "As a co-op I get to partner with their techni-

cians and work with them on everything from oil changes and preventive maintenance to brake jobs, wheel seals and EGR valves."

Maillet was one of twelve students to earn a spot to compete based on results from online qualifying rounds. During the event, students tested their knowledge of tools, precision measurement, vehicle components and job interview skills and challenged their skills at workstations that included tasks related to engine diagnostics, electrical systems, brakes, tires, air systems and more.



Massachusetts, and SkillsUSA is an important part of technical education that helps build the employment pipeline for trucking and other diesel industries," said ATG president and CEO Kevin Holmes.

This is the fourth year that ATG has hosted and managed the diesel equipment technology competition for SkillsUSA Massachusetts.

Other winners were Nolan Lukasik of Westfield Technical Academy who earned second place and a silver medal and Elizabeth Santos of Greater New Bedford Regional Technical High School who earned third place and a bronze medal.

"ATG is proud to help support opportunities for students interested in this career. There's a need for diesel technicians across

# Hopedale recognizes Margaret 'Peg' Viens' 100th birthday

By Theresa Knapp

Margaret 'Peg' Viens recently celebrated her 100th birthday.

At its meeting on May 13, the Hopedale Select Board issued the following proclamation:

"Whereas, Margaret "Peg" Viens was born in 1924 in New Bedford, Massachusetts where she, along with her 3 brothers



and 2 sisters, grew up and attended school, and

Whereas, Peg helped care for her family after her mother's passing when Peg was 14 years old, and

Whereas, in 1944, through a mutual friend, Peg met her future husband Elmer, with whom she was not immediately smitten, and

Whereas, Peg apparently warmed up to Elmer over time, and they were married in 1949, and

Whereas, the newlyweds initially moved to Medway, and

away in 2018 at the age of 99, and

Whereas, Peg enjoys spending time with her children, her 9 grandchildren and 11 great-grandchildren, and working on 1000-piece jigsaw puzzles.

Now, therefore, the Hopedale Select Board congratulates Margaret "Peg" Viens on her 100th birthday and offers its best wishes on this joyous occasion."

The board unanimously approved the proclamation and wished Peg many more healthy and happy years.

**localtownpages**

Published Monthly  
Mailed FREE to the  
Community of Hopedale  
Circulation: 2,576  
households & businesses

**Publisher**  
Chuck Tashjian

**Editorial**  
Susan Manning

**Send Editorial to:**  
editor@hopedaletownnews.com

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

**Advertising Director**  
Jen Schofield  
508-570-6544  
jenschofield@localtownpages.com

**Creative Design & Layout**  
Michelle McSherry  
Kim Vasseur  
Wendy Watkins

Ad Deadline is the  
15th of each month.

*Localtownpages assumes no  
financial liability for errors or  
omissions in printed advertising and  
reserves the right to reject/edit  
advertising or editorial submissions.*

© Copyright 2024 LocalTownPages

**CHARRON**  
  
**Tree Service**  
*Quality Timely Service!*  
BELLINGHAM, MA  
**508-883-8823**  
FREE ESTIMATES • FULLY INSURED  
KEVIN LEMIRE, OWNER  
All employees are covered under Workers' Comp Ins.

**RESIDENTIAL & COMMERCIAL**

- Tree Removal
- Pruning/Trimming
- Storm Damage
- Land Clearing
- Stump Grinding

**CharronTreeService.com**

**Twice Blessed Boutique Thrift Shop**  
at Sacred Heart Church  
**SUMMER ARRIVALS!**  
Check out our revamped boutique!  
Different Look ... Same Low Prices!  
Cash Only Please.

**STORE HOURS**  
**Saturday 9 am - 1 pm (1st Saturday of the month)**  
**Sunday 9 am - 12 pm**  
**187 Hopedale Street Hopedale**  
**508.473.1900**

**Corner Barbershop**  
**774-486-9681**

**Wednesday Special**  
**\$14 HAIRCUTS**

**4 Evergreen Lane, Unit #1**  
**Hopedale, MA 01747**  
**Steve Guillani...Master Barber**



# UniBank Holds Annual Meeting at Pleasant Valley Country Club

## Bank Emphasizes Strong Financial Strength and Community Assistance

WHITINSVILLE, MA – (May 20, 2024) UniBank, Central Massachusetts’ largest mutual community bank, recently held their Annual Meeting at the Pleasant Valley Country Club in Sutton, MA.

Michael Welch, CEO of UniBank, said, “ Our Annual Meeting was a great night of celebration and reflection of the entire past year of the Bank. We reported on our financial strength, our community giving both financially and through volunteerism, and being well-positioned to assist consumers and businesses throughout Central Mass with their financial needs through 2024. This year, our keynote speaker was Andrew Calamare, who has been in the banking industry for over 40 years. Adding to our night was singer, songwriter Cara Brindisi who was featured on the television

show, The Voice – Season 22. Cara delivered beautiful renditions of the National Anthem, America the Beautiful, and her self -written song, Jar of Flowers.”

Welch continued, “As the Annual Meeting is the closing of the prior year, it’s also the springboard for the next year as it sets the vision to propel our mission to be the best mutually owned community bank in Central Massachusetts again.”

UniBank is rooted in the Blackstone Valley with assets of \$2.5 billion as of December 31, 2023. A full-service, mutually owned community bank, UniBank has branches in Central Massachusetts and the MetroWest region of Massachusetts. UniBank is dedicated to contributing to the overall quality of life and economic health of the communities it serves, while maintaining a high level of



From left: Chris Foley (President of UniBank), Cara Brindisi, Justine DeNorscia (EVP of UniBank), Michael Welch (CEO of UniBank)

financial soundness and integrity. UniBank is an Equal Housing Lender and Member FDIC. UniBank NMLS #583135. The company website is [www.unibank.com](http://www.unibank.com).

When the right coverage counts  
you can count on our  
LOCAL, PERSONAL & KNOWLEDGEABLE  
staff to take care of your  
Home • Auto • Business • Life







6 Congress St, Milford • 54 Central St, Holliston



Bank **LOCAL**. Borrow **LOCAL**.

CONVENTIONAL • JUMBO • REFINANCE • CONSTRUCTION

UniBank mortgages<sup>1</sup> are funded locally. Decisions are made locally. Our lenders will put their expertise to work for you and help you to find the right fixed or adjustable rate mortgage for your unique needs.

Get started today! Contact your local UniBank branch or view rates and apply online today!



UNIBANK

Connecting all offices:  
1.800.578.4270 • [www.unibank.com](http://www.unibank.com)



Member FDIC • NMLS #583135 <sup>1</sup>Homeowners insurance required. Subject to credit approval. Other terms, fees, and conditions may apply.



# Hopedale students win prizes in “Mental Health Matters: Student Expression Contest”

Charlotte Meade, Maddy Sullivan place in ‘written’ category

The Massachusetts Association for Mental Health (MAMH) and Massachusetts Health Council (MHC) are pleased to announce the winners of the 2024 “Mental Health Matters: Student Expression Contest” to promote youth mental health. This year’s artists looked inward to

explore challenging periods in their lives, the importance of having a trusted ally, and more themes around mental health and wellness. Middle school and high school students from across the Commonwealth competed for \$2,400 in cash prizes in three art categories: audio/

video, artistic still, and creative writing. Seventeen students were awarded prizes for their creative expression of ways they maintain their own mental health, how friends and family help them in each of their lives, and how to support a friend or family member going through a chal-

lenging time. “The Student Expression Contest, now in its fourth year, is showing us that students understand the transformative power of art to communicate growing awareness of their mental health and how to protect it,” said Danna Mauch, PhD, MAMH president and CEO. “Students are processing their own emotions, supporting their peers, and having honest conversations with their parents and caregivers about mental health and well-being. They inspire our advocacy and recognition of the vital importance of prioritizing mental and behavioral health supports when and where students need them, and investing in programs in our K-12 schools.”

This year we received over 80 entries from students in 6th through 12th grade. Guest judges included student advocates, staff, and partners of MAMH and MHC, including Omar Irizarry, Director of Cross Agency Initiatives at the Massachusetts Department of Mental Health, and Pam Sager, Executive Director of the Parent/Professional Advocacy League (PPAL). Sample submissions can be found at [www.mamh.org](http://www.mamh.org).

“Every young person who entered this competition did a great job, and it was such a difficult decision to choose the winners,” added MHC’s CEO David Martin. “The students confronted some tough feelings and told some important stories about resilience, support, and access to mental health care. We’re happy to have provided an outlet for them to share what they’ve been through and how they support others.”

This year’s winners include Hopedale students:

Written – Middle School: 2nd Place: Charlotte Meade  
Written – High School: 3rd Place: Maddy Sullivan

MAMH and MHC have been engaged for more than 100 years in advocacy to increase understanding, eliminate stigma, and improve support for people with mental health needs.

## About the Massachusetts Association for Mental Health:

Since 1913, Massachusetts Association for Mental Health (MAMH) has worked to improve understanding of mental health conditions and combat disparities in access to health services. MAMH envisions a day when all individuals and families across the Commonwealth have the resources and opportunities they need to promote resilience and protect their overall health and well-being. With a consistent focus on prevention, early intervention and effective treatment, MAMH disseminates knowledge, convenes diverse stakeholders and advocates for policy change.

## About the Massachusetts Health Council:

Since 1920, the Massachusetts Health Council (MHC) has led a broad group of stakeholders, representing the entire spectrum of care, to foster a strong culture of health in Massachusetts. Collaboration is vital as MHC addresses the most pressing and timely matters of public health, keeps the focus on prevention, and promotes policies and programs that improve and protect the health of the Commonwealth’s residents while striving to eliminate health inequities.

Submitted by the Massachusetts Association for Mental Health

# Planning Board expects to issue decision in June on two 6,600 square foot warehouses

Project is allowable by right in that zoning district

By THERESA KNAPP

Pro-Painting, Inc. of Clinton has proposed two 6,600 square foot prefabricated metal warehouses at 370 South Main Street, across from Hopedale Business Park and among several single-family homes.

At the May 1 meeting of the Planning Board, Chair Stephen Chaplin said the town’s peer review by Graves Engineering should be completed by the middle of May.

A peer review is “the practice of obtaining an independent, unbiased evaluation of the adequacy and application of engineering principles, standards, and judgement from an independent group of professionals having substantial experience in

the same field of expertise,” according to the American Society of Civil Engineers.

Chaplin said, “This applicant has been waiting patiently. This is the General Business A zoning district where warehousing is allowed as a matter of right...I think pretty clearly, by the bylaw, this is an approval subject to conditions.”

The board discussed potential conditions with the hope of getting a signed decision to the applicant in June.

Chaplin read an email from Hopedale Water and Sewer Department Manager Tim Watson who said, in part, the developer will be required to install a six-inch water main from the street to a location past the second warehouse to end with a fire hy-

drant; and each unit will require a separate service line and meter.

Board member Carole Mullen expressed concern over potential fire suppression issues related to painting inside the building. Applicant Gabriel Praxedes said “The building is to store my equipment, not to store any paint or any chemicals...I have no reason of storing any chemicals.”

Board member Christopher Chase reiterated the board’s request for traffic information. Praxedes said he would provide the information before the board’s next meeting.

The hearing was continued to June 5 at 7:15 p.m.

For more information on the project, visit [www.hopedale-ma.gov/planning-board](http://www.hopedale-ma.gov/planning-board) or [bit.ly/370southMainStHopedale](http://bit.ly/370southMainStHopedale).

116 Main Street, Medway  
(508) 533-6655

32 Hasting Street, Rte 16, Mendon  
(508) 381-0249

43 Main Street, Hopkinton  
(508) 625-8100

325 N. Main Street, Natick  
(508) 647-0500

296 Washington Street, Westwood  
(508) 533-6655

907 Main Street, Walpole

Don't stand in line!  
ONLINE ORDERING  
NOW AVAILABLE!  
[muffinhousecafe.com](http://muffinhousecafe.com)

MUFFIN HOUSE  
CAFE

Open Daily  
Bakery with Fresh Muffins/Pastries

Breakfast and Lunch Sandwiches  
Best Blueberry Muffins Since Jordan Marsh

Receive 10% off any cake  
with this coupon  
All our cakes are made from scratch on the premises  
Expires 6-30-2024

FREE SMALL COFFEE  
with a purchase of a muffin with this coupon  
Expires 6-30-2024

# Hopedale Annual Town Meeting results

Hopedale held its Annual Town Meeting on May 21. The results were not available at press time but should now be available at [www.hopedale-ma.gov/](http://www.hopedale-ma.gov/)



# Planning Hopedale Day In The Park

The Hopedale Cultural Council is busy preparing for the 44th Day in the Park on Saturday, September 21 at the town park. This is a full day of activities and fun for all ages. There will be music, a juried adult art show, crafters, animals shows, games , food, and much more. Crafters, and Hopedale organizations and businesses are invited to participate. We are also looking for new members to the council and volunteers for the festival. Applications for vendors, the adult art show, and sponsors will be available on the town website: <http://www.hopedale-ma.gov> >Boards and Commissions >Cultural Council. Email:[hopedaleculturalcouncil@yahoo.com](mailto:hopedaleculturalcouncil@yahoo.com)



## Hopedale FAIRY WALK

Hopedale Parklands, Hopedale, MA

An event for all ages of folks who believe in magic! Search for fairy houses, shop local vendors & food trucks, visit with characters, free photo ops around every corner!

**SATURDAY JUNE 8TH 10AM TO 4PM**

- Live Music
- Henna artist & face painting
- Live Owl Demonstration

[WWW.FRIENDSOFHISTORICHOPEDALE.COM](http://WWW.FRIENDSOFHISTORICHOPEDALE.COM)

## KELLY'S FARM

*"Your old fashioned farm stand experience since 1936"*

146 Milford St., Upton • 508.529.4564

**FULL SELECTION of FRUITS & VEGETABLES**



### NOW PICKING

Lettuce, Rhubarb, Spinach, Scallions, Radishes

**Annuals & Perennials**

➤ ACCEPTING SNAP EBT ◀

**COMING SOON**

Our own Strawberries, Peas, Squash, Zucchini

**FEATURING:** Local Maple Syrup & Honey, Fresh Eggs, Baked Goods, Pick-Your-Own Candy

**OPEN 7 DAYS • 8AM – 6PM**

# Summer Band Concerts

## Hopedale Town Park, Wednesdays 6:30pm

Sponsored by the Hopedale Cultural Council, and the cooperation of the Parks Department

Rain dates on Thursdays

**June 19: Family Fun Night (6:00pm)**

With DJ Mike Rutkowski: Music and Dancing; Dance, limbo, and hula hoop contests; alloon animals; "Hide the Diamond;" Candy and prizes; Food truck: "The Dogfather"

**June 26\*\* : Carolyn Rae**

**and the Rumors - Pop hits**

Food truck: "Methods of a Madwoman"

**July 10\*\*: Fantasy Big Band - Swing to contemporary**

Food truck: " Methods of a Madwoman"

**July 17\*\*: The Pub Kings - Electro acoustic quartet**

Food truck: " Methods of a

Madwoman"

**July 24\*\*: Elastic 5 - Pop, rock, and folk**

Food truck: "Matilda RI"

Pizza, snacks, and beverages available from the Boy Scouts and the Cultural Council

\*\*Sign up at the Council concession for a free gift card giveaway

Join us on Facebook: Hopedale Cultural Council – Community Organization

# Bishop Feehan High School announces third quarter honor roll

Bishop Feehan High School Vice Principal for Academics, Charlotte Lourenco, is proud to announce the Honor Roll students for the third quarter. Honor Roll is a recognition of high-performing students based on the student's overall average in any given quarter, regardless of the levels of their classes. Bishop Feehan has three levels of Honor Roll: First Honors is awarded to students whose overall average in that quarter is grade 93.00 or higher, Second Honors is grade 90.00 or higher, and Third Honors is 85.00 or higher, with no individual grade below 80. Sophia De Oliveira, grade 9, of Hopedale received First Honors. The full list is available at [www.bishopfehan.com/apps/news/article/1920259](http://www.bishopfehan.com/apps/news/article/1920259)

*Submitted by Bishop Feehan High School*

## make a difference & do it in style



ARTISANAL HOME TEXTILES & DECOR • UNIQUE GIFTS • APOTHECARY

# PEREGRIN

 *well made and well traveled*

1 MAPLE STREET, MENDON  
[peregrinshop.com](http://peregrinshop.com) / 508-257-1369

THURSDAY 12 - 6 / FRIDAY - SUNDAY 11 - 5





# BVT students earn 69 ‘precious medals’ at SkillsUSA State Competition

## Hopedale students among winners

The 50th SkillsUSA State Leadership & Skills Conference was held on April 26 at Blackstone Valley Regional Vocational Technical High School.

The annual event, hosted by SkillsUSA Massachusetts, welcomed more than 2,100 district champions to BVT’s campus.

The state competition is like a bustling hive of talented students and industry professionals abuzz with energy, creativity, and a shared passion for excellence. It is an incredible showcase of vocational technical training at its finest. BVT’s student competitors achieved remarkable results, earning 69 medals: 27 Gold, 23 Silver, and 19 Bronze. These achievements are a testament to the student’s hard work and dedication.

The gold medalists earn the right to represent SkillsUSA Massachusetts and compete with champions from all over the country at the SkillsUSA National Leadership and Skills Conference in Atlanta, Georgia, this June.

BVT students who earned medals at the State Leadership & Skills Conference include Hopedale residents:

State Officer Elect: Kallie Allen  
Gold: Josh Maillet, Diesel Equipment Technology  
Silver: Ella Foster, Engineering Technology; Igor Freeman, Additive Manufacturing; and Gabriella Griffin, Health Knowledge Bowl.

The complete list of medalists is available at [www.valleytech.k12.ma.us/skillsusa](http://www.valleytech.k12.ma.us/skillsusa).

**About Blackstone Valley Regional Vocational Technical High School (BVT):**

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills.

# Walnut Hill School for the Arts Receives \$1.75 Million Major Gift

## Major Donation from Sandra and Kevin Delbridge Offers Funding for Scholarships and Strategic Investments

Walnut Hill School for the Arts today announces a major gift of \$1.75 million from longtime supporters Sandra and Kevin Delbridge. Meeting the challenge of expanding access to Walnut Hill for talented young artists, a large portion of the contribution will go toward establishing the Delbridge Family Promise Scholarship Fund. This underwriting effort will finance the education of students in need and complement the strategic vision approved by the Board of Trustees earlier this year.

“We believe that there are talented students in the arts that, were it not for finances, would flourish at Walnut Hill,” say Sandra and Kevin Delbridge. “We also know that the financial gap is so great that partial financial awards are not enough to allow these students to attend Walnut Hill. It is our hope that the students who receive Promise Fund awards will thrive at Walnut Hill and, when successful, will in turn help others that can achieve their full potential.”

“Sandra and Kevin are not just supporters of Walnut Hill, they are visionary leaders who rise to the occasion when the occasion calls,” says Walnut Hill Head of School Eric Barber. “It takes foresight and an enterprising spirit to be a changemaker in the arts education arena, and the Delbridges have these qualities in abundance. Their commitment to access to the arts and education is beyond inspiring, and this investment will positively impact young artists who will go on to make profound artistic contributions to our society”.

The Delbridge Family Promise Fund will serve students whose families maintain a combined income of \$150,000 or less. This visionary initiative will provide annual \$50,000 financial aid awards to five to ten students over a three-year period, commencing in September 2024. Along with the Promise Fund, the Delbridges have dedicated \$250,000 of the total gift to propel Walnut Hill’s strategic initiatives under the guidance of Eric Barber, Walnut Hill’s Head of School. This contribution empowers Walnut Hill to pioneer new paths, embrace emerging opportunities, and maintain a leadership role in arts education.

Additionally, \$750,000 of the total gift will go toward a named gift in honor of retiring Theater Director Joe Cabral, a beloved member of the Walnut Hill community for 31 years.

“Joe has dedicated a major portion of his life to the advancement of the arts—in particular, theater,” Sandra and Kevin Delbridge add. “Over the years, he has worked with hundreds of students to help them in their quest to be better at their craft. His dedication is remarkable and his guidance invaluable.”


The details of this portion of the gift will be released at a later date.

The Delbridges (parents of two Walnut Hill alumni) have been stalwart champions of Walnut Hill for decades. The School’s most recent campus addition—the Delbridge Family Center for the Arts, unveiled in 2016—is named in their honor.

## Hopedale Mini-Storage

Storage For All Your Needs

Located at 6 Business Way in Hopedale



**(508) 478-6996 or (888) 317-4910**

Open 7 Days a Week  
Security Fence & Lighting  
Month-to-Month Leasing  
Commercial & Residential  
Three Unit Sizes  
Insurance Available

## GIULIANO

CONSTRUCTION & REMODELING

DECKS • KITCHEN REMODELS • ADDITIONS  
BATH REMODELS • ROOFING  
SIDING • WINDOWS • GUTTERS  
ENTRY DOORS • DORMERS • AND MORE!

**774-573-9811**

FREE ESTIMATES • REFERENCES AVAILABLE • LICENSED & INSURED

Looking to advertise  
your business?

Contact Susanne:  
**508-954-8148**  
[sue@sodellconsult.com](mailto:sue@sodellconsult.com)



Your Money, Your Independence

# Thanks, Dad - For Showing How to Lead, Then Trusting to Follow



Glenn Brown, CFP

Fatherhood isn't just about providing; it's about leading by example, imparting wisdom, and instilling values that echo through generations. As Father's Day approaches, it's time to pause and express gratitude for these silent architects of our lives.

This will be my first without my dad, who passed last month at 94. He had a great run as he lived an active lifestyle with emphasis on volunteerism, a farm-

er's work ethic and humility.

Growing up on a dairy farm in Hampton Falls, NH, he attended nearby UNH to study agriculture and worked on the farm through his late 20's. As with many farms in the 1950's, financials and scale would impact their ability to operate, so he took a job as a rural mail carrier.

He'd retire 34 years later in this same capacity, never seeking to climb the corporate ladder nor amass great sums of money. He, along with my mom who left teaching high school to stay at home, found more value in being present for my childhood and creating an environment to provide better opportunities than they had.

I experienced his leadership through my involvement in team sports, Cub Scouts, and school activities. But what awe-struck this kid was his being in the Volunteer Fire Department (including Fire Warden) for 20-plus years. The visits to the firehouse with guys greeting "Forrest!",

his gear ready to go in our hallway, fire scanner in the bedroom and of course, seeing him come home. Sometimes it would be in the middle of the night or in the early morning where he'd shower, eat breakfast, and go to work as the only mailman in town because "someone's gotta deliver the mail".

As my dad led by example in work ethic and volunteerism, he also learned to trust in my expertise and insights as an adult. This reciprocal exchange of trust signifies the evolving nature of the parent-child relationship. Fathers trust their children to carry forward their legacy and ensure their well-being in old age. This trust with my dad was nurtured through open dialogue, shared decision-making, and a mutual commitment to the family's collective goals.

Let me be clear, it wasn't always easy. It can be a humbling realization – to see the roles reversed, to witness the wisdom and innovation of the next gen-

eration, and to have the courage to follow their lead. There were times he'd feel anxiety towards change, whether all proper precautions were being taken and he'd reference others who were doing something different.

From a financial planning perspective, some examples of actions taken (with his initial reaction) included: establishing a revocable trust ("Why, we're not loaded"), maintaining long-term care insurance ("It's getting so expensive, I might never use it"), and converting his modest IRA to Roth in January 2009 plus switch to growth investments ("I'm too old for that").

And of course, the greatest combination of financial and well-being in old age planning - knowing when it's time to get support for elder care ("Your mother and I are going to sell our home, move to Mass and live with you, your wife, and young kids - are you crazy?!").

As I look back on the last 5 ½ years since that decision, his ability to trust and follow plans made for some of the most relaxed experiences together as a father and son. We could both focus on developing fond memories and instilled values with our girls, his granddaughters. For this, and many other reasons, I say thanks Dad and Happy Father's Day.

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.

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

## Venus, an aspiring cuddle bug



Venus is available for adoption at the Milford Humane Society. Courtesy photo

Once a shy wall flower hiding in the back of her cage, Venus has come out into the light! Venus enjoys head scratches and has the cutest meow when she wants your attention. She likes to play with catnip mice and string toys.

Venus might enjoy a cat friend in her new home. Though she doesn't seek out the other cats in the room, she often greets them warmly when they come to visit her. In the shelter setting, Venus hasn't been very active. We hope in the comfort of her own home she would play more. After she has been given time to adjust, she might just be a cuddle bug.

For more information on Venus or any other cats at The Milford Humane Society, please visit [www.milfordhumane.org/](http://www.milfordhumane.org/)



**HOPEDALE PIZZA MARKET**

\$5 OFF

Dine-in/Take-out orders on purchase \$20 or more

VALID ON FOOD ONLY

15% OFF

Sun. thru Thurs. 4-9pm Dine-in Only

VALID ON FOOD ONLY

NEAPOLITAN PIZZA!

Beer & Wine Now Available (DINE-IN ONLY)

1 Menfi Way, Hopedale • 508-381-3292 • [myhopedalepizza.com](http://myhopedalepizza.com)





**HOPEDALE UNITARIAN PARISH**

*Celebrating*  
**125 YEARS**

**DRAPER MEMORIAL CHURCH**  
**DEDICATED IN 1898**

*A progressive, liberal faith dedicated to the principles of peace, equality and environmental justice.*

Originally established by Adin Ballou, founder of the Hopedale Community

*All Are Welcome*

**SERVICES ARE HELD SUNDAYS at 10:30am**



# “Coexisting with Coyotes in the Commonwealth,” free program on June 13

UPTON – Metacomet Land Trust, a conservation non-profit, will host a free program on how humans can learn to coexist with coyotes now present in the region. Mass Wildlife biologist Meghan Crawford will offer her perspective as a “Community Engagement Biologist” who has watched and learned from wild animals who might live in and around the back yards of suburban Massachusetts.

The program is part of the Land Trust’s annual meeting on Thurs., June 13, at the Upton Community Center, 130 Milford St., Rte. 140, in Upton. The public is invited. The general meeting will begin at 6:30 p.m. followed at 7 p.m. by the program.

In a recent issue of Mass-Wildlife magazine, Crawford not only describes in detail the life and habits of our Eastern Coyotes, now prevalent around the Commonwealth, but she



Photo credit Bill Byrne, Mass Wildlife.

also tackles the issues which arise when coyotes arrive in residential areas. Her talk will include the reasons coyotes can frequent backyards and local parks, as well as offer some suggestions on “hazing” individual animals so they learn to avoid people.

Crawford says that she hears at least weekly from residents around the state asking for advice about coyotes near their homes, family and pets. “While every coyote conversation (with a resident) has unique circumstances, many can be boiled down to a single

question: How am I supposed to live with coyotes?” Crawford writes.

In addition to her background in wildlife management, Crawford has over 10 years of experience increasing the public’s understanding of the natural world as a science educator in museums, zoos, and environmental education centers.

Lisa Mosczynski, president of the nonprofit conservation organization, said “We invite the public to bring friends and family to this program. Metacomet is hoping the presentation will give us a unique perspective on our environment and one that will also

**Did you know:**

- It’s not your imagination: state officials estimate that the coyote population is now between 9,500 and 11,500 statewide.
- Eastern Coyotes have long legs and thick winter fur that make them appear larger than they truly are. This is due to having 8-25% of their DNA from wolves. But...
- Coyotes also share about 8-11% of their heritage with domestic dogs


Source: Mass Wildlife Magazine

help us better understand our role in it.”

Formed in 1988 by open space advocates, the land trust is a non-profit organization dedicated to the protection of open space and natural resources in the communities of South Central Massachusetts. Metacomet Land Trust works in the communities of Norfolk, Franklin, Wrentham and Bellingham in Norfolk County, and in the Worcester County towns of Blackstone, Douglas, Hopedale, Millbury, Millville, Mendon, Northbridge, Sutton, Upton, Uxbridge and Webster.

Checking with all the benefits.  
High-yield. High-tech. High-satisfaction.


e by UniBank Checking		Basic Rate of Interest
2.99% <sup>APY1</sup>	2.99% <sup>APY1</sup> -1.20 % <sup>APY1</sup>	0.01% <sup>APY1</sup>
Balances less than \$15,000	Balances \$15,000 and above	On entire balance when minimum requirements are not met



Scan to open an account online or visit any UniBank branch! Find your nearest branch at [unibank.com/locations](http://unibank.com/locations).

UNIBANK

[www.unibank.com](http://www.unibank.com)  
800.578.4270

 **MEMBER FDIC**

<sup>1</sup>Annual Percentage Yields (APYs) effective as of 6/1/2024 and subject to change at any time after the account is open. The interest rate and annual percentage yield for your account depend upon the applicable rate tier. The interest rate and annual percentage yield for these tiers may change. The APY range assumes a maximum deposit of \$50,000 for illustration purposes only. Fees may reduce earnings. The account does not have a maximum deposit limit. Refund of domestic ATM surcharge transaction fees are capped at \$25.00 per statement cycle. Non-UniBank ATM Surcharges are those fees charged by the bank that owns the non-UniBank ATM used. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Minimum balance of \$10 to open the account. Limit one account per customer holding position of primary account holder. Other restrictions may apply.

- In order to be eligible for the disclosed Tier I and Tier II interest rate, Annual Percentage Yield (APY), and refund of domestic ATM Surcharges the following conditions must be met in a given statement cycle.
- A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.

## Select Board signs bond anticipation note for purchase of new fire truck

The Hopedale Select Board has signed a bond anticipation note for the purchase of a new fire truck.

Town Administrator Mitch Ruscitti explained, “This is the remainder of the balance that was to be borrowed, authorized at town meeting.”

The amount of the bond is \$505,304 at an interest rate of 5.15 percent.





# Bancroft Memorial Library

50 Hopedale Street  
Contact: Tricia Perry, Library Director (508) 634-2209  
tperry@cwmars.org

## Library News

The Library will be closed on Wednesday, June 19th in observance of the Juneteenth holiday.

## Summer Reading 2024:

This year's theme is "Read, Renew, Repeat" and will include stories, crafts, special programs and grand prize raffle baskets! Registration begins on June 1st and programs will run June 24th through August 16th. The state-wide Summer Reading Program is sponsored by the Bancroft Memorial Library and the Friends of the Hopedale Library, the Hopedale Cultural Council, the Massachusetts Library System, the Boston Bruins, the MBLC and the Institute of Museum and Library Services.

## 8th Annual Hopedale Fairy Walk

Saturday, June 8th  
from 10:00am - 4:00pm

Join us as the Hopedale Parklands turn into an enchanted forest for fairies, gnomes, trolls, elves and magical folk! Stroll the pathways and discover magical homes tucked into the landscapes and find a new adventure around every corner with performers & vendors placed throughout. Look for the Fairy Houses created by the Library and The Friends of the Hopedale Library! The Friends will also be sharing free children's books during the Fairy Walk.

## Garden Stepping Stones

Saturday, June 15th from 9:30am - 1:00pm

Stop by the Library with friends and family to create a personalized garden stepping stone to keep or give as a gift. All materials will be provided. Registration for time slots is encouraged. To register for this free program, please stop by the Library, call (508) 634-2209, or sign up online on the Library website under Calendar of Events.

All are welcome!

## Helen Symonds Book Group

Wednesday, June 5th at 1:00pm  
The group will meet in the Library Program Room to discuss Lessons in Chemistry by Bonnie Garmus. "Chemist Elizabeth Zott is not your average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show Supper at Six. However, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo."—adapted from CWMARS catalog  
\*REMINDER: The book group will not meet in July or August. The next meeting will be September 4th to discuss Demon

Copperhead by Barbara Kingsolver.

## Community Conversations

Wednesday, June 5th at 6:30pm

Community Conversations will meet to discuss *Protesting vs. Free Speech*. If you are interested in joining the conversation, please sign up at the Circulation Desk or online on the Library website under Calendar of Events.

## Summer Required Reading for Grades 7-9

The Hopedale Jr./Sr. High School has shared their proposed Summer Reading Project for students in Grades 7, 8 and 9. This summer, the featured author will be Ruta Sepetys. Copies of the required reading titles are available at the Bancroft Memorial Library near the Young Adult room and via Libby (Overdrive) for e-books and e-audiobooks.

## News from The Friends of the Hopedale Library

**Ongoing Book Sale**  
Support the Friends of the Hopedale Library any time the Library is open by shopping the Ongoing Book Sale, located downstairs just outside of the Program Room. All monies raised pay for expenses not covered by the Library budget.

About the Friends of the Library

The Friends of the Hopedale Library, founded in 1983, is an active volunteer, non-profit organization with a town-wide membership and a representative executive board. We work with the Library staff and the Trustees to support the Library in providing funds for equipment, materials, and programs not covered by the Library's regular operating budget. The Friends of the Hopedale Library meets the second Wednesday of the month, September through June at 6:30

## LIBRARY

continued on page 13

# SOUTHWICK'S ZOO PHOTO CONTEST WINNERS!

Thanks to all those who entered! These 12 entries will receive a family four-pack of GA passes to Southwick's Zoo for the 2024 season!

<b>PUBLISHER'S PICK</b>  "MACAW!" Submitted by Nate H.	<b>STAFF CHOICE</b>  "Oh what fun ..." Submitted by Bobbie G.	<b>FAMILY</b>  "Family time at the zoo" Submitted by Nancy M.	<b>SOUTHWICK'S SIGN</b>  "Southwick's is our favorite zoo!" Submitted by Rachel R.	<b>KIDS</b>  "A couple of cuties at the zoo" Submitted by Christine H.	<b>HALLOWEEN</b>  "No matter the season ..." Submitted by Emily T.
<b>NOSTALGIC</b>  "My daughter meeting Jeff Corwin, 1999" Submitted by Lora D.	<b>RUNNER UP</b>  "We are so goated" Submitted by Agatha D.	<b>RUNNER UP</b>  "Fun for all ages" Submitted by Misty W.	<b>RUNNER UP</b>  "Having a roaring good time!" Submitted by Jillian R.	<b>RUNNER UP</b>  "Yikes! What are these?" Submitted by Brooke M.	<b>ANIMAL</b>  "Oh, Hay There" Submitted by Emily S.



ILLUSTRATION BY ROWAN KAPLAN/MASSACHUSETTS COLLEGE OF ART AND DESIGN



# Living Healthy

## Over 40 and Tired of Wearing Reading Glasses?

### Refractive Lens Exchange May Be for You

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

Refractive Lens Exchange (RLE) stands as a transformative solution for those grappling with vision impairments and hate wearing glasses. This intricate surgical procedure replaces the natural lens of the eye with an artificial one, offering a path to clearer sight and reduced dependence on corrective lenses. In this article, we delve into the depths of RLE, exploring its intricacies, indications, benefits, potential risks, and alternative options.

#### Understanding Refractive Lens Exchange

RLE, often referred to as lens replacement surgery, is primarily utilized to rectify refractive errors such as severe nearsightedness, farsightedness, and astigmatism. Moreover, it effectively addresses age-related vision issues like presbyopia, which typically affects individuals over 40. Unlike

LASIK or PRK, which reshape the cornea, RLE involves substituting the eye's natural lens with an artificial one, often termed an intraocular lens (IOL).

#### Indications for Refractive Lens Exchange

The ideal candidates for RLE are individuals experiencing progressive vision deterioration due to refractive errors or age-related changes in the lens. Candidates typically exhibit:

Significant refractive errors, including severe nearsightedness, farsightedness, or astigmatism.

Age-related vision issues, particularly presbyopia, resulting in difficulty focusing on close objects.

Ineligibility for LASIK or PRK due to factors like thin corneas, high refractive errors, or unstable vision.

Desire for decreased dependence on glasses or contact lenses for clear vision.

#### Best Candidates for RLE

The most suitable candidates for RLE often meet the following criteria:

Age: Candidates are typically over 40 years old, experiencing age-related changes in vision.

Stable Prescription: Their refractive error should have stabilized, ensuring accurate preoperative measurements.

Good Eye Health: Candidates should have healthy eyes without conditions such as glaucoma, macular degeneration, or severe dry eye syndrome.

Realistic Expectations: They should possess a clear understanding of the procedure's goals, benefits, and potential risks.

#### Benefits of Refractive Lens Exchange

RLE offers a plethora of benefits, making it an attractive option for those seeking vision correction:



**Permanent Vision Improvement:** RLE provides long-lasting vision correction, potentially eliminating the need for glasses or contact lenses.

**Enhanced Visual Quality:** The use of premium IOLs can enhance contrast sensitivity and reduce glare, improving overall visual quality.

**Addressing Age-related Vision Issues:** RLE effectively treats presbyopia, allowing individuals to regain near and distance vision without relying on bifocals or reading glasses.

**Predictable Outcomes:** With advanced preoperative testing and surgical techniques, RLE offers predictable and precise results.

**Lifestyle Enhancement:** Improved vision can enhance daily activities such as driving, reading, and participating in sports or hobbies.

**No future cataract:** Since RLE involves removing and replacing the natural lens, there will never be a cataract in your future because the lens that can cause a cataract and require cataract surgery will be removed.

#### Risks Associated with Refractive Lens Exchange

While RLE is generally safe and effective, there are potential risks and complications to consider:

**Infection:** As with any surgical procedure, there is a risk of infection, although it is rare with RLE.

**Glaucoma:** Some individuals may develop increased intraocular pressure following surgery, potentially leading to glaucoma.

**Retinal Detachment:** In rare cases, RLE may increase the risk of retinal detachment, particularly in individuals predisposed to the condition.

**Posterior Capsule Opacification:** This common complication involves clouding of the capsule behind the IOL, which can be treated with a simple laser procedure.

**Refractive Error:** While precise measurements are taken preoperatively, there is a possibility of residual refractive error necessitating additional procedures or corrective lenses.

#### Alternatives to Refractive Lens Exchange

While RLE offers significant advantages, alternative options may be considered based on individual preferences and circumstances:

**LASIK (Laser-Assisted In Situ Keratomileusis):** LASIK reshapes the cornea using a laser to correct refractive errors, making it suitable for individuals with relatively stable vision and healthy corneas. LASIK does not correct reading vision after 40.

**PRK (Photorefractive Keratectomy):** PRK involves removing the corneal epithelium and reshaping the cornea to correct refractive errors, making it an option for individuals with thin corneas or irregular corneal surfaces. PRK does not correct reading vision after 40.

**Implantable Contact Lenses (ICLs):** ICLs are surgically im-

Optical Shop On-Site



MILFORD - FRANKLIN EYE CENTER

Saturday & After Hours Available

WORLD- CLASS SURGICAL FACILITY - NO OR FEE CHARGE

ANESTHESIOLOGISTS ARE PRESENT FOR ALL SURGERIES

Comprehensive Eye Exams • Full Optical Shop • Eye Glasses - Contacts

NEW PATIENTS RECEIVE A FREE PAIR OF SELECT GLASSES



Roger M. Kaldawy, M.D.



Jorge G. Arroyo, M.D.



Dan Liu, M.D.



Michael R. Adams, O.D.



Shalin Zia, O.D.



Donald L. Conn, O.D.



Dr. Purvi Patel, O.D.

SMILEFORVISION.COM

FRANKLIN OFFICE  
750 Union St.  
508-528-3344

MILFORD OFFICE  
160 South Main St.  
508-473-7939

MILLIS OFFICE  
730 Main St.  
508-528-3344

SURGERY CENTER MILFORD  
145 West St.  
508-381-6040



LIBRARY

*continued from page 11*

pm. New members and ideas are always welcome.

News from the Marjorie Hattersley Children's Room

Alpha-nauts! - Ages 4 - 6: Thursdays 6/6, 6/13 and 6/20 at 10am. Registration required. Summer Reading 2024!

Registration for our Summer Reading Program starts June 1st! Start keeping track of your reading hours and when the program officially kicks off on Monday June 24th you can begin redeeming beads, earning prize tickets, enjoying weekly programs and solving brain busters!

Campfire Story Time

Monday, June 24th from 6:00pm - 7:00pm  
Bring something to sit on and join us at the Statue of Hope to share a story, enjoy the summer evening and relax before heading off to sleep. All are welcome!

EYES

*continued from page 12*

planted lenses that work with the eye's natural lens to correct refractive errors, offering a reversible alternative to RLE for younger individuals. ICLs will not correct reading vision after 40.

Monovision: This approach corrects one eye for distance vision and the other for near vision, providing an alternative for individuals with presbyopia who prefer to maintain some degree of natural vision. Monovision can cause a loss of depth perception. Your brain may or may not get used to monovision.

Conclusion

Refractive Lens Exchange emerges as a revolutionary solution for individuals seeking lasting vision correction. By replacing the eye's natural lens with an artificial one, RLE offers a path to clearer vision and reduced dependence on corrective lenses. It is amazing to be able to reduce dependency on glasses, both for distance and near. While it presents numerous benefits, candidates should carefully consider the potential risks and alternatives before undergoing surgery.

Art Day

Tuesday, June 25th from 2:00pm - 4:00pm  
Did you know the Blue Heron is the symbol for the Hopedale Parklands? Drop in between 2:00-4:00pm and create art featuring the Blue Heron. On Wednesday, August 14th, we will host an Art Show at the Library to showcase the fabulous art our community created! There will be 3 different groups of art materials based on age so all are welcome!

Diane Edgecomb's Let's Go ECO Show

Wednesday, June 26th at 6:00pm  
Join Storyteller Diane Edgecomb as she reads her book "What Now, Cloacina?" the story of a water sprite who takes a hilarious trip through the sewage system in search of her reservoir. Don't miss this special family entertainment packed with stories and songs of nature including talking earthworms and a special recycling adventure. Registration is required. The link to reg-

ister is on the Library website on the Calendar of Events.

With advancements in surgical techniques and intraocular lens technology, RLE continues to redefine the landscape of vision correction, providing hope and clarity to countless individuals worldwide.

RLE is all about better precision, freedom from glasses for far and near and excellent outcomes. At Milford Franklin Eye Center, our surgeons have performed tens of thousands of intraocular surgeries and are happy to offer the RLE procedure to our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Our percentage of posterior capsule complications and infections is one of the lowest in the US and is measured by independent sources. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. Our surgery center is state-of-the-art and staffed by anesthesia full time. We treat our patients like family and ethically: we do not charge you fees for using our OR as another practice in Milford is doing. Our surgeries are performed in a certified and accredited surgery center, not in an office. World class outcomes closer to home.

ister is on the Library website on the Calendar of Events.

Picnic Story Time

Thursday, June 27th at 11:00am  
Join Miss Laura on the lawn of the Hopedale Community House for a Picnic Story Time! We'll share a story, do a finger rhyme or two, dance and sing, run through bubbles and play with some outdoor toys. You might decide to stay and have a picnic lunch when we're through! Drop in and all ages are welcome!

Kayla's Crochet Crew

Friday, June 28th from 1:00pm - 2:00pm  
Join Kayla as she teaches crocheting! The first class will be beginner basics and all materials will be provided. Ages 8-12 years old. Registration is required. The link to register is on the Library website on the Calendar of Events.

For updates throughout the month, Friend us on Facebook

For more details, see our ad on page 12.

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

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>.

Hey Ladies ...  
looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m

Come See All the Summer Sandals!

TAKE \$15 OFF  
YOUR PURCHASE  
When You Mention This Ad  
EXPIRES 6/30/2024



The Forgotten Foot  
"It's Worth the Trip!"

1255 Worcester Road, Framingham  
Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.

508-879-3290

MERCURY RECOVERY PROGRAM

Mercury is an element that can be harmful to human health and the environment if not disposed of properly.

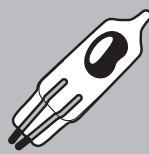
Mercury is found in products such as:



Thermostats



Thermometers



Mercury Switches



Fluorescent Lamps

Please contact your local Board of Health or Department of Public Works for information on where to safely dispose of these items.

SPONSORED BY






# Hopedale Senior Center News

## Free Wellness Nurse Clinic

Wednesday, June 12: 9:30-10:30 a.m. at the Hopedale Senior Center

Clinic is Free of Charge. No appointment necessary.

Meet our Health Nurse Mary Watson. She can assist you with a variety of medical issues, review medications, perform vital sign checks and much more! Private and Confidential.



### The Hopedale Senior Center Needs Your Help!

Consider being a Hopedale Senior Center Volunteer - It's meaningful work and a lot of fun!

- Meals on Wheels delivery
- Activity Volunteers







- Congregate Meals Worker
- BINGO Callers
- Newsletter Helpers
- Class Instructors

Individuals who have as few

as 2 hours a month can help-out at the Senior Center. Volunteers work between the hours of 9:00 to 3:00 pm weekdays. Call us at (508)634-2208.



Join us at the Hopedale Senior Center for a party honoring longtime Hopedale resident, Peg Viens on the occasion of her 100th birthday! Tuesday, June 4, 2024 at 2 p.m.

JUNE 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208				
Monday	Tuesday	Wednesday	Thursday	Friday
				
3 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	4 9:00 am Yoga with Crystal 9:30 am Grocery Shopping Market Basket 12:30 pm Mah-Jongg 12:30 pm Bridge 2:00 pm Peg Viens 100 <sup>th</sup> Birthday Party 3:30 pm Dance <b>Errand Van Available</b> 	5 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	6 10:00 am Watercolor Class 1:00 pm Tai Chi  <b>Errand Van Available</b> 	7 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
10 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	11 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	12 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:00 pm Lunch at Senior Center 12:30 pm Literature 1:00 pm Cribbage	13 10:00 am Knitters' Group 10:00 am Watercolor Class 1:00 pm Tai Chi	14 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
17 9:00 am Free Panera 9:00 am Bridge 12:00 pm Mah-Jongg 12:00 pm Lunch at Senior Center 12:45 pm BINGO	18 9:00 am Yoga with Crystal 9:30 am Grocery Shopping Market Basket 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance <b>Errand Van Available</b> 	19 Closed for Juneteenth Holiday  <b>JUNETEENTH</b>	20 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm COA Meeting  <b>Errand Van Available</b> 	21 10:00 am Low Impact Exercise 12:00 pm Senior Center closes
24 9:00 am Free Panera 9:00 am Bridge 12:00 pm Mah-Jongg 12:30 pm BINGO	25 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	26 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	27 10:00 am Watercolor Class 1:00 pm Tai Chi	28 12:00 pm Senior Center closes



Sports

Positivity and Motivation, Keys to Success

By CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

The Hopedale girls' lacrosse team under first year coach Hannah Cairney last spring were only able to manage two wins, but coming into this season they're looking for improvement.

"It was tough last year getting only two wins, so it was a bit dis-

appointing," Cairney said. "This year I am looking for the girls to stay positive, motivated and have the ability to try new things. I want them to get 1% better each day and if they can do that, it's a movement in the right direction."

The Blue Raiders currently sit at 2-4 at the time of this writing in the early goings of the season. The two wins have already equaled last year's total output,

with still double-digit games remaining. Cairney has six returning seniors to the field this year, including three 2-year captains. Once again, this year's captains are defender Delia McAllister, attack Antonia Rolo and midfielder Emma Gosselin.

"It wasn't planned that way, but it worked out well that we have a captain for each section of

tor on the field with great passing skills, while White is an incredible athlete who knows the best pass to make, giving 100% all the time.

Sophomore Alli Pearlman will once again be back in the net as the final line of defense for the Blue Raiders after earning the starting position last year. Pearlman is entering her third season

According to the coach, the freshman class is extremely strong, and all six girls have been standout players thus far and will lead the team into the future.

Prior to the season getting underway Cairney meets with all of her players individually and asked them what their goals were for the upcoming season.

"A lot of the girls said they wanted to get more wins than they did last year, while some of the others wanted to improve communication so that they could work better together," the coach said. "We've already equaled last year's win total and have had some bonding experi-

ences, drills and our communication skills have gotten better on and off the field, which I believe has translated and contributed to our early success."

While things look like they are headed in the right direction for the Blue Raiders girls' lacrosse team, Cairney is still trying to keep the team focused. Despite the improvement she is looking to take things one game at a time and if they happen to make the tournament it would be great but is not their top priority at this point; she wants the team to improve on a daily basis and get the team prepared for the future.



Real Estate  
Corner

Recent Home Sales

Date	Hopedale	Amount
05/17/2024	9 Union St.	\$382,000
05/16/2024	163 Laurelwood Dr.	\$396,000
05/06/2024	223 S Main St.	\$589,000
04/30/2024	267 S Main St.	\$561,000
04/16/2024	27 Progress St.	\$435,000

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



The 3-bed, 2-bath, 1,477 square foot house at 9 Union Street in Hopedale recently sold for \$382,000. Image credit: [www.zillow.com](http://www.zillow.com)



Looking to  
advertise in our  
Real Estate Corner?  
Contact  
Susanne Odell Farber  
at 508-954-8148  
or by email at  
[sue@sodellconsult.com](mailto:sue@sodellconsult.com)





# SEE WHAT'S NEW

## AT NEW ENGLAND'S LARGEST ZOO!

 **Southwick's Zoo**

2 Southwick St. Mendon, MA

Visit our website for hours, upcoming events, and to purchase tickets.



LEARN MORE

### FINANCING AVAILABLE

- 12 Months
- No Interest
- No Payments
- Free Estimates
- Get Instant Estimate Online @ <https://robertevansjrinc.com/>

Or Call

## 508-877-3500

Millis, MA 02054

Fully Licensed & Insured  
CSL 056746  
HIC 108807



**5 STAR**

**CertainTeed**  
SAINT-GOBAIN

Lifetime Guarantee  
Exp. June 30, 2024  
Offers May Not be Combined

**OVER 30 YEARS OF BUSINESS**

**ROBERT EVANS JR**  
**CONTRACTOR**  
ROOFING, SIDING, WINDOWS & MORE

**EST. 1992**

**\$500 OFF Full Roof Replacement**  
On 28 Square Feet or More  
Exp. June 30, 2024 • Offers May Not be Combined

# ROOFING • SIDING • WINDOWS

