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Vol. 10 No. 4

#### July 2024



The Little Red Shop Museum in Hopedale. Photo credit: Theresa Knapp

# Take in the Hopedale sites this summer

Summertime is a great time to what is now downtown Hopedget to know the Town of Hopedale just a little bit better.

#### **History of Hopedale**

Begin your journey with a review of the History of Hopedale which you can find at www. hopedale-ma.gov/about-us/ pages/history-hopedale. Here, you will learn how, "in 1842, Adin Ballou and his followers, idealists who wanted to combine biblical individualism with social responsibility and religious liberalism, purchased 600 acres in

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ale to establish Fraternal Community Number One. Thirty houses, chapel and workshops were built on an architectural plan for the 170 people who joined in the social experiment, which combined farming with manufacturing, and took strong social stands on temperance, women's rights and abolition. Unfortunately, disagreements over how to administer the community ended in bankruptcy by

> **SUMMER** continued on page 2

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# **Hopedale Girls' Tennis Reaches** Milestone

BY CHRISTOPHER TREMBLAY. STAFF SPORTS WRITER

Over the years the Hopedale girls' tennis team has been very successful, but this year the Blue Raiders have returned to places the team has not been to in some years.

After finishing the regular season at 12-2, the squad was able to capture its first Central Mass Championship in quite a while.

In addition, the team once again qualified for the Division State Tournament where they advanced into the Final Four before finally being sent home. Again, this is somewhere the program has not been recently.

"Hopedale hasn't won the CMASS Tournament in a long, long time. The girls deserved it, I am so happy for them, they worked so hard to reach this point for the first time in a while," Blue raider coach Art Riffo said. "Advancing to the Final Four in the States was another big step as this is another place that we haven't been in a long time."

Once in the State Tourna-

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ment, Hopedale, the number four seed, had back-to-back 5-0 wins over South Hadley and Mount Greylock before they took down Ipswich 4-1 to enter the Final Four.

Unfortunately, with only four teams remaining, Hopedale had to take to the courts against the number one team in Hamilton-Wenham. With a 4-1 victory the Generals advanced to their third straight State Championship contest.

In taking on the top seed, Riffo noted that he had never seen the team play before and all that he knew was what he had been told by other coaches - the Generals had some excellent tennis players.

In retuning to a couple of places the Blue Raiders tennis program had not been to in recent memory they did so with

> **TENNIS** continued on page 3



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#### SUMMER

continued from page 1

1856 and George and Ebenezer Draper, followers of Ballou, took over the property."

The town has a very interesting history.

#### Little Red Shop Museum

A great starting point is the Little Read Shop Museum which is located on the banks of the Mill River. The circa 1845 Little Red Shop, the oldest remaining industrial building in Hopedale, was the original home of the Draper Company which manufactured parts for textile looms. The company expanded to the complete manufacture of looms and all their parts, eventually becoming the world's largest textile loom manufacturing operation.

During the 1950s, the Little Red Shop was the Draper Corporation museum. Today, the scope has expanded to include the history of the town and the region.

The Little Red Shop Museum holds artifacts related to the town's development, the region, and the textile industry (in which Hopedale played a starring role). However, unlike our cousins to the north (The Lowell National Historical Park, The American Textile History Museum) and the south (The Slater Mill), the Little Red Shop Museum is not a museum about cloth production. The Little Red Shop began as a machine shop, and the Draper Corporation, which it became, produced the looms used all over the world to create highquality, cotton-woven fabrics.

Because the Draper Corporation was the single most significant and longest-lasting influence on the Town of Hopedale, it often overshadows other important histories of the area. The Little Red Shop Museum preserves this history's many facets and shows how that history is still relevant today.

#### **Explore Hopedale**

There is so much more to see, and learn about, in this little town of 6,000 people. Other areas of interest include:

A walking/bike tour brochure of Hopedale is available in the museum or at adinballou. org/walktour.shtml

A walking tour of Hopedale by the Blackstone River Valley National Heritage Corridor is available at the museum or at blackstoneheritagecorridor.org/wp-content/ uploads/2016/02/Hopedale-Walking-Tour.pdf

History of Hopedale by Dan Malloy at www.hope1842.com/

Hopedale Women's History Project at hopedalewomen. org/

Enjoy your time learning more about this gem of a town. Source: www.littleredshopmuseum.org/



# Hopedale Day in the Park set for Sept. 21 Registration forms for crafters, artists, vendors due by Aug. 10

Hopedale Day in the Park 2024 will take place on Sept. 21 from 10 a.m. to 4 p.m. at Draper Park located between Freedom, Dutcher, and Northrop Streets. The event will not be cancelled if there is a brief morning shower. The rain date is Sunday, Sept. 22.

Applications must be received by Aug. 10 and must include a \$40 non-refundable application fee. Applications postmarked after Aug. 10 will require a \$50 application fee. No applications will be accepted after Sept. 1. Applications and details can be found at bit.ly/Hopedale-DayinthePark2024regform. Forms should be returned to Jean Hill, 16 Union St., Hopedale 01747. Questions can be directed to hopedaleculturalcouncil@yahoo.com.

The event is sponsored by the Hopedale Cultural Council and the Town of Hopedale.

Source: www.hopedale-ma.gov/ sites/g/files/vyhlif711/f/uploads/ hopedale\_day\_in\_the\_park\_-2024. pdf



#### TENNIS

#### continued from page 1

three talented seniors, to whom they will be saying goodbye. Callie Costanza and Abby Aldrich played on Hopedale's number on doubles team while Sidney Hall was the team's third singles player.

"Callie and Abby were the DVC's doubles team of the year and only lost one match all season," the Hopedale Coach said. "They've been playing together for at least three years and didn't want to be separated as they played well together."

Hall, another excellent tennis player, also only suffered one loss all season.

Pia Obrador, only a sophomore, has been Hopedale's number one tennis player since the seventh grade, when she arrived on the scene, and for the second straight season, she not only went undefeated, but was also named to the Dual Valley Conference All-Star team as well as being the league's Player of the Year.

"She is playing much more comfortable on the court nowadays, but is still a very shy and nervous individual," Riffo said. "However, once her match starts, she doesn't talk much so I tell her all that I expect from her is to go out and lay her game. She lets her tennis do her talking."

Rounding out this year's singles circuit is another sophomore in Kate Friesma, an excellent player who has been developing her game amazingly since last year's campaign. Playing second doubles are yet two more sophomores in Gabby Rienhart and Maddy Buttonow leaving Riffo with a lot of young athletes to return next spring.

Although Hopedale was able to make it al the way to the Final Four, the coach was pessimistic about the season in the early stages of the tryout period.

"Prior to the year starting, I didn't know if I was even going to have enough players," the Coach said. "If we were able to get to the required number, I figured at best we'd go would be .500 and hopefully qualify for the States and I'd be happy. So, by what we actually accomplished you could say I am very satisfied with or season."

The tennis program was able to get some very athletic girls to join the team and coupled with the players returning from last year Riffo had in his presence one of the better teams that he has had in years, thus exceeding his expectations.

Savannah Sene is an excellent tennis player who graced the squad this season but didn't see much time on the court and if she works on her game, she can be an a much better player. Unfortunately, the Coach is unsure if the young tennis player is going to come back to the team next spring.

Emma Friesma (Kate's twin sister) is another young athlete who could move into a starting position. According to the coach, she has a lot of power, but doesn't know how to use it properly.

"With some training I'm sure that she can turn herself into a great tennis player," said. "However, right now she needs to learn how to control that power and control it. She needs to learn the basics and techniques first, then she can unleash the power."

Freshman Rose Dering got into only one match this season, but the coach believes that she may see some action in the second doubles spot come next spring. Elise Paquette and Merit Yousses also have potential and could also battle for a starting position.

At this point, Riffo is most likely looking at filling his first doubles team as well as the third singles position. Things could all change to what he will actually be looking for come next year. Buttonow could possibly move from doubles to third singles or the second doubles team could elevate to the first doubles team thus leaving other holes.

"Maddy's a really good player and can play at either position,"

the coach said. "If she goes to singles that leaves us with both doubles team's open and that could be a challenge."

Challenge or not, Riffo and his team will have an entire year to revel in their 2024 accomplishments before he has to decide who is going to play where next season.



6 Congress St, Milford • 54 Central St, Holliston

# Hopedale 2024 summer band concerts

This year's remaining summer band concerts will take place on Wednesdays, July 10, 17, and 24th at 6:30 p.m. at Hopedale Town Park. Rain dates are on Thursdays.

The program is sponsored by the Hopedale Cultural Council, in cooperation with the Parks Department.

The schedule includes:

**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 will be available from the Boy Scouts and the Cultural Council. Visitors can sign up at the Council concession for a free gift card giveaway.





# Select Board reorganizes, thanks Hazard for service

By Theresa Knapp

At its meeting on May 28, the Hopedale Select Board reorganized and named Bernie Stock Select Board Chair, effective at the start of its June 10 meeting.

Scott Savage made the motion which was unanimously approved. Savage thanked Hazard for her service.

"I do want to say thank you to Glenda for the year, that I've been on the board, as chair. I know it hasn't been easy, and I know that we've had contentious discussions at times which is positive in my mind; but I do want to say thank you for your work."

Stock added, "There were plenty of times where things were somewhat contentious, somewhat uncomfortable for you and I thought, through it all, you held your ground, you were gracious, you dealt with things that a lot of people would have been rattled by...I think, as a community, we've been extremely fortunate to have had you involved in steering the ship.'

# **Hopedale Resident Named To Dean's List At Quinnipiac University**

The following area students were named to the dean's list for the Spring 2024 semester at Quinnipiac University:

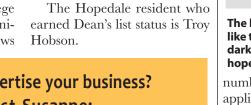
To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. Names

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#### About Quinnipiac University

Quinnipiac is a private, coeducational, institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 9,000 students in 110 degree programs through its Schools of Business, Communications, Education, Computing and Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences. Quinni& World Report and Princeton Review's "The Best 388 Colleges." The university is in the midst of program expansion and renewal for both traditional and adult learners, attraction of diverse communities, development of innovative corporate partnerships and construction of an ambitious set of capital projects. For more information, please visit qu.edu. Connect with Quinnipiac on Facebook and follow Quinnipiac on Twitter @QuinnipiacU.



# **County Sheriff's Office offers free house** numbering program

The Worcester County Sheriff's Office Housing Numbering Program is designed to assist all emergency personnel in identifying residences that do not currently have highly visible



The house number sign will look like this, large number

number, free of charge, which can be placed on the front of the home or the end of the driveway.

The application form can be found at bit.ly/WorcesterCtvHouseNumberingProgram. Once the sign is completed, it will be delivered to the senior center for pick-up.

By completing (and signing) the form, you agree to waive, release and hold harmless the Worcester County Sheriff's Office, and all of its affiliates with this program, from damages nstallation

le-ma.gov/ f/uploads/ pdf

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

By Christie Vogt Contributing Writer

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

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

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.""

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time



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

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

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

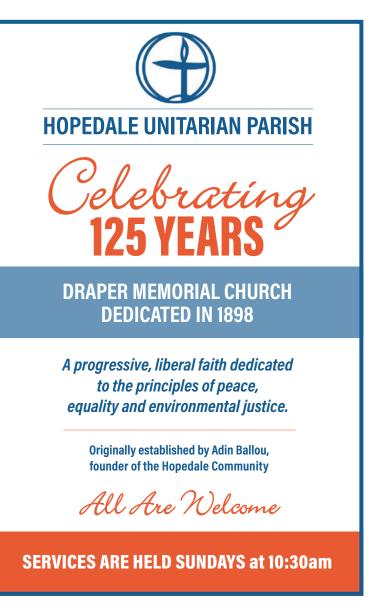




One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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# **Marking a Milestone** BVT Confers Diplomas and Industry-Recognized Certifications

UPTON – The Blackstone Valley Tech Class of 2024 Commencement Ceremony was held at the Hanover Theatre & Conservatory for the Performing Arts in Worcester on May 30th. The evening ceremony celebrated the accomplishments of its 306 graduates with all the pomp and pageantry they deserve.

"From their first day of school,

I encouraged this class to put their best effort into their work, work their hardest, and to leave Valley Tech just a little bit better than they found it," said Assistant Superintendent-Director/Principal Mr. Anthony E. Steele II in his opening remarks. "The Class of 2024 met that challenge and then some. They have been outstanding stewards of their school,



The Blackstone Valley Tech Class of 2024 at their Commencement Ceremony. Photo courtesy of BVT/Morin Studio



and after tonight, I do not doubt that they will carry that torch as BVT alumni."

The ceremony included a salute to the flag and the national anthem. Next, Yvette Martin, Director of Student Services, delivered the benediction. Then, John Kearney of Douglas and Amelie Botelho of Upton performed Abba's emotional hit song, "Slipping Through My Fingers."

The speakers eloquently expressed the sense of community, connection, and a shared pur-

pose that has shaped their time at BVT. Ella Rogozenski of Northbridge, Valedictorian, reflected on being welcomed into a community that celebrates diversity, embraces creativity and fosters innovation. Michael Borowski of Millbury, Senior Class President, expressed pride in being a "Beaver" for life. Eleanor Poitras of Hopedale, Student Council President, felt a strong sense of com-

**BVT** continued on page 7



#### BVT

#### continued from page 6

munity as a class and being part of the BVT family. Lastly, Laney Beahn of Douglas, Salutatorian, recalled the moments, accomplishments, hardships, and experiences that have made this high school chapter worth remembering.

Assistant Principal Mr. Matthew Urquhart addressed the class and took a moment to acknowledge those who helped make this day possible. In closing, he congratulated them on reaching one of life's signature milestones and reminded them to be proud of what they have earned.

"Your determination, thoughtfulness, and ambition have taken you this far, and we know you have many more amazing goals to reach," said Superintendent-Director Dr. Michael F. Fitzpatrick. "You, the Class of 2024, are part of our legacy and forever a part of our collective experience. Impressed with everything you've accomplished so far, we cannot wait to see what you do next!"

Three hundred and six stu-

dents concluded their dual high school education. They received a vocational certificate and a diploma, which certify mastery of competencies in their career-technical programs and a rigorous academic course of study. The evening celebration concluded with applause for the graduates as they tossed their caps into the air. To view the ceremony, visitwww.valleytech.k12. ma.us/classof2024.

#### 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.





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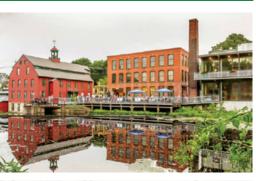
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ValleyCAST's mission is to foster a creative and engaged community in the Historic Blackstone Valley that is inclusive and supportive of all people with and without disabilities. ValleyCAST is the arts  $\mathcal{S}$ culture arm of Open Sky Community Services.







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# **Take Down the Wall Presents: OPEN MIC NIGHT**

TDTW Open Mic is an inclusive opportunity for musicians and poets of all abilities -ALL are welcome! Have fun with monthly themes, meet new people, and share your talent in this encouraging environment. Performers, please come early to sign up!

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July 13 Freedom Rocks Aug. 10 Grill at The Mill Sept. 14 Magic Mania

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# **Volunteer Opportunities**

## Volunteers needed for our monthly Open Mic Nights:

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# Are you the next Club 21 Discovery Member?

We are seeking members of the community to partner with individuals with intellectual/developmental disabilities and mental health challenges as Discovery Members in our Club 21 program.

- Do you enjoy meeting new people and building friendships?
- Do you need more fun in your busy life?
- Are you interested in getting to know your community?
- Do you want to make a difference in someone's life?

If you said "Yes" to any of these, contact us at club21@openskycs.org for a no obligation informational meeting.

For more information about these opportunities and more visit openskycs.org/communitymembership



Your Money, Your Independence

# Summer, Summer, Summertime - Time To Sit Back and... Experience Spend



**Glenn Brown, CFP** 

Recall your age 21 summer? Mine had DJ Jazzy Jeff and Fresh Prince's "Summertime" as a soundtrack. Days spent gathering with friends at backyard BBQ's, a pool or restaurant patios in Portsmouth, then 6 nights a week "working" as a DJ in various clubs on Hampton Beach.

When we reminisce about our past, we recall experiences. Examine further, you'll likely realize the small windows of opportunity to enjoy them. For example, two years later I'd be in Florida, working for a minor league baseball team and able to see just one of those friends.

Life is constantly evolving, and moments once passed cannot be relived. Embracing experience spending encourages individuals to seize opportunities to enjoy life while they can. It shifts focus from material wealth to emotional wealth — the happiness, satisfaction, and memories that come from shared experiences and personal adventures.

# Why experience spending?

Beyond the concept of having greater value for experiences versus things, studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longerlasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with

time, while experiences can create lasting memories and become part of your identity.

# The challenges of getting advice to spend money.

The financial industry, in particular investment management and financial planning, places too little emphasis on helping clients spend money for today's experiences.

There are various reasons as to why. Advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) to model goals 15-20 years out, whereas spending now makes analysis harder to balance future outcomes. Furthermore, clients see the impact of recommendations immediately and can judge accordingly.

# Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

# It's not limited to just travel.

Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

#### Financial considerations.

While experience spending prioritizes moments over materialism, it also requires mindful financial planning of your resources. Budgeting involves allocating funds for activities that align with personal values and goals. It encourages responsible spending by focusing on the long-term benefits of enriching experiences while balancing your financial stability and security.

For instance, imagine parents trying to make up for lost time, now wanting to take the family on a luxury vacation. Sure, they could choose to do that. But would it have been better to have done prudent financial planning all those years of sacrifice by assessing current financial health, setting a realistic budget, and exploring cost-effective alternatives that still deliver a memorable experience? Furthermore, this approach removes the build-up of unrealistic expectations and places the focus on making memories together.

I hope you enjoy your "summer, summer, summertime" and may you have "time to sit back and unwind" together.

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. Glenn is a fee-only Certified Financial Planner<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# Bancroft Memorial Library News

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

The Library will be closing early at 5pm on Wednesday, July 3rd and will be closed Thursday, July 4th in observance of the holiday

**Coming Soon:** The American Heritage Museum Pass! The Hopedale Foundation has graciously donated a Library Pass Membership for the American Heritage Museum in Hudson! Each pass admits up to 6 visitors at half price; you can reserve any of our passes using the "Online Pass Reservation Program" on the Library website.

**New Magazines!** We now have subscriptions to Down East, Cook's Country and the Food Network Magazine. The newest issues are available to check out and the loan period is one week.

**Required Reading for Summer:** Copies of the required reading titles for Summer Reading are available at the Bancroft Memorial Library and via Libby (Overdrive) for e-books and e-audiobooks.

**NextTrex Recycling Challenge Program**: Trex® is proud to sponsor local Girl Scout Troop #64904 in recycling household bags and wrap. If the Scouts collect 1,000 pounds of soft film plastics and packaging in a 12-month span, they will be awarded a Trex® furniture bench, which they plan to donate to the Bright Beginnings Center! A collection bin is located in the front entry way of the Library. Acceptable items include produce bags, ice bags, cereal box liners, bread bags, bubble wrap, newspaper sleeves and more! Please be sure that all materials are clean and dry.

Weekly Events in the Marjorie Hattersley Children's Room: Every Monday there will be a new code word of the week. Search the Library to find the word, relay that to Miss Laura and you will receive an entry ticket for the Weekly Prize Drawing.

Every Friday there will be a Brain Buster puzzle (maze, word search, crossword, etc.). Complete it, show Miss Laura and you will receive a second entry to win a weekly prize!

**Campfire Storytime:** Mondays 7/1, 7/8, 7/15, 7/22, 7/29 6pm - 7pm, all ages welcome 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.

**Art Day:** Tuesdays, 7/2, 7/9, 7/16, 7/23 & 7/30 from 2pm - 4pm, all ages welcome

LIBRARY

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# Hopedale Parks Summer Program July Craft Calendar

#### 8:30 a.m. - 2 p.m. - Mon.-Fri.

1 Paper Plate Jellyfish S1	2 <sub>Foam Cup</sub> Ducks S1	3 <sub>Paper</sub> Caterpillars S1	4 <mark>CLOSED</mark> Happy 4th	5 Pipe Cleaner Puppets \$1
8 Wooden Magnets S1	9 Button Pins \$1	10 Door Hangers \$1	11 Sand Cups S2	12 Wooden Key Chains \$1
15 <sub>Boo Boo</sub> Bunnies \$1	16 Tie-Dye 1 for \$2.00 2 for \$3.00 3 for \$4.00	17 <sub>CD Snails</sub> S1	18 Movie Field Trip! \$15	19 <sub>Decorate</sub> A Cupcake \$2
22 Plants \$1	23 <sub>Pet Rock</sub> S1	24 Popsicle Stick Alligators S1	25 <sub>Window</sub> Suncatchers S1	26 Freeze Pop Holders S1
29 <sub>CD</sub> Peacock S1	30 <sub>Mud</sub> Cups S2	31 <sub>Clothespin</sub> Dragonflies \$1	<sup>1</sup> Pool Noodle Fish S1	<sup>2</sup> Sand Art S2

#### LIBRARY

#### continued from page 10

Did you know that 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!

Picnic Storytime: Thursdays 7/11, 7/18, 7/25 at 11am, all ages welcome 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! If the weather is inclement we will meet in the program room at the Library.

Kayla's Crochet Crew: Friday, July 26th from 1pm - 2pm, Ages 8-12 Join Kayla as she teaches crocheting! Registration is required and the link to register is on the Library website on the Calendar of Events.

#### Weekly Wednesday programs:

Create a Terrarium: Wednesday, July 3rd at 3pm, all ages welcome Make a terrarium you can take home! We will have all the materials needed to build your terrarium, but jars may be limited so you are welcome to bring in a container of your own (the jar should be wide and have a large opening - think of a medium sized pickle jar!) The jar can be glass or plastic; if the lid is missing, we can use cellophane and

an elastic to keep the moisture in. Registration is required. The link to register is on the Library website on the Calendar of Events.

Conservation Conversation: Wednesday, July 10th at 6pm, all ages welcome Drop in for a conversation about conservation!

**Bug Hunt with Hands** on Nature!: Wednesday, July 17th at 6pm, ages 3-5 Discover some fascinating local bugs - such as beetles, worms, slugs, ladybugs and caterpillars! Gain a greater appreciation for their importance in our lives and their role in our ecosystem. Observe live bugs with magnifiers and see the world through the eyes of an insect with our "bug glasses"! Learn more about the world of insects, as we explore together on a fun LIVE BUG HUNT on the grounds of the Library! Registration is required. The link to register is on the Library website on the Calendar of Events. This program is sponsored in part by the Friends of the Hopedale Library and supported by a grant from the Hopedale Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.

Nature's Design! Wednesday, July 24th at 6pm, ages 12-18 Join us for Kevin Kopchynski of KWK Explorations and discover the many patterns, shapes, and designs in nature. The plants and animals around us are design engineers and we will see how some of their solutions are related to the famous Fibonacci Numbers. The show features photographs and computer demonstrations of the many patterns found in the natural world. Registration is required and limited to 20 participants. The link to register is on the Library website on the Calendar of Events. This program is supported by a grant from the Hopedale Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.

**Pumpernickel Puppets:** Wednesday, July 31st at 6pm at the Hopedale Community House Pumpernickel Puppet shows are presented with a cast of colorful puppet characters, audience participation, live voices and sound effects and fast paced scripts that not only entertain but stimulate children's imagination and creativity. "Bugsy and Friends" is a variety show in which an assortment of puppets perform a range of musical numbers. Registration is required. The link to register is on the Library website on the Calendar of Events. All ages are welcome! This program is supported by a grant from the Hopedale Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.

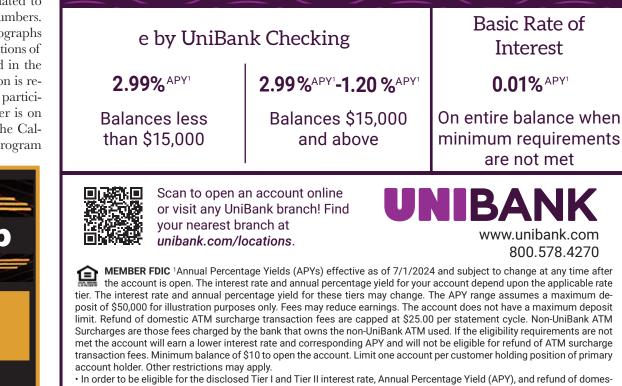
For updates throughout the month, Friend us on Facebook and sign up at www.wowbrary. org to discover the Library's newest books, movies and music. Our webpage is https://www.hopedale-ma.gov/bancroft-memoriallibrary.



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# **Living Healthy**

# **Summer Eye Safety**

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

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

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

750 Union St.

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to keep you and your loved ones safe

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

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

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, vou can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start



160 South Main St.

508-473-7939



wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

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

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

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

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

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

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

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

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

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

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

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

> **EYES** continued on page 13

**PHARMACY OUTREACH** Helping MA Residents Lower Drug Costs **Providing Free Medication Information** CALL Today 1-866-633-1617 MASSACHUSETTS COLLEGE of PHARMACY and HEALTH SCIENCES Pharmacy Outreach Program 19 Foster Street, Worcester, MA 01608 | M-F 8:30 am to 5 pm

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# Beware of fraudsters, a reminder from the Hopedale Police Dept.

## *Common scams are the 'grandparent scam' and 'phone scam'*

The Hopedale Police Department is asking our senior citizens to be aware of potential fraudsters calling them to scam them of their life savings. Fraudsters typically target senior citizens as they view them to be more willing to communicate with scammers, and generally lack computer technology, which makes them more vulnerable to web- or email-based scams. The scammers believe seniors have amassed some wealth over the years and can be naïve about the numerous ways in which fraud is committed in modern times.

Hopedale Police Chief Mark A. Giovanella says all residents should feel free to call the police if they suspect fraud. "If you do not think it sounds right, please give us a call. This is what we are here for. I would rather get the phone call to prevent someone from getting scammed than try to investigate how they did."

Fraudsters use a variety of ways to scam senior citizens, and the two most common methods are the 'grandparent scam' and the 'phone scam.'

The grandparent scam is where the scammer reaches out to someone who pretends to be their grandchild in financial trouble, or they are in jail and need bail money. The fraudster will ask for money immediately and tell their victims to use a wire transfer. If that is not an option, the fraudster will have the victim buy several gift cards and read off the gift card information. The fraudster will stress urgency on the issue to prevent their victims from contacting other family members, or they will ask the victim to keep it a secret to avoid embarrassment.

The other most common scam used against senior citizens is a phone scam wherein the fraudster identifies himself or herself as an IRS agent, or calls them to offer free medical supplements, devices, or discounts. With these types of phone scams, the fraudster attempts to get the victim's personal information (full name, address, date of birth, social security number, and credit card information). Once they have this information, they will immediately deplete the funds on a credit card or try to open additional credit cards or loans.

The best prevention for stopping phone scams is awareness.

Awareness of the above scams, and knowing many others exist, is more than half the battle against elder fraud. Another way to prevent fraudsters from scamming is to keep your person information private and never git it out over the phone or email. For those who use computers, be cautious of emails and attachments. Do not open emails from sends whose names you do not recognize - in fact, delete or block them. Never click on a link or open an email attachment you don't recognize. Remember, emails, links, and attachments spread viruses and give fraudsters access to your computer. Furthermore, you should always consult with family members upon receiving a call or email where an individual or organization is requesting money, gift cards, or personal information.

As a reminder, any resident who feels they were the victim of a scam, or if someone is trying to obtain your personal information, should contact the Hopedale Police Department.

Source: www.hopedale-ma.gov

# You may qualify to get help paying for Medicare costs

Apply to the Medicare Savings Program (MSP) now!!! You could save substantial money if you qualify. The Medicare Savings Program will pay for some or all of Medicare premiums, deductibles, co-payments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A and B premiums and cost sharing, or Medicare Part B premiums, as well as lower your Prescription costs. These significant savings are available to qualified Massachusetts Medicare eligible individuals.

Income Qualifications: Income is at or below:

Single \$2,824.00 per month Married \$3,833.00 per month Additionally, there is no asset limit.

Please call the Senior Center at (508) 634-2208 for application assistance.



#### EYES

#### $continued \ from \ page \ 12$

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

ate in a state-of-the-art certified and accredited surgery center in Milford with an anesthesiologist present at all the times to take care of you during your surgeries- no exception. Compare this to other practices operating in their office and without an anesthesiologist's presence. Did vou know that office-based surgery is not endorsed by professional societies and not approved by Medicare? Have they been referring you to office-based surgery? Call us for a second opinion! You come first. With 24 years of established experience and tens of thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 am Panera</b> 9:00 am Bridge 12:00 pm Mah Jongg 12:30 pm BINGO	2 9:00 am Yoga w/ Crystal 12:30 pm Bridge 12:30 pm Mah-Jongg 1:30 pm Market Basket Trip <i>Errand Van Available</i>	3 1:00 pm Cribbage	4 CLOSED FOR JULY 4 <sup>th</sup> HOLIDAY	5 12:00 pm Senior Center closes
8 9:00 am Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah Jongg 12:30 pm BINGO	9:00 am Yoga w/ Crystal 12:30 pm Bridge 12:30 pm Mah-Jongg	10 9:30 am Low Impact Exercise 11:00 am Meditation 1:00 pm Cribbage	11 10:00 am Watercolor 1:00 pm Tai Chi	12 8:00 am Walk around Hopedale 10:00 am Tech Aid by Appointment 12:00 pm Senior Center closes
15 9:00 am Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Lunch at the Senior Center 12:00 pm Mah Jongg 12:30 pm BINGO	16 9:00 am Yoga w/ Crystal 12:30 pm Bridge 12:30 pm Mah-Jongg 1:30 pm Market Basket Trip <b>Errand Van Available</b>	17 9:00 am Nurse Clinic 9:30 am Low Impact Exercise 11:00 am Meditation 1:00 pm Cribbage	18 10:00 am Watercolor 1:00 pm Tai Chi <i>NO COA Meeting</i> <i>Errand Van Available</i>	19 8:00 am Walk around Hopedale 10:00 am Tech Aid by Appointment 12:00 pm Senior Center closes
22 9:00 am Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah Jongg 12:30 pm BINGO	23 9:00 am Yoga w/ Crystal 12:30 pm Bridge 12:30 pm Mah-Jongg	24 9:30 am Low Impact Exercise 11:00 am Meditation 1:00 pm Ice Cream Social for Griffin-Dennett Residents 1:00 pm Cribbage	25 10:00 am Watercolor 12:00 pm Lunch 12:45 pm TRIVA 1:00 pm Tai Chi	26 8:00 am Walk around Hopedale 10:00 am Tech Aid by Appointment 12:00 pm Senior Center closes
29 9:00 am Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah Jongg 12:30 pm BINGO	30 9:00 am Yoga w/ Crystal 12:30 pm Bridge 12:30 pm Mah-Jongg 1:30 pm Market Basket Trip <b>Errand Van Available</b>	31 9:30 am Low Impact Exercise 11:00 am Meditation 1:00 pm Cribbage		

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# Let Hopedale Senior Center do the driving

What to go to lunch, shopping or somewhere else with friends? Let the Senior Center van take you to your destination. We will pick you up at your home. Check the monthly schedule for availability. Call 508-634-2208 for more information.

JULY 2024 EVENT CALENDAR		
July 8th	Teddy Bear Emergency!	
July 11th	Ashland Moms: Tot Spot	
July 11th	Open Mic Night	
July 18th	Open Mic Night	
July 25th	Ashland Moms: Tot Spot	
July 25th	Open Mic Night	
FOR MORE INFORMATION ON THESE		

EVENTS AND MORE SCAN THE FOLLOWING QR CODE OR HEAD TO THECORNERSPOTASHLAND.COM



# **Recent Home Sales**

Date	Hopedale	Amount
06/14/2024	5 Anthony Road	\$735,000
06/13/2024	1 Dec Court	\$648,000
06/07/2024	122 Plain Street	\$705,000
05/31/2024	135 Mendon Street	\$340,000
05/31/2024	15 Plain Street	\$500,000
05/20/2024	106 Laurelwood Drive	\$400,000
05/17/2024	86 Jones Road	\$650,000

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



The 4-bed, 3-bath, 2,240 square foot house at 122 Plain Street in Hopedale recently sold for \$705,000. Image credit: www.zillow.com

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