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October 2024



Hopedale Hall of Fame

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Twenty-four years ago, then Athletic Director Kelly Butler established the Hopedale Jr/Sr High School Hall of Fame with two teams, an athlete and an AD/Coach being enshrined.

Since that inaugural induction Hopedale has unfortunately not placed another class into its Hall of Fame.

Having taken over the Athletic Director duties five years ago Stephanie Ridolfi has always wanted to reestablish the Hall of Fame. In fact, she had gotten the ball rolling but then Covid-19 hit in 2020 and things came to a

screaming halt.

“It has been way too long with so many teams and players going unrecognized,” the Hopedale AD said back in 2023. “We haven’t been able to give them the recognition they so rightfully deserve.”

Qualifications to be considered for the Hall of Fame are as follows:

Athletes must have brought distinction, honor, and Raider Pride to himself/herself and to the school athletic program through athletic achievement.

HALL OF FAME

continued on page 2

Select Board deems two dogs dangerous and orders destroyed, owner appeals

Dogs previously attacked in 2021

BY THERESA KNAPP

At a dog dangerousness hearing on Sept. 9, the Hopedale Select Board deemed two dogs to be “dangerous” and ordered them to be euthanized related to a dog bite on June 24.

The self-identified owner, Melinda Kronenberg-Cummings, has appealed.

The dogs in question, Luna and Trooper, live on West Street and were unlicensed and unvaccinated at the time of the June attack. They were deemed dangerous by the town’s Dog Hearing Officer at a hearing in August.

The purpose of the September Select Board public hearing was to determine “what order(s), if any, shall be imposed.”

In the police report related to the incident, the dogs were described as “very large...one looked like a shepherd mix

[Luna] and the other like a pitt bull mix [Trooper].” The dogs escaped from their home and were running loose in the neighborhood before attacking a woman and her puppy in their front yard on Jones Road.

According to the report, “The woman identified as Kathryn Larson...said she was out walking her small dog and the two loose dogs approached here and tried to attack her dog. She lifted it up to avoid the dog getting bit and the two dogs began to jump up on her and scratch and possibly bite her. Kathryn had a puncture mark on the left cheek which drew blood and multiple scratches on her left arm. She also had tears in her t-shirt.”

Larson was at the public hearing and described the incident to the board, noting again that she was attacked in her own front yard. “My biggest fear is, I have

an 11-year-old-daughter and she is the one that’s responsible to take the dog out, but she had a broken leg and that’s why she wasn’t out there...If that was her, it would have been a totally different situation and that’s what scares me. I want to feel safe letting her take the dog for a walk.”

Residents Cheryl and Paul Stewardson shared Larson’s concerns, agreed with the dog hearing officer’s ruling, and described the encounter they had with the same dogs in 2021, when the dogs attacked and were found to be “dangerous.”

“The two dogs killed our dog and bit our adult daughter. It appears this time they went after a dog again and bit the adult in the face. So if you have a kid [next time], how horrible is that going

DOGS

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HALL OF FAME

continued from page 1

Demonstrated outstanding character, sportsmanship, and citizenship while at Hopedale High School, graduated and be at least 10 years removed from graduation and received recognition for exceptional athletic performance.

Teams, in addition to bringing distinction, honor and raider Pride to itself and to the school through its efforts and achievements, must also achieve success at the District / State level while demonstrating outstanding sportsmanship on the playing field. They too must be 10 years beyond their championship date.

Coaches, Administrators and /or Contributors must have made a significant and substantial contribution to the athletic program, dedicated a dedication to the growth of his or her athletes both on and off the field and shown through dedication, character and enthusiasm a true love for the sport. They must have also had a significant impact and brought credit, distinction and honor to the Hopedale Athletic Program and the Hopedale Jr/Sr High School.

Last spring Ridolfi once again

got the ball rolling and qualified applicants started flowing in. This past September, the second class of the Hopedale Jr/Sr High School Hall of Fame was announced and those individuals and teams were fully recognized.

“Our goal when we began this endeavor was to pay tribute to those individuals and teams who have contributed to the success of Hopedale athletics over the years,” Ridolfi said. “We wanted to create a social event that would bring together the great athletes and personalities of the past and present to share experiences with each other, their friends and families with our community.”

This year Ridolfi and her committee (Brian Dean, Tom Bresciani, Laurie Reynolds, Mike Bresciani and William DeVita) selected two athletes and two teams to grace the walls of the Hopedale Hall of Fame joining the first four inductees. Athletes Cheryl Daudelin and Robert Redden along with 2005 boys cross country and girls soccer team were finally given their moment in the sun.

Having graduated in 1989 Daudelin had served as class president and was a member of the National Honor Society. As

a four-year starter on the basketball team, she made an impact right away during her freshman campaign as the team’s second leading scorer. The Blue Raider hoopster was known for her numerous block shots per game while averaging double-digits in scoring and rebounds for three seasons while with Hopedale.

She was named to the Dual Valley Conference All-Star team during her sophomore, junior

and senior seasons and was also the DVC Player of the Year in her final year with the Blue Raiders. In addition to those honors, she etched her name in the Hopedale record books by becoming the school’s first ever female 1,000-point scorer and was also the first female basketball player from the school to receive an athletic scholarship to a Division 1 college. She would go onto play for Providence College

in the Big East Conference. Redden, a member of the class of 1960, was a standout 4-year player for the baseball and basketball teams. As a freshman, his 1957 team went undefeated on the basketball court and won the prestigious Clark Tournament. Unfortunately, his sopho-

HALL OF FAME

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Hopedale Early Voting

Early voting hours at the Town Hall

Saturday October 19th to 25th	8 AM to 12 PM
Sunday	no early voting hours
Monday	2 PM to 6 PM
Tuesday, Wednesday, Thursday	10 AM to 2 PM
Friday	9 AM to 12 PM
Saturday October 26th to November 1st	8 AM to 12 PM
Sunday	no early voting hours
Monday	2 PM to 6 PM
Tuesday, Wednesday, Thursday	10 AM to 2 PM
Friday	9 AM to 12 PM

Last Day to register to vote will be Saturday October 26th at 5 PM

Election Day is Tuesday November 5th 7:00 am to 8:00 pm at the Draper Gym located at 13 Dutcher Street Hopedale

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DOGS

continued from page 1

to be?," said Cheryl Stewardson, adding their daughter had to go through the rabies protocol and they had to sue Kronenberg-Cummings and her then-partner, Dennis Dmytryck, to be reimbursed for expenses. "[The dogs] have proven twice that they are dangerous to the residents of Hopedale, and I take that very seriously."

At the beginning of the hearing, there was a lengthy discussion as to who was the "owner" of the dogs. While they have

been living with Kronenberg-Cummings and her former (as of the day before the attack) partner Dmytryck, it is Dmytryck who is listed as the owner on the dogs' paperwork. However, Kronenberg-Cummings has self-identified as the owner to authorities.

Animal Control Officer Kevin Sullivan said, "She was a second party to everything for both incidents [2024 and 2021]...At the actual hearings, they were together," noting that Kronenberg-Cummings has clear control and custody over the dogs.

Kronenberg-Cummings said Dmytryck had left the dogs with her and that she wanted the dogs

to remain with her.

Acting Board Chair Glenda Hazard empathized with Kronenberg-Cummings but said, "Regardless of who owns them, they are either dangerous or not dangerous."

Hazard expressed hesitation to destroy both dogs if they were not both responsible, but ACO Sullivan explained both dogs were involved in the 2021 attack that resulted in the death of a dog, and both dogs were jumping on the victim in the most recent attack.

Kronenberg-Cummings and her friend, Joel Lasorsa, said the problem was the dogs usually

stay in the yard but had gotten out of the house because someone left the front door ajar, stressing they had not bitten anyone in three years.

Selectperson Scott Savage made clear the issue was if the dogs are dangerous.

"If we're sitting here again in three years, and this time a kid was bit or mauled or killed, would you sit here saying 'Well, its been three years since the last time'? It doesn't matter how long it's been since the last time, there's been multiple occasions. If these dogs get out again, are they a danger? However they got out, whatever the conditions are,

I don't feel like that's relevant to the decision that I'm looking at right now. It's in the event that if they get out, what do you think is going to happen and that's what I believe this board has a responsibility to make a decision based off of."

Selectperson Bernie Stock said, "We're a board that's responsible for public safety in our community...Given the information that's in front of us, I would like to see that happen tonight."

The board voted two in favor (Stock, Savage) and one opposed (Hazard) to euthanize the dogs.

Kronenberg-Cummings has filed an appeal.

HALL OF FAME

continued from page 2

more campaign was marred by injury and he was forced to sit on the sidelines for considerable time and was only able to see limited action. As a junior, he averaged 13-points a game playing center for the Blue Raiders and as a captain in his final campaign he helped the team to a 14-5 record averaging 24 points per game. Redden would go on to score a total of 441 points that season breaking the Blue Raiders scoring record.

On the diamond he played various positions to help his teams. During his junior year while playing first base he batted over .500 and the following year as a captain and the team's shortstop he help Hopedale to a 16-2 season with the team being named co-champions of the Tri-Valley League. In the playoffs against Bellingham, he hit a three-run homer over the trees in left field breaking a window of a nearby home to lead Hopedale to the victory 5-2.

In November of 2005 the boys cross country team made Hopedale history when they took home the State Championship under the guidance of Coach Joe Drugan. Prior to winning the State Title the Blue Raider team, made up of Colin Ogilvie, Thompson Ogilvie, Chris Betschart, Matt Turco, Arthur Posch, John Saras, Thomas Hagerdorn, Adam Miller, Joe Jarvis and Jeff Donaher, completed the regular season undefeated. Drugan put together a strong team that included five Dual Valley All-stars and the DVC Runner of the Year in Thompson Ogilvie. Ogilvie would conclude his se-

nior season running cross country by taking home first place as an indivual runner.

Rounding out this year's inductees is the 2005 girls' soccer team coached by Patty Cronin and Kelly McGowan. The team consisted of Erika Apicella, Kathryn Benotti, Kaela Bresciani, Grace Burberry-Martin, Jessica Bushnell, Lekia Cowen, Ryan Farrell, Jillian Kizielewicz, Shanna Lathrop, Stacia Lathrop, Morgan Mason, Rachel Miranda, Hannah Mitchell, Lauren Mossman, Jessica Peacock, Lauren Peacock, Samantha Polikowski, Sara Tenenholtz and Lyndsay Travis.

Following the impressive season Coach Cronin called it the year of firsts. Not only was it the Coaches first season at the helm, but she had a starting lineup take the field that included 5 DVC All-Stars in Cowen, Miranda, Mitchell and both Peacock sisters. The squad would enter the tournament being the first to ever qualify for the post-season at Hopedale and then blanking their first three opponents before going up against Douglas in the District Finals. Hopedale was able to defeat Douglas 4-1 for the first time in the program's history.

Each of the firsts for the girls' soccer team would lead to another opportunity to establish another first. After the District Championship the team went on to a 6-1 win in the State Semi-Finals and then captured its first ever State Finals Championship when it outscored Hamilton-Wenham on penalty kicks after two sudden death periods.

Qualifications to be considered for future Hall of Fame nominees are as follows:

Athletes must have brought

distinction, honor, and Raider Pride to himself/herself and to the school athletic program through athletic achievement. Demonstrated outstanding character, sportsmanship, and citizenship while at Hopedale High School, graduated and be at least 10 years removed from graduation and received recognition for exceptional athletic performance.

Teams, in addition to bringing distinction, honor and raider Pride to itself and to the school

through its efforts and achievements, must also achieve success at the District / State level while demonstrating outstanding sportsmanship on the playing field. They too must be 10 years beyond their championship date.

Coaches, Administrators and /or Contributors must have made a significant and substantial contribution to the athletic program, dedicated a dedication to the growth of his or her athletes both on and off the field and shown through dedication, char-

acter and enthusiasm a true love for the sport. They must have also had a significant impact and brought credit, distinction and honor to the Hopedale Athletic Program and the Hopedale Jr-Sr High School.

The official nomination forms may be found on the Hopedale Athletics home page or on their Facebook page. Applications must be mailed to Hopedale High School Hall of Fame c/o Stephanie Ridolfi, 25 Adin St., Hopedale 01747.

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Oct. 20 Special Town Meeting to be held at Unitarian Parish

1867 church was site of community meetings before Town Hall was built

By THERESA KNAPP

The Select Board has called a Special Town Meeting on Oct. 29 to be held at Hopedale Unitarian Parish.

At a meeting of the board on Sept. 9, Town Administrator Mitch Ruscetti said, "It looks like the warrant is going to be extremely light, so maybe 8-10 warrant articles, most of it housekeeping."

Ruscetti also said the meeting location had become an issue due to the required timing of the meeting and limitations (and costs) related to other large spaces in town.

"In looking for alternatives, it was offered and I do want put it in front of the board because there is historical precedent in

this town, is to have Town Meeting in the conference room or the event room at the [Unitarian] Universalist Church...the town uses that building for other events through the school," said Ruscetti. "The structure was built in 1867 in part as a community meeting house so that is what I am going to recommend for date and location."

Acting Select Board Chair Glenda Hazard said, "I would prefer it not be in a church."

Selectperson Scott Savage said he could agree to meet in the church in this instance.

Selectperson Bernie Stock said he would typically prefer the meeting not be held in a church but not necessarily this time.

Stock said, "The Unitarian Church is there because when

Adin Ballou [1803-1890] moved from Milford to Hopedale, he brought the Unitarian religion with him. And, of course, we know the Draper sons came with him, and it was the Drapers who built that church in memory of him, and so that building has a lot of our history and a lot of our roots in it. It was the site of community meetings before the Town Hall was built so it's got a lot of precedent, it's got a lot of history, I'm more than comfortable being in that church."

The board to set the date as Oct. 29 and the location as the Unitarian church passed 2-1 with Stock and Savage in favor, and Hazard opposed.

At the beginning of the meeting, the board named Hazard as Acting Chair at Stock's request.

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4:00 pm - 6:00 pm

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Register By: 9/26/24

Clinic Date: 10/24/24

Register By: 10/10/24

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Medway Veteran's Day program to feature Dr. Vincent Arone

Arone is 103, last surviving member of Belle of Texas air crew

All veterans are encouraged to attend the Medway Veteran's Day program to be held on Nov. 11 at 11 a.m. at the Medway VFW, 123 Holliston St., at which Hopedale resident Dr. Vincent

Arone will be the guest speaker. Dr. Arone was a member of the Army Air Force, serving in the Central Pacific theater, serving as a Belly Gunner and radio operator on the crew of

the AB-24 Bomber of the 42nd Bomber Squadron, achieving the rank of Staff Sergeant. He enlisted in September 1942 until Dec. 31, 1945. At 103 years old, Dr. Arone is the last surviving member of his air crew on the Belle of Texas. Dr. Arone's story is exciting and enlightening.

Veteran's Day ceremonies will be held at the Medway VFW, starting promptly at 11 a.m. Lunch will be served immediately following the conclusion of the ceremonies and speaking program.



Dr. Vincent Arone of Hopedale will be the guest speaker Medway's Veteran's Day program on Nov. 11. Source: Medway Memorial Committee

Submitted by the Town of Medway Memorial Committee

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Oct 2	7:00 pm	Erev Rosh Hashanah *
Oct 3	9:30 am	Rosh Hashanah (Day 1) *
Oct 11	7:00 pm	Kol Nidre *
Oct 12	9:30 am	Yom Kippur *
Oct 12	6:30 pm	Ne'ilah **

* Location: Ashland High School, 65 East Union St.

** Location: Ashland Community Center, 162 West Union St.

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Growing Panes: Hopedale History on Glass

Photography used to be a complex and fragile process. Cameras were big and heavy, and taking a picture involved making negatives on sheets

Day” events and of life in the newly incorporated town. Who were these daring photographers and how did Hopedale end up with a surviv-



From the Draper Corporation collection at the Kheel Center for Labor-Management Archives, Cornell University

of glass covered with chemicals. Yet photographers working for the Draper Company in Hopedale would scale tall smokestacks or perch on slate-covered roofs to take aerial shots of the buildings below. They certainly took their lives in their hands to do this job.

Drapers hired several photographers to go wherever was needed, from ground level to the top of the tallest chimney, to get “shots” of the company and the town. The Draper family was proud of its accomplishments, and their collection included photos of the company’s factories, machinery, workers, and housing, along with pictures of the annual “Field

ing collection of almost 4,000 glass images? Join historian Linda Hixon to see some amazing glass negatives and learn about the processes needed to scan, restore, and save these precious and fragile moments in Hopedale history. Included will be a “magic lantern” slide show of images from the Draper family collection.

This presentation will be held on Sunday, October 20 at 2:30 p.m. at Hopedale Unitarian Church, 65 Hopedale Street in Hopedale. The event is free and open to the public and is sponsored by the Blackstone Valley National Historical Park and the Hopedale Women’s History Project.

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Did you know Text-to-911 is available in Hopedale

By THERESA KNAPP

The Text-to-911 service is available in many Massachusetts communities, including Hopedale and nearby Milford, Mendon and Upton. It is not available in several others, including Bellingham.

According to the Federal Communications Commission, the Text-to-911 service began in 2015. And www.mass.gov says it started in Massachusetts in 2018.

Both agencies say the most efficient way to reach 911 is to make a voice call but if you can't, you can text.

How it works: Your mobile device must have an active text or data plan for this feature to work.

If you can't make a voice call, open your text messages. Start a new message and text "911" in

the "To" field. Do not add other contacts in the To field – text 911 only.

Make every effort to include this information in the text: location including the specific address

eos, emojis. Avoid using slang and abbreviations.

Do not use more than 160 characters or the message will be broken and sent in fragments that could be received by 911 in the wrong order.

What if the text bounces back?

The service is not available in all areas in Massachusetts or in every state, and your text might not go through. If the text does not go through to 911, it will send you a bounce-back message to let you know. You

should then make every effort to contact them by making a voice call.

For more information and a full facts sheet, visit bit.ly/MA-text911

To view the full Federal Communications Commission's Text-to-911 Registry, visit bit.ly/3XPINi7 or www.fcc.gov.



and town name; what is happening (what is the emergency); any additional details about the location (landmarks, cross streets, apartment number/floor/room number, etc.).

Avoid sending pictures, vid-

Hopedale's State Primary Election official results

Nearly 14% voter turnout at Sept. 3 election

By THERESA KNAPP

A total of 13.84% of Hopedale's registered voters cast a vote in the Sept. 3 state primary election. According to the Town Clerk's results, Hopedale has 4,168 total registered voters and 577 ballots were cast.

Democratic

Senator in Congress: Elizabeth A. Warren (371 votes)

Rep. in Congress: Jake Auchincloss (365)

Councillor: Paul M. DePalo (345)

Senator in General Court: Anthony JM Allard (341)

Rep. in General Court: Brian William Murray (360)

Clerk of Courts: Dennis P. McManus (344)

Register of Deeds: Kathryn A. Toomey (348)

Republican

Senator in Congress: John Deaton (115 votes)

Rep. in Congress [no candidate listed]: 2 write-ins, 190 blanks

Councillor: Andrew J. Cou-

ture (135)

Senator in General Court: Ryan C. Fattman (168)

Rep. in General Court [no candidates listed]: 0 write-ins, 192 blanks

Clerk of Courts [no candidates listed]: 0 write-ins, 192 blanks

Register of Deeds: [no candidates listed]: 1 write-in, 191 blanks

Libertarian

Senator in Congress [no candidates listed]: 1 write-in, 0 blanks

Rep. in Congress [no candidates listed]: 1 write-in, 0 blanks


Councillor [no candidates listed]: 1 write-in, 0 blanks

Senator in General Court [no candidates listed]: 1 write-in, 0 blanks

Rep. in General Court [no candidates listed]: 1 write-in, 0 blanks

Clerk of Courts [no candidates listed]: 1 write-in, 0 blanks

Source: www.hopedale-ma.gov/sites/g/files/vyhlf711/f/news/2024_official_results_sept.pdf



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Hopedale Cultural Council Announces Grant Opportunities

The Hopedale Cultural Council has set an Oct. 17 deadline for organizations, schools, and individuals to apply for grants that support activities in the arts, humanities, and interpretive science projects in the

community. The Local Cultural Council program is a grant program of the Massachusetts Cultural Council, a state agency.

Each year the MCC provides allocations to all of the 351 cities and towns to support cultural

activities. Application forms and more information about the local cultural council program is available on the MCC website at www.massculturalcouncil.org.

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Hopedale residents to participate in Boston Marathon® Jimmy Fund Walk presented by Hyundai

Chris Cavanagh, Carly Alden-Pickett, and Heather Jacob will join thousands in the iconic fundraising walk for Dana-Farber Cancer Institute to support all forms of cancer research and care.

Six residents from Hopedale will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 6.

Chris Cavanagh, Carly Alden-Pickett, Heather Jacob, Cindy Warren, Ashley Clinton, and Marjorie Homand, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$176 million for Dana-Farber in its 35-year history, raising a record-breaking \$9.4 million in 2023.

"For 35 years, the Jimmy Fund

Walk has continuously supported lifesaving research and cancer care at Dana-Farber. Our goal is to build off of the momentum we've established throughout that history, and in 2024, aim to surpass our total from last year by raising \$9.5 million," says Caitlin Fink, assistant vice president of event fundraising. "Fighting cancer is what we do. The Walk unites our community under a common goal—to defy cancer together."

One Walk, Four Distances, For All Cancers

The Jimmy Fund Walk is the only organized walk permitted to use the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber's Longwood Medical Campus); 10K walk (from Newton); Half Marathon walk (from Wellesley); and Marathon walk (from Hopkinton). Walkers can participate virtually as well.

Whatever route participants

choose, they will be supported by hundreds of volunteers and treated to refueling stations with refreshments throughout the course. Poster-sized photographs of patients—Jimmy Fund Walk Heroes—are the heart of the event and appear along the course as inspiration. All routes will conclude at the Jimmy Fund Walk Finish Line Powered by Schneider Electric at Boston Common, by the corner of Charles and Beacon Street. Finish line activities will include a celebration with food, entertainment, and more.

To register for the Walk (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and Jimmy Fund Walk T-shirt.

About the Jimmy Fund

The Jimmy Fund is comprised of community-based fundrais-

ing events and other programs that, solely and directly, benefit Dana-Farber Cancer Institute's lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children's Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, X, and Instagram: @TheJimmyFund.

About Dana-Farber Cancer Institute

Dana-Farber Cancer Institute is one of the world's leading centers of cancer research and treatment. Dana-Farber's mission is to reduce the burden of cancer

through scientific inquiry, clinical care, education, community engagement, and advocacy. Dana-Farber is a federally designated Comprehensive Cancer Center and a teaching affiliate of Harvard Medical School.

We provide the latest treatments in cancer for adults through Dana-Farber Brigham Cancer Center and for children through Dana-Farber/Boston Children's Cancer and Blood Disorders Center. Dana-Farber is the only hospital nationwide with a top 5 U.S. News & World Report Best Cancer Hospital ranking in both adult and pediatric care. As a global leader in oncology, Dana-Farber is dedicated to a unique and equal balance between cancer research and care, translating the results of discovery into new treatments for patients locally and around the world, offering more than 1,100 clinical trials.

Heating Assistance through SMOC

The Fuel Year starts on Nov. 1, 2024

"Re-Certification" applications for previous years' clients started to go out in September and will continue to reach clients throughout the month of October. New clients may begin making a first-time application in mid-October 2024. All forms of heating are eligible for assistance.

Weatherization and appliance replacement programs are also

available to South Middlesex Opportunity Council (SMOC) clients. Call the Hopedale Senior Center at 508-634-2208 for more information.

The Hopedale Senior Center is located at 43 Hope St., inside the Community House. We process Fuel Assistance applications for all Hopedale Residents.

Maximum Income guidelines:

- 1 person - \$49,196
- 2 people-\$64,333
- 3 people-\$79,470
- 4 people-\$94,608

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Hopedale Senior Center Honors Hometown Veterans

If you or someone you know is/was a Hopedale Veteran, we will place a sign with your/their name and branch of service on the Community House lawn dur-



Program begins at 9 a.m.

- Welcome by Patrick Morris, Hopedale's Veterans' Agent
- Pledge of Allegiance Bernie Stock, Hopedale Sleet Board
- Hopedale High School a cappella Chorus
- Words for Representative Brian Murray and Senator Ryan Fattman
- Words from Thomas Beder, Jr. Vice Commandant Worcester Detachment 144, Marine Corps League
- Roll Call
- Poem Readings by Hopedale Memorial School Students
- Milford Senior Chorus
- Echo Taps performed by Hopedale High School Students
- Refreshments inside Hopedale Senior Center

ing November. The deadline for request is Oct. 21, 2024. Join us at the Community House on Friday, Nov. 8 at 9 a.m. - Main Hall - for our Veterans' Day Program.

Listen to the Sound that Fills the Halls at BVT

At Blackstone Valley Regional Vocational Technical High School (BVT), students put their hands and minds to work in their academic classrooms and vocational shops, developing the skills, confidence, and desire to succeed. As you walk the hallways, listen carefully. You'll hear another sound mingling with the buzzing of saws and hammering of nails; it's the unique timbre of a flute and French horn or the smooth and complex sounds of a saxophone. It's exhilarating to witness students wield the tools of their trade and develop their technical skills. However, adding a passion for the musical arts can bring a whole other dimension and purpose to their lives and careers.

The music program at BVT, under the guidance of Dr. Colton Cox, is about more than just teaching students to play musical instruments. It's a transformative journey that equips students with a deeper understanding of music, its origins, influences, and theory, guiding them to apply these concepts when playing instruments. This integrated approach enriches their academic experience and fosters a

lifelong love for music.

"We're proud to put quality tools, in this case, musical instruments, into the hands of our students, thanks to a partnership with Burkart Flutes and Piccolos, with whom we share an appreciation for craftsmanship, precision manufacturing, and hands-on technical skills, said Dr. Cox. "The instrument manufacturer donated flutes and piccolos, which our music department uses for instructional and training purposes to produce sounds we cannot produce on our own, and in that sense, they're our tools of trade."

The generous donation significantly contributes to the educational process at BVT. Each instrument placed in a student's hand is a learning opportunity that leads to increased participation in the school band and equitable access to music education for students who may otherwise not be able to participate. By removing barriers, financial or otherwise, accessibility to instruments allows students the freedom to follow their musical passion and learn to play music.

The music program is grateful for the recent instrument

donations from Burkart Flutes and Piccolos, as well as the in-kind donations of a saxophone and French horn from Hungry for Music. The additional support is "instrumental" in growing and ensuring a sustainable program that strives to increase equitable access to a broader range of musical tools and instruments for all its students.

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. For more information about the school, visit www.valleytech.k12.ma.us.

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options. Health plans and Drug plans are included in the Open Enrollment period. Call the Hopedale Senior Center at 508-634-2208 for an appointment.

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Your Money, Your Independence

Open Enrollment: Medical Plans & Health Savings Accounts (HSA)



Glenn Brown, CFP

Open enrollment is a pivotal time to reassess and select the benefits that best suit your needs.

Among the key benefits you'll choose are insurances (i.e. medical, dental/vision, life, AD&D, disability), services (i.e. legal), tax benefit programs (i.e. dependent care, commuter) and retirement plan participation (i.e. 401k).

An area perplexing many is analyzing High Deductible Health Plans (HDHP) and their tax savings counterpart, Health Savings Accounts (HSAs). Understanding these options can help you make informed decisions.

Choosing the right medical plan.

When it comes to selecting a medical plan, a few ground rules take precedence.

First, a medical plan is a personal choice, and you need to be comfortable with the care received "in-network". Second, need to understand of your historical annual medical bills and expect consistency moving forward.

Case for High Deductible Health Plans (HDHPs).

Cost Structure: HDHPs feature lower monthly premiums but higher deductibles. You pay all costs up to the deductible before your plan starts covering expenses.

Financial Management: While HDHPs can have higher out-of-pocket costs, the lower premiums and tax advantages of an HSA can offset these costs.

Health Savings Account (HSA) Eligibility: Selecting a HDHP is required to participate in a HSA.

HDHPs are often beneficial if you are healthy, don't anticipate high medical expenses, and want to take advantage of the HSA's tax benefits.

Health Savings Account (HSA).

Only during Open Enrollment or Life Event can you Opt-In to an HSA with a HDHP and \$ amount to contribute. You can change the \$ amount later, but not the ability to Opt-In.

Key HSA facts:

- In 2025, an individual can contribute \$4,300 and a family up to \$8,550.
- If over 55, contribute an additional \$1,000.
- All contributions are tax-free - federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Thus, unlike any other tax-advantaged savings plan, HSA can offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

Free money.

Shockingly, over 50% of eligible Americans decline to participate in an HSA. Unbelievable considering most employers put \$500-\$2,000 each year into an HSA. In theory, \$1 per pay period could return \$500-\$2,000 per year from your employer - take it!

Furthermore, "health rewards" programs can earn deposits into HSA by doing preventative care activities. Examples like \$400 deposited when each spouse had an annual physical.

Get the tax savings.

Consider a family in 24% tax bracket averaging \$4,000 in out-of-pocket medical expenses. HSA

tax-free contributions would provide them tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). A family in 32% bracket can max out 2025 contributions and gain tax savings of ~\$3,817.

Leverage tax-free growth for retirement.

Gaining momentum is a financial planning strategy of avoiding withdrawals from HSAs and pay medical expenses from free cash flow. This allows for investment in funds/ETFs to grow tax-free for years before using in retirement for eligible expenses like Medicare premiums, vision, dental, hearing aids, nursing services, long-term care premiums, and medical expenses.

Retire Early crowd please note, while HSAs cannot be used to pay private health insurance premiums, they can pay for health care coverage purchased

through an employer-sponsored plan under COBRA, which may be a desired option leaving a company and maintaining 18 months until reaching Medicare eligibility.

Learn more by connecting with your benefits coordinator or Certified Financial Planner.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of Plan-Dynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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- 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.
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- Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.

Bancroft Memorial Library

50 Hopedale Street, Hopedale
 Contact: Keely Bethel-Penny, Library Director
 (508) 634-2209
 kbethel-penny@cwomars.org

Library News

The Library will be closed on October 14th in observance of Columbus Day

Pumpkin Decorating Contest!

Participate in the Library's 3rd Annual Pumpkin Decorating Contest! Decorate a faux/foam pumpkin at home and bring it in the week of October 7th. Voting with non-perishable food items will take place October 15th – 25th. All food items will be donated to The Daily Bread Food Pantry in Milford, so vote as many times as you'd like! The pumpkin with the most votes will win a prize.

Helen Symonds Book Group – Wednesday, October 2nd at 1:00pm
 The group will be discussing The Gown by Jennifer Robson.

Community Conversations – Wednesday, October 9th at 6:30pm

Community Conversations will meet in the Program Room to talk about "Media Spin."

News from the Friends of the Hopedale Library

Maker Mondays – Monday, October 21st at 6:00pm
 This month the crafting workshop for adults will "Respect Your Elder" by learning a bit of history, exploring the practical uses of Elderberry and then making a take home remedy.... just in time for cold and flu season! Registration is required. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

Ghosts and Legends with Jeff Belanger – Monday, October 7th at 6:30 pm
 The Friends of the Hopedale Library are pleased to present Ghosts & Legends with Bellingham native Jeff Belanger! For over 20 years, Jeff's talk presents

highlights from his adventures, a look at the investigation process, and compelling audio and visual paranormal evidence. His presentation will not just focus on ghost stories but also delve into the reasons behind the legends. Registration is required. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209. This program is supported in part by a grant from the Hopedale Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

FlowerPower.org Fundraiser
 Our Flower Power Fundraiser runs through 10/15! You can order fall bulbs online and have orders shipped directly to you. The Friends of the Hopedale Library earns 50%. Shop at <http://hopedalelibrary.fpfundraising.com>.

Ongoing Book Sale
 You can support the Friends of the Hopedale Library anytime the Library is open by shopping the Ongoing Book sale. We offer a selection of adult and children's titles and puzzles! You

can find the sale area downstairs outside of the Children's Room.

About the Friends of the Library

We are a volunteer, non-profit organization. Our purpose is to stimulate interest in the use of the Library, focus attention on community services the Library offers, and raise funds for equipment, materials, and programs not covered by the Library's regular operating budget. Our fundraising supports the museum pass program and children's and adult programming, including Summer Reading. Our meetings are held the second Wednesday of the month from September through June at 6:30pm at the Library. We love new members!

News from the Marjorie Hattersley Children's Room:

Special Events:

SpongeBob Saturday! – Saturday 10/5 from 10am-12pm, all ages welcome
 Hey kids! Are you ready for a morning of fun? Drop in anytime between 10am-12pm for SpongeBob crafts, games and a

photo booth!

Wizardry Wonders Workshop – Monday 10/28 at 6pm, Ages 8+

Embrace your inner wizard and make a dragon egg, special "potions" and more! Registration is required. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

Boo Bash! – Wednesday 10/30 from 5:30pm-7:30pm, all ages welcome

Get ready for Halloween with crafts, a not-so-spooky movie, and grab a treat from a witch's cauldron!

Weekly Programs:

Tummy Time Play – Tuesdays 10/1, 10/8, 10/15, 10/22 and 10/29 at 10:30am, ages 0-18 months
 Join us for some infant fun in a safe environment! Along with a

LIBRARY

continued on page 13

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Holiday Guide

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Sports

Hopedale Golf Looking To Improve Upon Best Season in School History

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last fall the Hopedale golf team put together one of the best seasons in school history: the Blue Raiders not only went undefeated in the Dual Valley Conference, but also finished tied for first in the Central Mass and were able to advance into the State Championship Tournament where they finished third.

This year Hopedale will be without four starting seniors from last year's historical performance. The 2024 team will be one without any seniors and have only two returning starters. Coming back will be co-captains sophomore Colin Haynes and junior Trevor Lachiatto; the two will be looking to keep the Blue Raiders near the top of the mountain this fall.

"I normally don't name a sophomore as a captain," Hopedale Coach Brett Boyd said. "But I had a talk with Colin telling him it was his time and he's totally impressed me since."

Last year Haynes was situated as the team's number two golfer as a freshman and during the off-season he spent a lot of time working on his game. According to the coach, he uses his play while putting himself in a position that he can help the younger kids, although he himself is still young, but an extremely talented golfer.

Following his talk with his coach, Haynes took things seriously and although he plays a lot of golf during the off-season on a regular basis, he made an attempt to take part in a lot of junior amateur golf events in preparation of this year's season with the high school. Boyd noted that the sophomore has a lot to look forward to as his game continues to progress and although it is still very early he can see him playing on the collegiate level. For the time being he'll be the Blue Raiders number one golfer.

Lachiatto, who was the team's number six golfer last season and showed he had the talent to play the game, put forth an unbelievable round of golf against



powerhouse Dover-Sherborn shooting an even par 35.

A three-sport athlete who usually plays baseball during the summer, he made it a point to improve his golf over the summer knowing that there was going to be openings come this season with Hopedale.

"He is another athlete that will do anything for the squad," the Hopedale Coach said. "He committed to becoming a better player and leader for us. As a junior he knew that this was going to be his team and as a mentor he goes out of his way to help the younger players with their game."

With the adjustments made during the off-season to his game Lachiatto has moved up the ranks and will be the Blue Raiders number two golfer this fall.

Two other golfers returning this year who managed to get in some action last season were junior Brady Wajda and sophomore Jacob Whyte.

"Last year I saw snippets of signs from Brady that he would be able to help us this year," Boyd said. "Jacob is a solid player and committed himself to grinding it out his summer so that he too could be ready to help this fall. He knew that with the absence of the seniors there was a possi-

bility that he could move into a starting position."

Looking to round out the starters this fall will be junior Dylan Ferris, who was in a similar situation last year and saw some limited action on the golf course for the Blue Raiders. According to Boyd, Ferris did get his feet wet last season and worked hard in the off-season hoping to be able to contribute to the team this year.

Newcomer freshman Cam Vailette, a three-sport athlete that had played soccer, basketball and baseball; came across golf this past summer and is looking to help Hopedale on the greens this fall.

"Cam started playing golf with his buddies this summer and found that he really enjoyed the sport and wasn't that bad at it either," Boyd said. "It was a pleasant surprise that he joined us at the last moment. He had talked it over with his family and decided that golf would be a good idea. He should be a fixture on this team as a starter."

After picking the clubs up for the first time, Vailette has found that he has been able to lower his scores with each round while gaining more and more confidence in himself. Boyd and the rest of the Hopedale golfers are

thankful that he decided to leave soccer and join them on the golf course this fall.

With what looks to be his starting six Boyd is optimistic about the forthcoming season and believes that they can still be a big presence once again this season. The Blue Raiders are looking to win the DVC again, which he believes is very obtainable with this group. By capturing the DVC Boyd believes that in turn will

propel the squad into the districts and hopefully another trip to the State Tournament.

"If we play our hearts out we could get ourselves another bid to the states and that would be incredible," the Hopedale Coach said. "But if we do not get that bid, we'd still be happy with our growth this year, especially knowing that this group should be together intact for another year or two."

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Living Healthy

The Future of Eye Care: A Revolution in Ophthalmology

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

Ophthalmology, the medical field dedicated to eye health, has witnessed remarkable advancements in recent years. These innovations are reshaping the landscape of eye care, offering patients improved outcomes and more accessible treatment options. With the increasing prevalence of eye disease driven by factors such as aging populations, lifestyle changes, and technological advancements. These breakthroughs are also crucial for addressing global eye health challenges.

Artificial Intelligence and Machine Learning

One of the most significant developments in ophthalmology has been the integration of artificial intelligence (AI) and machine learning. These technologies are

revolutionizing eye diagnosis by providing faster, more accurate, and often more objective assessments. AI algorithms can analyze vast amounts of data, such as retinal images, to detect early signs of diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration. This early detection allows for timely intervention, potentially preventing vision loss. For instance, Google's DeepMind has developed an AI system capable of diagnosing over 50 different eye diseases from a single OCT scan.

Gene Therapy for Inherited Retinal Diseases

Gene therapy, a technique that involves introducing functional genes into cells to treat genetic disorders, has shown great promise in ophthalmology, particularly for inherited retinal diseases. These conditions, often

caused by genetic mutations, were once considered incurable. However, advancements in gene therapy have opened new possibilities for restoring vision or halting disease progression. Luxturna, approved by the FDA in 2017, was the first gene therapy for an inherited retinal disease, offering hope to patients with Leber's congenital amaurosis. Researchers are now exploring gene therapies for other retinal diseases, such as retinitis pigmentosa and choroideremia, expanding the potential benefits of this technology.

Minimally Invasive Glaucoma Surgery (MIGS)

Glaucoma, a leading cause of blindness, is characterized by increased intraocular pressure. Traditional surgical treatments for glaucoma often involve invasive procedures with long



recovery times. Minimally invasive glaucoma surgery (MIGS) has emerged as a less invasive alternative, offering quicker recovery, fewer complications, and improved patient satisfaction. MIGS devices, such as the iStent and Hydrus Microstent, are designed to enhance the eye's natural drainage pathways, reducing intraocular pressure without the need for large incisions. MIGS can often be performed in conjunction with cataract surgery, providing a comprehensive solution for patients with both conditions.

Advanced Intraocular Lenses (IOLs)

Cataract surgery, a common procedure to remove a cloudy lens and replace it with an artificial lens, has been transformed by advancements in intraocular lens (IOL) technology. Modern IOLs can now address a variety of vision problems, including astigmatism, presbyopia, and myopia. Multifocal and extended-depth-of-focus (EDOF) lenses allow patients to achieve clear vision at multiple distances without relying on glasses. Toric IOLs can correct astigmatism, reducing the need for corrective eyewear.

Corneal Cross-Linking for Keratoconus

Keratoconus, a progressive eye condition that causes the cornea to thin and bulge, can lead to significant vision impairment. Corneal cross-linking, a

procedure that strengthens the cornea using ultraviolet light and riboflavin, has been a game-changer for patients with keratoconus. By halting the progression of the disease, corneal cross-linking can help prevent vision loss and reduce the need for corneal transplants.

Teleophthalmology: Remote Eye Care Delivery

The COVID-19 pandemic accelerated the adoption of telemedicine, including in ophthalmology. Teleophthalmology, which allows for remote eye care consultations and follow-ups, has become an essential tool for ensuring access to care, especially in underserved areas. Remote eye exams, coupled with home-based diagnostic tools, enable patients to monitor their eye health without frequent in-person visits. Teleophthalmology platforms, equipped with AI-driven diagnostic tools, can triage patients and prioritize those who require urgent in-person care, optimizing clinic resources and improving patient outcomes.

Conclusion

The future of ophthalmology is bright, with ongoing advancements in technology and treatment options. These innovations are not only improving the quality of care but also making it

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LIBRARY

continued from page 10

story there will be fun, developmentally appropriate toys that encourage gross motor development. Drop in!

Letter Explorers – Tuesdays 10/1, 10/8, 10/15, 10/22 and 10/29 at 12:30pm, ages 4+ Did your child miss the cut off for Kindergarten but is ready for classroom learning? This class will focus on a different letter each week. We will read a book highlighting the letter, review items that begin with the letter, make a craft of the letter and complete worksheets about the letter. For school readiness, we will also work on reading and listening skills, classroom expectations and organization, socialization, self-regulation, time management, communication, and writing.

Toddler Tunes – Thursdays 10/3, 10/10, 10/17, 10/24 and 10/31 at 10:30am, ages 18 mos– 3 years This program is perfect for energetic toddlers! Along with a story, we will work on gross motor skills and play with balls, a parachute, instruments, bean bags, scarves and more. Drop in!

Rhyme Time – Thursdays 10/3, 10/10, 10/17, 10/24 and 10/31 at 12:30pm, ages 3-5 years Each week we will build early

reading skills as we learn a new rhyme, dance and sing, do finger plays, play musical instruments and engage in other activities. Each class will end with a craft that is a reminder of our rhyme. Drop in.

Monthly Programs:

NEW! HQ Crew – Monday 10/7 at 4pm, Grades 4-6 Do you like the Who Was/Where Was/What Was series of books? Join this club and build your own HQ Scrapbook! Read a book from these series and when we gather you will be given a composition notebook to create entries for the books you read. All materials will be provided; just come to the meeting, share information about the book you read and work on your scrapbook. Drop in.

Book Buffet – Monday 10/7 at 6:30pm, Grades 7-12 Book Buffet is a monthly book group for tweens and teens. Read a book of your choice and create your own Mini Book Library Jar. All materials (and snacks!) will be provided. Drop in.

NEW! Genre Book Club – Wednesday 10/9 at 4pm, Grades 1-3 Here's a book club for kids in Grades 1 - 3 who want to dis-

cover what they love about reading. Miss Laura will help participants find a right-for-them book in a genre of their choice. Each month the readers will earn a new genre badge to add to their personal bookmark as they explore all the different types of stories offered! Drop in.

NEW! TACO: Teen Advisory and Community Organization – Wednesday 10/9 at 6:30pm TACO is the advisory and activity planning organization for teen patrons here at the Library. Open to students in Grades 7-12, we will meet once a month to discuss specific programming, ideas and opportunities for the Young Adult residents of Hopedale. Drop in.

Volunteer Saturdays for High School Students – Saturday 10/12 11:00am-1:00pm Each month there will be an opportunity for high school students to earn 2 hours of volunteer time from 11am - 1pm. Registration is required. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209. We will provide all necessary supplies, you just bring your energy and motivation.

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-memorial-library>.

Hey Ladies ... looking for wide shoes?

Sizes 6.5ww - 11ww, also 12m

FALL Special

Trotters best selling loafer
Black or Tan Reg \$110
NOW \$49
EXPIRES 10/31/2024



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

EYES

continued from page 12

more accessible and affordable for patients worldwide. As the field continues to evolve, we can expect to see even more groundbreaking developments that will revolutionize eye care and preserve vision for generations to come.

At Milford Franklin Eye Center we are a leader in the field of ophthalmology, dedicated to providing cutting-edge eye care solutions. By embracing the latest advancements in technology, such as AI-powered diagnostics and minimally invasive surgical techniques, we are at the forefront of the future of eye care. Our commitment to patient satisfaction, coupled with our expertise in a wide range of eye conditions, makes us a trusted choice for patients seeking com-

prehensive and personalized eye care. With 50 staff, 4 locations, including a state-of-the-art surgery center offering advanced surgical eye care, there is no need to travel anywhere else for your medical and surgical procedures. All surgeries are staffed by anesthesiologists (compared to office-based surgery models where no anesthesia whatsoever is present during your surgery). We do not perform office-based cataract surgery and do not charge out-of-pocket fees for using our operating room. If you are being referred to a center that performs office-based cataract surgery and charges you fees, call us. We are available for a second opinion.

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.

MERCURY RECOVERY PROGRAM

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

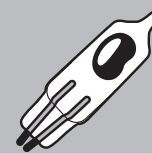
Mercury is found in products such as:



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



Honoring the Fallen

Pictured left to right: Scott Riley, Jared Ontiveros and Michael Shain all volunteers with Thanks to Yanks, a local charity dedicated to supporting military families. Recently the three volunteered at the annual Massachusetts Run For The Fallen and event that honors and remembers those killed in service post 911, as it has in the years past. Thanks to Yanks provided fruit to all participants pre-race and snacks post-race. Thanks to Yanks is honored to volunteer at this special event, it is dedicated to the service and sacrifices made for our freedom Mike Shain the president said "All gave some, some gave all."

Thanks To Yanks is available to like on Facebook



OCTOBER 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	2 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	3 10:00 am Watercolor Class No Tai Chi Class	4 10:00 am Strength and Balance 12:00 pm Senior Center closes
7 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	8 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 1:30 pm Grocery Shopping 3:30 pm Dance <i>Errand Van Available</i> 	9 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	10 10:00 am Watercolor Classes 1:00 pm Tai Chi 4pm – 6 pm Flu Clinic Hopedale HS <i>Errand Van Available</i> 	11 10:00 am Strength and Balance 12:00 pm Senior Center closes
14 Closed for Columbus/Indigenous Peoples' Day Holiday 	15 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	16 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	17 10:00 am Watercolor Class 12:00 pm Free Pizza Lunch & Dessert 1:00 pm Assisted Living Speaker from Whitcomb House 1:00 pm Tai Chi	18 10:00 am Strength and Balance 12:00 pm Senior Center closes
21 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	22 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 1:30 pm Grocery Shopping 3:30 pm Dance <i>Errand Van Available</i> 	23 10:00 am Low Impact Exercise 11:00 am Meditation No Literature Class 12:30 pm Cribbage	24 10:00 am Watercolor Class 11:00 am How to Follow the Mediterranean Diet 1:00 pm Tai Chi 4 pm – 6 pm Flu Clinic Hopedale HS <i>Errand Van Available</i> 	25 10:00 am Strength and Balance 12:00 pm Senior Center closes
28 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:00 pm Lunch at Senior Center 12:30 pm Halloween BINGO Party	29 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	30 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	31 10:00 am Watercolor Class 1:00 pm Tai Chi	



Be Included On Winter Stroll And Shop Hop Map

The Friends of Historic Hopedale is looking for Hopedalen businesses/organizations/groups to participate in the 13th annual Hopedale Winter Stroll and Shop Hop on December 7th. If your location will be open between the hours of noon - 7pm on that day and you would like to be included on the event map, please reach out by October 18th to be listed. More information can be found on our website: www.friendsofhistorichopedale.com

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
09/09/2024	65 Mill St.	\$575,000
09/03/2024	280 S Main St.	\$520,000
08/26/2024	1 Laurelwood Drive	\$550,000
08/23/2024	12 Elmwood Avenue	\$525,000

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



The 3-bed, 3-bath, 2,240 square foot "sustainable living" house at 65 Mill Street in Hopedale recently sold for \$575,000. Image credit: www.zillow.com

Looking to advertise in our Real Estate Corner?

Contact Susanne: 508-954-8148
sue@sodellconsult.com

ENTER TO WIN TWO GENERAL ADMISSION TICKETS!



Answer these two questions and send your response to: Our Town Publishing: CONTEST, 74 Main St., Suite 16, Medway MA 02053

1. What is your favorite animal or attraction at Southwick's Zoo? _____
2. What would you like to see more of in your local newspaper? _____

Name: _____ Phone: _____

Scan to Enter



OR

The Yankee Xpress
BLACKSTONE VALLEY Xpress

localtownpages

FREE PRESS

By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to contact you via phone or email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.

Hopedale Public Schools Offers Meals at No Cost for All Students

Hopedale Public Schools participates in the National School Lunch Program for JSHS, Memorial and BBC and the School Breakfast Program for JSHS only. As part of this program, Hopedale JSHS, Memorial and BBC offers healthy meals every school day. The Commonwealth is supplementing National School Lunch Program funds to ensure all students have access to healthy school meals in Massachusetts, regardless of household income. We ask that families complete a Meal Benefit Application as this provides data for school funding and community resources. The results from each Meal Benefit Application is used to ensure sustainability for this program.

Qualifications for children to receive free or reduced price meals include: belonging to a household whose income is at or below the Federal Income Eligibility Guidelines, belonging to a household that receives public assistance, or if the child is homeless, migrant, runaway, foster, or participates in a Head Start or Even Start pre-K program.

Household size and income criteria are used to determine eligibility for free and reduced-price benefits if the household does not receive assistance or the children are not in the other categories mentioned above. Children can get free or reduced price meals if the household's gross income falls at or below the limits on the Federal Income Eligibility Guideline chart.

FEDERAL ELIGIBILITY INCOME CHART For School Year 2024-2025						
Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$19,578	\$1,632	\$377	\$27,861	\$2,322	\$536
2	\$26,572	\$2,215	\$511	\$37,814	\$3,152	\$728
3	\$33,566	\$2,798	\$646	\$47,767	\$3,981	\$919
4	\$40,560	\$3,380	\$780	\$57,720	\$4,810	\$1,110
5	\$47,554	\$3,963	\$915	\$67,673	\$5,640	\$1,302
6	\$54,548	\$4,546	\$1,049	\$77,626	\$6,469	\$1,493
7	\$61,542	\$5,129	\$1,184	\$87,579	\$7,299	\$1,685
8	\$68,536	\$5,712	\$1,318	\$97,532	\$8,128	\$1,876
Each additional person:	\$6,994	\$583	\$135	\$9,953	\$830	\$192

To apply for free or reduced-price meals, households can fill out the application and return it to the school unless the household has already received notification that their children are approved for free meals this year. Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children and what is required to complete on the application. Applications also are available **at the principal's office in each school, on the school's website at <https://www.hopedaleschools.org/page/food-services>.**

Only one application is required for all children in the household and the information provided will be used for the purpose of determining eligibility and verification of data. Applications may be verified at any time during the school year by the school or other program officials. An application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability.

Families can apply for benefits at any time. If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Guidelines. Contact **Cheryl Bober, Food Service Director at 508-488-5625** at any time to request an application.

Under the provisions of the free and reduced price policy, the Food Service Director will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to **Karen Cosgrove, Hopedale Public Schools 25 Adin Street, Hopedale MA 01747; 508-488-2240**

When known to Hopedale Public Schools households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the:

- Supplemental Nutrition Assistance Program (SNAP);
- Food Distribution Program on Indian Reservations (FDPIR); or
- Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

An application is not required for free meal benefits for Assistance Program participants and all the children in the household are eligible for free meal benefits. If any children were not listed on the notice of eligibility, or if a household does not receive a notice of eligibility, the household should contact the school to have free meal benefits extended to them. Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free or reduced-price meals, but they will need to turn in an application including household size and total income.

When known to Hopedale Public Schools households will also be notified of any child's eligibility for free meals if the individual child is considered "Other Source Categorically Eligible", because the child is categorized, as defined by law as:

- Foster
- Homeless,
- Migrant,
- Runaway,
- Enrolled in an eligible Head Start, or
- Enrolled in an eligible pre-kindergarten class.

If any children were not listed on the notice of eligibility, the household should contact the school about their eligibility through the list above, or should submit an income application.

Households notified of their children's eligibility must contact the school if the household chooses to decline the benefits.

For more information, you may call **Cheryl Bober at 508-488-5625** or e-mail at **cbober@hopedaleschools.org**

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- 2. fax:** (833) 256-1665 or (202) 690-7442; or
- 3. email:** program.intake@usda.gov

This institution is an equal opportunity provider.