

localtownpages Hopedale

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

Postal Customer
Local

Vol. 10 No. 7

Free to Every Home and Business Every Month

November 2024

Town sewage sludge “too wet,” no facility will take it

Sludge should be at least 5% solids, Hopedale’s is 2%

BY THERESA KNAPP

One of the items on Hopedale’s Special Town Meeting in November will be a request to borrow approximately \$170,000 for engineering design and bidding services related to sewage sludge thickening.

At its meeting on Sept. 23, Town Administrator Mitch Ruscitti told the Select Board, “There’s not really a lot of detail right now other than we know that this is an issue that we have to eventually address because our sludge is no longer being accepted where we’re currently shipping it.”

Hopedale currently ships its sludge to Woonsocket, R.I., which will no longer accept out-of-town sludge starting in 2026.

Selectman Scott Savage asked if the town could ship it some-

where else.

Ruscitti said, “In order to ship it somewhere different, we would need to thicken the sludge. The viscosity right now is not at a level where it can be shipped to different facilities.”

Facilities want sludge to be over 5% solids but Hopedale’s is at 2%.

The Environmental Protection Agency says the thickening of sewage sludge - technically called “centrifuge thickening and dewatering” - “is a high speed process that uses the force from rapid rotation of a cylindrical bowl to separate wastewater solids from liquid to produce a non-liquid referred to as ‘cake.’ Dewatering wastewater solids

SEWAGE

continued on page 2

Special Town Meeting moved to November

BY THERESA KNAPP

In a social media post on Oct. 18, Hopedale Town Administrator Mitch Ruscitti posted, “... the Town will be moving the October 29th Special Town Meeting to a date in November.” The new date was to be determined at the next meeting of the Select Board.

The announcement went on to explain:

“As you are aware, the Junior/Senior High School is in need of a new roof. This week, the Town has completed the state mandated procurement process. To be able to discuss funding options and alternatives with the public and award the project, additional considerations must be made to the Special Town Meeting Warrant.

“We must reiterate that the

current roof is leaking and needs to be replaced - moving this project down the road is not advisable without serious risk to the facility. We look forward to working with our team to present op-

Town Meeting warrant, in addition to the junior/middle high school roof repair, include repair or replacement of the HVAC system in the Bancroft Memorial Library, establishment of a



Hopedale Town Administrator

October 18 at 12:25 PM · 🌐

ANNOUNCEMENT: After careful consideration, the Town will be moving the October 29th Special Town Meeting to a date in November (date determined at next Selectboard Meeting).

As you are aware, the Junior/Senior High School is in need of a new roof. This week, the Town has completed the state mandated procurement process. To be able to discuss funding options and alternatives with the public and award the project, additional considerations must be made to the Special Town Meeting Warrant.

We must reiterate that the current roof is leaking and needs to be replaced - moving this project down the road is not advisable without serious risk to the facility. We look forward to working with our team to present options to the town at STM.

tions to the town at STM.”

As of press time, a new November meeting date had not yet been selected.

Other items on the Special

Hopedale Redevelopment Authority, amend zoning bylaws regarding accessory dwelling units, veterans tax abatement update, and other financial matters.

Keep your valuables secure with a Safe Deposit Box

Have peace of mind knowing your valuable items are safely secured in a Safe Deposit Box at our Milford branch.

Available sizes: 5x10, 3x10, 5x5 & 3x5



centralfcu.com Federally insured by NCUA



Call our Milford branch at (508) 482-5371 or visit us at 82 Prospect Street to inquire today

DOGGIE DAYCARE LUXURY BOARDING



CALL or Email TODAY!

508-478-6390

Family@pawsbedandbiscuit.com



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

PawsBedandBiscuit.com

TESTA CARPENTRY



ROOFING & SIDING

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

COREY TESTA

CELL: 508-962-6585 • OFFICE: 508-478-7979 • testacarpentry.com

SEWAGE

continued from page 1

reduces the volume of residuals, improves operation, and reduces costs for subsequent storage, processing, transfer, end use, or disposal.”

Ruscitti said town’s only other alternative, which he called a “nonstarter,” would be to pay a company to transport it out of Hopedale which, in this case, would be the Grafton and Upton Railroad with whom the town has been in contentious litigation for several years.

Savage said, “I think we owe it to the residents to explore all possible options that might be financially beneficial to the town.”

Tim Watson, manager of Hopedale’s Water & Sewer Department, said “Our choices are nil. If we do not thicken our sludge, and nobody takes it, we’re in violation – it’s that simple. Nobody wants to take it. We’ve already gone out to bid for this and nobody will take it with it being that wet.”

It was noted the towns of Milford, Upton, and Uxbridge are facing a similar issue related to the Woonsocket facility. Hopedale town officials say there could

be an opportunity to combine hauling services in the future with those towns.

“Regardless of what we do, we need to get our solids higher,” said Watson, after which Hopedale can approach other towns. “We’ve even discussed hiring a truck driver and buying an 18-wheeler to dispose of it and take it somewhere...but nobody wants to speak to us at this time where our solids are so low. We need to get our solids up before phase two of this.”

Watson said phase two will involve an estimated \$1.3 million request which he anticipates presenting to spring town meeting.

To learn more about sludge thickening, read the Fact Sheet on the EPA’s website www.epa.gov/biosolids/fact-sheet-centrifuge-thickening-and-dewatering.

Town donates loom to ‘Draper Loom Research LLC’ at University of Minnesota

Remainder of collection will soon go to North Carolina

By THERESA KNAPP

The Town of Hopedale has donated one of its Draper looms to the University of Minnesota, specifically to “Draper Loom Research, LLC” whose mission, according to the donation agreement “is to advance research and education on the Model XD Draper Loom.”

At its meeting on Sept. 23,

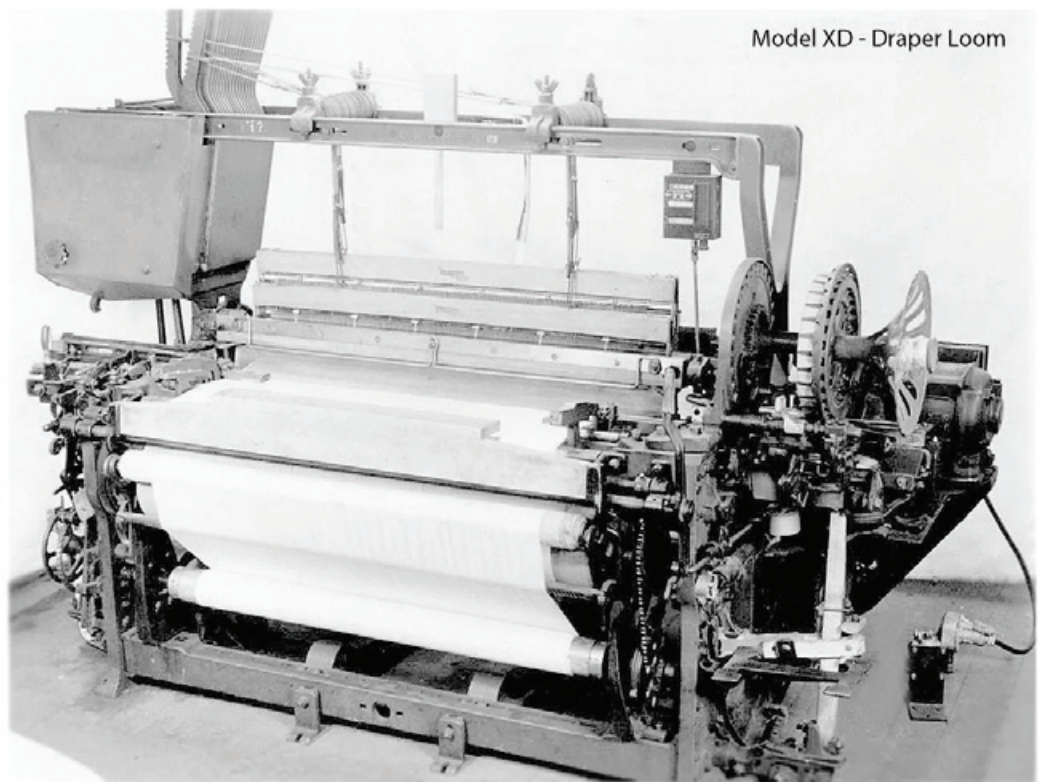
representatives from the University of Minnesota reached out to the LRSM through Facebook and the LRSM has been working together “for a couple of years.”

“Now they’ve formed a non-profit called ‘Draper Loom Research LLC’ for the purpose of researching, restoring the loom, producing documentation about the restoration, etcetera,” said Ciaramicoli. “One of the

be for a wonderful cause because all of those looms were headed for the scrapyard.”

Stock recalled that, in 1975 when he was working as Hopedale’s Town Administrator, Cannon Towel borrowed one of the factory’s Northrop fully automatic power looms on which to weave hand towels for America’s 1976 bicentennial celebration.

Stock recalled, “That was al-



Model XD - Draper Loom

The Town of Hopedale recently sold one of its seven Draper looms to Draper Loom Research LLC at the University of Minnesota. Source: www.draperloomresearch.org

Select Board members Bernie Stock and Scott Savage approved the donor agreement between the town and the university. Selectperson Glenda Hazard was absent.

Suzan Ciaramicoli, volunteer curator at the Little Red Shop Museum and a member of the Hopedale Historical Commission, attended the meeting to discuss the donation. The loom, she said, is one of several that have been in storage since the LRSM underwent a renovation in 2007. A few of the looms were sold or on loan, and the remainder have been at the Samuel Slater Experience museum in Webster since 2018.

Ciaramicoli said that repre-

gentlemen [Peter Dills] is a staff engineer at the University of Minnesota so he is going to be spearheading this project” which will include students in its engineering and design schools.

Ciaramicoli said, “They will pay for the transportation of the loom up there. They will share their research, videos, [and] documentation to everyone. And there is another museum in North Carolina that eventually would like that loom to go there because they likely will be getting the rest of our Draper Collection, if approved by the Board of Selectmen. They’re really going to make this a research education project that will benefit many, many people...It will absolutely

ways the prized marketing tool of the Draper Corporation in the [19]40s and 50s, that every towel woven in the United States was done on a Draper loom; that’s pretty incredible for a little place up there.”

Ciaramicoli added, “They were the leading manufacturer of cotton looms in the world, so they certainly made their mark.”

The donation agreement included this quote from Peter Dills, president of Draper Loom Research, LLC, “We’ve searched for this particular loom for years because this model from Draper

DRAPER LOOM

continued on page 3

Hopedale Mini-Storage
Storage For All Your Needs

Located at 6 Business Way in Hopedale

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

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

ARPA funds being discussed for town park renovation, Little Red Shop upgrades, and more

By THERESA KNAPP

At its meeting on Sept. 23, the Select Board discussed possible uses for \$438,000 in “ARPA” funds the town must spend or allocate to specific projects by Dec. 31, 2024.

ARPA funds are part of the American Rescue Plan Act of 2021 intended to “aid public health and economic recovery from the COVID-19 pandemic,” according to the National Conference of State Legislatures [bit.ly/nclslARPAfunds].

Town Administrator Mitch Ruscitti said the following projects are being discussed with the Finance Committee:

- \$300,000 for a renovation to the town park to include multi-use courts, lighting, drainage improvements, and fencing;
- \$80,000 for an electrical upgrade to the high school generator to make the building a FEMA-compliant shelter;
- \$38,000 Town Hall auditorium engineering grant match “to update the renovations costs that were projected

10-12 years ago, in addition to planning out future use for that space;” and

- \$20,000 for Little Red Shop upgrades and repairs.

“There is extensive repair needed at the Little Red Shop,” Ruscitti explained. “When the renovation was completed in 2007...there was a portion that was not done correctly. There’s extensive work that needs to be done at the shop to maintain it, and its structural integrity.”

Ruscitti noted that the town is responsible for maintaining the LRS, which has been designated as a “National Historical Park” by the National Park Service.

He said the work needed is “pretty extensive” and the requested \$20,000 in ARPA funding would be used to upgrade engineering and design studies, adding that, “there likely will, in the future, have to be a larger borrowing authorization to make sure that that building is structurally sound.”

A vote on the suggested allocations will be held in the near future.

Ciaramicoli for the LRSM, and Dills for the University of Minnesota. In the agreement, the town waived its present and future rights to the loom, and said it does not want the loom back when the University is done with it but asked that the loom be “re-united with the collection soon set for donation to the North Carolina Textile Museum” in Franklinville, N.C.

Ciaramicoli said the loom should be picked up in the very near future.

Town Administrator Mitch Ruscitti noted the donation adheres to the town’s procurement disbursement policy as the loom does not have any extrinsic value to the general public.

DRAPER LOOM

continued from page 2

was the first model dedicated to and capable of the mechanical precision for weaving complex manmade/reconstituted (natural) yarns, including for example, acetate, rayon, etc. The mechanical take-up and its integrated design were unique for Draper and advanced for its time. We have been excited for a long time to have this opportunity to research, restore and preserve this particular loom – and further to share that work with the larger weaving community, scholars, and others interested in historical technology.”

The donation agreement is signed by the Select Board,



Make this Thanksgiving unforgettable with décor that tells a story.

PEREGRINSHOP.COM

1 MAPLE STREET, MENDON

Introducing

Get a great 30-year fixed-rate **MORTGAGE NOW**, and if rates drop, **JUST TRIM™ IT LATER...**

with **NO FEE!**

msic.website/TRIM-it
TRIM@msic.org

Participating credit unions are NMLS Approved Lenders and Equal Housing Lenders

Hopedale approves new Host Community Agreements with cannabis companies

BY THERESA KNAPP

At its meeting on Oct. 7, the Hopedale Select Board updated its Host Community Agreements with cannabis companies Caroline's Cannabis and Green River Cannabis.

The move comes after the Commonwealth's Cannabis Control Commission issued new guidance on HCAs in February.

Town Administrator Mitch Ruscitti said, "These are to replace the HCAs that were deemed non-compliant by the

new Cannabis Control Commission rules...These, we believe, make everything compliant."

He said the guidelines relating to marijuana dispensaries are now like those related to alcohol licenses. "This is a little bit of a different process but some of the

controls are very similar."

Ruscitti said the new guidance was not a surprise. "When all of these rules and regulations were rolled out by the CCC, probably five or six years ago at this point, they were pretty much allowing municipalities to run these things

like [a criminal organization] and everybody knew at the time this was eventually going to end up coming back and that's kind of what happened."

For more information regarding the new HCAs, visit bit.ly/CCC_HCAs_2024.

It was no soft job: The Draper Corporation and World War II

By 1941, the Draper Corporation of Hopedale was one of the largest manufacturers of automatic looms in the world. But as war raged in Europe, the company shifted gears from making textile equipment to producing weapons for the military.

Drapers adapted its massive

plant and, with the help of nearly 500 women workers, began to undertake several armament projects. One of the largest and most important contributions to the war effort was manufacturing parts for the 75mm "pack howitzer." This portable field weapon was pivotal in battles in the South Pacific and on the mountains of Italy. Even before the war ended, the company's work was being hailed by military officials as "one of the best tooling jobs in the country."

Drapers had rarely hired women in the past, and their story has long been minimized or even forgotten. Join historian Linda Hixon to learn about these unsung heroes on Nov. 6 at 6:30 p.m. at the Little Red Shop Museum, 12 Hopedale Street, Hopedale.

This event is sponsored by the Hopedale Cultural Council and the Hopedale Women's History Project, and is free to the public. Doors open at 6 p.m.



localtownpages

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

Publisher
Chuck Tashjian

Editorial
Susan Manning

Send Editorial to:
editor@hopedaletownnews.com

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

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

Creative Design & Layout
Michelle McSherry
Kim Vasseur
Wendy Watkins

Ad Deadline is the
15th of each month.

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

© Copyright 2024 LocalTownPages

Honoring Hopedale's Veterans

Friday November 8, 2024
Hopedale Community House
9:00 am

The entire community is invited to attend a ceremony conducted by the Hopedale Council

on Aging in remembrance and honor of our Hopedale Veterans. We will serve refreshments in the Senior Center following the ceremony.

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

Bright
Insurance Agency

Jensen Sheehan
Insurance Agency

6 Congress St, Milford • 54 Central St, Holliston

CHARRON
Tree Service
Quality Timely Service!
BELLINGHAM, MA
508-883-8823
FREE ESTIMATES • FULLY INSURED

RESIDENTIAL & COMMERCIAL

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

KEVIN LEMIRE, OWNER
All employees are covered under Workers' Comp Ins. CharronTreeService.com

GIULIANO
CONSTRUCTION & REMODELING

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

774-573-9811

FREE ESTIMATES • REFERENCES AVAILABLE • LICENSED & INSURED

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 back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

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

As for Hopedale in particular, Schadler says they are proud to have many repeat 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

Business spotlight

across the MetroWest area," he says.

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

PAID ADVERTISEMENT



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

Checking with all the benefits.

High-yield. High-tech. High-satisfaction.

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

Scan to open an account online or visit any UniBank branch! Find your nearest branch at unibank.com/locations.

UNIBANK

www.unibank.com
800.578.4270

MEMBER FDIC ¹Annual Percentage Yields (APYs) effective as of 11/1/2024 and subject to change at any time after the account is open. The interest rate and annual percentage yield for your account depend upon the applicable rate tier. The interest rate and annual percentage yield for these tiers may change. The APY range assumes a maximum deposit of \$50,000 for illustration purposes only. Fees may reduce earnings. The account does not have a maximum deposit limit. Refund of domestic ATM surcharge transaction fees are capped at \$25.00 per statement cycle. Non-UniBank ATM Surcharges are those fees charged by the bank that owns the non-UniBank ATM used. If the eligibility requirements are not met the account will earn a lower interest rate and corresponding APY and will not be eligible for refund of ATM surcharge transaction fees. Minimum balance of \$10 to open the account. Limit one account per customer holding position of primary account holder. Other restrictions may apply.

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

Celebrating a Prolific Career

BVT Superintendent plans to retire at the end of the school year

Dr. Michael F. Fitzpatrick, a highly esteemed and nationally recognized leader in vocational-technical education, has been a cornerstone of the Blackstone Valley Vocational Regional

School District since 1994, serving as the superintendent-director. His remarkable career, which includes significant advancements and achievements, has left a proud and profound mark. He has announced his plans to retire at the end of the 2024-25 school year, marking the end of an era.

“Leading this incredible organization and serving our district’s families and students has been an honor,” Dr. Fitzpatrick said. “After more than three decades in a role I have profoundly enjoyed, it is bittersweet to share that this will be my final school year as superintendent-director. The decision to retire has been made collaboratively with our district school committee and with forward-thinking and advanced planning with our leadership team for continued success.”

Dr. Fitzpatrick became BVT’s fourth superintendent on January 3, 1994. Previously, he was director of the Center for Vocational Technical Education at Fitchburg State College for four years, the director of statewide curriculum projects at Westfield State College and Southeastern Regional Vocational Technical School District for three years, statewide conference coordinator for vocational-technical leadership personnel at Fitchburg State College and Westfield State College for 13 years and assistant superintendent at Pathfinder Regional Vocational Technical School District for 13 years.

During his tenure, voters approved bond issues, significant repair projects, a major expansion, and the opening of new vocational and adult programs. The school has received a Silver Award and was named Pacesetter Site for High Schools That Work program of the Southern Regional Education Board in 1997, 2007-2010, and 2010-2013. The school was also named a Commonwealth Compass School by the state in 2003, one of six schools in the country to receive the 2004 National School Change Award from Fordham University, and earned designation as a 2005 Vanguard Model School by Mass Insight Education.

Dr. Fitzpatrick is the only superintendent in Massachusetts to have served as the president of the Massachusetts Association of Vocational Administrators, the Massachusetts Association of School Superintendents (MASS), and the Massachusetts Association of Regional Schools. Additionally, he served on the American Association of School Administrators (AASA) Executive and Governing Boards and as chairman of the New England School Development Council. Dr. Fitzpatrick was also named Massachusetts Superintendent of the Year 2011 by MASS and AASA.

At Blackstone Valley Tech, as educators prepare students to take what they have learned and find their true passion and purpose in their professional careers, the district will celebrate Dr. Fitzpatrick’s prolific career, which exemplifies this sentiment with planned



events throughout the school year. His last day as superintendent-director will be June 30, 2025. This timely notice allows the District School Committee to prepare for a smooth transition in its search for its next superintendent.

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.

New England Steak & Seafood Restaurant

THANKSGIVING DINNER
with all the Fixins' To-go at your House!


TURKEY DINNER
(Approximately 20 lb. Fresh Birds, NEVER Frozen)
FEEDS APPROXIMATELY 12 PEOPLE, INCLUDES:
Stuffing, Mashed Potatoes, Gravy, Peas & Pearl Onions,
Cranberry Sauce & 2 Pies cooked w/reheating instructions ... **\$345**
NOTE: All birds cooked fresh Thanksgiving Day

Please Order Early! Call 508-478-0871
ALL ORDERS MUST BE IN BY NOV. 25 &
PICKED UP ON NOV. 28 between 11am & 2pm

EXTRAS:
• Cinnamon rolls, Onion rolls & Pumpkin bread: \$16.99/doz.
• Apple pie & Pumpkin pie: \$19.99/each

Route 16, Mendon
nesteakandseafood.com

Please look for our
CHRISTMAS
Dinner To-Go Special!



HOPEDALE UNITARIAN PARISH

Celebrating
125 YEARS


DRAPER MEMORIAL CHURCH
DEDICATED IN 1898

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

Originally established by Adin Ballou, founder of the Hopedale Community

All Are Welcome

SERVICES ARE HELD SUNDAYS at 10:30am

DOGGIE DAYCARE  **LUXURY BOARDING**

- Doggie Daycare where your furry kids can relax & have fun
- Luxury Modern Dog Boarding at our Doggie Chalet

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






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

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

Career fair for 9th, 10th graders

By JONATHAN ARAUJO, MADELYN DiMAIO, KATE FRIESEMA

What exactly is STREAM, and how does it connect to future career possibilities? Who should students talk to in order to get valuable insights into various career paths? How can young adults manage their monthly expenses, invest in a 401(k), and

career options and how those choices can impact their financial futures.

The Career fair is an opportunity for students to learn about different careers after high school. This event is mainly directed towards the 9th and 10th grade students where they will participate in mock interviews, presentations from speaker pan-

School's Juniors and Seniors financial literacy knowledge. The fair is a simulation of students' financial realities at the age of 25, and features a variety of different booths where students are able to allot their "salary": housing, transportation, pets, etc. Juniors and seniors have separate fair sessions, between which keynote speakers from the local govern-



The HJSHS cafeteria is transformed into the setting for the 2023 Career Fair

build an emergency savings fund, all while maintaining a fulfilling lifestyle?

These were the questions posed last year by students in the Business Capstone and Project Management programs at Hopedale Junior Senior High School. This year, the students are building on that foundation by expanding previous fairs. Over the past few months, three student teams have been busy organizing educational events for students in grades K-12. The Growing Minds Fair, Career Fair, and FinFit Fair are tailored for different age groups, but they all share a common goal: to educate and prepare students about

els and the ability to have one on one interactions with industry professionals. Alongside this there are also opportunities for 7th and 8th grade students to speak with the industry professionals to spread the reach towards younger students.

Event Date: November 8th, 2024, 8:00am - 11:00 am

Location: Hopedale Junior Senior High School

Fair Coordinators: Alexandra Goode, Madelyn DiMaio, Avery Miller

The FinFit Fair, is a financial literacy education program that seeks to improve Hopedale High

ment will present to students on the vitality of financial literacy.

Event Date: December 13th, 2024, 8:00 am - 12:00 pm

Location: Draper Gymnasium

Fair Coordinators: Jonathan Araujo, Leah Hodgsons, Patrick Madden

The Growing Minds Fair is an educational event where students in Kindergarten to 6th grade

Children Across American and Hopedale DECA Present:

The Growing Minds Fair!

November 19th **3-5pm***

*After School Care available until 6pm

STREAM Fair for children in Kindergarten to Grade 6

Where: Hopedale Jr. Sr. High School Cafeteria
25 Adin St, Hopedale, MA

- Children participate in multiple stations related to STREAM activities hosted by HJSHS students!
- Hopedale DECA members will bring participants down from Memorial Elementary School!
- Snacks are provided.!

Sign your child up here by scanning the QR code!

learn about STREAM topics through fun hands-on activities related to science, technology, and many other subjects. By being exposed to different topics within STREAM, these children may be inclined to pursue a certain career based on their interests and fulfill the employment gap that affects our world today. A few activities include science experiments, engaging math games, and fall-themed art projects. This event will be sponsored by Children Across America and will include a brief introduction to the sponsors mission in providing equal education for students across the nation.

2024, 3:00 pm - 5:00 pm
Location: Hopedale Junior Senior High School Cafeteria
Fair Coordinators: Savannah Sene, Kate Friesema, Emma Friesema

Community members are encouraged to join us for these events to witness our students honing their financial literacy skills, exploring future career options, and engaging in STREAM activities. For further details or to RSVP, please contact Talitha Oliveri, the Business Capstone and Project Management teacher, at toliveri@hopedaleschools.org.

Twice Blessed Boutique Thrift Shop

at Sacred Heart Church

Great selection of women's & men's clothing, accessories & jewelry at fantastic prices!

STORE HOURS:
THURSDAY 1 - 4pm
SATURDAY 9am - 12pm (1st SAT. of the MONTH)
SUNDAY 10am - 12pm

187 Hopedale St., Hopedale • 508.473.1900 • CASH ONLY

MUFFIN HOUSE CAFE

116 Main Street, Medway (508) 533-6655
32 Hasting Street, Rte 16, Mendon (508) 381-0249
43 Main Street, Hopkinton (508) 625-8100
325 N. Main Street, Natick (508) 647-0500
296 Washington Street, Westwood (508) 533-6655
907 Main Street, Walpole

NOW ACCEPTING THANKSGIVING ORDERS
muffinhousecafe.com

Open Daily
Bakery with Fresh Muffins/Pastries

Breakfast and Lunch Sandwiches
Best Blueberry Muffins Since Jordan Marsh

Now Open!

Receive 10% off any cake with this coupon
All our cakes are made from scratch on the premises
Expires 11-30-2024

FREE SMALL COFFEE
with a purchase of a muffin with this coupon
Expires 11-30-2024

Medway Veteran's Day program to feature Hopedale's 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 Sargent. 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.

Submitted by the Town of Medway Memorial Committee

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



Get Better Sleep Program

November 21, 2024

Hopedale Senior Center - 1:00 pm

Getting enough sleep can keep you healthy and active. But many older adults have trouble sleeping. Learn how to improve your sleep by making slight adjustments to your routines and practicing specific mental tips to help you fall asleep faster. They will review the foods you should (and should not) eat before bedtime, as well as nighttime tips for practicing "Safe Sleep", and much more! Therapy Gardens is the presenter. Free program.

Sign-up by Nov. 18, 2024. Call (508)634-2208.

21 DEC 7:00 PM

SOUTHERN RAIL
A BLUEGRASS CHRISTMAS

HOPEDALE UNITARIAN PARISH
65 HOPEDALE ST, HOPEDALE

www.brownpapertickets.com/event/6397261

Curbside leaf collection now through mid-December

The Town of Hopedale Highway Department started its annual leaf collection at the end of October, and it will continue, weather permitting, "to the second week of December," according to the Town's website.

Here's how it works:

- Please rake leaves to edge of property line
- Sticks, stones, and grass clippings will not be collected
- Keep sidewalks clear of leaves
- Keep piles away from stormwater catch basins
- Keep pile at a distance from parked cars, trees, mailboxes, or utility poles

After the collection period ends, please use other options to dispose of your leaves.

Source: Board of Road Commissioners, www.hopedale-ma.gov



HOPEDALE PIZZA MARKET

\$5 OFF
Dine-in/Take-out orders on purchase \$20 or more
VALID ON FOOD ONLY

15% OFF
Sun. thru Thurs. 4-9pm
Dine-in Only
VALID ON FOOD ONLY

NEAPOLITAN PIZZA!
Beer & Wine Now Available (DINE-IN ONLY)

1 Menfi Way, Hopedale • 508-381-3292 • myhopedalepizza.com

Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2025



Glenn Brown, CFP

November is a pivotal month for financial planning. An opportunity to measure against financial goals, make final strategic decisions for tax year 2024, and prepare for the upcoming year.

Wait until December, you risk falling into the apathy and distractions common from Thanksgiving to the New Year. Do you want that for your finances?

Here are key financial planning topics to consider now.

Review Your Planning Goals.

Take stock of your progress:

have you met your savings targets? Made headway on debt repayments? Improve upon experience spending? Expand investing to asset allocation? This review can help identify areas to accelerate efforts before the year ends or be of greater priority in 2025.

Tax Planning Strategies.

Does Roth Conversion or switching 401(k) contributions to Roth make sense?

If doing Roth Conversion, what's your expected Federal tax bracket and how much to convert to ensure you're not bumping up a level or two?

Do you or a grandparent want to gift more than \$18,000 to a child's 529 Plan?

If self-employed and want to open a Solo 401(k) plan, it must be done by December 31. Know that isn't required until April tax filing deadline.

Recall 2017 Tax Cuts and Jobs Act lowering federal tax brackets will expire end of 2025. Current % will revert back (%): 12% (15%), 22% (25%), 24% (28%), 32% (33%), 35% (35%) and 37% (39.6%). Furthermore, the Standard Deduction

\$ amount for tax returns nearly doubled, it too reverts. Are there circumstances to plan for splitting realized gains over 2024 and 2025?

Open Enrollment for Work Benefits.

Does your current health plan meet you and/or your family's health and financial well-being? Does FSA or HSA make sense? If so, how much to contribute?

Should you utilize supplemental Life or AD&D insurance? Are you opting into long-term disability insurance?

Are you enrolling in dependent care and/or transportation flex spending accounts?

Use your Medical Flex Spending Account (FSA).

Unlike Health Savings Accounts (HSA) that rollover each year to accumulate, FSA is a "use it or lose it" benefit program. Some allow ~\$500 carried the following year, others \$0. If you're low on qualified medical expenses, schedule elective appointments, renew prescriptions and/or spend on wellness. Don't spend New Year's Eve panic shopping in CVS.

Evaluate Investment Portfolios.

Assess your asset allocation, then rebalance and/or tax-loss harvest, if necessary. Remember, asset allocation is different from diversification. Owning a S&P 500 Index fund is diversification, as it owns 500 largest U.S. companies, but it's not an asset allocation model. Ensure asset classes are near their targets.

Nearing retirement or have major life changes requiring funds? Identify source of funds, develop a tax-efficient distribution strategy and allocate remaining long-term assets to grow over time relative to need, not greed or fear. Meaning your asset allocation may (and likely should be) different within taxable accounts versus 401(k), 403(b), pre-tax IRA accounts versus Roth IRA, HSA accounts.

Don't Forget Your RMD.

For 2024, the age for Required Minimum Distributions (RMDs) from retirement accounts is 73, up from 72 due to changes enacted by the SECURE 2.0 Act.

Also new, per finalized IRS regulations, Inherited IRAs from a non-spouse (i.e. parent) in 2020

or later where the deceased was taking RMDs, then you must also take RMDs within the 10-Year Rule. If previous years were missed, the IRS will not penalize, however they will after December 31, 2025.

Conclusion.

November is a month of reflection, giving thanks and preparation in the realm of financial planning. If feeling overwhelmed, connect with your Certified Financial Planner to finish the year strong and set a solid foundation for a prosperous 2025.

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™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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

Hopedale Day in the Park

The Hopedale Cultural Council thanks our sponsors, volunteers, Ray Auger, participants, and attendees for making the 44th Day in the Park a huge success.

Save the Date: 45th Hopedale Day in the Park: Saturday, September 20, 2025

Hopedale Day in the Park Sponsors 2024

Platinum Level

Imperial Ford Corporation
DJF Painting
Frank's Appliance

Hopedale Community House
Seven Hills Foundation and Affiliates
DQ Grill & Chill
Caroline's Cannabis

Gold Level

Putnam Pipe
The Martial Instinct Self Defense
Braza & Mancini, Inc.
Homefield Credit Union
Antonia C. Maki, M.D.
Buma Funeral Home
E Z Way Car Wash

Bronze Level

Watson Colonial Funeral Home

Art Show Purchase Prize

Bright Insurance Agency
Milford Federal Bank
Caroline's Cannabis

MOURA SERVICES Call Tiago 857-236-3122
Painting & Carpentry ★ Power Washing
Deck Refinishing ★ Exterior & Interior
FULLY INSURED
Follow us on Social Media

IS YOUR HOME UNDER ATTACK? DON'T TOLERATE ELIMINATE!
WPC SERVICES
WPC Pest & Termite
Call today! 508-435-2211
NoBugsNoPests.com
ASK ABOUT OUR INSULATION DECONTAMINATION

Milford Family & Community Network CFCE to host 'Desserts and Discussions' in Hopedale on Nov. 20

Milford Family & Community Network CFCE's monthly Desserts & Discussions program will take place on Nov. 20 from 6

p.m. to 7:30 p.m. at the Bancroft Memorial Library in Hopedale. This round table discussion for parents and caregivers is a great

way to connect and support one another through the journey of parenting. Registration is required.

For more information, visit <https://bit.ly/MilfordFamily-CommunityNetworkCFCE>, call 508-277-4981 or email family-

network@milfordma.com. They can also be found on Facebook at "Milford Family & Community Network CFCE".

Bancroft Memorial Library News

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 Monday November 11th in observance of Veteran's Day. On Wednesday November 27th the Library will be open 1pm-5pm and will be closed the next day, November 28th for the Thanksgiving holiday.

Helen Symonds Book Group

Wednesday, November 6th at 1:00pm
The group will be discussing Switchboard Soldiers by Jennifer Chiaverini.

Community Conversations

Wednesday, November 6th at 6:30pm

Community Conversations will meet in the Program Room to talk about Election Integrity

News from the Friends of the Hopedale Library

Maker Mondays
Monday, November 18th at 6:00pm
This month the crafting workshop for adults will be creating holiday gift tags and cards. Registration is required. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

An Evening with Eleanor Roosevelt

Wednesday, November 13th at 6:30 pm
The Friends of the Hopedale Library are pleased to present An Evening with Eleanor Roosevelt. During this interactive presentation, we meet Eleanor Roosevelt at her home in Hyde Park, New York in December 1948. Eleanor has just returned from the United Nations where they have ratified

the International Declaration of Human Rights. Learn about her role as a human rights activist, and inspect many primary sources that were very much a part of Eleanor Roosevelt's personal and professional life. Please register for this free event online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

Commemorative Glass Ornament Special Fundraiser

Help us celebrate Bancroft Memorial Library's 125th Anniversary by purchasing a commemorative glass ornament featuring the Library. These handcrafted ornaments by Becker Glass are available in blue or clear for \$20. They are boxed for gift giving and perfect for the holidays. To purchase, simply stop by the Library. Cash and checks will be accepted; any checks should be made out to The Friends of the Hopedale Library. All monies raised help support the Library in paying for museum passes and adult and children's programming.

Book donations needed!

The Friends will be collecting book donations on Saturday, November 16th from 10am-12pm in the downstairs Program Room. Acceptable donations are children's books in good condition, adult hardcover books published within the last 5 years and adult paperbacks published within the last 10 years. No textbooks/computer/travel books, encyclopedias, cookbooks or gardening books please!
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 event:

Be Thankful! – Wednesday, November 27th from 1:00pm – 3:00pm
All are welcome to drop in and join us for some holiday crafts and watch a Thanksgiving movie!

Weekly Programs:

Tummy Time Play – Tuesdays 11/5, 11/12, 11/19 and 11/26 at 10:30am, ages 0-18 months
Join us for some infant fun in a safe environment! Along with a story there will be fun, developmentally appropriate toys that encourage gross motor development. Drop in!

Letter Explorers – Tuesdays 11/5, 11/12, 11/19 and 11/26 at 11:30am, 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, so-

cialization, self-regulation, time management, communication, and writing.

Toddler Tunes

Thursdays 11/7, 11/14 and 11/21 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 11/7, 11/14 and 11/21 at 11:30am, 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:

HQ Crew Book Club – Monday 11/4 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 Book Club

Monday 11/4 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.

Genre Book Club

Wednesday 11/20 at 4pm, Grades 1-3
Here's a book club for kids in Grades 1 - 3 who want to discover 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.

TACO: Teen Advisory and Community Organization – Wednesday 11/20 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 11/9 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.

Desserts & Discussions

Wednesday, November 20th at 6:00pm
Desserts and Discussions is a program of the Milford Family Community Network CFCE that is meeting in the Program Room. Come connect with other parents to share stories, challenges and triumphs. This is a fun night for parents/caregivers only and will be a participant led discussion, so bring your questions, concerns and advice! Coffee and desserts will be provided; please call 508-277-4981 to register.

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>.

Sports

A Roller Coaster Season So Far

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Hopedale has completed a little over half of its field hockey season only to find that the Blue Raiders have found themselves on a wild roller coaster ride over those 11 games.

Prior to the season even getting started Coach Shelley Hynes knew that she had graduated 8 seniors from last year's squad and she was going to have a super young team this fall, but it got even younger when the Coach found out that one of her starters was transferring to another school and another was forgoing field hockey by playing club softball leaving her with only three seniors to grace this year's roster.

Despite having a relatively young team Hopedale was able to secure 2 wins and a tie over its first three games of the season. With the start Hynes was feeling good and looking for her team to be competitive while keeping the scores close if they did lose. The Blue Raiders were definitely exceeding expectations during the early part of the season.

But just as soon as the team was heading up the hill toward a promising season, things came crashing down as 5 starting players were lost for four games. Hynes called the losses debilitating, but things would only get worse when yet another starter would be sidelined for a handful of games with a hamstring injury.

"We needed to make some adjustments and needed to move some girls up from the JV team to fill the holes," Hynes said. "Things were not going to get easy either as we had four real tough teams coming up on our schedule."

Hopedale went on to lose all four games, with the only silver lining being that the girls who were called up got to gain some valuable playing time on the varsity level.

The losing continued when the five players returned with the coach chalking it up to rust despite the fact that the girls were still working hard while they were away from the team.



Hopedale now found itself at 2-5-1. Before any more losing could happen the Blue Raiders rolled out three straight wins to improve to 5-5-1 and found themselves moving up the power rankings to 17.

The younger girls were now starting to gel with the rest of the team, but despite the optimism running through their locker room, Hopedale was playing each game with a heavy heart. Steve Bassignani, who took photos of every Hopedale sport under his own volition, had passed away earlier in the year to pancreatic cancer. Without Bassignani roaming the sidelines, the field hockey team decided that they were going to dedicate the season to him.

"He was a huge loss to the community, so we dedicated our season in his memory. The girls all have purple Bass stickers on their sticks and wear black ribbons with the word Bass on their uniforms," Hynes said. "During home game the girls have posters of themselves that we hang up; we have one of Steve in the middle. We have also raised money for cancer in his name."

While the Roller coaster is currently riding steady Hynes has noticed that through the first half of the season 7 different girls have scored for Hopedale; something that is somewhat

unusual. The Blue Raiders even have a defenseman with a goal and an assist.

Leading the Blue Raiders offensively is sophomore Lexi Carroll, the team's center striker who has 8 goals and 6 assists for 14 points so far.

"She's off to a tremendous start in just seven games," the Hopedale Coach said. "She was one who had never played field hockey before the seventh grade. She is a great athlete, has been gradually developing her skills and has so much room to grow."

Defensively sophomore goalie Molly Gosselin has been keeping the opposition at bay. During her first full varsity season as a starter, she has allowed a mere 6 goals in 7 games this season.

"I expected Molly to really bring it this season," Hynes said. "But I was fully unprepared for two eighth graders (Ella Stokes and Charlotte Bacon). The two were put on the team because of the lack of players and have since played lights out field hockey."

Freshman Lexi Pessotti, who played as an eighth grader last year as the right middle has notched 2 goals while adding 6 assists. Unfortunately, she missed some time due to the injured hamstring.

"She's the most skilled player on the team and is lightning fast

amount of experience of the three, is very aggressive and the team's spirited captain.

Sophomore Layla Huntley, a sweeper back, led the team during the four-game suspensions and has been holding down the defense all year long. Eighth graders Olivia Ingemi, center midfielder, has 3 goals and can play anywhere for the Blue Raiders and Eevee Cook, a defender, shares the back position with Abby Fitzgibbons.

Prior to the season getting underway Hynes realistically was hoping for a .500 season and they would go from there.

"We had those four tough games that we probably would have lost even if we had the six starters," she said. "But we would have been able to keep the goals against down to help us with our power rankings. We are a very young team with more 8th and 9th graders (7) than our sophomores and seniors (6)."

Since the season has gotten underway Hynes has had to re-evaluate her goals.

"The younger kids are not only in shape but are confident in their game at this point," Hynes said. "We should be able to make a pretty good run though the Division 4 State Tournament. Last year we got to the Round of 8, the furthest we've ever gone and are hoping this year to go even deeper."

Our Town
PUBLISHING

... is here to service **ALL** of your
PRINTING NEEDS

- Full-service & high quality printing
- Ready to help with your business, school or organization's projects
- We are print specialists who can also assist with our expertise to develop, design & mail

CALL TO GET A QUOTE TODAY!

508-533-4588 • ourtownpublishing.com
printing@ourtownpublishing.com

Living Healthy

Glaucoma Treatment: iDose TR

Commonly Asked Questions

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

Glaucoma is a condition that can damage our field of vision. It occurs when the pressure inside the eye is higher than what the eye can tolerate. Glaucoma is treatable with drops aimed at lowering eye pressure, but many patients find it challenging to use these drops consistently due to irritation, side effects, or simply forgetting. In these cases, iDose TR, a new sustained-release implant, can offer an innovative solution for managing intraocular pressure without the need for daily eye drops.

What is iDose TR?

iDose TR is an FDA-approved prescription medication and drug delivery system for patients with open-angle glaucoma or ocular hypertension. The implant contains travoprost, a prostaglandin analog that has long

been used in eye drops to lower intraocular pressure by increasing the outflow of fluid from the eye. However, unlike traditional drops, iDose TR is gently implanted directly inside the eye, where it releases the drug slowly over time, reducing the need for frequent applications.

How does iDose TR work?

iDose TR delivers a sustained release of travoprost, which helps reduce and maintain healthy eye pressure levels. The tiny implant is placed in the eye's trabecular meshwork during a minimally invasive procedure performed under local anesthesia at our state-of-the-art surgery center. Once in place, iDose TR continuously delivers the medication for an extended period, reducing the need for daily drops while effectively managing eye pressure.

The implant does not need to be removed, as it is designed

to remain in the eye for many months. In some cases, patients may benefit from the iDose TR implant for up to a year or longer before a replacement is needed.

Benefits of iDose TR

iDose TR offers several key advantages over traditional glaucoma treatments:

- **Long-lasting effect:** Reduces the need for frequent eye drops, improving adherence and convenience.
- **Minimally invasive:** The implant is inserted via a simple surgical procedure, often performed under local anesthesia.
- **Reduced side effects:** May result in fewer side effects, such as redness, irritation, and blurry vision, compared to traditional eye drops.
- **Improved quality of life:** By eliminating the need for daily drops, iDose TR enhances patient comfort and convenience.

Who is a candidate for iDose TR?

iDose TR is approved for patients with open-angle glaucoma and ocular hypertension. However, not every patient is an ideal candidate. Contraindications include:

- Infection or suspected infection in the eye or surrounding area
- Corneal endothelial cell dystrophy or prior corneal transplant
- Narrow angles, where the iris and cornea are too close together
- Allergies to any of the ingredients in the implant

If you meet the criteria, iDose TR may be a great option to help manage your glaucoma and reduce the need for daily eye drops.

Risks of iDose TR

Like any medical treatment, iDose TR comes with some potential risks. While generally well-tolerated, clinical trials have shown the following possible side effects:

- Increased eye pressure
- Eye pain, irritation, or redness
- Inflammation of the iris (iritis)
- Dislocation of the implant (rare)
- Macular edema, a swelling of the retina
- Possible permanent brown pigmentation of the iris

It's important to discuss any concerns with your ophthalmologist to determine if iDose TR is right for you.

Alternatives to iDose TR

There are several other effective treatments for open-angle glaucoma and ocular hypertension. These include:

- **Eye Drops:** Prostaglandin analogs (like latanoprost), beta-blockers (timolol), alpha-2 agonists (brimonidine), and carbonic anhydrase inhibitors (dorzolamide) are common options.
- **Laser Surgery:** Selective laser trabeculoplasty (SLT) and cyclophotocoagulation are minimally invasive procedures to improve fluid drainage or reduce fluid production.



- **Surgical Implants:** Devices such as the Ahmed glaucoma valve and Ex-PRESS glaucoma implant help drain excess fluid from the eye.

Each treatment has its own set of benefits and risks, and the choice depends on the severity of glaucoma, overall health, and patient preferences. Discuss your options with your ophthalmologist to determine the most appropriate treatment.

Is iDose TR for me?

If you've found daily eye drops challenging, or if they haven't effectively controlled your glaucoma, iDose TR might be the solution you're looking for. It offers long-lasting pressure control, fewer side effects, and greater convenience, allowing you to focus on living your life without the constant worry of administering drops.

The iDose TR implant helps reduce the burden of daily drops, improving patient compliance and quality of life. At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes. Here's to pushing the boundaries of eye care!

For more details, see our ad on this page.

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

Optical Shop On-Site

MILFORD - FRANKLIN EYE CENTER

Saturday & After Hours Available

WORLD-CLASS SURGICAL FACILITY - NO OR FEE CHARGE
ANESTHESIOLOGISTS ARE PRESENT FOR ALL SURGERIES

NOW ACCEPTING VSP VISION INSURANCE
NEW PATIENTS RECEIVE A FREE PAIR OF SELECT GLASSES

Roger M. Kaldawy, M.D.

Jorge G. Arroyo, M.D.

Dan Liu, M.D.

Michael R. Adams, O.D.

Shalin Zia, O.D.

Donald L. Conn, O.D.

Dr. Purvi Patel, O.D.

SMILEFORVISION.COM

FRANKLIN OFFICE 750 Union St. 508-528-3344	MILFORD OFFICE 160 South Main St. 508-473-7939	MILLIS OFFICE 730 Main St. 508-528-3344	SURGERY CENTER MILFORD 145 West St. 508-381-6040
--	--	---	--

Town Preschool Celebrates STEM

The Bright Beginnings Center, preschool for the Hopedale Public Schools, recently joined schools across the state in celebrating STEM Week from October 21st through October 25th. The 2024 celebration of STEM focused on encouraging STEM learning and opportunities for Massachusetts students from birth to post-secondary education and beyond.

An initiative that stems from the Massachusetts Governor's Office and Department of Elementary and Secondary Education, many organizations across the state offered resources and learning opportunities for students throughout the week including Boston's Museum of Science.

At the Bright Beginnings Center, pre k STEM learning centers around the Wee Engineers

program, which is a curriculum program developed by the Boston Museum of Science. Given the yearlong incorporation of STEM topics and learning, it was easy for teachers to incorporate STEM Week into their October plans.

"We love incorporating hands on, play based learning at BBC," said Principal Kristen Poisson, "and STEM lessons lend themselves so well to that. In our Wee Engineers units we often see children become so invested in solving a problem using materials. It's wonderful to see that kind of agency at such a young age."

Throughout STEM Week at BBC, students across the school's eight classes participated in lessons that focused on science, technology, engineering, and math. One favorite across many classrooms was the task to building a structure for the five little pumpkins to sit on. This assignment was in conjunction with the early childhood fall favorite poem, "Five Little Pumpkins."

Cross curricular learning is often a trademark at the preschool, says Poisson, "teachers often work a social studies or science theme into their ELA and math lessons and the entire day of curriculum just has that nice flow. Pumpkins and autumn are a big focus right now but things have changed where preschoolers aren't just learning about pumpkins being a symbol of the season, they're using cubes to measure them or comparing their size using scales. Our young students are really able to explore these great STEM concepts."

As part of the public school



Pre K student Stephen Tosches examines the difference between pumpkin sizes using a scale.



Forest Friend Briggs Pickering Macedo creates shapes using pumpkins and sticks.

system, the Bright Beginnings Center follows the curriculum frameworks set out by the Department of Elementary and Secondary Education for pre k students. These frameworks set standard learning objectives for all curricular areas, including social emotional learning and approaches to play for early childhood students.

"We find this sets our students up for success in kindergarten," says Poisson, "because the Stan-

dards continue in a progressive way across the curriculum and across the grade levels."

As for STEM learning, BBC students will continue to learn and grow as scientists, engineers, and mathematicians throughout their school year beyond STEM Week.

"It was a great celebration and acknowledgement of STEM," says Poisson, "and we look forward to recognizing it each year."

MetroWest Boston Visitors Bureau announces grant program

The MetroWest Boston Visitors Bureau (MBVB) recently announced its annual mini grant program is now accepting applications.

Designed for marketing and advertising projects that will promote tourism in MetroWest, grants from \$1,000 to \$10,000 each are available. The MBVB will consider applications for projects devoted to marketing a MetroWest event, attraction, restaurant, shop, or cultural

or recreational offering. The applicant does not need to be a 501(c)3 charitable organization, but must be based in one of the 19 towns that comprise MetroWest or be devoted to attracting potential visitors to those 19 towns.

Eligible projects include brochures and other printed collateral; print, TV, radio, outdoor or online advertising; and websites. Advertising in the Bureau's co-op advertising pro-

gram is also eligible. The marketing project must be targeted, at least partially, at potential visitors who live more than 50 miles from the event or business location.

Non-profit organizations are eligible to apply for 25% of their campaign, up to \$10,000.

For-profit businesses are eligible to apply for 10% of their campaign, also up to \$10,000.

Grant applications can be submitted at www.bit.ly/

FY25minigrant and will be reviewed on a rolling basis from now until Dec. 1. Awarded grant funds must be spent prior to June 30, 2025. For questions, or to discuss your project idea prior to submitting an application, please contact MBVB Executive Director Stacey David at sdavid@metrowestvisitors.org.

The MetroWest Visitors Bureau promotes travel and tour-

ism throughout the 19 towns of the MetroWest region: Ashland, Bellingham, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medway, Milford, Millis, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, and Westborough. For more information, please visit the MBVB website at www.metrowestvisitors.org.

Senior Tax Work-off Applications Available at Hopedale Senior Center

Applications for the 2025 Senior Real Estate Tax Work-off Program are available at the Hopedale Senior Center. This highly successful program is open to seniors age sixty (60) and over who pay real estate taxes and reside in Hopedale.

The Program offers jobs in various town departments. Qualified seniors' job skills are matched to job requirements. In lieu of pay, seniors who complete the required 84 hours of service will receive a \$1000.00 real-estate tax credit (minus required

taxes and withholdings).

The deadline for applications is December 20, 2024. Application forms may be obtained at the Hopedale Senior Center, located in the Community House, 43 Hope St. Hopedale, MA. Seniors may call 634-2208 with any

questions.

Prior participants may apply. However, primary consideration is given to first time applicants. No individual is guaranteed return to a previously held position. All applicants must complete a new application and a CORI,

annually. Please note, this is a Program announcement only. Full details of eligibility, policy and credit calculations are detailed in the application packet.

32 Local Firefighters Graduate from Firefighting Academy

Graduates of Class #324 Represent 16 Massachusetts Fire Departments

STOW—State Fire Marshal Jon M. Davine and Massachusetts Firefighting Academy leadership today announced the graduation of 32 firefighters from the 50-day Career Recruit Firefighting Training Program.

"Massachusetts firefighters are on the frontlines protecting their communities every day, and today's graduates are needed now more than ever," said State Fire Marshal Davine. "The hundreds of hours of foundational training they've received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely."

"Massachusetts Firefighting Academy instructors draw on decades of experience in the fire service to train new recruits," said Massachusetts Firefighting Academy Deputy Director Dennis A. Ball. "Through consistent classroom instruction and practical exercises, today's graduates have developed the tools they'll need to work seamlessly with veteran firefighters in their home departments and in neighboring communities as mutual aid."

The graduating firefight-

ers of Class #324 represent the fire departments of Auburn, Bedford, Burlington, Chelsea, Devens, Easton, Haverhill,

during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue,



Hopedale, Hull, Lawrence, Lincoln, Maynard, Medford, Natick, Southborough, and Swampscott.

Basic Firefighter Skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then

ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Career Recruit Program, all students have met the national standards of NFPA 1001, Standard for Fire Fighter

Professional Qualifications, and are certified to the levels of Firefighter I/II and Hazardous Materials First Responder Operations by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Profes-

emergencies, ranging from the suspected presence of carbon monoxide to gas leaks to industrial chemical spills. They may be called to rescue a child who has fallen through the ice, an office worker stuck in an elevator, or a motorist trapped in a crashed vehicle. They test and maintain their equipment, including self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, recruits learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive, 10-week program involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

The MFA provides recruit and in-service training for career, call, and volunteer firefighters at every level of experience, from recruit to chief officer, at campuses in Stow, Springfield, and Bridgewater.

sional Qualifications.

Today's Firefighters Do Much More than Fight Fires

Modern firefighters train for and respond to all types of hazards and emergencies. They are the first ones called to respond to chemical and environmental

GET NOTICED!

Contact Susanne to find out how you can reach more than 172,000 homes and businesses each month!

508-954-8148 or sue@sodellconsult.com

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
10/03/2024	7 Glendale Road	\$640,000
09/30/2024	116 Laurelwood Drive	\$423,000

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



The 2-bed, 2-bath, 2,475-square-foot house at 7 Glendale Road in Hopedale recently sold for \$640,000. Image credit: www.zillow.com

Looking to advertise in our Real Estate Corner?

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

Checking with all the benefits.

High-yield. High-tech. High-satisfaction.



e by UniBank Checking

2.99%^{APY}¹

Balances less than \$15,000

2.99%^{APY}¹
-1.20%^{APY}¹

Balances \$15,000 and above

Basic Rate of Interest

0.01%^{APY}¹

On entire balance when minimum requirements are not met

Open an account online at unibank.com or visit any UniBank branch!









UNIBANK

www.unibank.com
800.578.4270

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

- ¹ 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.
- ² A minimum of 8 posted and settled debit card purchase transactions during the statement cycle. Not all purchase transactions post or settle on the day they occur.
- ³ Active enrollment in e-statements – you must sign into your online banking account at least once every 12 months to keep enrollment active.

NOVEMBER 2024 - HOPEDALE SENIOR CENTER ACTIVITIES (508)34-2208

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 am Strength and Balance 12:00 pm Senior Center closes
4 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	5 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 1:30 am Grocery Shopping 3:00 pm Dance <i>Errand Van Available</i> 	6 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	7 10:00 Watercolor Classes 1:00 pm Tai Chi <i>Errand Van Available</i> 	8 9:00 am Veterans' Day Program No Strength and Balance Class 12:00 pm Senior Center closes
11 CLOSED FOR VETERANS' DAY HOLIDAY 	12 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:00 pm Dance	13 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	14 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm COA Meeting	15 10:00 am Strength and Balance 12:00 pm Senior Center closes
18 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO 1:00 pm Medicare Open Enrollment Workshop	19 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 1:30 pm Grocery Shopping 3:00 pm Dance <i>Errand Van Available</i> 	20 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	21 10:00 am Watercolor Class 1:00 pm Tai Chi 12:00 pm Lunch at Senior Center 1:00 pm Get Better Sleep Program <i>Errand Van Available</i> 	22 10:00 am Strength and Balance 12:00 pm Senior Center closes
25 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 BINGO	26 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 1:30 pm Grocery Shopping 3:00 pm Dance	27 10:00 am Low Impact Exercise No Meditation Class No Literature Class No Cribbage Senior Center Closed at 12:00 pm	28 THANKSGIVING DAY HOLIDAY 	29 THANKSGIVING HOLIDAY 

Helping Their Communities, One Heating System At A Time

By SUSAN MANNING
STAFF WRITER

Ryan and Alexandra McKernan noticed a disconnect between those who needed heating help and those who qualified for it.

The husband and wife duo co-own Pro Comfort Control, an HVAC company based in Ashland that serves all of MetroWest.

“We were seeing people who couldn’t afford to fix their heat, but they also didn’t qualify for low income help,” said Alexandra.

They decided to do something about it.

The Holliston couple decided to design a program called “We Care: Neighbors Heating Neighbors.”

According to Alexandra, “It’s designed to help local families in need in a hyper local fashion (most of our customers are in Natick, Framingham and Wayland). They are nominated by ei-

ther a friend, neighbor or even a technician if we go to their home and recognize their hardship.”

This year, she said, the recipient is a senior citizen living in Natick. The woman is caring full-time for her daughter, who is undergoing cancer treatment. The homeowner is unable to work because of her own medical emergencies.

“She lives on a fixed income, with barely enough to cover everyday necessities, let alone unexpected emergencies. In April, their furnace was shut down due to dangerously high carbon monoxide levels detected by another HVAC company.

“Since then, she has been without heat, a situation that’s becoming dire as colder months approach. She was in urgent need of help to restore comfort and safety to their home. She reached out to Pro Comfort Control to find an affordable replacement system.

“We provided her an estimate

and an employee nominated her for this program. She was chosen as the award winner of a few days later. She now has her heat fully restored!” said McKernan.

“We believe that a strong community is built on care, compassion, and connection. Our founders, Ryan and Alexandra, know firsthand the power of giving back, and that’s why we created our “We Care: Neighbors Heating Neighbors” program. As a local business rooted in Framingham and surrounding communities, we understand the importance of being there for one another, especially in times of need,” said its website.

Through this program, Pro Comfort offers a new heating system to families or a local charity facing hardships, ensuring that everyone has access to a comfortable and safe home. Whether it’s a local family in need or an elderly neighbor needing to the frigid temperatures, there is help.

“We’re proud to live and work



in the same neighborhoods we serve, and giving back is our way of saying thank you,” said Alexandra.

If you or someone you know

could benefit from the program, visit the website and fill in the form to nominate them.

<https://procomfortcontrol.com/nominate/>

FINANCING AVAILABLE

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

Or Call

508-877-3500

Millis, MA 02054

Fully Licensed & Insured

CSL 056746

HIC 108807

\$500 OFF Full Roof Replacement

On 28 Square Feet or More

Exp. November 30, 2024 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS



Lifetime Roof Guarantee

Get a FREE Upgrade to a



Lifetime Guarantee

Exp. November 30, 2024

Offers May Not be Combined

