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January 2025

## Residents vote to fund school roof, acquire Overdale Parkway property

By THERESA KNAPP

Hopedale held a Special Town Meeting on Nov. 26 in the newly renovated Dennett Auditorium at the Hopedale Junior-Senior High School.

Town Moderator Eugene Phillips conducted the meeting which lasted just over 30 minutes.

The warrant contained 10 articles, nine of which were heard and passed unanimously except for one nay-sayer.

Action included:

Article 1: To pay prior year bills. Unanimous.

Article 2: To borrow \$1.8 million to install a new roof on the Junior-Senior High School and to acquire property on Overdale Parkway. Special Town Meeting voted to divide out the two separate issues.

Select Board member Glenda Hazard explained the action.

“Originally the two expenditures were together and we initially thought that they would both be debt exclusion questions and now they have differing funding sources,” said Hazard.

“The first motion would pay for a much-needed high school roof which I think I can safely say most of us, at least the Select Board and the School Committee, feel is an absolute necessity,” said Hazard. “And the second would help us settle a long-standing lawsuit by purchasing two parcels of property from Ricardo Lima and Blackbrook Realty and that’s to be considered separate and has a separate funding source which includes comm presser funds as well as a

**MEETING**  
*continued on page 2*



## Growing Minds Fair Reaches over 90 Memorial Elementary Students

By KATE FRIESEMA

The Growing Minds Fair took place on Nov. 19, following the school day from 3-5pm in the Hopedale High School Cafeteria.

Grades K-6 students were

walked down from the elementary school to the high school with volunteers where they were able to grab a snack and name tag before listening to the fair’s sponsor, Children Across America.

The goal of the fair was to

expose kids to STREAM topics and inspire them to pursue STREAM related careers. Kate Friesema, Emma Friesema, and Savannah Sene all

**GROWING MINDS**  
*continued on page 2*

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**GROWING MINDS**

*continued from page 1*

collaborated to personally pick every activity and ensure that each aspect of running the fair was in order.

All letters of STREAM correlated with a fun and engaging activity that matched the specific skills and knowledge of the different grades participating.

For example, the engineering station included art supplies to craft a turkey cage for mini turkey figurines, and the science station involved slime making.

The fair was a tremendous success with over 90 kids participating and 30 volunteers which made the event possible. One of the volunteers from the Research station remarked, "The Growing Minds Fair was fun for both me and the kids and at my station; all the kids were engaged. The team that created it made all of the activities fun and engaging for the very large age group they were working with. I am excited to volunteer next year!" (Gabby Rinehart, volunteer at the research station)



Thank you to Children Across America for sponsoring the event! To learn more about FREE STREAM educational programs (Girls Love to Code, Saturday STREAM, Summer STREAM and more), visit [childrenacrossamerica.org](http://childrenacrossamerica.org)

**MEETING**

*continued from page 1*

gift from the Hopedale Foundation."

Article 2-A: To appropriate a \$4.1 million debt exclusion to install a new roof at the Junior-Senior High School. This money would be used in addition to \$1.8 mil ap-

propriated by Town Meeting in 2023. Unanimous. It will now have to pass at a special town election to go into effect. Unanimous.

Article 2-B: To appropriate \$1.4 million to enable the town to acquire 13 parcels of land on Overdale Parkway for conservation purposes. Fund-

ing will come from the Community Preservation Act and The Hopedale Foundation. This passed unanimously and with a round of applause. Unanimous.

Article 3: - To close out two old accounts. Unanimous.

Article 4: To amend the zoning by-law related to accessory

dwelling units. One dissenting vote.

Article 5: To accept a veterans' tax abatement annual cost of living increase. Unanimous.

Article 6: To authorize the Sewer Department to borrow \$170,000 for the engineering, design and bidding services necessary to construct the required sludge thickening upgrades at the Wastewater Treatment Plant. Unanimous.

Article 7: To transfer \$37,495.33 within the Water Department budget. Unanimous.

Article 8: To transfer \$8,309.58 within the Sewer Department. Unanimous.

Article 9: This was related to repairs for the fire station but was passed over at the request of the Select Board.

Article 10: To amend the Assessors' Department FY25 budget. Unanimous.

For the full warrant, visit [www.hopedale-ma.gov](http://www.hopedale-ma.gov). To watch the recording, visit [www.townhall-streams.com](http://www.townhall-streams.com).

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# Favorite Space for Memorial Students



explore, and connect with their friends.

This project would not have been possible without the support and dedication of our amazing community. Thanks to everyone who contributed their time, effort, and resources to make this playground a reality. We received monetary contributions and had numerous volunteers support this initiative. The commitment of our community members and town departments to assisting in enhancing our school facilities is deeply appreciated and truly makes a difference for our students.

As we celebrate this milestone, we are also looking ahead with excitement to continuing our progress in improving the playground. Together, we will ensure that Memorial's outdoor spaces provide even more opportunities for learning, growth, and fun for years to come.

We were thrilled that we were able to accelerate the installation of a new playground at Memorial School this fall! This exciting addition has already become a favorite space for our students, who are enjoying the opportunity to play,



## Kindergarten Registration

Kindergarten registration for the 2025-2026 school year will be held Monday, Feb. 10, 2025, through Friday, Feb. 14, 2025, from 8:30 a.m.- 3 p.m. at the Memorial School Office.

Registration packets will be sent to families of eligible children during the week of Jan. 13, 2025.

If you do not receive a packet by Wednesday, Jan. 22, 2025, please call the school office at 508-634-2214 x8.

Registration paperwork can be dropped off at the office, emailed to [ltuite@hopedale-schools.org](mailto:ltuite@hopedale-schools.org) or mailed to Hopedale Memorial School, 6 Prospect St., Hopedale, MA 01747.

Please be sure all paperwork is completed and any necessary documents needed to register are

with your packet. This registration is for Hopedale residents be 5 years old on or before Aug. 31, 2025, to be eligible for kindergarten this year.

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# Friends of Bright Beginners Offers Support to BBC

The Friends of Bright Beginners Parent Teacher Organization (PTO) has once again proven their commitment to supporting early childhood education in Hopedale, enhancing the learning experience for the young children attending Bright Beginnings Center Preschool in town. The parent led group has organized a series of events and fundraisers to ensure the school continues to provide an enriching environment for its students.

Led by preschool parents Marc Long, Angel Long, Kayleigh Tosches, and Jessica Massaroco, the group is wrapping up its December calendar fundraiser that raised over \$5,000 for the school. In addition, the group has put on several family focused events this school year, including the annual welcome back to school party, the pumpkin stroll, and



Students do yoga with Miss Wendi

the holiday party. Friends of Bright Beginners also hosted tables at Hopedale's Winter Stroll and Day in the Park.

The group's purpose, to help enrich programming at the school has led to them being able to provide upgraded

classroom materials, purchase new educational tools, and provide enrichment programs. This year Friends of Bright

Beginners has offered monthly music and yoga enrichments for the students. In addition, in the past the group has brought in visitors such as Southwick's Zoo and the Ecotarium. In addition, the PTO has been instrumental in organizing community-building events, such as the annual Family Fun Night, where families and staff come together to enjoy games, food, and entertainment while raising funds for the center.

"Over the years it is clear that the Friends group shares a belief in the power of community and education," said Kristen Poisson, Principal at the Bright Beginnings Center. "By coming together, getting involved, and working with us here at the school, they can provide their children with the best possible start to

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# Start the New Year with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

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

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and

northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

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

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

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

If you don't want to be both-

## Business spotlight

ered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

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They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the

restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at [www.affordablejunkremoval.com](http://www.affordablejunkremoval.com).

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### BEGINNERS

*continued from page 4*

their education.”

Poisson listed some of the key achievements of the group over the past five years as being a full renovation of the BBC playground and funding of training for BBC facility dog Sunny. “The leadership of the group changes as new students enroll and others move on to kindergarten,” said Poisson, “but the group always comes together to accomplish amazing things that benefit our children.”

The involvement of Friends of Bright Beginnings extends beyond just fundraising. They actively engage with the preschool community through their Facebook group and email updates, organize teacher appreciation events, and help with connecting new families through their events. Their partnership with Bright

Beginnings Center ensures that teachers, staff, students, and families have the support they need to thrive.

As the year progresses, the Friends of Bright Beginnings PTO has set their sights on expanding their outreach efforts, including reaching out to preschool families and new, incoming families about interest in board positions. All four current board members have children at the school who will be moving on to kindergarten. As has happened in the past, Friends of Bright Beginnings

will be looking for new leadership to continue the great work they've been able to do over the years.

For more information about the Friends of Bright Beginnings PTO or to get involved in upcoming events, current and prospective preschool families can visit their Facebook group. Together with BBC, they are building a brighter future, one child at a time.



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# English Language Program Review for the Hopedale Schools

During the week of Jan. 20, the Department of Elementary and Secondary Education's (DESE's) Office of Language Acquisition (OLA) will conduct a Tiered Focused Monitoring Review of Hopedale Public Schools. The Office of Language Acquisition reviews each district's and charter school's ELE program every six years to monitor compliance with federal and state English learner

education laws and regulations. Areas of review will include English learners' student assessments, identification of English learners; what programs English learners are placed in, parent and community involvement, curriculum and instruction, student support services, licensure requirements for faculty, staff and administration, program plans, and evaluation and recordkeeping.

In addition to the onsite visit, parent outreach is an important part of the review process. The district will send a survey to the parents of students whose records the review team examines. The survey focuses on key areas of their child's English learner education program. Survey results will be reviewed by OLA and they will contribute to the monitoring report.

Parents and other individu-

als may call Samantha Kodak, Office of Language Acquisition Review Chairperson, at (781) 338-6236 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, DESE will make the necessary arrangements.

Within approximately 60 business days of the onsite visit, the review chairperson will provide the Hopedale School

District with a report with information about areas in which the Hopedale School District meets or exceeds regulatory requirements and areas in which the Hopedale School District requires assistance to correct or improve practices. The report will be available to the public at <https://www.doe.mass.edu/ele/cpr/>.

## Blood Drive Jan. 14

The Ashland Senior Center is hosting Blood Drive with American Red Cross on Jan. 14, from 12-5PM.

Visit here to schedule your appointment: <https://www.redcrossblood.org/give.html/donation-time>

The American Red Cross and the NFL are partnering for the sixth year during National Blood Donor Month



this January. If you schedule an appointment to donate blood at the Ashland Senior Center on 1/14, you will automatically be entered to win a trip for two to Super Bowl LIX in New Orleans!

Click here for more information about the Super Bowl giveaway: [https://www.redcrossblood.org/loc.../events/super\\_bowl.html](https://www.redcrossblood.org/loc.../events/super_bowl.html)

## Sign Up For Free AARP Tax Preparation And Filing

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The service is free. While AARP focuses on taxpayers who are over 50 and have low to moderate income, the service is open

to anyone of any age.

Appointments begin on February 13, 2025 and continue each Thursday through March 27, 2025. Dates are subject to change. You may leave a message for a callback. However, do not leave a date request. You must speak to a Senior Center Staff member to confirm an appointment date.

Please call the Hopedale Se-

nior Center at (508)634-2208 for an appointment and more information.

**SPECIAL NOTE:** In order to take advantage of the Massachusetts Senior Circuit Breaker Tax Credit you must file MA state taxes. Contact the Senior Center at (508)634-2208 for more details.

## Promising Practices

On Friday, Nov. 17, educators throughout the Blackstone Valley gathered at the Three Seasons Restaurant at the Blackstone Valley Regional Vocational Technical High School to honor our Promising Practices Award Recipients for 2024.

Nominated by curriculum directors and endorsed by building principals, Promising Practices in Education recipients are selected because they motivate and inspire students. Their lessons are

snapshots of instruction that are engaging, encourage collaboration between students and staff, and demonstrate best practices in meeting student academic and social-emotional needs. Most important, the recipients' lessons serve as exemplars in cultivating higher order thinking skills across all content areas.

At the Promising Practices celebration, the recipients give an overview of their lessons and try to "plant a seed" of new and

innovative teaching practices into the minds of the other educators attending the event.

At the event, Hopedale was pleased to honor Memorial Elementary second grade teacher, Laura Slook. She was nominated for her unit entitled Monthly Reading Challenge. Mrs. Slook has taught second grade at Memorial Elementary school in Hopedale since August of 2020. In 2014, she decided to go back to school to become a teacher

after being inspired while volunteering in her sons' classrooms. She earned her Masters in Elementary Education from Lesley University and has previously taught 4th, 3rd and 1st grade before coming to Memorial. Mrs. Slook's unit focuses on establishing reading routines at the beginning of the school year. Students start the year with weekly lessons that focus on how to read independently, how to choose a "just-right" book, how to look for word parts that students know, using schema to make predictions, paying attention to punctuation and reading with expression. In October, students start participating in a monthly reading chal-

lenge that runs until the end of the school year and throughout the summer. By the end of 2nd grade, the goal is to have students read for a sustained 20 minutes in school and at home each day. This helps build reading stamina, builds vocabulary and fluency and my reading challenges provide motivation for the students to reach that goal. Families have provided feedback such as,

"Thank you for doing the reading challenge, we have noticed a huge difference in —'s reading! In the fall she was reluctant to read and now this spring she has turned into a little bookworm!"

Congratulations to Mrs. Slook on the incredible honor.



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# DPW Prepares for Winter Challenges

As winter approaches, the Department of Public Works (DPW) is already in full snow and ice mode, gearing up for the season ahead. For an effective snow program and to support DPW in providing top-notch service, here

leaving them on or along the road or sidewalk, as they could be damaged and pose a risk to the town's equipment.

Boost visibility for plow operators by placing reflective markers at the bottom of your driveway and where the sidewalk intersects.

Take charge of a fire hydrant near your home—clear it of snow to guarantee quick access in case of an emergency.

DPW may conduct salt or modified plow operations to keep our roads



are some important tips for our community:

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safe, so it's crucial not to block or obstruct roadways.

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## Sports

# Hopedale-Milford Hoping for Another Tournament Berth

BY CHRISTOPHER TREMBLAY  
STAFF SPORTS WRITER

The Hopedale-Milford co-op hockey team had its ups and downs last year and although they struggled defensively, the boys of the ice were still able to earn themselves a berth in the Division 3 State Tournament.

Having made the post-season, the Raiders were able to secure one win, a 3-0 victory over Somerville in the first round, before having to take on the number two seed Shawshen Valley Tech.

"I am pleased with the way that we played," Coach Mike MacQuarrie said. "I only would have liked not to have seen such a high seed so early in the tournament."

Hopedale-Milford plays a tough regular season schedule in order to get themselves prepared for the tournament. According to the Coach, the majority of teams on the Raiders schedule advance into the tournament. Playing in the Quinn Conference where a majority of the teams are Division 2, while HM is a Division 3 team.

"Our overall record in terms of wins and losses doesn't reflect how we played during the season because of the tough teams that we play," the Coach said. "Playing these tougher teams

works out well due to the power ranking system. Our strength of schedule is extremely strong."

One of the things that MacQuarrie is looking to improve upon with this year's players is scoring. Last winter goals were something that were hard to come by for the Raiders. HM averaged 3 goals a game but unfortunately were giving about an average of 4 with inexperienced goaltenders. The Coach is hoping that the netminders have matured and will bring their experience to the ice this season.

Coming into the season it may not be that easy for HM to find the back of the net on a regular basis having lost seven seniors to graduation, including their leading goal scorer.

Looking to keep the puck out of the net will be senior Nathan Morin and juniors George Miranda and Brandon Mills. Morin looks to be the number one goalie between the pipes this season with Miranda, who got into four or five games playing a period here and there, as the back-up. Mills will also be looking to see some playing time on the season.

The entire defense will be back this year to play in front of the Raider goalies, whomever it may be. Sophomore Noah Smith was a solid d-man for HM last year and MacQuarrie

is hoping that now with a year under his belt he will be able to step up his game.

The senior defensemen will be Joe Butler, Matt Lioche, Dave Fleming and Aiden Collins; all four are physical players who can move the puck. Butler is probably the best all-around defender and was tied for the lead in goals last year while Collins, who is an offensive catalyst for the team, not only was the team's leading point getter, but brings the energy to the ice.

Junior Charlie Gingras rounds out the defense as another physical player. He is also a very good skater that is committed to his play each and every time that he steps onto the ice.

Offensively, MacQuarrie will be looking first to Collins, who he is hoping can find the back of the net 15-20 times this year. Junior Ricky Nashwatty, if healthy this season, will be another main contributor in the opposing team's end. According to the Coach, Nashwatty lost significant time last year, but if he can stay on the ice he is a fantastic set-up guy.

Two other players who should be able to help with the lack of goal scoring will be sophomores Joshua Balzarini and Caleb Falconer. Balzarini was coming into his own as a freshman last year when



he got hurt and was forced to miss three or four games. The second-year player sees the ice well and hopefully will be able to get back on track and help the team produce this winter.

Falconer saw most of his playing time near the end of the season. He is a big kid who works hard and the Coach will be looking to lean on him this year hoping that he too can take the next step to helping this team. Nathan Whiteman and Owen Bullock are both inexperienced players but they have the skills.

MacQuarrie is once again looking for his team to finish in the middle of the pack and make a return trip to the State Tournament, somewhere around a 12-18 seed. HM al-

ways seems to win one game in the tournament, but the Coach is looking for the squad to get past the second round this season.

"Doing that would require us to stay healthy, while getting timely goaltending and great defense," MacQuarrie said. "Our size is an issue and teams like to take advantage of us physically so we'll need to work on that too."

If the Raiders can find some goal scorers while getting their netminders and defense to play better this winter HM should be able to once again get into the tournament and hopefully earn themselves a second-round win and accomplish their Coaches goal.

# Hopedale students can now earn community service hours at public library

BY THERESA KNAPP

Hopedale students can now earn community service hours by volunteering at the Bancroft Memorial Library.

As a graduation requirement, Hopedale Junior-Senior High School students must complete 10 hours of volunteer service. So far, the program is going well, says Youth Services Librarian

Laura Brilliant-Giangrande.

"I am always excited when students and other residents volunteer their time and talents to enrich the library and its programming. I welcome anyone who is interested to reach out and ask how they can help."

The library has built volunteer hours into its activities calendar to help students earn their hours at a steady pace.

"It is our hope that they also have a sense of engagement and value with this library and the Hopedale community," said Brilliant-Giangrande. "The patrons can enjoy a cleaner, better-organized library with more and diverse programming as well as witness the positive influence and engagement the youth of Hopedale have in their community."

Brilliant-Giangrande says the

students are asked to do various tasks that can range from helping to prepare for specific programs to weeding and landscaping.

There are several student volunteers at the library - including Scouts, National Honor Society, and students adding volunteerism to their college applications - but the library tries to give preference to high schoolers to help them achieve their gradu-

ation requirement.

"As of now, I have room for five student volunteers each month. If there is greater demand, I can look for more tasks in order to increase registration openings. I am always happy to welcome more students and I will do my best to fulfill as many requests as I can," said Brilliant-Giangrande.



**Your Money, Your Independence**

# Hoping “New Year, New You” Makes Financial Goals Come True?



Glenn Brown, CFP

Made New Year’s resolutions to improve your financial wellness in 2025?

Now is when many of us reflect on what we’ve accomplished and where we fell short. This introspection often leads to the creation of New Year’s resolutions, with financial goals ranking high on the list. Whether it’s paying down debt, saving more, or investing smarter, the start of the year feels like an ideal time for a fresh financial start.

Yet, people often struggle to make lasting changes to their financial habits. Understanding

the reasons behind these challenges can help create more sustainable financial planning strategies for the year ahead.

Let’s examine 5 common challenges.

**1. Unrealistic Expectations**

- A common reason why New Year’s resolutions fail. Take someone who wants to save 50% of their income or pay off long-standing debt in a short period. While ambitious, these goals often don’t align with one’s current financial reality, thus frustration and discouragement occur when progress is slower than expected. Setting unattainable goals results in burnout and abandonment.

**Resolution:** Break goals into small, manageable steps. Instead of resolving to pay off a debt in one year, consider reducing the balance by 25% in 6 months. If you end up with more, great, but an incremental approach brings accomplishment and makes the goal feel more achievable.

**2. Lack of a Clear Plan**

- Vague goals like “save more money” or “get out of debt” lack actionable steps, making it difficult to execute. Without

a structured plan and understanding your “why”, it’s easy to become distracted by day-to-day life, leading to stagnation.

**Resolution:** Develop an outline of specific considerations, steps and timelines. For example, if building an emergency fund is a goal, then create a budget, set up logistics like automatic transfers and monitor progress/spending to stay on track.

**3. Failure to Track Progress**

- An easy way to lose sight of financial goals is not having scheduled check-ins. It doesn’t need to be weekly or even monthly, but there needs to be consistency in times to review and identify where adjustments are needed. Without this, bad habits persist or worse, form, and now you’re battled to unwind new problems.

**Resolution:** Leverage technology and objective people that are unafraid to tell you much-needed truths. For many couples, an outside intermediary saying what needs to be said greatly benefits relationships. Also, make sure you celebrate milestones along the way.

**4. Emotional Spending and Instant Gratification**

- Many struggle with impulse spending or seek instant gratification, especially after a stressful day. Afraid to look at your Amazon spending history? This behavior derails the best-laid financial plans.

**Resolution:** Identify triggers and implement strategies to delay or review purchase decisions. Create a spending prioritization strategy by identifying where you want to spend your money, this helps shift focus from immediate desires to long-term financial goals.

**5. Lack of Accountability**

- Some are great at executing on their own, for others going it alone can make sticking to financial goals even more challenging. Without a support system or accountability partner, it’s easier to lose focus and fall back into old habits.

**Resolution:** It goes beyond someone telling you “No” when needed, as by sharing progress and/or changes along the way, an accountability partner can help reassure you’re on track and motivate you with confidence to keep pushing forward.

**Conclusion**

Financial resolutions are a powerful tool for creating long-term financial security, but they require more than just wishful thinking.

Maybe it’s time to socialize your goals, set monthly action steps to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2025 resolutions happen.

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](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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## Bright Beginnings Preschool Registration

The Bright Beginnings Center, preschool program for the Hopedale Public Schools, will be holding registration for the 2025-2026 school year beginning in January.

the Bright Beginnings Center portion of the Hopedale Public Schools website and on the BBC Facebook page.

This year Hopedale residents will have a priority registration

nature based early childhood programming for children ages 3 to 5 years of age. Your child must be two years and nine months of age by Aug. 31, 2025, to register for the upcoming school year.

Part of the Hopedale Public Schools, BBC offers high

quality play-based learning opportunities that follow the Massachusetts DESE Curriculum Frameworks for pre-k learners. All teachers are certified through DESE and some hold dual special education licensure. For more information on the Bright Beginnings Center,

families can visit <http://hopedaleschools.org>, call the main office at 508-634-2213, or email questions regarding registration to Administrative Assistant to the Principal, Jill LaChapelle, at [jlachapelle@hopedaleschools.org](mailto:jlachapelle@hopedaleschools.org).



New students who are residents of Hopedale can register for the new school year online beginning on Jan. 27.

The link for the online registration form will be posted on

period and non-residents will be able to register for remaining spots in the program beginning on Feb. 24.

The Bright Beginnings Center offers full day, half day, and

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# Bancroft Memorial Library

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

## Library News

The Library will be closed on Monday, January 20th in observance of Martin Luther King, Jr. Day

We are excited to announce the launch of our new Library website! More streamlined and easy to navigate, you can find anything you are looking for! Visit: [www.bancroftmemoriallibrary.org](http://www.bancroftmemoriallibrary.org)

On Wednesday, January 8th at 11:15am we are thrilled to welcome Senator Ryan C. Fattman as he presents to us a citation celebrating the 125th Anniversary of Bancroft Memorial Library!

## Helen Symonds Book Group

Wednesday, January 8th at 1:00pm

The group will be discussing First Lie Wins by Ashley Elston

## Community Conversations

Wednesday, January 8th at 6:30pm

Community Conversations will meet in the Program Room to talk about "The Ukraine War - Current State and Resolution Options."

## News from the Friends of the Hopedale Library:

### DUPED! The Isabella Stewart Gardner Museum Art Theft

Wednesday, January 15th at 6:30pm

The Friends of the Hopedale Library are pleased to host Bob Ainsworth, author of Duped!, a fictional account of the robbery, as he reviews the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime. A retired CPA, Bob worked in corporate accounting as a CFO and Controller and taught accounting. He uncovered two fraud cases during his career. The idea for the Harry Bartlett stories sprang from his accounting students' positive reactions to fraud

anecdotes. He started to write his first story while commuting and then continued after retiring. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

## Book Donation Days

Saturday, January 25th from 10-2pm

The Friends of the Hopedale Library would love your like-new books for our Ongoing Book Sale. Children's books of any age are welcome. Due to space constraints, we ask that adult hardcovers be five years old or newer and adult paperbacks be ten years old or newer. Unfortunately, we cannot accept old books, textbooks or cookbooks. We depend on books in gift-giving quality to raise money to support our programming.

## Maker Mondays

Monday, January 27th at 6:00pm

In this month's adult crafting workshop you will experiment with colors, shapes, composition and textures as you create your own collage masterpiece. Registration is required. To register, please sign up online on the Library's Event Calendar or call 508-634-2209.

Commemorative Glass Suncatcher Special Fundraiser Help us celebrate Bancroft Memorial Library's 125th Anniversary by purchasing a commemorative glass suncatcher featuring the Library. These handcrafted suncatchers are available in blue or clear for \$20 and come boxed for gift giving. 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.

## About the Friends of the Library

The Friends of the Hopedale Library, founded in 1983, is an active volunteer, non-profit organization with a town-wide membership and a representative executive board. We work with

the library staff and the trustees to support the library in providing funds for equipment, materials, and programs not covered by the library's regular operating budget. The Friends of the Hopedale Library meets the second Wednesday of the month, September through June at 6:30 pm. New members and ideas are always welcome.

## News from the Marjorie Hattersley Children's Room:

### Special events: Trivia Day!

Saturday, January 4th 11:00am - 1:00pm for ages 6 - 11 years old Celebrate Trivia Day at the Library by answering some trivia questions and winning a prize!

### Puzzle Palooza!

Wednesday, January 29th 4:00pm - 7:30pm All are welcome to drop in, pick a puzzle and see how long it takes you to complete it. Different size puzzles will be available to choose from.

### NEW! After School hang-out

Weekly, Monday through Friday, from 2:30pm - 4:00pm Starting January 6th, students in Grades 3-6 are welcome to come in after school to the Program Room and play Wii, board games, finish up some homework, study or just socialize with friends!

### NEW! LEGO Days

A monthly program! If you love Legos, we've got thousands to play with! Come in on Friday, January 10th from 3-4:30pm, Saturday January 11th from 11am-1pm and Monday, January 13th from 6-7:30pm and use our Legos to create a masterpiece that we can put on display for all to see. All ages welcome!

## Weekly Programs:

### Tummy Time Play

Tuesdays 1/7, 1/14, 1/21 and 1/28 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!

### Toddler Tunes

Thursdays 1/9, 1/16, 1/23 and 1/30 at 10:30am, ages 18



months- 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 1/9, 1/16, 1/23 and 1/30 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 1/6 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 1/6 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 1/15 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 1/15 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 1/18 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, January 22nd 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.wow-brary.org](http://www.wow-brary.org) to discover the Library's newest books, movies and music. Our webpage is [www.bancroftmemoriallibrary.org](http://www.bancroftmemoriallibrary.org)*

# Holiday Thanks

The Town Administrator's Office would like to express a thanks to the Evergreen Center for donating the Christmas wreath that adorns the front of Town Hall. Also, shoutout to HFD for hanging it up. No

Both of these organizations represent one of the core tenants of the Christmas season - working selflessly for others. Thanks everyone!



# BVT Class of 2025, 78 Adams Scholar Recipients Earn Option to Advance Career Training at MA State College or University

The John and Abigail Adams Scholarship is a merit-based program that provides tuition at a Massachusetts state college or university. 78 Blackstone Valley Regional Vocational Technical High School seniors are the proud recipients of an Adams Scholarship. The award allows these students an option to further their vocational and career training with additional education, advanced training, and credentials.

The first-time score on a high school MCAS exam determines eligibility for an Adams Scholarship. Adams Scholars receive free tuition for up to eight semesters of undergraduate education at a Massachusetts public college or university, renewable for eight consecutive semesters or four years. Recipients must use the tuition credit in the first fall semester following their high school graduation and maintain a GPA of 3.0 or better.

The following members of the Class of 2025 have earned a John and Abigail Adams Scholarship (students are listed alphabetically by town):



**Congratulations, BVT Class of 2025 Adams Scholars!**

## Bellingham

Kiele Sarnie, Construction Technology.

## Blackstone

Braedon Ando, Culinary Arts; Nathaniel Cook, Biotechnology; and Keira Kelliher, Health Services.

## Douglas

Michaela Boulette, Biotechnology; Haley Chamberlain, Cosmetology; Conner Champagne, Information Technology; Justin Dooner, Engineering; Tyler Grybowski, Information Technology; Emily Muniz, Engineering; Om Patel, Engineering; Liam Peach, Multimedia Communications; Samantha Pinto, Health Services; and Willow Windoloski, Engineering.

## Grafton

Audrey Bell, Engineering; Raghav Dave, Electronics; Nora Iadarola, Multimedia Communications; Christopher Joiner, Biotechnology; Keyara Jones, Health Services; Ella McCann, Advanced Manufacturing; Owen O'Packi, Multimedia Com-

munications; Brodie Remillard, Electronics; Joshua Siefert, Engineering; Carly Simpson, Health Services; and Daniel Warfield, Electronics.

## Hopedale

Kallie Allen, Biotechnology; Nathaniel Allen, Information Technology; Anthony Bucchino, Engineering; Eric Deppe, Engineering; Connor Griffin, Electrical; Gabriella Griffin, Health Services; Riley Jackson, Information Technology; Jacob Noble, Engineering; Declan Reilly, Information Technology; and Christopher Russell, Biotechnology.

## Milford

Nicolas Alvarez-Benincasa, Construction Technology; Lacey Coffman, Multimedia Commu-

nications; Gregory D'Orazio, Advanced Manufacturing; Adriana Hawkins, Culinary Arts; Matthew Hunter, Biotechnology; Charbel Jebara, Electronics; Ryan McGuire, HVAC/R; Jack Nevens, Information Technology; and Joel Puri, Engineering.

## Millbury

Wyatt Darrell, Engineering; Mason Diosomito, Engineering; Joshua Gould, Information Technology; Jayden Quang, Engineering; and Luke Rutkiewicz, Engineering.

## Millville

Julia Trujillo, Health Services.

## Northbridge

Ava Bates, Cosmetology; Steven Caya, Engineering; Sosie DerKosroffian, Health Services; Zabel DerKosroffian, Information Technology; Conner Gomez, Engineering; Mara Keane, Electronics; Dylan Leeds, Engineering; Haley Marston, Dental Assisting; Markas Petone, Health Services; and Alexa Seward, Engineering.

## Sutton

Jeffrey Brooks, Electronics; Emma Cliadakis, Culinary Arts; Colton Corash, Electronics; Morgan Gervais, Advanced Manufacturing; Benjamin Hicks, Electronics; William Kelly, Construction Technology; Caroline

Martin, Engineering; and Jacob Rajotte, Information Technology.

## Upton

Samantha Carroll, Information Technology; Kylie French, Painting & Design; Cassidy Lyon, Health Services; Harmony Melendez-Torres, Biotechnology; Ryan Poirier, Advanced Manufacturing; and John Simas, Electronics.

## Uxbridge

Alexi Cox, Electronics; Samantha Fairhurst, Health Services; Dylan Ryan, Engineering; and Mikaela Swanson, Biotechnology.

## 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.

# Living Healthy

## Decades of Service to the Community: Welcoming a New Provider and Exploring What's New in Eye Care for 2025

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

Milford-Franklin Eye Center has proudly delivered outstanding eye care to the community for decades. We are excited to announce that Dr. Mark Barsamian has joined our team as a vitreoretinal specialist and Chief of our Retina Service. Dr. Barsamian will see patients every Thursday in our Franklin office, enhancing access to advanced care for retinal disorders.

With locations in Milford, Franklin, and Millis, outreach services to Marlborough, and an award-winning surgery center in Milford, we are the leading provider of medical and surgical eye care in the region. Our dedicated team of 58 professionals, including experienced surgeons and four optometrists, is committed to providing comprehensive, high-quality care. As one of

the few ophthalmology practices in Massachusetts with a licensed surgical facility, we eliminate the need for patients to travel long distances for procedures like cataract surgery.

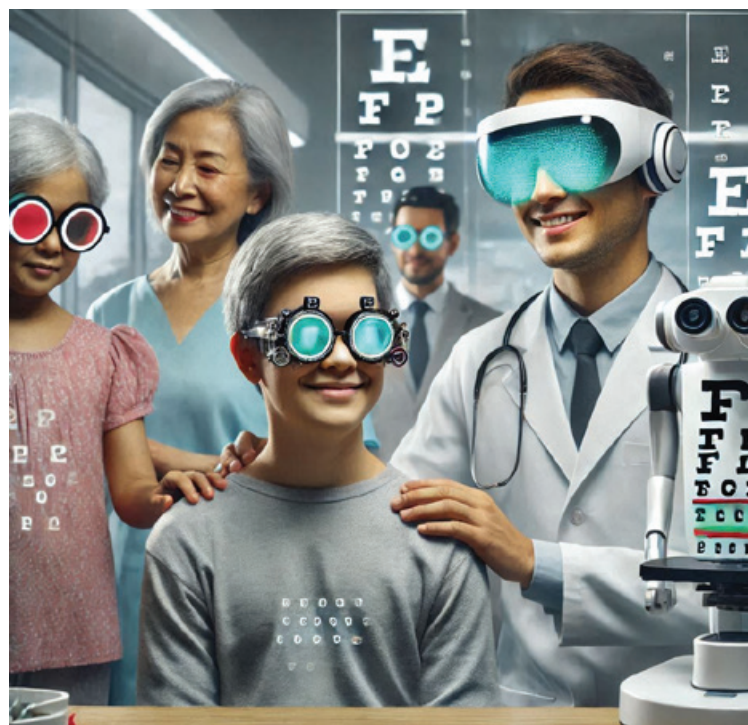
Dr. Roger Kaldawy, Medical Director of the Cataract Surgery Center of Milford, has completed over 30,000 cataract surgeries and introduced bladeless laser-assisted techniques to the area. He is among the first surgeons in New England to perform the iDose TR implant for glaucoma, an innovative drug delivery system recently featured on Boston's Channel 5. Dr. Kaldawy also holds distinctions in corneal transplantation and has trained numerous ophthalmologists in advanced surgical techniques.

Dr. Dan Liu, a fellowship-trained corneal specialist, brings expertise in cataract surgery with ORA technology, corneal transplants, keratoconus manage-

ment, and glaucoma procedures. She provides comprehensive care for conditions like macular degeneration, diabetic eye disease, and dry eye. Dr. Liu is board-certified and an active member of professional ophthalmology organizations.

Dr. Barsamian, a board-certified vitreoretinal specialist, focuses on the medical and surgical management of retinal disorders. He completed a two-year surgical fellowship at The Ohio State University and is an active member of organizations like the American Society of Retina Specialists. Outside of work, he enjoys cycling and family activities.

Our optometry team includes Dr. Shalin Zia, who specializes in routine eye care, contact lens fitting, and managing eye diseases; Dr. Michael Adams, with expertise in corneal pathology and specialty contact lenses; Dr. Donald Conn, who completed



his residency in Ocular Disease and Primary Care and provides comprehensive eye care for all ages; and Dr. Purvi Patel, a seasoned optometrist with experience in diabetes, glaucoma, and public health. Together, they offer exceptional care for patients of all ages.

### What's New in the Eye World for 2025?

The year 2025 marks a pivotal moment in the realm of eye care and ophthalmology, with groundbreaking innovations poised to revolutionize the way we diagnose, treat, and prevent vision impairments. From cutting-edge technologies to pioneering research, the landscape of eye care is undergoing a transformative shift.

Artificial Intelligence (AI) and Machine Learning (ML) continue to play a pivotal role in enhancing the precision and efficiency of eye care. AI-powered diagnostic tools are becoming increasingly sophisticated, capable of detecting subtle signs of eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD) at earlier stages. This early detection empowers healthcare providers to intervene promptly, significantly improving patient outcomes.

In the realm of surgical procedures, minimally invasive techniques are gaining prominence. Femtosecond laser technology, for instance, is revolutionizing cataract and refractive surgeries, offering faster recovery times and enhanced precision. Additionally, robotic-assisted surgery is emerging as a game-changer, enabling surgeons to perform intricate procedures with unparalleled accuracy and dexterity.

Gene and stem cell therapies are also making significant strides in treating previously untreatable eye conditions. Researchers are exploring innovative ways to repair damaged retinal cells and restore vision in patients with inherited retinal diseases. While still in their early stages, these therapies hold the promise of transforming the lives of countless individuals.

The integration of telemedicine into eye care has accelerated, especially in the wake of the COVID-19 pandemic. Remote consultations and monitoring allow patients to access expert care from the comfort of their homes, particularly beneficial for those in rural or underserved areas. Telemedicine also facilitates the sharing of medical images and data, enabling spe-

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Shalin Zia, O.D.

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Dr. Purvi Patel, O.D.

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# Recognizing and Responding to Hypothermia

As the temperature drops, the risk of experiencing hypothermia rises.

Our bodies have a fairly narrow range of ideal temperatures, and it is important to recognize signs of hypothermia at an early stage so action can be taken to treat the condition.

With hypothermia, the body loses heat faster than it can produce it, causing a dangerously low body temperature.

Common causes of hypothermia include exposure to cold weather or immersion in cold water. Any time you combine wet clothing and cold temperatures, you increase the risk for hypothermia, particularly when wind is involved.

Symptoms of hypothermia include:

- Shivering-body attempting to retain heat
- Slurred speech or mumbling

Slow, shallow breathing

Weak pulse

Clumsiness or lack of coordination

Drowsiness or very low energy

Confusion or memory loss

Loss of consciousness

In infants, bright red, cold skin

People with hypothermia usually aren't aware of their condition. This is because the symptoms often begin gradually, and the confused thinking associated with hypothermia prevents self-awareness.

Risk factors for hypothermia include:

Exhaustion. Fatigue reduces a person's ability to tolerate cold.

Older age. The body's ability to regulate temperature and to sense cold may lessen with age.

Very young age. Children lose heat faster than adults do. Children also may ignore the cold because they're having too much fun to think about it.

Cognitive impairment.

People with dementia or other conditions that interfere with judgment may not dress properly for the weather or understand the risk of cold weather. People with dementia may wander from home or get lost easily, making them more likely to be stranded outside in cold or wet weather.

Alcohol and drug use. Alcohol may make the body feel warm inside, but it causes blood vessels to expand. As a result, the surface of the skin loses heat more rapidly, and the effects of alcohol decrease situational awareness.

## Prevention

To stay warm in cold weather, remember the acronym COLD — cover, overexertion, layers, dry:

**Cover.** Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves.

**Overexertion.** Avoid activities that cause a lot of sweating. The combination of wet clothing and cold weather can cause the body to lose heat more quickly. Remember that shoveling snow counts as exercise!

**Layers.** Wear loose-fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat better than cotton does.

**Dry.** Get out of wet clothing as soon as you are able. Be especially careful to keep your hands and feet dry, as it's easy for snow to get into mittens and boots.

If you suspect that someone is experiencing hypothermia, call 911. While waiting for emergency help to arrive, gently move the person inside if possible. Jarring, abrupt movements can trigger dangerous irregular heartbeats, so it is imperative to handle the person gently. Carefully remove any wet clothing and replace it with warm, dry coats or blankets.

For localized areas of frostbite, the American Red Cross suggest the following:

Move the person to a warm place.

Handle the area gently; never rub the affected area.

Warm gently by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.

Loosely bandage the area with dry, sterile dressings.

If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.

Avoid breaking any blisters.

Do not allow the affected area to refreeze.

If you exercise outdoors in more remote areas, ensure that you have a fully charged phone with you. If you have to travel by car in severe weather, keep additional warm clothing and blankets in your vehicle. During severe weather emergencies, remember that you can call 211 to find the location of local warming shelters. The link below leads to Ashland-specific information:

<https://www.ashlandmass.com/714/Extreme-Cold>

Please feel free to reach out to Ashland Board of Health at 508-532-7922 if you have any questions or concerns.

## EYES

*continued from page 12*

cialists to collaborate seamlessly across geographic boundaries.

In the realm of contact lenses, advancements in material science and design have led to the development of more comfortable and durable lenses. Smart contact lenses, equipped with sensors and microelectronics, are on the horizon, offering the potential to monitor vital health parameters like glucose levels and eye pressure.

As we navigate the future of eye care, personalized medicine is gaining traction. By analyzing an individual's genetic makeup and medical history, healthcare providers can tailor treatment plans to maximize efficacy and minimize side effects. This personalized approach is particularly relevant for complex eye conditions like glaucoma and AMD, where treatment options vary widely.

In conclusion, the year 2025 marks a period of extraordinary progress in the field of eye care and ophthalmology. From AI-powered diagnostics to revolutionary surgical techniques and groundbreaking therapies, the future holds immense promise for improving vision and quality of life for individuals worldwide. As

technology continues to advance and research breakthroughs emerge, we can anticipate a brighter future for eye health.

## Why Choose Milford-Franklin Eye Center in 2025?

Our commitment to excellence, advanced technology, and patient-centered care sets us apart. We provide world-class cataract surgery and advanced treatment options close to home, with results that rival major Boston centers. All surgeries are performed in our accredited surgical facility, never office-based, ensuring the highest standards of care and no additional out-of-pocket surgical fees. Our in-house optical shop crafts glasses while you wait, with new patients receiving a complimentary pair of select frames. We also offer after-hours, same-day emergency appointments, and Saturday availability to accommodate busy schedules.

With over four decades of dedicated service, Milford-Franklin Eye Center is proud to deliver advanced eye care, close to home. Welcome 2025!

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# Hopedale Senior Center JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b>  <b>CLOSED FOR NEW YEARS' HOLIDAY</b> 	<b>02</b>  No Watercolor Class  1:00 pm Tai Chi	<b>03</b>  10:00 am Strength & Balance  12:00 pm Senior Center closes
<b>06</b> 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	<b>07</b> 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:00 pm Dance	<b>08</b> 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	<b>09</b> 10:00 am New Year's Brunch 10:00 am Watercolor Class 1:00 pm Tai Chi	<b>10</b> 10:00 am Strength & Balance  12:00 pm Senior Center closes
<b>13</b> 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	<b>14</b> 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:00 pm Dance	<b>15</b> 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30pm Cribbage	<b>16</b> 10:00 am Watercolor Class  1:00 pm Tai Chi 1:00 pm COA Board Meeting	<b>17</b> 10:00 am Strength & Balance  12:00 pm Senior Center closes
<b>20</b>  <b>CLOSED FOR MLK HOLIDAY</b> 	<b>21</b> 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:00 pm Dance	<b>22</b> 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	<b>23</b> 10:00 am Watercolor Class 1:00 pm Tai Chi 2:00 pm Sound Bath Healing w/ Crystal	<b>24</b> 10:00 am Strength & Balance  12:00 pm Senior Center closes
<b>27</b> 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:00 pm Lunch 12:30 pm BINGO	<b>28</b> 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:00 pm Dance	<b>29</b> 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	<b>30</b> 10:00 am Watercolor Class  1:00 pm Tai Chi	<b>31</b> 10:00 am Strength & Balance  12:00 pm Senior Center closes

# Community Foundation for MetroWest Announces 2024 Fall Grant Partners

The Community Foundation for MetroWest is thrilled to announce its 2024 Fall Grant Partners, awarding a total of \$625,000 to support critical initiatives across the MetroWest region.

This year's grants were awarded to 69 nonprofit grant partners that encompass a diverse range of focus areas, including, environmental, human services, arts & culture, and hunger relief initiatives. These funds will empower local non-profit organizations to address vital needs and enhance the lives of residents throughout MetroWest.

"This year, we've received a remarkable number of grant proposals, a testament to the growing needs of our community," said Jay Kim, Executive Director of the Community Foundation for MetroWest. "We are committed to support-

ing our non-profit partners in delivering essential services, cultivating artistic expression, and creating a more equitable and sustainable future for all."

### 2024 Grant Highlights:

- Environmental Grant Partners: Organizations like OARS and the Charles River Watershed Association will promote environmental stewardship and conservation efforts.
- Discretionary Grant Partners: The Waltham Boys & Girls Club and Friends of the Waltham Family School will receive crucial support for their youth development and educational programming.
- Human Services Grant Partners: Funding will assist a wide range of organizations, including 2Life Communities, Advocates,

and African Cultural Services, in addressing essential human needs such as housing, healthcare, and mental health services.

- Arts & Culture Grant Partners: Grants will be awarded to organizations like Acton Community Center (DBA Theatre III), Bellforge Arts Center, and the Danforth Art Museum and School, fostering artistic expression and cultural engagement.
- Hunger Relief Grant Partners: A Place to Turn, Gaining Ground, and other hunger relief organizations will receive vital resources to combat food insecurity.

"While MetroWest is often seen as a collection of affluent suburbs, it's important to remember the striking dis-



## Community Foundation for MetroWest

parities our neighbors are facing," stated Susan Kavogian, Chair of the Foundation's Distribution Committee and Foundation Trustee. We are so grateful to our Distribution Committee for investing their time in reviewing applications and going on site visits to make informed and thoughtful decisions when awarding these grants."

To see a complete listing of our 2024 Grant Partners, visit here.

Learn how to make a lasting impact in MetroWest by visiting here.

### About the Community Foundation for MetroWest

The Community Foundation for MetroWest is the trusted philanthropic partner for individuals, families, and businesses dedicated to enhancing the quality of life for all in the MetroWest region. Since 1995, the Foundation has awarded more than \$35 million in grants to charitable organizations and stewards over \$30 million in charitable assets to 30+ cities and towns across the region. Visit [communityfoundationmw.org](http://communityfoundationmw.org) or call (508) 647-2260 to learn more.

## Real Estate Corner

### Recent Home Sales

Date	Hopedale	Amount
12/16/2024	4 Anthony Road	\$695,000
12/16/2024	68-70 Bancroft Park	\$650,000
12/12/2024	54 Dutcher St. #1	\$325,100
11/29/2024	50 Neck Hill Road	\$475,000
11/20/2024	120 Dutcher St.	\$570,000

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



The 2-bed, 2-bath, 1,368-square-foot unit at 54 Dutcher Street, Unit 1, in Hopedale recently sold for \$325,100. Image credit: [www.zillow.com](http://www.zillow.com)

# Looking to advertise in our Real Estate Corner?

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

# CareerCentral

This section will be a guide to the local job seeker looking for a career change or a new job! Editorial will focus on best resume writing techniques, how to answer top interview questions, changing careers and so much more.

Perfect place to advertise your job postings and reach more than 172,000 homes and businesses!



### ZONE 1

REACH 73,149

Auburn, Charlton, Douglas, Dudley, Grafton, Hopedale, Mendon, Millbury, Northbridge, Oxford, Sutton, Upton, Uxbridge and Webster

### ZONE 2

REACH 96,651

Ashland, Bellingham, Franklin, Holliston, Medway, Milford, Millis, Natick, Norfolk, Norwood and Wrentham

COMING IN MARCH 2025

Reserve your space today by contacting Susanne Odell Farber at 508-954-8148 or by email at sue@sodellconsult.com. Reservation deadline is February 8, 2025. Reach more than 172,000 with both zones.