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March 2025

Hopedale voters approves money for new roof on school

BY THERESA KNAPP

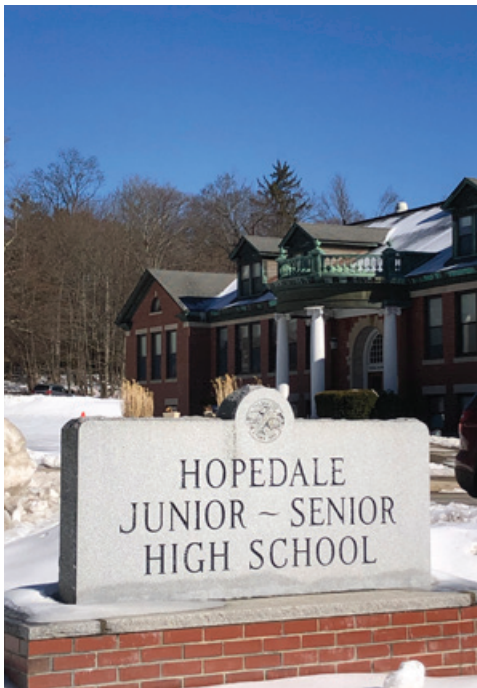
At a special election on Feb. 11, Hopedale voters approved a ballot question to replace the failing roof at the Hopedale Junior-Senior High School.

On the town's website, the Town Clerk reported that 367 votes were cast, or 8.32% of the town's 4,412 registered voters. The vote was 234 in favor and 133 opposed.

Debt exclusions require that the question pass in a town election and at Town Meeting.

A Special Town Meeting in November supported the \$4.1 million debt exclusion, which will now be added to \$1.8 million that had been appropriated in 2023.

Source: www.hopedale-ma.gov



Local student Sophia M. de Oliveira receives National Honor

Bishop Feehan High School student recognized for superior academic achievement by The National Society of High School Scholars

The National Society of High School Scholars (NSHSS) has announced student Sophia M. de Oliveira from Hopedale, StateR-ule, has been selected to become a member of the esteemed organization. The Society recognizes top scholars who have demonstrated outstanding leadership, scholarship, and community commitment. The announcement was made by NSHSS Co-founder and President James W. Lewis.

"On behalf of NSHSS and our co-founder Claes Nobel, a member of the family that established the Nobel Prizes, I am honored to recognize the hard work, passion, and commitment that Sophia has demonstrated to achieve this exceptional level of academic excellence," said Lewis. "Sophia is now a member of a unique community of scholars – a community that rep-

resents our very best hope for the future."

"We are proud to provide lifetime membership to young scholars to support their growth and development," stated Lewis. "We help students like Sophia build on their academic success by connecting them with learning experiences and resources to help prepare them for college and meaningful careers."

NSHSS members automatically become lifetime members at the time of their initial membership. Each step along the way – from high school to college to career – NSHSS connects outstanding young scholars with the resources they need to develop their strengths and pursue their passions.

Formed in 2002 by James W. Lewis and Claes Nobel, a member of the family that established the Nobel Prizes, the National



Society of High School Scholars recognizes academic excellence at the high school level and helps to advance the goals and aspirations of high-achieving students through unique learning experiences, scholarships, internships, international study, and peer networks. Currently there are more than two million members in over 170 countries. For more information, visit www.mshss.org.

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DESE to Conduct Monitoring at Hopedale Schools

The Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct an Integrated Monitoring Review of Hopedale Public Schools during the week of March 24, 2025. Each school district, charter school, vocational school, and virtual school undergoes an Integrated Monitoring Review every three years. The areas addressed during an Integrated Monitoring Review are organized into two groups, known as Group A Universal Standards and Group

B Universal Standards.

Hopedale Public Schools will be undergoing a Group A monitoring review that focuses on special education student identification and special education eligibility timelines; Individualized Education Program (IEP) development; programming and support services; procedural requirements for suspensions and equal opportunity.

The process includes interviews with district staff and administrators, a review of student records, policies and procedures,



and school building visits. The process may also include parent/caregiver, student and teacher focus group meetings to gather additional information. Interpretation will be provided, if needed.

Hopedale Public Schools will post an orientation about the review process in collaboration with the Special Education Parent Advisory Council (SEPAC). The Department will also send a parent survey, in multiple languages and formats, as needed, to parents /guardians of special education students to gather key information on the special education processes and procedures.

Parents/guardians and other stakeholders may call Joan Brinckerhoff, Monitoring Review Chairperson, at (781) 338-3715

to request a telephone interview. If anyone requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.

Within approximately 60 business days after the onsite visit, the review chairperson will provide the district with a report that includes information on further actions that may be required. The public can access the report at <https://www.doe.mass.edu/psm/tfm/default.html>.

Sheriff's Office Brings Random Acts of Kindness Initiative to All 60 Worcester County Cities and Towns

For the fourth consecutive year, Sheriff Lew Evangelidis and Worcester County Sheriff's Office staff celebrated the nationally recognized Random Acts of Kindness Week. During the week leading up to the official Random Acts of Kindness Day on February 17th, citizens are encouraged to uplift one another

and engage in random acts that elevate the spirits of others.

With its motto, 'Make Kindness the Norm,' the Random Acts of Kindness Foundation was founded during a mid-1990s summer when violence was at an all-time high on the West Coast. The idea to start the organization came from a television reporter

who pointed out that people should stop reporting on "random acts of violence" and start 'practicing random acts of kindness and senseless acts of beauty.' This foundation is now the driving force behind Random Acts of Kindness Week in the United States.

To spread joy and inspire kindness, the Sheriff's Office staff carried out a mission to visit every community in Worcester County during Random Acts of Kindness Week. They distributed over 3,500 goody bags, filled with donated items, to individuals they encountered at various public venues. These bags symbolize support and care from local law enforcement.

This year, Care One at Millbury Rehabilitation and Long-Term Care, Pepsi of Worcester & Windham, and Polar Beverages sponsored the Sheriff's Office Random Acts of Kindness



Worcester County Sheriff's Office staff visit the Hopedale Police Department as part of their Random Acts of Kindness Initiative.

Week initiative. With the support of these organizations, the Sheriff's Office and the Worcester County Reserve Deputy Sheriff Association were able to acquire all 3,500 goody bags at no cost.

"Our duty as a law enforcement agency is to build bridges and strengthen the bond between

our department and the communities we serve," commented Sheriff Evangelidis. "Our team takes immense pride in contributing to the betterment of Worcester County and continuously looks for ways to spread positivity. We understand the importance of ensuring public safety and are committed to reinforcing that message. Let us all strive to make positivity the focus of this week."

The Sheriff's Office hosts community events year-round to engage the residents they serve. To learn more about the Sheriff's Office, visit their website at www.WorcesterCountySheriff.com, or follow along on social media for consistent updates.

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Green River Cannabis to offer exceptional deals at new Hopedale location

BY LAURA HAYES

After a multi-year process, Green River Cannabis held a soft opening for its new Hopedale location on Feb. 21.

Green River Cannabis is a family-owned business run by the father-son duo of Constant and Ryan Poholek with assistance from Ann Poholek as administrative coordinator of both facilities. Constant Poholek said they were “extremely excited” to open the new dispensary.

“We’re going to have exclusive hours with exceptional deals,” he said.

Green River Cannabis opened its first store in Greenfield at the former Meadows Golf Course building in 2023. The dispensary is named after the nearby Green River, according to Poholek. They also have the Green River Disc Golf Course at the Meadows on the former golf course.

“That was the concept. We’re in the recreation business and cannabis was a natural flow from repurposing a golf course into a cannabis retail facility on 50 acres of land in Greenfield,” said Poholek.

Green River Cannabis is unique because it is a boutique-style dispensary.

Business spotlight



Green River Cannabis has competitive prices for flowers along with its pre-rolls, edibles and tinctures. Make sure to keep an eye on Green River’s website for deals – they offer bundle prices along with early, late-night and daily specials.

According to Poholek, Green River Cannabis is opening another location for several reasons, including expanding its buying power and brand to Central Mass. The company had conducted research into cities and towns with host agreements, and one was available in Hopedale.

Originally from the North Attleboro area, Poholek said they were familiar with Hopedale. They were hoping to draw from their customers and contacts from their non-cannabis business in Plainville.

“We picked Hopedale because of its quaint character, and, frankly, because of the receptiveness of the town to our facility,” said Poholek.

Green River Cannabis began the process of bringing a location to Hopedale in 2019. Its home at 150 Hartford Avenue was the third proposed site for the business.

“We deal with smaller distributors. We have a lower overhead than most of the cannabis dispensaries, so we’re able to bring in new, innovative, or different products than some of the larger dispensaries bring to the table because of the fact that there are more corporate restrictions on the larger dispensaries which limit diverse buying power,” said Poholek.

He continued, “We’re more open-minded. We’re able to deal with most of the distributors in Massachusetts for cannabis products.”



Constant and Ryan Poholek

distributors from Western Mass. to Hopedale, meaning that customers will see many products that they wouldn’t see elsewhere.

“Our feeling is if we’re able to sustain in Western Mass., especially where we are in Greenfield, we feel there’s more opportunity in Hopedale. We want to bring our products down to Hopedale to see if we can capitalize on that and to allow our customers in the Hopedale area to be able to enjoy the savings that they are dealing in Western Mass.,” said Poholek.

During the soft opening, Green River Cannabis will be open Wednesday through Saturday from 11 a.m. to 7 p.m. As the soft opening progresses, the dispensary will eventually be open seven days a week. Poholek said this model gives their employees time to acclimate to the new business.

Green River Cannabis is a dog-friendly business and encourages customers to bring their pets to the store.

For more information and to order online, visit greenrivercannabiscompany.com.

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Poholek, who is also an attorney, worked to rezone the plaza for commercial use to clear the way for the dispensary.

“We went through a long process with a zoning change and eventually going before the Zoning Board for a special permit. It was an over three-year process before we could actually end up where we are today,” said Poholek.

Poholek said the sales in this second location will be different than those in Western Mass. Green River plans to bring its

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kbethel-penny@cwamars.org

Library News

Check out our new website at www.bancroftmemoriallibrary.org

Helen Symonds Book Group

Wednesday, March 5th at 1:00pm
The group will be discussing Small Mercies by Dennis Lehane.

Community Conversations

Wednesday, March 5th at 6:30pm

Community Conversations will meet in the Program Room

to talk about "Protecting Privacy in the Information Age."

News from the Friends of the Hopedale Library:

Softer Side of Celtic – Monday, March 10th 6:30pm

Musician Jeff Snow combines magical sounds from instruments with vocals and his love and knowledge of Celtic history. To register, please sign up online on the Library's Event Calendar or call (508) 634-2209.

Maker Mondays – Monday, March 17th at 6:00pm
This month the adult crafting workshop is Beginner Crochet. Registration is required. To register, please sign up online on the Library's Event Calendar or call (508) 634-2209.

Book Donation Day – Saturday, March 8th from 10:00am-2:00pm

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 saleable condition to raise money to support our programming.

Commemorative Glass Sun catcher Special Fundraiser Help support the Friends fundraising efforts by purchasing a commemorative glass sun catcher celebrating Bancroft Memorial Library's 125th Anniversary. These handcrafted sun catchers by Becker Glass are available in blue and clear for \$20. To purchase, simply stop by the Library. Cash and checks will be accepted. Checks should be made out to The Friends of the Hopedale Library. Free Seed Library!

Stop by the Bancroft Memo-

rial Library and get free seeds from our Seed Library. There is no limit! If you don't need a full packet, there are smaller envelopes available, just take what you need. Sponsored by The Friends of the Hopedale Library.

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 6:30pm. New members and ideas are always welcome.

News from the Marjorie Hattersley Children's Room Special events:

Make a Leprechaun Trap! Saturday, March 1st from 11am-1pm
Have you ever tried to catch a leprechaun? Use your STEM skills to design and build a leprechaun trap out of recycled materials, just in time for St. Patrick's Day! We also have gold coins to use as bait to help catch those mischievous little leprechauns.

Celebrate Mardi Gras! Tuesday, March 4th from 2:45-4:45pm
Celebrate Fat Tuesday at the Library! Make a necklace, create art using purple, green and gold and watch a movie that takes place in New Orleans with a girl, a frog, an evil Voodoo man and some jazz!

Coming Soon!
Sunny the Facility Dog In partnership with Bright Beginnings Center, we are thrilled to announce we will soon be host-

ing Sunny, a one-year old English Golden Retriever who loves being read to, once a month at the Library! Please check the Library's Event Calendar for more information on Sunny's visits.

LEGO Days in March If you love Legos, we've got thousands to play with! Come in on Friday, March 21st from 3-4:30pm, Saturday March 22nd from 11am-1pm and Monday, March 24th from 6-7:30pm and play with our Legos. All ages are welcome to drop in!

Weekly Programs:

Tummy Time Play – Tuesdays 3/4, 3/11 and 3/25 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 3/6, 3/13, 3/20 and 3/27 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 3/6, 3/13, 3/20 and 3/27 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 3/3 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 3/3 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 3/19 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 3/19 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 3/15 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, March 26th 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 www.bancroftmemoriallibrary.org

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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

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



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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."

Business spotlight

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



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

and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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

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Sports

Veteran as a Sophomore

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Mabel Carreiro is only a sophomore at the Hopedale Junior / Senior High School, but in terms of running she is a seasoned veteran. The young runner is entering her fourth year running for the Blue Raiders in all three seasons making her a veteran at her craft at such a young age.

The sophomore has run cross-country in the fall, indoor track during the winter and outdoor track in the spring since the seventh grade.

“As a seventh grader she definitely displayed talent right off the bat,” Coach Tim Maguire said. “That first year she was in our top five of runners and over the years has improved her times consistently. She has become a more mature runner and the younger girls look up to her for leadership.”

Although she is running in her fourth season at Hopedale, it wasn't something that she was expecting to do once she got to the junior/senior high school.

“I happened to see a bunch of girls, some of who I knew were in my class, running through town the summer before I entered the seventh grade,” Carreiro said. “I later asked them what they were doing and they told me that they taking part in captains practices for the cross-country season. I decided that I'd give it a try and found out that I really liked running.”

After a good cross-country season during the seventh grade, she thought the next thing best thing would be to join the indoor season.

“Originally my times were not the best, but I was placing well I the meets for my team,” she said. “When I was out there running I was just think-

year but once she got hit with the running bug she joined all three teams and has not only run cross-country, but she takes part in the 4x400 and 4x800

tance runner, but the young runner finds that she prefers the shorter of the races, primarily the 600. She also enjoys running the mile.

“The 600 is a fast race where you go out and give it your all running as fast as you can. To me, it's a great way to run while being competitive,” the sophomore said. “As for the mile, I really don't know why – I just like running it.”

Over the past four years Carreiro has improved in all aspects of her running. She feels her fitness is getting better and although she originally thought it was hard; she now finds it easy. As an eighth grader she raced over the 400-meter hurdles with speed, capturing the event in 1:14.9; a time that now holds the school record.

Now two years after setting that record the young runner would like to add some more school records to her name. She feels that she is getting better and if she continues to work hard, she should be able to topple some more Hopedale records before she graduates.

Currently her personal records this season are as follows: 1.48 seconds in the 600, 3.22 seconds in the 1000, 5:45 in the mile and 12:56 in the 2-mile. During the spring season she will run in the 400 and 800-meter events, where she is looking to etch her name in the school record books for both events.

“This is all a surprise to me. I never thought that I was that good, especially after my first captains practice where I couldn't run 5 minutes without having to stop,” she said. “During some of my first races

I found myself running while wondering what I was doing, but I never thought about quitting the sport, I liked it too much.”

The Hopedale coach, who coaches the sophomore in all three seasons, noted that Carreiro is one of the team's most consistent performers for the Blue Raiders and is continually putting up personal bests in the big meets.

Carreiro finds herself running with the best of the runners but would like to get her times down and near the top of the pack.

“I don't see that being too difficult,” she said. “A lot of the girls are running similar times and I just need to break away and improve my time by 5-10 seconds. To do that, I'll just need to train harder.”

In addition to having goals of taking over as many school records as she can the young runner will also be looking to the State Tournament to make a name for herself. Carreiro has already qualified for the State Tournament in the 600, 1000, mile, 2-mile and both the 4x400 and 4x800 relay teams. Although she has qualified for 6 events, she will only take part in two individual events as well as one relay, but she and Coach Maguire will figure out which events later on.

Running the relays Carreiro will be the team's anchor, something she truly loves.

“I love running the anchor,” Carreiro said. “My team knows how to get out in front and hold the lead so I can take it home, but I love being at the end having to catch the other girls. If I take over behind, I just use it as motivation to pass them.”

With two plus years of running at Hopedale still on the horizon the sophomore runner is hoping to secure a bunch of school records in all three seasons, wants to finish first in the Dual valley Conference Meet and place much higher in the bigger meets.



ing about the girls I was passing as points for my team.”

Prior to the beginning of her running career Carreiro played soccer up until that

relays as well as the 600, 1000, mile and 2-mile events during the indoor season.

Coach Maguire considers her to be a middle-to-long dis-

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Homebuying in March: A Smart Time to Make Your Move?



Glenn Brown, CFP

March signals the beginning of homebuying season as the weather improves and more sellers list homes after waiting through the slower winter months.

Some buyers will wait in hopes of aligning closing with the end of school year; thus, buyers in March may have less competition and more options.

Before scrolling Zillow, open houses, and finding a real estate agent, let's discuss things you need to implement.

Define Your Priorities.

Think about what you need in a home, make a list, and then prioritize #1-25, as not everything can be #1 or 1A. Consider factors like location, bedrooms, outdoor space, designated areas (i.e. office, kids' playroom), open concept, amenities, etc. Also

know your preferences: move-in ready v. fixer-upper, few neighbors v. neighborhood, and public v. private school. And whatever you do, don't let listing photos redefine your priorities.

Do Your Research.

Research the local market to understand pricing trends and gain an idea of what to expect when making offers. Learn what's going on with schools, public safety, property taxes, new ordinances, and city/town infrastructure. Also, if you don't want to live on a busy road, know the existing commercial and industrial zones.

Get Pre-Approved for a Mortgage.

This shows sellers that you're a serious buyer and can afford the property. Pre-approval also helps you understand how much you can borrow. Don't confuse pre-approval with ability to pay, as an underwriter is viewing your financial situation today - not what you have planned.

Explore Loan Options.

When buying a home, securing the right mortgage is critical. Here are some common types:

Conventional Loans - Not backed by the government, these are offered by banks or private lenders. Down payments are 5-20% with required credit scores higher than 620, best rates for scores 780+. Benefits include competitive rates

and flexible terms, however, there are limits on the amount borrowed.

FHA Loans - Government-backed Federal Housing Administration loans are designed to help first-time homebuyers or those with lower credit scores qualify for a mortgage. Down payments are as low as 3.5% for credit scores of 580 or higher. While lower down payment and easier to qualify, Private Mortgage Insurance (PMI) is required, which increases overall costs.

Jumbo Loans - A type of mortgage that exceeds the conforming loan limits set by the Federal Housing Finance Agency (FHFA). Down payments are often 20%+ with higher credit scores, incomes, and investment assets.

Adjustable-Rate Mortgages (ARMs) - Offer a lower initial interest rate for a fixed period, typically 5, 7, or 10 years, then adjusts based on market conditions. Down payments

are 5% or more with eligibility similar to conventional loan requirements. Ideal for those expecting to refinance or move again in 5-7 years. There's a risk of higher payments as rates adjust or if the refinancing or move doesn't (can't) occur.

Understand the Full Costs.

At closing you may need more than the down payment, this includes escrow (property taxes and insurance), prepaid interest, and other closing costs for \$5-15K additional. This can be rolled into the mortgage, so get a breakdown from your lender to avoid surprises.

About that Financial Plan.

As a CFP, I've helped many clients with their homebuying (and selling) process. What eases stress is knowing what happens AFTER moving into your new home. Knowns include a new monthly budget, adjusted cash flow expectations, spending timelines on renovations, and any short-term lifestyle compromises. Additionally, we've run

scenarios planning for the unexpected, family additions and/or desire to change jobs for greater work/life flexibility.

Through planning, you're confident in aligning your home with your financial independence.

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

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

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HELP WANTED: A guide to getting your next job

You've landed an interview, now to prepare

BY THERESA KNAPP

Congratulations, the company has noticed your résumé and they've scheduled an interview with you. Now what?

Now you prepare. Getting a job is difficult and time-consuming. The more prepared you can be, the more confident you can be, and the more successful you can be.

For the employer, the purpose of the job interview is to assess the candidate's skills, their motivation, and to see if they are a good fit with the company's culture and mission.

For the candidate, the interview can help assess if the job description is accurate, if you're

- Have your elevator pitch ready

Your "elevator pitch" should be "u-nique"

An elevator pitch is your introduction. The pitch should be 30 to 60 seconds long and should address your professional history, accomplishments of which you're most proud of, and relevant career goals which tie in with the job for that you're applying.

The pitch should end with a fun fact about yourself, something that can help you stand out from the other candidates. It should be positive and not too personal.

Many employers receive hun-

- What past accomplishments are you most proud of?
- What three things do you want to get better at this year?
- What skills do you have that you've noticed differentiate you from your peers?
- What would your past or present colleagues say is the best thing about working with you?
- Where do you want to be in three or five years?

Take some time to think about your answers. An interview is the time to shine, to identify areas in which you are proud, and to share those accomplishments. Let the employer know what skills and energy you'll bring to their company.

If you're wondering how to highlight your strengths in an interview, Indeed [bit.ly/IndeedPersonalStrengths] says focus on quality not quantity, back up your strengths with examples, and provide original answers to routine questions – you want to provide the answers they're looking for while standing out from the competition.

10 common job interview questions and how to answer them

According to the *Harvard Business Review* [bit.ly/HBR10CommonInterviewQuestions], the following questions are often asked during a job interview:

- Could you tell me about yourself and briefly describe your background?
- How did you hear about the position?
- What kind of work environment do you prefer?
- How do you deal with pressure or stressful situations?
- Do you prefer working independently or on a team?
- How do you keep yourself organized when balancing multiple projects?
- What did you do in the last year to improve your knowl-



edge?

- What are your salary expectations?
- Are you applying for other jobs?
- Can you explain a time gap on your résumé?

Be prepared to respond to these questions with the answer and, when appropriate, why that is the answer.

For helpful detailed responses, visit bit.ly/HBR10CommonInterviewQuestions.

"What is your greatest weakness?"

Another often-asked and often-dreaded interview question is, "What is your greatest weakness?" The purpose of this question is to see if you're honest, self-aware, and open to self-improvement; it gauges your emotional intelligence.

According to themuse.com [bit.ly/MuseGreatestWeakness], there is a simple formula to answer this question:

- Clearly describe your weakness [ex. Delegating]
- Give a short example of a time your weakness affected your work [ex. The meeting started late because I did all the prep work myself, I should have delegated.]
- Talk about what you've done to improve your weakness. [ex. I now look to my team or coworkers to ask for assistance at the beginning of a project.]

When answering the question, be sure to answer concisely and focus on the solution, not the weakness. And always leave the answer on a positive note.

"Do you have any questions for us?"

At the end of most interviews is one last question: "Do you have any questions for us?" Your answer should always be "yes" even if the employer has answered every question you

INTERVIEW PREP

continued on page 9

First impressions count

According to the American Psychological Association, first impressions can have a real impact on your professional success. Ways to strengthen your chances of making a good first impression include:

1. **Know your audience:** Know who you're interviewing with so you can speak to them directly
2. **Exude confidence:** Speak slowly and calmly, make eye contact
3. **Field questions gracefully:** Don't get defensive, you don't know an answer, it's okay to say so
4. **Prepare and practice:** You cannot overprepare
5. **Be a good listener:** Pay attention, make eye contact, nod, don't interrupt or finish their sentences

Source: www.apa.org/gradpsych/2012/11/first-impressions

comfortable with the "feel" of the company and its representatives, etc.

Preparation is key

- Read the job description thoroughly, research unfamiliar terms and acronyms
- Research the company through its website, blog, and LinkedIn page
- Search for company reviews on sites like Glass-Door, Indeed, Jobcase, etc.
- Search for the company in the news, is there anything about the culture, stock, etc., you should (or should not) discuss during the interview? A quick Google search could reveal important information
- Be familiar with the office location (even if it's a virtual position or interview)

dreds of applications for each job. It will help your chances if you have a memorable interview. What makes you "u-nique"? Employers often ask each candidate the same list of questions so they can make accurate comparisons, and they often hear similar answers from each applicant. By sharing something unique about you – that you can directly relate to the job responsibilities – your chances of standing out can increase. Do you speak several languages? Do you have a unique hobby? Did you audition for American Idol? Were you at the 2004 Red Sox World Series Game?

Five questions to ask yourself as you prepare

According to the job search engine Indeed.com [bit.ly/Indeed5questions], five questions to ask yourself before a job interview include:

HELP WANTED: A guide to getting your next job

Digital footprints, yours and theirs

By Theresa Knapp

According to Business News Daily, "It's no longer that a great resume and a solid interview dictate whether you get a job offer. Your personal social media profiles can potentially seriously affect your professional life."

Business News Daily suggests the following tips for passing social media screenings:

1. Don't erase your profile: This can imply you have something to hide and does not guarantee the profile is completely deleted (but do

remove inappropriate content)

2. Use social media to your benefit: Use your socials to promote content that shows your knowledge, professionalism, achievements, etc.
3. Google yourself to see what others will see when they do the same
4. Consider making your profile private: It is legal for employers to check public social media accounts, and be wary of hiring managers requesting information be-

yond what's available online (this is similar to employers asking inappropriate questions during interviews and should raise a red flag)

Source: www.businessnewsdaily.com/2377-social-media-hiring.html

There are ways to make social media work to your advantage during the interview process, including updating your social media profiles with up-to-date information, this includes Facebook, Instagram, LinkedIn, TikTok, X – anywhere you have an active account; and like/follow

companies that interest you and companies where you are interviewing.

LinkedIn.com offers the following tips to improve your LinkedIn profile:

1. Choose the right profile picture
2. Add a background photo
3. Make your headline more than just a job title
4. Record and display your name pronunciation
5. Grow your network
6. List your relevant skills

7. Request recommendations
8. Showcase your passion for learning
9. Add comments

Follow relevant influencers in your industry
Source: bit.ly/LinkedInProfileTips2024

This article includes original content and information from Business News Daily and LinkedIn.

INTERVIEW PREP

continued from page 8

had. It is important you ask at least one question, preferably 1-3 questions as time allows. Suggestions include:

- How would you define success in this role?
- How is success measured in this role?
- What is the most challenging aspect of this role or this team?
- What do you like about working here?
- How many other members are in this department?
- How would you define company culture?
- What opportunities do you offer for professional development?
- Questions related to information on their website, blog, or social media

- What are the next steps in the hiring process? [this should not be your only question]

It's always best to ask some of these questions during the interview but be sure to save one or two questions for the end.

For the "70 best questions to ask in an interview," visit bit.ly/Indeed51QuestionsToAsk.

This article includes original content and information from Indeed.com, the-muse.com, Harvard Business Review, and PositivePsychology.com

"What's your greatest weakness?" possible responses

When a potential employer asks this question, and they usually do, the following topics can be good answers as long as the 'weakness' is not directly related to the job you're seeking. For example, if you're applying to

be a salesperson, you would not say your weakness is cold calling; and if you're applying to be an auditor, you would not say your weakness is math.

Other possible responses relate to:

- Public speaking
- Delegation
- Time management
- Writing
- Organization
- Attention to small details
- Cold calling
- Confidence
- Decision-making
- Explaining complex or technical topics
- Feedback, giving or receiving
- Grammar
- Math
- Patience

- Self-esteem
- Understanding when and how to say no

A full list can be found at bit.ly/MuseGreatestWeakness



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HELP WANTED: A guide to getting your next job

Résumés, cover letters, and references

BY THERESA KNAPP

Résumés and cover letters are important because they help job seekers convey their qualifications, experiences, and skills to potential employers. Your resume and cover letter should be tailored to each specific job and should mention several of the qualifications listed in a job description.

Many companies use an Applicant Tracking System (ATS) so it is important to use

Achievements or Skills section.

Do not include a Reference section on your resume. According to indeed.com, resume tips to help you land an interview include:

- Look for keywords in the job posting and include those on your resume
- Review resume examples for your industry
- Résumés should be simple and brief

your resume

Source: www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips

Coursera [www.coursera.org] suggests using action words such as *generated, reviewed, crafted, analyzed, developed, compiled, arranged, secured, collaborated, documented, presented, administered, refined, produced, accomplished, increased, grew, improved, managed, delivered,*

Source: www.forbes.com/sites/rachelwells/2025/01/10/top-skills-to-put-on-your-resume-in-2025/

Cover letters

If a job description says a cover letter is not required, you don't have to submit one. If it says a cover letter is optional, it's in your best interest to submit one.

A cover letter is a short letter that accompanies your resume and illustrates how your

(if no name is given use "Hiring Manager or the title mentioned in the job description). The first paragraph is the introduction where you say what job you're applying for and why; and the second paragraph (this could be two paragraphs, if need be) can highlight one or two skills or experiences and how they are relevant to the job for which you are applying. The last paragraph is a conclusion where you recap what you would bring to the organization and your interest in the position, and thank them for their consideration.

Source: <https://www.career-education.columbia.edu/resources/how-and-why-write-great-cover-letter>

References

References are typically not requested until a job offer is pending, though some companies may request them up front.

Be sure to alert the people you are using as references so they are not surprised when they receive an email or phone call related to your application.

Carefully consider who in your current job you can use as a reference that will not compromise your current work situation.

When choosing your references, the American Association of University Women (AAUW) says you should find colleagues you can trust, pay attention to titles, be prepared (always keep an updated list of references, keep them updated with current information), follow up after they provide a reference with a thank you note and tell them if you got the job. And finally, never misrepresent your references or yourself.

Source: www.aauw.org/resources/career/boost-your-career/providing-references/

This article includes original content and information from the American Association of University Women, coursera.org, forbes.com, indeed.com, and Columbia University.



as many keywords from the job description as possible as this will increase your chances to make it past the initial filter.

Résumés

Résumés provide a first impression to the employer and should put your best foot forward. The ideal resume is one page long, but two pages is common.

The layout should include your name, email address (be sure it is a professional email address), and phone number at the top of the page, your home address is not necessary. The next section can be a Professional Summary or Objective (optional), then Experience (in reverse chronological order) in paragraph or bulleted list form. Follow this with Education, and end with an optional

- Include concrete achievements and metrics when possible
- Include only relevant information
- Use a professional font, 12 points, black font (unless your industry prefers color and creativity)
- Margins should be one inch (expand to 1.15 or 1.25 inches if you don't have a lot to fill the document)
- Call attention to important achievements within a job description or in a separate "Achievements" or "Skills" section at the bottom of the resume
- Proofread, proofread, proofread
- Make multiple versions of

transformed, fulfilled, engaged, negotiated, etc.

For 150 resume action words, visit www.coursera.org/articles/resume-action-words. According to Forbes.com, the top skills to put on your resume in 2025, if applicable, are:

- Data analysis and project management
- AI and machine learning
- Software engineering and IT infrastructure
- Critical and strategic thinking
- Problem-solving
- Adaptability and agility
- Collaboration and teamwork
- Communication skills

experience would directly relate to the specific position to which you're applying.

According to the Columbia University Center for Career Education, the goal of a cover letter is to highlight your qualifications, showcase your motivation, and reflect your voice and written communication skills. To write an effective cover letter, you should review the job description and research the company and its values and mission. The Columbia website says, "As you craft your cover letter, use examples that demonstrate your relevant skills, knowledge, and interests."

The standard format includes a heading that matches your resume (centered), the address of the company (against left margin), then a salutation

HELP WANTED: A guide to getting your next job

Job search and technology, what you need to know about AI

By VICTORIA RAYEL
CAREER COUNSELOR AND
LIFE COACH

If you're thinking about starting the new year with a new job, it's important to be clear about your job targets, ideal industry,

tools like AI to help them quickly find top applicants and expedite the process.

To stand apart in this market, you need to know what to expect when it comes to technology in the job search. Three tips to ensure you don't get lost in the

application materials match the job for which you're going. You can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

For example, upload your

skills this job is looking for and list where they come up on my résumé. Put this list in a grid"

Consider "Apply for me" Tools

Sites like Ladders and Lazy-Apply apply to jobs on your behalf for a fee. You will fill out a series of questions, select the jobs that are interesting, then the tools will submit your application. Job searching can be a tedious task, and technology can help you save time in applying. Now you can spend more time on important things like interview preparation, upskilling, and the next tip.

Networking

Roughly 15% of positions are filled through online applications, so it is suggested job seekers spend at least 50% of their job search time on reconnecting with

WHAT IS "ARTIFICIAL INTELLIGENCE"

According to NASA, citing the National Defense Authorization Act of 2019, "Artificial intelligence refers to computer systems that can perform complex tasks normally done by human-reasoning, decision making, creating, etc."

www.nasa.gov/what-is-artificial-intelligence

their existing networks and building new relationships. If online applications are not helping you get interviews, start having conversations. Coffee chats, phone calls, networking events, LinkedIn Group discussions, Discord, Facebook and any community groups you're involved in can be an amazing resource to connect to people.

Finally, don't let AI intimidate you. It's time to embrace the new normal and leverage technology to help you succeed.



location, pay, and have a résumé. With an increasing number of applicants due to a changing business environment, geopolitical landscape and overall economic changes, recruiters use

application 'black hole' include using artificial intelligence (AI), helpful automatic tools, and networking.

Use AI to Beat AI

When applying for a position, it's important to make sure your

résumé and the job description into ChatGPT, then try these prompts:

Type "Select three accomplishments from my résumé that match this job best" or

Type "Create a list of key



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Living Healthy

The Blurry Truth: Understanding and Addressing the Rise of Refractive Errors

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

Have you noticed more people wearing glasses these days? It's not just a feeling. Refractive errors, those eye conditions that blur our vision, are becoming increasingly common, particularly nearsightedness (myopia). This article explores what these errors are, why they're on the rise, and what we can do about it.

What are Refractive Errors?

Our eyes are intricate organs, acting like sophisticated cameras. Light enters, is bent (refracted) by the cornea and lens, and ideally focuses perfectly on the retina, the light-sensitive tissue at the back of the eye. This focused image is then sent to the brain, allowing us to see clearly.

Refractive errors occur when the eye's shape prevents light from focusing correctly on the retina, resulting in blurry vision. Common types include:

- **Myopia (Nearsightedness):** Close objects are clear, but distant objects are blurry. This happens when the eye is too long, or the cornea is too curved, causing light to focus *in front* of the retina.
- **Hyperopia (Farsightedness):** Distant objects are clear, but close objects are blurry. This occurs when the eye is too short, or the cornea isn't curved enough, causing light to focus *behind* the retina.
- **Astigmatism:** Vision is blurry or distorted at all distances. This happens when

the cornea or lens is irregularly shaped, preventing proper light focus.

- **Presbyopia:** This age-related condition makes focusing on close objects difficult. As we age, the lens loses flexibility, hindering its ability to change shape and focus up close. This is why many over 40 need reading glasses.

Why the Rise?

The increasing prevalence of refractive errors, especially myopia, is a global concern. While the exact causes are still being researched, several factors are believed to contribute:

- **The Screen Time Surge:** Our modern lives involve significant screen time – smartphones, tablets, computers, and televisions. This

constant close-up focus strains the eyes and may contribute to myopia development and progression.

- **The Great Indoors:** Studies suggest that spending time outdoors, especially in childhood, has a protective effect against myopia. The wider range of distances the eyes focus on outdoors, along with increased natural light exposure, may be beneficial.
- **The Genetic Factor:** Genetics play a significant role. If your parents or siblings have myopia, you're more likely to develop it.
- **The Urban Influence:** Urban environments often have limited green spaces and encourage indoor activities, potentially contributing to the myopia rise.
- **Lifestyle Shifts:** Changes in diet, like increased processed food consumption, and reduced physical activity may also play a role, though more research is needed.

dren. Early detection and treatment are key.

- **Corrective Lenses:** Glasses or contacts are the most common and effective correction.
- **Myopia Control:** For children with progressive myopia, doctors may recommend treatments like atropine eye drops, multifocal contact lenses, or orthokeratology.
- **Surgery:** Refractive surgery like LASIK or PRK may be an option for some, but consult with an eye doctor to discuss risks and benefits.

The Future of Vision Care:

Researchers are actively exploring new prevention and treatment methods, investigating the roles of genetics, environment, and lifestyle. New technologies, such as advanced lens designs and drug therapies, are also being developed.

The increasing prevalence of refractive errors is a significant public health issue. By understanding the causes and taking proactive steps, we can protect our vision. Remember, regular eye exams are essential. If you have any concerns, consult an eye care professional.

What Can We Do?

While we can't entirely eliminate the risk, we can take steps to minimize the impact and potentially slow myopia progression:

- **Limit Screen Time:** Encourage children and adults to take regular breaks. A helpful tool is the 20-20-20 rule: Every 20 minutes of screen time, take a 20-second break to look at something 20 feet away. This allows the eye muscles to relax and refocus, reducing strain.
- **Embrace the Outdoors:** Aim for at least 1-2 hours of daily outdoor activity, especially for children.
- **Maintain a Healthy Lifestyle:** A balanced diet and regular physical activity are crucial.
- **Regular Eye Exams:** Comprehensive eye exams are essential, especially for chil-

Milford-Franklin Eye Center: Your Partner in Eye Health

At Milford-Franklin Eye Center, our dedicated team of ophthalmologists and optometrists, supported by highly trained staff, are available to treat various eye problems, including refractive errors. We offer a dedicated optical shop with a children's boutique, providing quality glasses and contacts. We also provide world-class cataract surgery and advanced treatments, including procedures that can

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Scholarship Application Time for 2025 & 2024 HHS Graduates

CLASS OF 2025: The Hopedale High School Alumni Association is pleased to announce that it is now accepting scholarship applications from this year's class. Multiple Alumni and Horne Memorial scholarships are once again available and, as in previous years, the Association will offer awards totaling upwards of \$80,000 to deserving graduates. Scholarships will be awarded on merits of character, leadership, academic achievement, service

to the community, special achievements, and financial need. One application covers all scholarships. The selection committee will meet in April, and recipients will be notified at graduation exercises.

CLASS OF 2024: Ten Horne Memorial Scholarships of \$3,000 each are available to graduates from this class. All 2024 graduates currently attending college are welcome to apply.

Only applications received

by April 1, 2025 - meeting all criteria listed - will be considered. Selections will be made in April, and notification letters will be emailed to recipients by the selection committee.

Application forms for all scholarships are now available on the HHS Alumni website (hopedale-alumni.org). Without exception, only fully completed applications received by April 1, 2025 will be considered.

Senior Center searching for volunteers

The Hopedale Senior Center needs your help! Consider being a Hopedale Senior Center volunteer, it's meaningful work and a lot of fun. There are opportunities for Meals on Wheels delivery, activity volunteers, congregate meals worker, BINGO Caller, newsletter helpers, and class instructors.

Individuals who have as few as two hours a month can help out at the Senior Center. Volunteer work between the hours

of 9 a.m. and 3 p.m. on weekdays. For more information, call the Senior Center at 508-634-2208.

2025 Boy's/Girl's State and Student Trooper Programs Open to HHS Class of 2026

The Hopedale Alumni Association is pleased to sponsor two candidates from this year's Junior class to participate in the American Legion Boy's and Girl's State programs, to be held at Stonehill College June 2025. These unique offerings are designed to teach democratic values, improve knowledge of government, and encourage citizen involvement through an intensive week-long program that immerses students in grass roots democracy.

The Alumni Association will also sponsor one candidate (age 15-17) to participate in the American Legion's Student Trooper program at the Mas-

sachusetts State Police Academy (dates TBD but last year's sessions were in August). The Student Trooper Program is designed to provide insight and an understanding into what jobs in law enforcement look like, what is involved in their training, and to expose those interested to the everyday demands that a career in law enforcement entails.

Interested students from the Class of 2026 can reach out to Principal Derek Atherton or the HHS Alumni Association at hopedalealumni@gmail.com to request additional details on any of these programs.

Nomination papers available for May town election

Nomination papers are now available for the following elected offices. This year's annual town election will take place on May 13.

Positions (and terms) available include:

- Board of Health (3 years)
- Housing Authority (5 yrs)
- Library Trustee (3 yrs)
- Park Commission (3 yrs)

- Park Commission (1 yr)
- Planning Board (5 yrs)
- Road Commissioner (3 yrs)
- School Committee (1 yr)
- School Committee (3 yrs)
- School Committee (3 yrs)
- Select Board (3 yrs)
- Town Clerk (3 yrs)
- Water & Sewer Commissioner (3 yrs)

Candidates must have their nomination papers signed by at least 25 Hopedale registered voters.

Papers must be submitted to the Registrars in the Town Clerk's office on or before Tues., March 25, at 5 p.m.

Source: www.hopedale-ma.gov

EYES

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eliminate the need for glasses in select cases. All surgeries are performed in our accredited surgical facility. Our in-house optical shop crafts glasses while you wait, and new patients receive a complimentary pair of select frames. We offer after-hours, same-day emergency appoint-

ments and Saturday availability. With over four decades of dedicated service, Milford-Franklin Eye Center is committed to delivering advanced eye care close to home.

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Hopedale Senior Center

CALENDAR OF ACTIVITIES

MARCH 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	04 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	05 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	06 10:00 am Watercolor Class 1:00 pm Tai Chi 9:00 am – 3:30 pm AARP Tax Clinic	07 10:00 am Strength & Balance 12:00 pm Senior Center closes
10 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	11 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	12 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	13 10:00 am Watercolor Class 12:00 pm St. Pat's Day Lunch & Entertainment 1:00 pm Tai Chi 9:00 am – 3:30 pm AARP Tax Clinic	14 10:00 am Strength & Balance 12:00 pm Senior Center closes
17 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	18 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	19 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	20 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm Financial Assistance Workshop 9:00 am – 3:30 pm AARP Tax Clinic	21 10:00 am Strength & Balance 12:00 pm Senior Center closes
24 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:30 pm BINGO	25 9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	26 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 12:30 pm Cribbage	27 10:00 am Watercolor Class 1:00 pm Tai Chi 9:00 am – 3:30 pm AARP Tax Clinic	28 10:00 am Strength & Balance 12:00 pm Senior Center closes
31 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 pm Mah-Jongg 12:00 pm Lunch (Pizza lunch) 12:30 pm BINGO				

Hopedale in Winter

Right, a family ice fishing on the Mill River.



Left, the bandstand at the Town Park surrounded by snow and ice from February storms. The nearby playground is immobilized by several inches of ice.



Above, the statue of Adin Ballou, founder of Hopedale, looks out over the park named in his honor toward the site of the former Draper Mill Complex, today a vacant lot covered in snow and ice.

Photos by Theresa Knapp

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
01/30/2025	187 Laurelwood Drive	\$424,000
01/17/2025	4 Mantoni Drive	\$570,000

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



The 4-bed, 3-bath, 1,776-square-foot unit at 4 Mantoni Drive in Hopedale recently sold for \$570,000. Image credit: www.zillow.com

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sue@sodellconsult.com



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Coming April 2025
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