

Voters approves \$4 million Town Park renovation

By THERESA KNAPP

After much discussion at this year's Annual Town Meeting in May, residents voted to appropriate \$4 million "for the purpose of undertaking renovations and improvements to Town Park, including but not limited to basketball court, lighting, playground equipment, and baseball field."

The Finance Committee had recommended favorable action on the motion, and two-thirds of the voters attending agreed as well. The motion allows the town to borrow money to fund the project.

Town Meeting also voted to establish a Town Park Stabilization Fund that will help facilitate debt payments; a portion of this year's "free cash," or unex-

pected income, will go into that new account.

At a public hearing in April, Select Board Chair Bernie Stock explained to a standing-room-only crowd that, "From a historical standpoint, this is really an interesting point in the history of the Town of Hopedale because most of the, what I consider to be, extraordinary things in town were basically the efforts of either the Draper Family or the Draper Corporation. This is probably one of the first chances, other than Mellen Field...to see if we can do as good a job as they've done."

At the April 14 hearing, Town Administrator Mitch Ruscitti described the two

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Making A Name For Himself in Track

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Growing up in Hopedale Ben Stone enjoyed playing baseball and soccer and although he liked taking part in the sports, he really loved the part where he had to run.

"My dad was a runner and he told me that it was fun and since I enjoyed running in my two sports I gave it a shot during the winter of seventh grade," Stone said. "I started out slow with the sprints, found out that I got into it pretty quickly and I was one of the better seventh grade runners."

Stone quickly realized that running is such a different experience to the other sports that he was taking part in. Running for Hopedale he noted that he was part of a team, but one in which you are running against yourself.

Although only a seventh grader on the high school team he was not intimidated by the older athletes, in fact he found the juniors and seniors to be welcoming and willing to help him in any way that they could.



It was around the second week of the season when Coach Joe Drugan approached Stone after watching him during spring drills; the ensuing conversation totally change Stones future.

"Coach Drugan pulled me aside and after telling me that I was fast, asked me what other sports I did," Stone recalls. "After telling him baseball and soccer he told me not any more — you're

running track from here on out. It was the best decision of my life."

Drugan noted that he saw a blazing speed in the young runner and knew that he could get him to improve.

"He is an all-around runner,

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concepts proposed by design consultants Tighe & Bond.

“Both designs incorporate similar placement for the [varsity and professional sized] baseball field; a play space that is renovated using ADA-compliant materials and new equipment; a swapping of locations between the [tennis/multi-use] courts and the basketball court; a green area on the right-hand side of the playground, just green space for leisure activities.”

Both designs would have the same size capacity for varsity baseball and field hockey, the fields are currently sloped and will be raised and flattened; and the tennis courts are “multi-use courts,” which will be striped for multiple sport use including tennis, pickleball, and potentially street hockey.

Design Option 1 calls for the baseball field to be pushed inward to provide more open space on the Dutcher Street side. That design also provides for a walking path around the perimeter of the park; and provides a “full-sized flex field in the outfield of the baseball diamond” for field hockey and soccer.

Ruscitti said he has confirmed with Hopedale Public Schools Athletic Director Stephanie Ridolfi “that the fields were acceptable with MIAA for play; in addition to the tennis courts being acceptable for tournament play. This would constitute a return of the Hopedale tennis teams to Town Park after a lengthy absence.”

Design Option 2 includes a similar swap of the tennis courts and basketball court; the green space is decreased on the Dutcher Street side; this does not include a walking trail around the parcel.

Ruscitti said, “The only real difference here is you get less green space on the Dutcher and Freedom Street side for leisure activities, and just more ballfield space - not that it makes a difference in the quality of play, it would just be a different aesthetic and different uses for some of those green spaces.”

The redesigned Town Park would have several entrances including one at Dutcher and Freedom Streets that could accommodate an ambulance, if needed.

Ruscitti said the designers have identified a list of fruit and ornamental trees, and other plantings, that can be used in the park.

There had previously been a third option but it was eliminated because it would not allow for high school and baseball play.

The cost of the project, outlined in April, was \$4,433,260,000, the cost included site work, drainage improvements, groundwork and surfacing, walkways, walkways, multi-use courts, basketball court, baseball field, and landscaping.

Ruscitti said the project would be funded “without incurring the use of an override or a debt exclusion or any adverse impact on anyone’s property taxes whatsoever.”

He added, “We just paid more than this for a roof on the high school so, to put it in

Hopedale Town Park was established in 1900. It was designed by Boston architect Warren Henry Manning, who began his career working with Frederick Law Olmsted, Sr., whose firm designed Boston’s Emerald Necklace and Arnold Arboretum, and New York’s Central Park.

According to the National Park Service, “Manning formed his own Boston-based firm in 1896 and worked on projects as wide-ranging as planning mining towns in Michigan’s Upper Peninsula to designing private estates,” including the Hopedale home of Gov. Eben S. Draper.

perspective...this Town Park project is something you really only touch once every several decades.”

At the public hearing in April, Park Commission Chairman Mike Costanza spoke in support of the project and suggested adding a dedicated pickleball court. Of the proposed playground, he said, “It would be a state-of-the-art playground area in line with the best around here... this would be as good, if not better, than all of those. It’s something this town should really consider doing because this might be our only time to do it.”

The amount approved at Town Meeting was \$4 million.

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probably the best 800 m runner I have ever seen,” the Hopedale Coach said. “Since getting here in seventh grade he has improved



so much. He goes out and does his job and does it the right way. He’s become tough to beat.” Stone did note that while Dru-gan can be a little crazy, he has the best intention at heart and when he takes an interest in a runner, t’s for good reason.

Following his first winter season, Stone continued with the spring team where he would qualify for the middle school state tournament I the 100 and 200-meter dash. And if running two seasons of track wasn’t enough, he soon found out that cross country was just another reason to run. “I came home one day to find out that my mother had signed me up to take part in a 5K,” Stone said. “I went out and won my race in my age group and found that I loved running the 5k

so the next fall I joined the cross-country team.” Over the next two years Stone began to carve a name out for himself. In the mile he has run a 4:36, a personal best and the fastest time on the team. Stone has also out up personal best times in the 400 (0:56), the 800 (2:06) and the 2-mile (10:32), while being named to all the

Dual Valley Conference (DVC) All Star team in all three seasons. Stone also has broken the school record in the 1500-meter with a time of 4:27 taking 11 seconds off the previous record. While he finds his overall times to be good, Stone firmly believes that there is always room for improvement. This year as a sophomore he took home the DVC Champion-

ship in the mile and 1000-meter during the winter season and captured the Championship in both the mile and 2-mile event during the outdoor season and did so in amazing fashion. Stone had to run the 2-mile first and knew that with the teams best runner (Ben

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Bancroft Memorial Library

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

Library News

The Library will be closed on Friday, July 4th and Saturday, July 5th in observance of the Fourth of July holiday.

Our Summer Hours begin on July 11th. For the month of July and August, Friday hours will change to 10:00am-2:00pm.

Community Conversations – Wednesday, July 2nd at 6:30pm
Community Conversations will meet in the Program Room to talk about “Ideas for the Mid-term Elections.”

News from the Friends of the Hopedale Library

Help support the Friends of the Hopedale Library! Did you know that you can shop our Ongoing Book Sale anytime the Library is open? We offer a selection of adult and children’s titles and even puzzles! You can find the sale area downstairs just outside the Program Room. All monies raised go back to the Bancroft Memorial Library to pay for children’s and adult programs, museum passes, and other expenses not covered by the Library budget.

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:

Daily Summer Reading events!
For more details and to register, visit our Event Calendar at www.bancroftmemoriallibrary.org

Mondays: Big Events

July 7th: The History of Nintendo from 4-7pm (All ages, registration required)
July 14th: Play life-sized games from 1-7pm (All ages, no registration required)
July 21st: Virtual Reality play for Teens 4-7pm (12-18 years old, registration required)
July 28th: Magic with George from 6-7pm (All ages, registration required)
For more details and to register, visit our Event Calendar at www.bancroftmemoriallibrary.org
Tuesdays: Tummy Time Summer Reading Style at 10:30am, ages 0-18 months Drop in for some safe and comfortable movement and socializa-

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Powell) out he had to pick up the slack to help the team.
“It was nerve racking, but I knew the guy who was the best runner in this event and decided to just stay with him the whole race,” he said. “When it came down to the end I just out-sprinted him for the win.”
After winning the DVC 2-mile Championship Stone had a mere 15 minutes to catch his breath and regroup before he was to run the mile.
“I went into that race giving it everything that I had although I was so tired at that point. I just kept thinking that I had to keep going, I had to cross that finish line,” he said. “To win the mile was a great feeling, but one that was so crazy. I never thought that I could do something like this two or three years ago when I was first starting out.”
Coming into this year, his sophomore campaign, Stone knew that he had some big sneakers to fill as it would be the first year for Hopedale without the talented Jackson Hunt running and earning points for the Blue Raiders. Having captured the DVC Titles, Stone is getting ready to take his running onto

the State Tournament stage where he will participate in a relay and the mile representing Hopedale.
With still another two years of running all three seasons for the Blue Raiders Stone is hoping that he can break 16 minutes in the 5K and below 4 minutes in the mile.
“I am currently at 16:56 in the 5k and the way my times have been decreasing consistently over the years I should be able to get to a sub-16-minute time,” he said. “As for the mile it will be difficult, but I am going to try. I know that I can get it at least to 4:20, but I am going to work hard, train and push my body to the max.”
Although Stone still has two more years remaining at Hopedale to take part in another 6 seasons of cross country and track he definitely wants to continue to run following high school. Stone is hoping that his talents take him to a Division 1 College where he can continue to run as far as his body will allow him to go. He knows that he has just finished his sophomore year and has time for colleges to approach him in the future. They way that he has been running, it shouldn’t be too long before colleges are reaching out to him to come run for their program.

localtownpages

Published Monthly

Mailed FREE to the

Community of Hopedale

Circulation: 2,576

households & businesses

Publisher

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Editorial

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Ad Deadline is the

15th of each month.

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Summer Reading Program theme is ‘Level Up at Your Library’

Registration begins June 2, programs run June 23 to Aug. 15

The Bancroft Memorial Library’s Summer Reading Pro-

grams begin on Mon., June 23, and end on Fri., Aug. 15.



gram 2025 is just around the corner, and the library is excited for eight weeks packed with fun, creativity, and adventure.

This year’s theme is “Level Up at Your Library!” and there is an amazing lineup of shows, games, and events planned for all ages.

Registration opens June 2 and

Every week, there will be different games, movies, and outdoor activities, including:

Mondays: Special events hosted by One Up Games, Snapology and Magic with George

Tummy Time Tuesdays: Tummy Time for babies,

featuring a new theme each week

Wednesdays: Game Night

Thursdays: Picnic storytime & playtime

Friday matinees: Cool down in the Library’s air conditioning with a movie

Builder Saturdays: Get creative with LEGOs

There are Grand Prize Raffles

for all age groups (adults too!) so everyone has a chance to win.

Mark your calendars now for the Summer Reading Kick-Off event on Mon., June 23 from 4 p.m. to 7 p.m. when the inside of the Library will be turned into a mini-golf course with 9 holes of

glowing LED mini golf.

For more information, visit the Event Calendar at www.bancroftmemoriallibrary.org

The library would like to extend its congratulations and gratitude to the Friends of Hopedale Library for securing a grant with UniBank that will support four of its Summer Reading programs with One Up Games. They are

deeply grateful to UniBank for funding this grant and for their commitment to promoting literacy and supporting the Hopedale community.

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July 8th: Make food safe Sensory Dough
July 15th: Video about Baby Signs
July 22nd: Make Tummy Time Squishy Bags
July 29th: Make a Look and Find Bottle

on and maybe your lunch too. If inclement weather occurs, we will move the Story Time inside to the Program Room across from the Children's Room - so join us each week, rain or shine!

Wednesdays: Game Night at the Library from 5-7pm

July 2nd: Family Game Night (All ages welcome, no registration required)
July 9th: Video Game Trivia Night with Prizes for Teens (12-18 years old, registration required)
July 16th: Play Classic Games (All ages welcome, no registration required)
July 23rd: Snack Tasting and Reviews for Gaming Teens (12-18 years old, registration required)
July 30th: Books For Bingo (All ages welcome, no registration required)
For more details and to register, visit our Event Calendar at www.bancroftmemoriallibrary.org

Thursdays: Picnic Story Time

7/3, 7/10, 7/17, 7/24 & 7/31 from 11am-12pm
Outside Story Time at the Bancroft Library! Drop in and join us on the lawn near the Statue of Hope. We will share a story, socialize, dance and play with bubbles. Bring something to sit

Fridays: Movie Matinees

7/11, 7/18 & 7/25 from 11am - 1pm
Movies at the Library? YUP! Drop in at the Library to beat the heat or just to enjoy a fun, family friendly movie! (G or PG titles only). You can bring a snack, a blanket, a stuffy and even come in your PJs! Stop by or call the Library to find out what the movie is; with the Summer Reading theme being "Level Up", all of the movies will have a video game connection!

Saturdays: Legos

7/12, 7/19 & 7/26 from 11am - 1pm
Drop in every Saturday and build with Legos, Duplos, Mega Bloks and foam blocks. We will display your creations throughout the week.

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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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,

Business spotlight

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 bothered 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.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

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!

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Rain dates on Thursdays
July 9 ** Fantasy Big Band Swing to contemporar
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Food truck: Three Sons Grilled Cheese
July 16** Elastic 5 Pop, rock, and folk
Pre-concert Fun with DJ Mike at 5:30pm
Food truck: Three Sons Grilled Cheese
July 23 ** The Pub Kings Electro acoustic quartet
Food truck: Joey D's Wingz & Thingz
Pizza, snacks, and beverages available from the Boy Scouts and the Cultural Council
**Sign up at the Council concession for a free gift card giveaway

Join us on Facebook: Hopedale Cultural Council – Community Organization

Pomp, Pageantry, and Pride

BVT Celebrates the Class of 2025

UPTON – The Blackstone Valley Tech Class of 2025 Commencement Ceremony was held at the DCU Center in Worcester on May 29th. The evening ceremony celebrated the accomplishments of its graduates with all the pomp, pageantry, and pride they so richly deserve.

“Since their first day at our school, I encouraged this class to put in their best effort and work their hardest and to leave Valley Tech just a little bit better than they found it,” said Principal Mr. Anthony E. Steele II in his opening remarks. “The Class of 2025

met that challenge. They have been outstanding stewards of their school, and after tonight, I have no doubt that they will honorably carry that torch as BVT alumni. Personally, the Class of

The speakers eloquently articulated lessons and moments that shaped their high school experiences. Jayden Quang of Millbury, Valedictorian, shared how minor im-



2025 will hold a special place in my heart as they are the last class I will see through as Principal before transitioning to my new role as Superintendent next year.”

The ceremony included a salute to the flag and the playing of the national anthem. Next, Yvette Martin, Director of Student Services, delivered the benediction. Then, Haley and Abigail Bilodeau of Douglas delivered a musical performance.

provements (one measly percent better than the day before) make all the difference.

Nathaniel Cook of Blackstone, Class President, expressed pride in being a ‘Beaver’ for life. To be a Beaver is to embody these attributes: adaptable, clever, persistent, and capable of building your own success.

Kallie Allen of Hopedale, SkillsUSA National President, spoke of the gap between

BVT

continued on page 11

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Glenn Brown, CFP

Once David Letterman had a frequent guest and favorite musician of his, Warren Zevon, on for an entire show. Zevon, who disclosed his terminal cancer, performed and interviewed throughout. Dave at one point asked, “Anything you know now, that I should know?” to which Zevon wittily deadpanned, “Enjoy every sandwich.”

Those raising children and helping aging parents often feel rushed and are distracted thinking about what’s next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I’m a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

After 60 years in their New Hampshire home, my parents were struggling with their health and finding it increasingly difficult to maintain their independence. The stress weighed heavily on my mother, as she was becoming a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston, here’s some antidotes for Sandwichers:

Small talks instead of “The Talk”. Families don’t like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. I’d gain small agreements, then change the subject to continue building a framework for a mutual plan.

Bring in outside mediators. My aunt shared with my mom that time is not your friend. She emphasized the positives and encouraged to act now, rather than later, when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

Define their plans for wellness. Far too often, adult children tip-toe around aging conversations with parents for fear it may come across as morbid or worse, inheritance focus. These conversations need to focus on their future ideas of wellness. What is it they foresee for a surviving spouse? When they can no longer remain independent? By having these talks when both parents are in

good health, it defines their expectations and allows planning a foundation with greater flexibility.

Your spouse’s support is critical. Very fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as “you’d want your daughters to treat you the same someday”.

Through the eyes of a child. It’s not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health and activity improved due to the energy and motivation brought daily by our girls.

Sometimes timing is everything. I couldn’t imagine the anxiety and ill-advised actions my parents would have faced on their own since fall of 2018. Nor would I have wanted to see my mom on her own this past year and moving forward.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting memories.

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

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

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BVT Celebrates Skilled Seniors

5th Annual Career Signing Day Held at BVT

UPTON – The Cooperative Education (Co-Op) program at Blackstone Valley Regional Vocational Technical High School (BVT) held its 5th annual Career Signing Day on May 27th. The ceremony recognized the senior Co-Op and career placement students, who proudly announced their career or military plans and signed a commitment

letter to work with their employer after graduation.

Vocational Director Kerri Baltramaitis welcomed the soon-to-be graduates, parents, instructors, industry partners,

onstrating the program's positive impact on the local community.

During the ceremony, employment contracts were signed with representatives from local companies, such as: A Custom



Sophia Blalock of Mendon, a 2025 graduate of the Cosmetology program at BVT will continue to be employed as a junior stylist at Traveler Beauty Company.

and school administrators before highlighting the individual student's achievements in their trade area and the Co-Op program. The Class of 2025's remarkable participation in the program led to unprecedented Co-Op numbers, with 167 students involved. Through their collective efforts, the students have completed over 65,000 hours of work since March 2024 and earned an estimated 1.2 million dollars in salary. The Co-Op experience is made possible by the growing number of local businesses that partner with the school and students each year, ultimately dem-

Company, ACE Temperature Controls, A&L Plumbing-Heating & Cooling, All Air, A.S. Jones, Bellingham Imports, Carter Electric, Centerline Mechanical, Control Point Mechanical, Countryside Healthcare, Curtis Septic Services, Desimone & Sons Construction, Earthworks, Energy Electrical Contractors, Giroux Electric, Harris Construction, Hydrus Controls, J.S. Mortimer, Kennedy Excavating, Koopman Lumber, LEI Corporation, Patrick Subaru, Paiva's Plumbing & Heating, Precision Home Services, Primetals, Renaud Electric & Communications, Tegra Medical, Traveler Beauty Company, and Window Logic, in addition to military services, which included the Massachusetts Army Reserves and the United States Navy.

While many students signed contracts at the ceremony, several more who could not attend due to work conflicts are headed directly to industry careers. Joining the skilled workforce, these modern vocational students transition directly from high school into high-skill, high-wage employment and continue to gain experience through full-time employment and on-the-job training.

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Living Healthy

Summer Eye Safety

Stay Safe This 4th of July

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

We all use sunscreen to protect our skin, but it's important not to forget your eyes. Summer means more time outdoors, and sunlight can be harmful to your eyes just as it is to your skin. Bright sunlight increases the risk of cataracts, macular degeneration, and even eye cancer. This risk is the same when using indoor tanning beds, so protecting your eyes from artificial UV light matters as much as shielding them from natural sunlight. If you're spending time at the beach or pool, be aware that sunlight reflecting off water and sand can cause photokeratitis, a painful condition sometimes called snow blindness.

Everyone, regardless of age or skin color, is vulnerable to UV damage, but children are especially at risk because their eyes

absorb more UV rays. People with light-colored eyes may also be more susceptible to certain eye diseases linked to UV exposure, including eye cancer. Additionally, people with eye conditions like retinal dystrophy might be more sensitive to UV damage.

One of the most common eye problems linked to sun exposure is cataracts, which is a clouding of the eye's lens. The lens needs to be clear to focus light properly on the retina for good vision. Years of sun exposure are a major factor in cataract development, which is why cataract surgery is the most frequently performed surgery in the United States.

Despite the risks, many people don't realize how important it is to protect their eyes from UV rays. A survey by the American Academy of Ophthalmology found that only about half of



those who wear sunglasses check whether they block UV light. Fortunately, protecting your eyes is simple. Sunglasses should be labeled as providing 100% UV protection or UV400 to block both UV-A and UV-B rays. Choosing wraparound styles helps prevent UV rays from entering around the edges. Even if you wear contact lenses that block UV rays, you still need to wear sunglasses for full protection. Wearing a wide-brimmed hat along with your sunglasses adds extra defense from sunlight.

Children need special care too. It's best to keep them out of direct sunlight during midday

when the sun's rays are strongest, and make sure they always wear sunglasses and hats when outside. Many people think clouds block UV rays, but this is not true; the sun's rays can pass through clouds, haze, and fog, causing damage at any time of the year—not just in summer. Be especially cautious when near water, snow, or at high altitudes, where sunlight is more intense because it reflects off these surfaces.

With these simple precautions, you and your family can enjoy the summer safely while protecting your vision.

Fireworks: Enjoy the Celebration Safely

With Independence Day approaching, many people look forward to fireworks. While professional displays are generally safe, backyard fireworks can cause serious injuries. Most firework injuries happen between late June and late July. Each year about 16,000 people go to emergency rooms because of fireworks-related injuries, and there are roughly 18 deaths. The number of minor injuries that don't require ER visits is even higher.

Many people believe those lighting fireworks are at the highest risk, but it's the bystanders who are most often hurt. About 65% of firework-related emergency room visits are by people watching from the sidelines. Injuries most commonly affect hands, fingers, legs, head, face, ears, and arms. Small fireworks and sparklers, often considered safer and used near children, still cause many injuries.

Eye injuries from fireworks can be especially devastating. The eyes are very delicate, and sparks, flames, smoke, or flying debris from fireworks can cause permanent damage. Common eye injuries include scratches on the cornea, detached retinas, ruptured eyeballs, and burns. Any injury to the eye should be treated as a medical emergency. If you suffer an eye injury from fireworks, seek immediate care. To avoid risks, leave fireworks to the professionals and enjoy a safe celebration.

Advances in Cataract Surgery

If the sun caught up with you and you now have cataracts and need surgery, new technology can greatly improve your results.

Bladeless laser cataract surgery is a major advancement that is FDA-approved and widely used by leading ophthalmologists. This method offers greater precision and safety compared to traditional surgery and often allows correction of astigmatism at the same time, resulting in better vision outcomes.

Why Choose Milford Franklin Eye Center?

At Milford Franklin Eye Center, we provide high-quality sunglasses with full UV protection at our optical service. For those needing cataract surgery, Dr. Roger Kaldawy was the first surgeon in the area, and among the first in Massachusetts, to offer bladeless laser-assisted cataract surgery. Dr. Dan Liu in our practice, offers the same services. We use premium lenses that correct vision at all distances, including near, far, and everything in between. Thanks to bladeless laser technology, even patients with astigmatism can now enjoy excellent results.

Our surgeries take place in a certified, accredited surgery center in Milford, where an anesthesiologist is always present to ensure your safety and comfort. This level of care is not typical for all practices; some perform surgery in-office without an anesthesiologist, which is not endorsed by professional societies or Medicare. If you have been offered office-based cataract surgery, call us for a second opinion.

With more than 24 years of experience and tens of thousands of procedures performed, we are proud to offer state-of-the-art medical and surgical eye care to our community. Your vision comes first with us.

Protect your eyes this summer by wearing proper sunglasses, using hats, avoiding direct sun during peak hours, and celebrating holidays safely. If it's time for cataract surgery, advanced options are available to restore your vision better than ever. At Milford Franklin Eye Center, we're here to help you see clearly for many summers to come.

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Going, Going, Gone! BVT to Comply with Records Regulations

*Class of 2018: Destruction of Student
Records is August 7th*

UPTON – Attention Blackstone Valley Regional Vocational Technical High School Class of 2018. Per state and federal regulations, temporary student records, including special education files (IEP), 504 plans, and student health records, shall be destroyed seven years after the student leaves the school. For the Class of 2018, this date is August 7, 2025.

Members of the Class of 2018 may request their temporary student record (any information not contained in their transcript) before the August 7th shred date by written request. If you want to obtain your record, please send a writ-

ten request indicating the year of graduation and your name while in school to Blackstone Valley Regional Vocational Technical High School, Student Services Record Dept., 65 Pleasant Street, Upton, MA 01568.

Student transcripts (a record of grades) shall be destroyed 60 years after the student leaves the school. For the Class of 2018, that date is August 1, 2078. An alum from that class may request a transcript from their graduation date: May 2018 through August 1, 2078.

If you want to retain your records, learn how at: www.valleytech.k12.ma.us/studentrecords.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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7	8	9	10	11
9: 00 am Free Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah -Jongg 12:30 pm BINGO	9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	9:30 am Low Impact Exercise 11:00 am Meditation 12:30pm Cribbage	9:00am Walking Group 10:00 am Watercolor Class 10:15 am Pilates 1:00 pm Tai Chi	Senior Center closes at 12:00 pm
14	15	16	17	18
9: 00 am Free Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah -Jongg 12:30 pm BINGO	9:00 am Yoga w/ Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	9:30 am Low Impact Exercise 10:30 am Nurse Clinic 11:00 am Meditation 12:30pm Cribbage	9:00am Walking Group 10:00 am Watercolor Class 10:15 am Pilates 1:00 pm Tai Chi	Senior Center closes at 12:00 pm
21	22	23	24	25
9: 00 am Free Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah -Jongg 12:30 pm BINGO	9:00 am Yoga w/ Crystal 10:00 am Photography 12:30 pm Mah-Jongg 12:30 pm Bridge	9:30 am Low Impact Exercise 11:00 am Meditation 11:00 am Registry of Motor Vehicles Program 12:00 pm Lunch 12:30pm Cribbage	9:00am Walking Group 10:00 am Watercolor Class 10:15 am Pilates 1:00 pm Tai Chi	Senior Center closes at 12:00 pm
28	29	30	31	
9: 00 am Free Panera 9:00 am Bridge 9:30 am Low Impact Exercise 12:00 pm Mah -Jongg 12:00 pm Lunch at Senior Center 12:30 pm BINGO	9:00 am Yoga w/ Crystal 10:00 am Photography 12:30 pm Mah-Jongg 12:30 pm Bridge	9:30 am Low Impact Exercise 11:00 am Meditation 12:30pm Cribbage	9:00am Walking Group 10:00 am Watercolor Class 10:15 am Pilates 1:00 pm Tai Chi	

Senior Center needs 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.

Presentation and a pizza lunch

Wednesday July 23, 2025
11:00 am Hopedale Senior Center

The Registry of Motor Vehicles Presents:

"Driving Decisions" and The Real ID Simplified

The Registry of Motor Vehicles' (RMV) "Driving Decision" workshop is an interactive discussion about older driver safety and mobility.

The Real ID discussion will cover the difference between a Standard driver's license/ID card and a Real ID driver's license/ID card, documents needed to obtain a REAL ID and renewing a Driver's License or Identification Card. Sign-up required by 7/21/25.

Program is free of charge. 20 person maximum.

Catch Connect is a hit

The on-demand (book same day, at the time you are ready to travel), similar to Uber and Lyft, shared ride service, provides flexible curb to curb, accessible transportation to those living, working, and visiting, in the allowable service area (Milford and Hopedale).

Riders can book trips on this service directly through their phone via the MWRTA Catch App. No smartphone? No problem! Users can also contact the MWRTA Call Center at (508)283-5083, and a representative will assist with booking your trip over the phone.

The Hopedale/Milford Catch Connect service will operate: Monday through Friday, 10:00 AM - 6:00 PM

Riders can travel between any two addresses within Hopedale and or Milford, as well as connect to Fixed Routes 6 and 14 in Milford, to travel further into the MWRTA service region.

For updates, and more information on how to use Catch Connect and the MWRTA Catch App, please visit www.mwrt.com/catch

You may also call the Hopedale Senior Center at (508)634-2208 for additional information. We are so excited about the availability of this service!

Hopedale Council on Aging Presents...



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Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
06/16/2025	54 Dutcher Street #3	\$275,000
06/13/2025	5 Fieldstone Way	\$740,000
06/09/2025	135 Mendon Street	\$365,000
06/04/2025	13 Inman Street	\$565,000
06/04/2025	5 Inman Street	\$375,000
05/30/2025	328 S Main Street	\$475,000
05/30/2025	332 S Main St. (.46 acre lot)	\$205,000
05/30/2025	226 Mendon Street	\$500,000
05/29/2025	29 Hammond Road	\$715,000
05/27/2025	266-266A S Main Street (.28 acre lot)	\$160,000



The 1-bed, 1-bath, 942-square-foot unit at 54 Dutcher Street, Unit #3, in Hopedale recently sold for \$275,000. Image credit: www.zillow.com

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

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