

localtownpages Hopedale

Vol. 12 No. 6

Free to Every Home and Business Every Month

October 1, 2025

New Town Park Logo Contest Winner

Giuliana Spavento's entry was chosen as winner of the Hopedale Town Park logo contest.

Over the summer, the Town Administrator's office and the Hopedale Public Library ran a Hopedale Town Park logo contest for town youth, with the goal of providing a new logo for the project about to start.

Pictured here is her original drawing, and the drawing after it was run through a computer program so that it could be printed on materials to celebrate the new project



LOGO

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No Bids For Town Hall, What Now?

By SUSAN MANNING
STAFF WRITER

What do you do when you can't afford to update or maintain a building in town?

You sell it.

But what if there are no buyers?

That's the exact conundrum the town of Hopedale is experiencing right now.

Potential buyers had until September 1 to submit a bid for the Town Hall building, which residents voted to sell at the spring town meeting. The price tag of \$20 million to renovate the building was too high for the town to afford.

None came in.

Town Administrator Mitch Ruscitti said much of the problem is the cost prohibitive nature of the project.

"To echo Board member [Bernard] Stock's comments—this building was never designed to be a Town Hall. With no more than 11 staff in this building at any given time, the cost to keep this building operational for the Town is not economical, nor is the amount of space required," he said.

So what happens now?

According to Ruscitti,

BIDS

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LOGO

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when the park reopens in the Spring.

Groundbreaking will be Oct. 4, hosted by the Town of Hopedale Parks Commission and Selectboard.

This will serve as a last chance opportunity for families to enjoy the old playground before it's replaced with all new equipment and play-spaces.

Congrats to the Spavento family on a beautiful drawing that celebrates the vibrancy of the community and the importance of the park! Spavento will be treated to a pizza party at the library with 30 of her friends/classmates donated by the Ruscitti family.

A BIG thank you to Librarian Keely Bethel-Penny and her amazing Board of Trustees for dovetailing this with the summer reading program, which also had record participation!

Officer, Chief Keep Gates Open



Local police officers do a lot more day-to-day than folks realize. Last month, Hopedale Police Department dealt with an emergency situation where the railroad gates were stuck in the "down" position, blocking traffic on Rt.16, a major route for traffic and ambulances.

According to a Facebook post, while waiting for railroad staff to respond, HPD Officer Barry Costello and Chief Giovannella manually held open the gates to ensure the flow of traffic.

In this instance, Officer Costello's civilian passion for competitive bodybuilding certainly helped, as that gate looks heavy.

When reached for comment about the incident, Officer Costello only had this to say: "never skip leg day."

BIDS

continued from page 1

the search continues for a fiscally advantageous way to develop and restore the building.

"The Town will seek to explore tax increment financing (TIF) options or other incentives to place on the building to help foster development.

"As the Town has expressed repeated desire to preserve the aesthetic of the building but have simultaneously repeatedly voted down money for necessary repairs, the Town must move forward with the relocation of the offices to 54 Hopedale Street. Long term, this is the best proposition for the Town, as we have been trying (unsuccessfully to this point) to acquire the building for about 20 years," said the administrator.

Based on discussions with local builders, apartments seemed to be the most fiscally sound option.

"The feedback we received from reputable local builders was that the most likely avenue for development with the great-

est potential return on investment (ROI) for this building would be rental apartments, like what was done at the St. Mary's (Middle School East) building next door.

But that avenue is not without concern.

"However, enough units do not fit in the current structure's blueprint to offset the cost of development. This is concerning because office space in this corridor rents very low - so if it doesn't work for housing it won't work for anything. This is why we are exploring tax incentives for development and will be discussing this further. It will help a reputable developer develop the building and lower the ROI time to where it is palatable," he said.

Despite the roadblocks, the town is not giving up.

"We remain committed to preserving the architectural significance of the parcel moving forward and look forward to working with a reputable firm or individual that would like to take this project on," said Ruscitti.

localtownpages

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

Publisher
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Milford, MA 01757

Ad Deadline is the
15th of each month.

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Local Cultural Council Program

OPEN NOW / DEADLINE: Oct. 16

Who can apply: Individuals
and Organizations

Every community in Massachusetts is served by a Local Cultural Council (LCC), led by municipally appointed volunteers who administer an annual grant program to support local cultural projects. Individuals, groups, and organizations may apply. Grant amounts vary, and applications are submitted directly to each LCC.

www.massculturalcouncil.org

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Art Show Built on Collective Joy

The Hopkinton Center for the Arts (HCA) is pleased to announce that it will be hosting Real F.R.I.E.N.D.S in the Lotvin Family Gallery.

Artist and curator Jamaal Eversley presents an eclectic mix of collaborative artworks created between friends who reside in and around Hopkinton, artist pairs from his “Real F.R.I.E.N.D.S” collective and professional artist collaborations across the state. This exhibition will show how a successful collaborative process strengthens communal bonds and generates dynamic creations.

“Real F.R.I.E.N.D.S” calls upon different communities to work together to find collective joy and ways to move forward in these unpredictable and sometimes unsettling times. It shows that we cannot be our best selves without working with our neighbors.

Jamaal Eversley, from Randolph, has been a professional artist and community organizer since 2010. He has planned, promoted and produced dozens of family oriented exhibits featuring his and others' artwork in local town libraries and art galleries. He worked with The Hopkinton Center for The Arts in 2022 to bring "The Bold & Beautiful Show" there and give scholarships to several teens in the surrounding towns. At that time, he went into neighboring high schools to speak with the teens about what proudly made them who they are. During his second iteration of the art exhibit entitled "Real F.R.I.E.N.D.S", he was honored to have it showcased at The Boston Mayor's Office Art Gallery.

Hopkinton Center for the Arts invites the public to attend the opening reception on October 17, 2025, at 6PM. Also join us for a “Friendsgiving” event



on Friday November 14th at 7PM, where you can meet and break bread with the artists. We encourage you to come to make connections and collaborations of your own.

This exhibition of Real F.R.I.E.N.D.S alongside the Friendsgiving is made possible by grants from the Massachusetts' local cultural councils of Hopkinton, Hopedale and Ashland as well as the Hopkinton Center for the Arts!

Entry to view the exhibition is always free. The address is 98 Hayden Rowe St in Hopkinton. The HCA is pleased to offer private and group docent tours upon request. For more details, call 508-435-9222 or visit our website at www.hopartscenter.org

About Hopkinton Center for the Art:

- **Vision:** The region's cultural destination—where passions emerge and the creative spirit thrives.
- **Mission:** Serving individuals of all ages, cultures, and artistic abilities across the MetroWest region, the HCA develops artistic skills, offers outstanding performances



and art exhibitions, and enables visitors to experience art in all forms. Under one roof, we celebrate art through classes and events in visual art, theater, music, dance, ceramics, writing, and film.

About the Lotvin Family Gallery:

Learn about art and learn through art—at any age. Look, imagine, discuss, write, and make. The Lotvin Family Gallery is a space where contemporary art and learning meet. We believe that artists are educators, cultural workers, researchers, public intellectuals, and activists who help us see ourselves and the world in new ways.



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New Energy-Efficient Equipment Enhances Student Meals and Hands-On Learning at BVT

UPTON – At Blackstone Valley Regional Vocational Technical High School (BVT), every new piece of equipment is more than just an upgrade—it's an opportunity to learn, innovate, and grow. Thanks to a Healthy Meals Incentives grant from Action for Healthy Kids, the Food Services program is now equipped with a state-of-the-art walk-in cooler and freezer tailored to its unique needs. This energy-efficient unit not only boosts safety and efficiency in their kitchen but also allows them to store fresh, local ingredients that support healthier meals for its students.

“With an increase in scratch cooking and the ability to store more fresh ingredients, we’re able to prepare restaurant-quality meals that are both nutritious and delicious,” said Chef Eric Carlson, Director of Food Services. “Offering students a wide variety of healthy options supports both learning and lifelong wellness.” Working alongside our dedicated Food Services team, Chef Carlson and Nutri-

tionist Lisa Ciarametaro ensure that every school lunch includes detailed nutritional information to help students and staff make informed food choices.

The benefits of this grant go beyond the cafeteria. Lincoln Shaw, a junior in the Heating, Ventilation, Air Conditioning & Refrigeration (HVAC&R) program, helped install the new system alongside instructor Matthew LaJoie. From setting up refrigeration units to installing ductwork and electrical components, Lincoln gained invaluable hands-on experience with commercial-grade equipment.

“HVAC&R technicians are often called on to work with walk-in coolers and freezers in commercial environments,” said LaJoie. “This was a perfect opportunity for a student to apply classroom knowledge in a real-world setting—right here on our campus.”

As a Healthy Meals Incentives grantee, BVT is proud to partner with the USDA and Action for Healthy Kids to

strengthen its school meal program. Thanks to grant funding, in-house expertise, and student involvement, the Food Services program continues to deliver high-quality, nutritious, and cost-effective meals to its school community—one scratch-cooked dish at a time.

About Blackstone Valley Regional Vocational Technical High School (BVT):

Blackstone Valley Regional Vocational Technical High School serves the towns of Bellingham, Blackstone, Douglas, Grafton, Hopedale, Mendon, Milford, Millbury, Millville, Northbridge, Sutton, Upton, and Uxbridge. Located in the heart of the Blackstone Valley, BVT creates a positive learning community that prepares students for personal and professional success in an internationally competitive society through a fusion of rigorous vocational, technical, and academic skills. For more information about the school, visit www.valleytech.k12.ma.us.



Blueberry Crisp: Whether it's a freshly made blueberry crisp, salad, or wrap, our talented food services team creates the food that students enjoy. *Photos Courtesy of Blackstone Valley Tech*



Chef Carlson: Chef Eric Carlson, Director of Food Services at BVT, is standing in the walk-in cooler, holding a package of milk and a whole pineapple.



Lincoln Shaw: Lincoln Shaw of Northbridge, a junior in the Heating, Ventilation, Air Conditioning & Refrigeration (HVAC&R) program at BVT, helped install the new system.

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Congratulations Officer Kyle Dupuis

The Hopedale Police Department is proud to announce that Kyle Dupuis graduated today from the Fitchburg State Police Academy. Kyle will begin his field training last month. Kyle grew up right here in Hopedale and is a graduate of Hopedale High School. We are excited to welcome him back to serve the community he calls home. Please join us in congratulating Officer Dupuis and wishing him the best as he begins his career in law enforcement!



HOPEDALE WATERCOLOR CLASS

ART SHOW

Re-scheduled to October 30, 2025

Hopedale Senior Center

6:30 pm - Main Hall Community House

Art Show and Reception



We are proud to present the beautiful artwork of Hopedale Senior Center’s Watercolor class participants. Meet our talented artists and their wonderful instructor, Mari Steinmann.

GET NOTICED!

Contact Susanne to find out how you can use this space to reach every resident and business in Hopedale each month!

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Meet Percy & Luna – A Playful, Gentle Duo Looking for Their Forever Home



Percy and Luna are two sweet 1-year-old cats who met at the shelter and quickly became a special little duo. Ever since they found each other, they’ve done everything side by side — from playing and exploring to napping and slowly learning to trust.

Percy is the more confident of the two, but he can still be shy in new situations. He enjoys being petted — even on

his belly! — and gets especially excited for treats and toys. He’s playful, curious, and becoming more outgoing every day, as long as things stay calm.

Luna is more reserved and sensitive, but incredibly sweet. She’s still shy, especially with new people or sudden movement, but she’s made wonderful progress. She loves other cats and is happiest when snuggled

up next to a feline friend — especially Percy.

Both Percy and Luna love to play, chase toys, and enjoy treats. They may be shy at first, but once they understand they’re safe and loved, they’ll start to show their affectionate and playful sides.

They’re looking for a quiet, calm home with no dogs and no children under 10. Teens or adults with some cat experience would be a great match to help them continue building confidence.

If you’re ready to open your heart to a gentle, loving pair who will bring joy, fun, and quiet companionship, Percy & Luna are ready to find their forever home — together.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Percy & Luna, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Percy & Luna.

HONORING HOPEDALE’S VETERANS

Signs for Hopedale Veterans for the Hopedale Senior Center’s and Community House’s lawn display on Veteran’s Day are available by calling the Senior Center at (508)634-2208.

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Bancroft Memorial Library

Library News

The Library will be closed on October 13th in observance of Indigenous Peoples' Day/Columbus Day.

Cribbage Tournaments

We are excited to partner with Blackstone Valley Libraries to host Cribbage Tournaments! Whether you're a seasoned pro or a beginner, this event is open to players of all levels. Enjoy an evening of strategy, fun, and great company! Registration is mandatory; please contact the hosting Library directly to sign up.

At Millbury Public Library, Wednesday, October 8th 5:30-7:30pm

At Upton Public Library, Wednesday, November 19th 5:30-7:30pm

Helen Symonds Book Group – Wednesday, October 1st at 1:00pm

The group will be discussing Hello Beautiful by Ann Napolitano.

Get help with Jenna – Tuesday, October 14th from 10:30am-12:30pm

Need help with applications or accessing support services? Jenna, a Community Health Worker with the Blackstone Valley Partnership for Public Health, is here to help! She works closely with the Hopedale Board of Health and has a Master's degree from Nichols College, along with extensive experience in healthcare and human services. Whether you need assistance with applications for MassHealth, WIC, Fuel Assistance, or Medicare – or you're looking for support with past-due bills or navigating life's challenges – Jenna can

provide guidance. Schedule a FREE 30-minute appointment with Jenna through the Library's Calendar of Events on the website, or call the Library at (508) 634-2209.

Maker Monday – Monday, October 20th at 6:00pm

This month the adult crafting workshop is Candle Making! Registration is required using your library card. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209.

News from the Friends of the Hopedale Library:

The next Friends of the Hopedale Library Meeting is Wednesday, October 8th at 6:30pm.

Honey Dew Fundraiser – Thursday, October 2nd from 7am to 11am

Stop by either Milford Honey Dew locations for delicious coffee and treats and help the Friends of the Hopedale Library raise funds for programs! No special flyer or code needed. Honey Dew Donuts is generously donating 10% of the sales. A big thank you to them for their support of our community!

Gravestone Girls – Wednesday, October 15th at 6:30 pm

"Welcome to the Graveyard" is a 90 minute illustrated presentation chronicling cemetery art, history, and symbolism. From colonial New England burial grounds of the 1600s & 1700s, through the nationwide rural cemetery movement of the 19th century and into 21st century locations, the program examines why we have cemeteries and gravestones, why they look like they do and how styles and art have evolved over almost 400

years. Please register online on the Library website under Calendar of Events or call the Library at (508) 634-2209

Book Donation Day – Wednesday, October 22nd from 5:30-7:30pm

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 books be published within the last 10 years or later. Unfortunately, we cannot accept old books, textbooks, or cookbooks. We depend on books in saleable condition to raise money to support our programming.

FlowerPower.org Fundraiser

Please support The Friends of the Hopedale Library by shopping our FlowerPower.org fundraiser through October 15th! You can order fall bulbs online and have orders shipped directly to you. The Friends of the Hopedale Library earns 50% which goes right back to the Library. Shop at <http://hopedalelibrary.fpfundraising.com>.

Ongoing Book Sale

Did you know that you can support the Friends of the Hopedale Library anytime the library is open by shopping at the Ongoing Book sale? 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. Thank you for your support!

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:

1st annual Costume Swap – Saturday, October 4th from 10:00am-1:00pm

Join us for a pop-up costume store in the Program Room! When you arrive, drop off a costume (or costumes!) you'd like to swap and receive a ticket. Browse the collection and trade 1-for-1 for a new-to-you costume to take home. If you don't find something you love, no problem – you can take your original costume(s) back or donate for future swaps. You can swap any costume for any other, regardless of size.

Tummy Time Play – Tuesdays 10/7, 10/14, 10/21 and 10/28 at 10:00am, 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 10/2, 10/9, 10/16, 10/23 and 10/30 at 10:00am, ages 18 mos– 3 years

This program is perfect for energetic toddlers! Along with a story, we will work on gross motor skills and play with balls, a parachute, instruments, bean bags, scarves and more. Drop in!

Builder Saturday – Saturday, October 11th from 10:00am-1:00pm

If you love Legos, we've got thousands to play with! Drop in and build with our Legos, Mega Bloks and Duplos. All ages are welcome!

Movie Matinee – Saturday, October 18th from 11:00am-1:00pm

Join us for a Halloween movie at the Library! Bring some snacks, a cozy blanket, get comfy and enjoy a not-too-spooky flick!

Volunteer Saturdays for High School Students – Saturday 10/25 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.

Genre Book Club

This is a book club for readers of all ages who want to discover what they love about reading! With help from Miss Laura, you will find the perfect-for-you book in the genre of your choice. Each time you explore a new genre, you'll earn a colorful genre badge to add to your own personalized bookmark - collect them all as you read your way through different types of stories. There are no required meetings - just sign up with Miss Laura, read at your own pace, and earn badges as you go. It's reading made fun, flexible, and full of discovery!

B.A.S.H. (Bancroft After School Hangout)

B.A.S.H. is a drop-in program for children in grades 4–6. It runs weekly from 2:30pm to 4:00pm Monday through Thursday. Students can walk to the Library from the elementary school and play video and board games, use library laptops or get creative with arts and crafts. This program offers a fun and safe way for kids to socialize after school in a positive environment. Children must be able to contact a parent, guardian, or caregiver in case of emergency and are expected to demonstrate appropriate behavior while in the Library.

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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Your Money, Your Independence

Open Enrollment 2026: Medical Plans & HSAs



Glenn Brown, CFP

Open enrollment is your annual opportunity to review and select the benefits that best fit your health and financial needs. Beyond medical insurance, you'll choose dental and vision coverage, life and disability insurance, tax-advantaged accounts (dependent care, commuter benefits), and retirement savings plans.

One area that often causes confusion is deciding between traditional medical plans and High Deductible Health Plans (HDHPs), along with their powerful partner: the Health Savings Account (HSA). Understanding how these work together can help you make smarter choices for 2026 and beyond.

Choosing the Right Medical Plan

- Selecting a medical plan comes down to two basics:
- **Provider comfort:** Make sure you're satisfied with the in-network doctors and hospitals.
 - **Cost expectations:** Review your historical annual medical expenses and consider whether you anticipate major changes.

If your expenses are generally low and predictable, an HDHP paired with an HSA can be especially attractive.

Why Consider a High Deductible Health Plan (HDHP)?

Lower premiums, higher deductibles: HDHPs typically have lower monthly premiums, but you'll pay out-of-pocket until you reach your deductible.

Potential cost savings: For healthy individuals and families who don't expect large medical bills, the premium savings plus HSA advantages often outweigh the higher deductible.

HSA eligibility: You can only contribute to an HSA if you are enrolled in an HDHP. This makes the plan an entry point to one of the most tax-efficient tools available.

Health Savings Accounts (HSA): Triple Tax Advantage

- In 2026, contribution limits have increased:
- Individual: \$4,400
 - Family: \$8,750
 - Catch-up (age 55+): \$1,000

Why do HSAs stand out? Three reasons: contributions being federal, state, and FICA tax-free; withdrawals for qualified healthcare expenses are tax-free; and balances can be invested for tax-free growth. No other account offers this "triple tax advantage."

Don't Miss the Free Money

Shockingly, more than half of eligible employees don't open or fund an HSA. That's surprising because many employers contribute \$500–\$2,000 per year to jump-start employee accounts. Contributing even \$1 per pay period can unlock hundreds or thousands in employer dollars.

Some companies reward healthy habits: for example, \$400 added to your HSA when you and your spouse complete

annual physicals. Skipping this is like leaving free money on the table.

Real-World Tax Savings

Consider a family in the 24% federal tax bracket who spends around \$4,000 annually on out-of-pocket medical expenses. By funding those expenses through an HSA, they save about \$1,480 in taxes (federal, state of MA, and FICA combined).

Families in higher brackets gain even more. A household in the 32% bracket contributing the 2026 family maximum could save nearly \$3,900 in taxes.

HSAs as a Retirement Strategy

HSAs aren't just about today's medical bills—they can be a powerful long-term planning tool. Some families pay current medical expenses out of pocket and allow HSA funds to stay invested. Over time, this can compound into a substantial tax-free pool of money.

In retirement, HSA dollars can cover Medicare premiums, dental, vision, hearing aids, nursing services, and long-term care insurance. For early retirees, HSAs can even pay COBRA

premiums to bridge coverage until Medicare eligibility.

The Bottom Line

Open enrollment is one of the most important financial planning windows of the year. If you're eligible for an HDHP and HSA, weigh the trade-offs carefully, run the numbers, and don't overlook the employer contributions and long-term tax savings.

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

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

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

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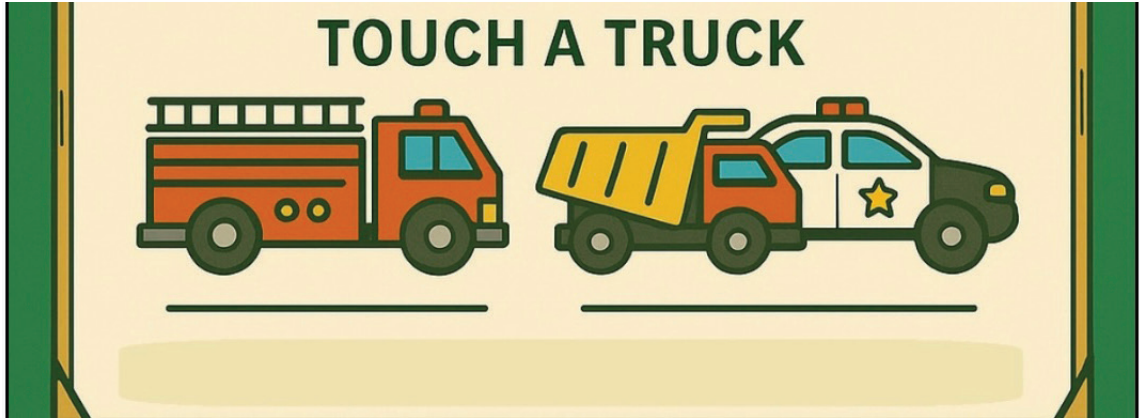
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Town Park Groundbreaking Event

The public is invited to the groundbreaking for the town park on Friday, Oct. 4, at 10 AM. Free ice cream will be available at 10:30 AM.

The town’s Fire, Highway, Police and Water departments will be on hand with trucks and apparatus that will be available for a younger attendees to get up close with.



FREE HOPEDALE FLU SHOT CLINICS

Thurs. Oct. 9, 2025
4:00 pm - 6:00 pm
and
Thurs. Oct. 23, 2025
4:00 pm - 6:00 pm
Hopedale High School
Cafeteria

- Please bring your Health Insurance and or Medicare Cards. Note: HMO and Medicare Advantage Plan Insurances are not accepted.
- Wear Short-Sleeved Top
- You will be required to complete registration information at the Clinic
- Pre-registration is not required



Flu Vaccines are available to individuals age 5 and older.

The Over 65 Flu vaccine will also be available.

***COVID vaccines are available.**

Pre-registration is required for *COVID vaccine 2 weeks prior to Clinic dates.

Clinic Date: 10/9/25
Clinic Date: 10/23/25

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Sports

Final Four and Beyond

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last fall the Hopedale boys' soccer team opened the season with a horrible showing, record-wise, as they were only able to capture a single win in the first nine games.

Despite the lousy beginning, the Blue Raiders turned things around in the second half going 7-2 to give them a record around .500 (8-8-2) earning themselves a number 13 seed in the Division 5 State Tournament.

Once in the tournament Hopedale was able to defeat Mystic Valley 3-2 before falling to Dearborn Academy, the team that lost in the Championship game on penalty kicks, 3-1 in the next round.

Hopedale Coach Greg LaBossiere graduated six starters (his keeper, 2 backs, 2 midfielders and a striker) from that squad but is very optimistic about this year's team and its capabilities.

"With this group of players, I'm thinking at least Final Four this year barring any more injuries," the Blue Raiders coach said. "Even with the new alignment we look pretty good on paper, but when all is said and done, we really don't know a lot about the new teams we will be facing."

This fall the MIAA adjusted the leagues within the state looking to being a more balanced schedule to the schools. Leagues like the Dual Valley, where Hopedale used to reside, were dissolved and replaced with the Central Mass Athletic Conference (CMAC). Hopedale will now be part of group C with the likes of Millbury, Assabet, Leicester and North, where they will play each team twice during the season. Hopedale will also take the field against former DVC opponents once and add non-league games with Blackstone Valley Tech, Uxbridge, Northbridge and Medway.

LaBossiere is looking for Gui Cardoso, an All Division and All State All-Star, to lead the Blue Raiders onto the field and into



the Division 4 State Tournament this fall. Cardoso has been on the varsity squad since his freshman campaign and right from the beginning the Hopedale coach was aware of his skill set on the soccer field.

"He is probably one of, if not the best player on the field at any given time," LaBossiere said. "This year his leadership and maturity have grown with his appointment to a captain. He sees the field well and knows how to open it up giving his teammates opportunity."

The Blue Raiders coach went on to note that despite being in a new league the junior attacker will still be marked heavily by his new opponents as well as the old ones.

Senior tri-captain Josiah Lefever will be moving up from his attack position into the strike role with the loss of Charlie Oliver and will also be interchangeable with Cardoso. The senior, according to his Coach, is hard working athlete that over the past two years has been a lead by example type of player. As a club soccer player, his play has been moving forward and will be looked upon to continue to progress this year. LaBossiere firmly believes that Lefever can be one of the best players within

the league. Last fall he tallied some big goals for Hopedale and the Coach is looking for more out of him this year.

Lefever was moved into the striker position when freshman Oliver went down with an injury and will be lost for a portion of the season. As an eighth grader last year the now freshman found himself called up to the varsity team where he saw a good number of minutes and was able to score six goals during his time with the big club.

"Charlie was going to be looked upon to be one of our scorers," the Coach said. "With his injury he'll be out for awhile and by losing someone of his caliber is obviously tough, but I believe that we have a deep, experienced group of guys who will pick up the slack."

With Oliver sitting on the bench for the foreseeable future LaBossiere is hoping that someone seizes the opportunity to take advantage of the vacancy on the field.

"If someone comes out in Charlie's absence and works hard they could possibly steal a position," LaBossiere said.

The other tri-captain this fall will be outside back Charlie Keyes, an individual that really sets the tone with his work ethic

and is physically a lot stronger this year than he has been in the past. Like Lefever, he too is a club soccer player and brings a shut down defense to his game. He is much more confident as he enters his senior season and should be a real game changer for the Blue Raiders this fall.

Junior center back Sam Dalpe, who is entering his third year with the varsity team is very good on the ball and usually the last line of defense before the goalie. Dalpe will be looked upon to possess the ball in the defensive zone, while controlling it into the midfield. Another junior will be Nate Rutkowski, who will find his way onto the

varsity starting lineup as the team's new goalie. Last fall Rutkowski was primarily the junior varsity keeper, while also the back-up on the varsity team. Although he does not possess a ton of varsity experience on the soccer team, he does on the basketball squad and LaBossiere is hoping that he can translate that experience while bringing his athleticism to the soccer field.

If all goes as planned and the Blue Raiders stay healthy and are able to get Oliver back before the end of the season Hopedale is looking at making an appearance in the Final Four and hopefully beyond.





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Living Healthy

Top 10 Myths in Eye Care Debunked

By ROGER M. KALDAWY, M.D.

When it comes to eye health, misinformation can be more harmful than helpful. Many long-held beliefs about vision and eye care are based on outdated science or pure myth. Let's debunk 10 of the most common misconceptions to help you make smarter decisions about your eyes.

1. Carrots Will Fix Your Vision

Carrots contain vitamin A, which is essential for maintaining healthy vision—especially night vision. However, eating more carrots won't sharpen blurry eyesight or reverse vision problems like nearsightedness or farsightedness. A well-rounded diet with leafy greens, fruits, and fish is better for long-term eye health.

2. Reading in Dim Light Will Damage Your Eyes

Reading in low light may cause eye fatigue or temporary

discomfort, but it won't permanently harm your vision. Your eyes are working harder in dim lighting, which can lead to headaches or strain, but not lasting damage. A well-lit environment simply helps reduce fatigue.

3. Sitting Too Close to the TV Will Hurt Your Eyes

This myth has been around since the days of old box TVs. Sitting close to the television can lead to temporary eye strain, but it doesn't cause permanent eye damage. Children often sit closer because they can focus up close better than adults—but it's not a cause for alarm.

4. Wearing Glasses or Contacts Makes Your Eyes Dependent on Them

Glasses and contact lenses correct your vision; they don't change your eyes themselves. You may feel more dependent on them once you start seeing clearly, but the prescription



doesn't "weaken" your eyes. Vision can naturally change over time, but that's not due to corrective lenses.

5. Blue Light from Screens is Damaging Your Eyes

The concern around blue light has led to a surge in "blue light glasses." But current research doesn't support the idea that

blue light from screens causes permanent eye damage. What people often experience is digital eye strain—caused by staring at screens too long, not blue light itself. The 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds) can help reduce eye fatigue.

6. Eye Exercises Can Cure Vision Problems

While exercises may improve focus or coordination in some rare eye conditions (like convergence insufficiency), they can't correct structural issues like myopia, hyperopia, or astigmatism. No amount of eye rolling or focusing drills will replace the need for glasses, contacts, or surgery when needed.

7. You Don't Need an Eye Exam if You See Fine

Even if your vision is perfect, regular eye exams are crucial. Eye diseases like glaucoma, diabetic retinopathy, and macular degeneration can develop silently, without noticeable symptoms. Early detection through routine check-ups is often the key to preserving sight.

8. Only Older Adults Need to Worry About Eye Problems

Age increases the risk of certain eye conditions, but eye health matters at every age. Children, teens, and young adults are increasingly affected by screen-related strain and dry eyes. Preventative care—like UV protection, a healthy diet, and annual eye exams—should start early and continue for life.

9. Sunglasses Are Only for Sunny Days

UV rays can penetrate clouds, meaning your eyes are exposed even on overcast days. Prolonged UV exposure is linked to cataracts and other serious eye issues. Look for sunglasses that block 100% of UVA and UVB rays—and wear them year-round whenever you're outdoors.

10. You Have to Wait Until a Cataract is "Ripe" to Remove It

This outdated notion comes from older surgical methods. Today's advanced cataract surgeries allow removal whenever the cataract interferes with daily life—no need to wait for it to "mature." In fact, early intervention can often lead to quicker recovery and better visual outcomes.

Misinformation can lead to unnecessary worry—or worse, delayed treatment. The best way to protect your vision is by staying informed, getting regular eye exams, and speaking directly with a trusted eye care professional. Clear vision is about more than just 20/20 sight—it's about making smart, evidence-based decisions to preserve your eyesight for life.

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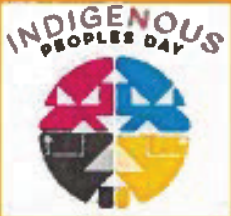
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Hopedale Senior Center Calendar of Activities - October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Cribbage	2 9:00 am Walking Grp. 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm Medicare 101 Seminar	3 10:00 am Low Impact Exercise Senior Center closes at 12:00 pm
6 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 am Mah Jongg 12:30 pm BINGO	7 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	8 10:00 am Low Impact Exercise 11:00 am Meditation 12:30pm Cribbage	9 9:00 am Walking Group 10:00 am Watercolor Class 1:00 pm Tai Chi 4 pm - 6 pm Flu Clinic	10 10:00 am Low Impact Exercise Senior Center closes at 12:00 pm
13 CLOSED FOR HOLIDAY 	14 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance 6:30 pm Medicare 101 Seminar	15 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:00 pm Literature 12:30pm Cribbage	16 9:00 am Walking Group 10:00 am Watercolor Class 1:00 pm Tai Chi 4:00 pm Yoga Nidra Sound Bath	17 10:00 am Low Impact Exercise Senior Center closes at 12:00 pm
20 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 am Mah Jongg 12:30 pm BINGO	21 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	22 10:00 am Low Impact Exercise 11:00 am Meditation 12:00 pm Literature 12:30pm Cribbage 12:30 pm Line Dancing	23 9:00 am Walking Group 10:00 am Watercolor Class 1:00 pm Tai Chi 4 pm - 6 pm Flu Clinic	24 10:00 am Low Impact Exercise Senior Center closes at 12:00 pm
27 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:00 am Mah Jongg 12:00 pm Halloween Party 12:30 pm BINGO	28 12:30 pm Mah-Jongg 12:30 pm Bridge 3:30 pm Dance	29 10:00 am Low Impact Exercise 11:00 am Meditation 12:00 pm Literature 12:30pm Cribbage	30 9:00 am Walking Group 10:00 am Watercolor Class 1:00 pm Tai Chi 6:30 pm Senior Center Art Show	31 10:00 am Low Impact Exercise Senior Center closes at 12:00 pm

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
09/15/2025	105 Greene Street	\$612,000
09/10/2025	5 Gannett Way	\$800,000
09/08/2025	142 Laurelwood Drive	\$425,000
09/03/2025	20 Laurelwood Drive	\$411,000
08/21/2025	2 Spruce Circle	\$629,900
08/20/2025	103 Laurelwood Drive	\$253,030



The 3-bed, 3-bath, 2,218-square-foot unit at 105 Greene Street in Hopedale recently sold for \$612,000. Image credit: www.zillow.com
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