

localtownpages Hopedale

Vol. 13 No. 7

Free to Every Home and Business Every Month

November 1, 2026

Continuing the tradition, MES at Nature's Classroom

For one unforgettable week, the usual hum of fluorescent lights and school bells was replaced by the rustle of pine needles and the crackle of campfires. The sixth-grade class traded traditional desks and whiteboards for muddy trails and open skies during their annual trip to Nature's Classroom, turning hands-on outdoor experience into their primary teacher.

For many students, the trip marked their first extended overnight stay away from home. Bunking together in cozy dorm rooms decorated with pictures from home, mood lighting, basketball door hoops, and some stuffies for their bunks. These classmates



Memorial Elementary School sixth grade students kicked off the year by participating in Nature's Classroom.

became close friends as they learned the art of shared living, learning, and eating together. Mealtimes in the dining hall was a corner-

MES

continued on page 7

Hopedale new cell phone policy in schools

By WYNNE REED '28
STUDENT WRITER

Hopedale Jr. Sr. High School is kicking off the school year with a brand new policy. More specifically, a new cell phone policy. Students in grades 7 through 12 are now required to keep their personal cellular devices in their bags or locker from the first bell of the school day at 7:40 a.m. to the last bell at 2:05 p.m.

Thoughts about the new rule vary between each student, each with their own mixed reactions and even some questioning. With a policy created with the intent of increased focus and connection in the school environment, there is some frustration to this new adjustment. When put into perspective, however, is staying off your phone throughout the school day



A new cell phone policy requires students in grades 7-12 to keep their cell phones in their bags or locker during the entire school day.

really all that bad?

Students all over the country

CELL PHONE

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*Holiday
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Memorial Elementary new spaces, new places

Thanks to a State Earmark Grant awarded to Memorial Elementary School in the spring of 2026, we have officially opened the doors to a repurposed room for the Center for Innovation, Research, and Creativity (CIRC 2.0)

This dedicated space brings hands-on, career-focused learning straight to our youngest students, fostering the critical thinking, teamwork, and curiosity they need to thrive. To bring this vision to life, we transformed our former stage into a state-of-the-art, dual-function learning lab. Built specifically for collaborative work and creative exploration, the new space features:

A new sound-dampening collapsible wall lets teachers split the room into two quiet instructional spaces or open it up for big team projects. Comfortable rugs, versatile stools, and mobile storage cabinets make



floor-based, group problem-solving cozy and engaging. High-definition displays bring visual coding, digital storytelling, and interactive media directly to life. Students use pocket-sized Ozbots to learn foundational computer science, color-coded logic, and sequence design—frequently through hands-on, screen-free coding! Electric pianos and interactive audio tools give students room to explore sound composition.

We were delighted to welcome families and community members into the new CIRC space during our September Open House, where students proudly demonstrated their coding skills and showed off the new equipment.

We look forward to seeing all the extraordinary projects, creative ideas, and discoveries our students will build in the CIRC Center throughout the school year!

Hopedale seeks resident to fill School Committee vacancy

A vacancy on the Hopedale School Committee is prompting town officials to seek a resident willing to serve in the temporary position until the annual town election in May.

Hopedale residents who are registered voters and interested in serving must complete a Talent Bank form at www.hopedale-ma.gov/DocumentCenter/View/716/Talent-Bank-Form-PDF and submit it by email to Town Clerk Lisa M. Pedrolini

at lpedroli@hopedale-ma.gov. Applicants must attend a joint meeting of the Select Board and School Committee who will jointly decide whom to appoint.

The School Committee works with the district superintendent to oversee Hopedale Public Schools. Its responsibilities include providing oversight of the district and addressing matters affecting the town's public schools. Regular meet-

ings are generally held at 6 p.m. on the first Tuesday of each month, unless otherwise announced, in the Jr./Sr. High School's Media Center.

Residents who want to learn more about the position's responsibilities, expectations and time commitment can contact Superintendent Cari Perchase, Ed.D., at cperchase@hopedale-schools.org to arrange a conversation.

Source: www.hopedale-ma.gov

Hopedale Cultural Council seeks new members

The Hopedale Cultural Council is currently seeking community members interested in serving on their council. There is at least one vacancy on the council that needs to be filled.

The Hopedale Cultural Council is part of a grassroots network of 329 Local Councils that serve every city and town in the state. The program is the largest, most decentralized one of its kind in the United States. The state legislature provides an annual appropriation to Mass Cultural Council, which then allocates funds to each LCC.

The Hopedale Cultural Council is responsible for awarding grants each year

to support cultural activities in town, using the funding the town receives from Mass Cultural Council, a state agency. The Hopedale Cultural Council generally meets 6 times a year on a weeknight. In addition to awarding grants the Hopedale Cultural Council organizes the Summer Band Concert Series as well as the Day in the Park.

The council currently consists of five people. These events cannot continue unless there are members of the community who are willing to volunteer their time.

Anyone interested in serving the council should contact the council at hopedalecultural-council@yahoo.com.

Camera Club to meet in November

The Stony Brook Camera Club meets in-person and/or virtually by Zoom on Thursdays at 7:30pm from September to June. In person meetings are held at the Anglican Church of the Redeemer, 195 Main Street, Franklin. Meetings feature speakers, competitions, image studies, and discussions of general interest. The club also sponsors a number of photography activities and workshops throughout the year.

SBCC includes and welcomes members of all abilities.

Nov. 5: (Hybrid) Member competition



Nov. 12: (Zoom) "How Competition Can Save Photographs" with Essdras Suarez

Nov. 19: (Zoom): "Be in control of Your Camera" with Mollie Isaacs

For more information and additional events, visit www.stonybrookcc.com.

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CELL PHONE

continued from page 1

face one common distraction factor in their learning environments: cell phones. Cell phone usage has become increasingly popular over the past several years with the introduction of new apps, technology, and more. Many students enjoy having their phones throughout school during the day, using it during breaks, lunch, as a way to text their friends and parents. Considering all of the positives to using cell phones during the school day, there are about an equal number of negatives to counter them. Schoolwork being turned in late, lack of personal connection, cheating, and using the device as a way to disengage from a lesson are all ways in which the cons of having a phone in school outweigh the benefits.

With all of these concerns of cell phone usage, the new cell phone policy was implemented in efforts to create a more engaging school environment.

About a month into the school year, students are already realizing the benefits of a distraction-free school day. Dissatisfaction with the recent

change has quickly turned into approval from one 7th grade student who stated that, “It helps you focus on school and have less distractions.” This proves that getting work done in school and staying concentrated during the day has become increasingly easier this school year. She also said engagement with her peers has also been boosted since the revision of devices helps to, “make conversations rather than people staring at their phones all day.” Student interaction is a key part of the development of many teens and individuals in the classroom. By enhancing their relationships and bonding with one another, it just goes to show that staying off of the phones is not so bad after all.

Students are able to make new friends and interact with new classmates an increasing amount since they are no longer locked onto their phones.

Staying off your cellular device throughout a good portion of your day has also been found to be somewhat of a reset and relief to several students. One particular 11th grader mentioned that she feels more accomplished throughout the day, stating, “The new cell phone policy

Students aren’t the only ones noticing the changes with the new cell phone rules, many teachers are too.

helps me focus and get my work done during my directed periods. I find it refreshing to have several hours off of my phone each day and it makes me feel more productive!” Success in school is often rooted in how much a student is able to get done during the day with minimized distractions. Feeling more productive and putting more effort into academic performance both go to show how the new rule is positively affecting the students and even their school career. Many students make an effort to get their work done in class, leaving more time to finish their homework in class and eventually, more free time at the end of the day.

Students aren’t the only ones noticing the changes with the new cell phone rules, many teachers are too. The overall behavior of students in class since the change has been significantly better and the policy truly is working well through-

out the building.

Tenth grade English teacher Mrs. Hodgens mentioned that the adjustment “... has been wonderful. I have not had a single incident where students have had their phone out when they shouldn’t. My students seem more engaged and ready to learn.” Students are able to focus more on their work and their academics without the distraction of a phone. There is also less room for repeatedly telling students to put away their personal devices because now, they already know to keep them away. Not only have there been benefits in the classroom, but outside of the classroom too. Mrs. Hodgens mentioned that “bathroom requests have been less frequent because students need to leave to get on their phones.” While there was once a time where students would leave the classroom to scroll through their cell phones and skip class, that is no longer a worry to any teachers.

The improvement of the school environment is seen throughout the building as well. Media center specialist, Mrs. Brossi, teaches middle school, sophomores, and gets a look at all grades who spend time in the media center. She mentioned that, “since implementing the new phone policy, students are more engaged in class, talking to one another, and overall there’s less distraction.

tions.” Students are more involved in class and spend more time interacting with each other since having less distractions.

A face to face environment is one of the biggest positives of the new cell phone rule. Everyone is able to interact with each other and create a happier and healthier environment. Not just for students, but also for teachers. With the ability to spend less time trying to gain attention from students, teachers are able to quickly get through a lesson plan or explanation, giving more individual work time to each member of the class. Benefits can be seen for everyone in the building.

While adjusting to a new rule throughout the school day may take time, especially for those who have gone throughout most of high school with the ability to use their phones, the benefits of this new policy make it worth the change. Creating a more focused and productive learning space while also increasing the connection between each student, the overall environment of the school is changing for the better. Students should not view this as a restriction, but rather as an opportunity to grow and to progress in school without their devices. After all, staying off your phone just during school hours is truly not as bad as it may seem.

Town leaf collection runs until mid-December

The Town of Hopedale Highway Dept is now collecting leaves through the second week of December 2026, weather permitting.

Here are some guidelines:

- Keep sidewalks clear of leaves.
- Keep piles away from storm-water catch basins.
- Rake leaves to edge of prop-

erty line. - Sticks, stones, and grass clippings will not be collected.

- Keep pile at a distance from parked cars, trees, mail-boxes, or utility poles.

When the collection period is over, please use other options.

Source: Hopedale Board of Road Commissioners

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Classes of '55 and '56 return for visit



Members of Hopedale Junior-Senior High School's graduating classes of 1955 and 1956 recently returned

to Hopedale where they were warmly welcomed by Principal Derek Atherton. The visit gave them a chance to reconnect



with their school and reflect on the memories and experiences they have carried with them over the years. School ad-

ministrators thanked Karlene Pedroli for coordinating the special visit.
Source: Hopedale Public Schools

Special Town Meeting focuses on sports fields, funding

By THERESA KNAPP

Voters at the Sept. 23 Special Town Meeting unanimously approved three articles addressing municipal park funding, the creation of a Draper Field Building Committee and \$255,000 in Community Preservation Act funding for sports fields.

The meeting started late because of a long line of voters waiting to enter the building, according to Town Moderator Eugene "Gene" Phillips.

The first article amended a

May 20, 2025, Annual Town Meeting vote, replacing "Town Park" with "Municipal Parks including Draper Field." The change allows the appropriation to fund renovations and improvements at any municipal park, field or facility.

Resident Gordon "Duke" Lewis questioned the handling of the park project, citing concerns about contract decisions, costs and changes to the tennis court design. He said the project was approximately

\$200,000 over budget and criticized the decision to use asphalt courts rather than the originally proposed post-tension concrete courts.

Former resident Mike Bresciani, who served on four field committees, said asphalt courts have lower initial costs but require more maintenance and typically last about 15 years. He said post-tension concrete courts cost 20% to 30% more initially but can last 30 to 40 years with less upkeep.

The second article established a five- to seven-member Draper Field Building Committee, including the high school athletic director, the Parks Department chairman or a designee, and additional members appointed by the moderator. The committee will oversee spending for sports-field construction at Draper Field and/or Lot A in the Harmony Estates development.

TOWN MEETING
continued on page 10

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Bancroft Memorial Library news

Reminder: The Library will be closed on Nov. 11 in observance of Veterans Day. The Library will also be open from 10 a.m.-2 p.m. on Wednesday, Nov. 25 and closed on Thursday, Nov. 26 for Thanksgiving.

For more information or to register for programs, please visit the Library's online Event Calendar at www.bancroftmemoriallibrary.org or call the Library at 508-634-2209

Community Conversations – Wednesday, Nov. 4 at 6:30 p.m. Community Conversations will meet in the Program Room for a new series on Getting to Know Hopedale's Town Boards, and will welcome members from the Conservation Commission.

Helen Symonds Book Club – Wednesday, Nov. 4 from 1 p.m.-2:30 p.m. The Helen Symonds Book Group will meet in the Program Room to review *The Lost Story of Eva Fuentes* by Chanel Cleeton.

Drop in Cribbage – Fridays 11/6, 11/13, 11/20 & 11/27 at 1:30 p.m. Join us in the Program Room where we offer a relaxed, come-when-you-can atmosphere to enjoy friendly games with players of all levels.

NEWS FROM THE FRIENDS OF THE HOPEDALE LIBRARY:

Downton Abbey Tea & Chocolate Pairings – Monday, Nov. 9 at 6:30 p.m. Join Kim Larkin of Klassic Kreations for a Downton Abbey Tea & Chocolate Pairing! Enjoy English teas paired with artisan chocolates and lemon curd, test your knowledge with Downton trivia, and explore a large display inspired by the beloved series. Perfect for history buffs, foodies, and Anglophiles! Registration is required.

Mindful Monday: Mindfulness and Meditation – Monday, Nov. 16 from 6-7:30 p.m.

Join Lauren Masse, founder of Bright Heart Coaching, for a 60-minute mindfulness and meditation class. Learn simple breathing and grounding techniques to quiet your mind, ease tension and cultivate inner calm. All experience levels are welcome. Take time to pause, reset, and prepare for the busy holiday season. Registration required.

Book Donation Day – Wednesday, Nov. 18 from 5-6:30 p.m. 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 Library programming.

Ongoing Book Sale Visit the Friends of the Hopedale Library Ongoing Book Sale downstairs outside the Program Room. Open whenever the Library is open, with new selections added weekly! Find books for adults and children, plus puzzles, starting at just 50¢. All proceeds support Library programs and services.

The Friends of the Library Monthly Meeting – Wednesday, Nov. 18 at 6:30 p.m.

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. New members and ideas are always welcome.

NEWS FOR TWEENS AND TEENS:

Robert Rivest: Tween Scene: Mime, Comedy & Improv – Monday, Nov. 16 from 6-7 p.m. This interactive program will teach Tweens (ages 9-12) to explore self-expression through movement, mime, comedy and improv. This program is one of a series of performing arts programming for Tweens and Teens to take place during November and December. All programs are drop in and brought to you through a grant from the Greater Worcester Community Foundation.

Robert Rivest: Character and Comedy for Teens – Monday, Nov. 23 from 6-7 p.m. Robert Rivest brings Character and Comedy to the Library for Teens ages 13-17. Explore character, comedy, and expression through a hands-on theater workshop focused on commu-

nication, subtext, facial expressions, and body language. This program is drop in and brought to you through a grant from the Greater Worcester Community Foundation.

Volunteer Saturdays for High School Students – Saturday, Nov. 28 11 a.m.-1 p.m. Earn 2 hours of volunteer time! Registration is required.

NEWS FROM THE MARJORIE HATTERSLEY CHILDREN'S ROOM:

B.A.S.H. (Bancroft After School Hangout) This is an after-school, drop in program held Mondays through Thursdays for students in Grades 4-6 from 2:30 to 4 p.m. Play games, use laptops, or do arts and crafts in a safe, social environment. Students must be able to reach a parent/guardian and follow Library rules.

Tummy Time – Tuesdays, 11/3, 11/10, 11/17 & 11/24 at 10 a.m. Welcome parents and newborns! Drop in for some infant fun in our Program Room. Tummy Time will have a story time and free play with developmentally appropriate assorted toys that encourage gross motor development and social interaction. For ages newborn – 18 months.

Toddler Tunes – Thursdays, 11/5, 11/12 & 11/19 at 10 a.m. Toddlers are full of energy and this program is perfect for them! Each class we will do an assortment of story time, movement games, parachute fun, ball movement skills, instruments, bean bags, scarves and bubbles. Drop in! For ages 18 months to 3 years.

1st Annual Toy Swap – Saturday, Nov. 7 from 10:30 a.m.-1:30 p.m. Have toys your family has outgrown? Bring them to our Toy Swap and give them a chance at a new home! Participants can sign up for 3 feet of table space (plus the space underneath), in our Program Room. Bring any toys you'd like to swap and connect with other participants to work out your trades. At the end, you're welcome to take home any of your remaining items or donate them to the Library. Donated items will be offered to local pre-schools, schools and daycares. Register for table space online on the Event Calendar.

Builder Saturdays – Saturday,

Nov. 14 from 11 a.m.-1 p.m. If you love Legos, we've got thousands to play with! Drop in - all ages are welcome!

Sunny the Reading Dog – Thursday, Nov. 19 from 3-4 p.m. Sunny the Reading Dog is coming for a visit! Drop in to read to him - you can bring a book from home or choose one from the Library!

Movie Matinee – Saturday, Nov. 21 from 11 a.m.-1 p.m.

Join us for a movie at the Library! Bring some snacks, a cozy blanket, get comfy and enjoy a family friendly flick!

ROLLING PROGRAMS:

Genre Book Club – All ages Join the Genre Book Club and create your own bookmark with a cable ring. Read any book you choose on your own schedule; after each finished book, stop by the Children's Room to collect a genre badge. The club has no scheduled meetings, is open to all and can be joined at any time.

Reading Dragons: A Card Game Reading Club – All ages The Reading Dragons program allows kids to earn collectible

dragon cards through logged reading time. Every 30 minutes recorded on a Time Tracker earns one card, and completing two hours earns all four stages of a dragon. As they collect more dragons, they can play the card game with friends. Readers can also share their favorite books by adding recommendations as "Book Scales" to the dragon display in the Program Room.

1000 Books Before Kindergarten Bancroft Memorial Library offers the 1000 Books Before Kindergarten program for young families and early readers. At registration, you will be provided a starting kit with a library book bag, cable for achievement tags, program information, suggested book list and a log for books 1-100. Every 100 books read earns a tag for the cable, and reaching 1,000 books earns a lawn sign celebrating the achievement.

For updates throughout the month, Like 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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Hopedale Council on Aging

IMPORTANT INFORMATION:
The senior center will be closed Nov. 11, Nov. 26, Nov. 27 and will close early (12 p.m.) on Nov. 25. There will be no Cultural Kitchen in November or December.

Hopedale Senior Real Estate Tax Work Off Program Applications Open Nov. 1 to Dec. 15 (pick up in person, more info at <https://www.hopedale-ma.gov/1690/Hopedales-Senior-Real-Estate-Tax-Work-Of>)

SMOC Fuel Assistance (HEAP) begins 11/1, call Senior Center for an appointment to have application assistance or call SMOC at 508-620-2342. Open to all ages, based on income.

Medicare Open Enrollment Season 10/15 – 12/17- Call Senior Center for SHINE appointments (assistance with enrollment questions). Important: MANY plans are being discontinued and Medicare will be

sending out letters to all those who will need to pick a new plan to avoid coverage gaps. Plans may have limited slots, so it is important to be mindful of deadlines.

UPCOMING PROGRAMS:
Create Your Own Mosaic Pendant at Cheryl Cohen's Mosaics Art Center
Wed 11/4 at 10 a.m. - 12:30 p.m. Only \$20 per person! Call to pre-register. <https://cherylcohenmosaics.com/hopedale-senior-center-create-mosaic-jewelry/> 360 Woodland Street Holliston, MA 01746

Free Blood Pressure Screenings 9:30 - 10:30 a.m. Nov. 18. Nurse Mary Watson holds Monthly Vital Signs Screenings.

FREE Head & Neck Cancer Awareness Presentation & Screening Event. Nov. 19 from 3 - 5 p.m. Presented by Dr. Hunter Archibald ENT Clinician. RSVP by Nov. 16.

BINGO box lunch. Nov. 2 at 12 p.m. Call to pre-register. \$6 per person.

Sandwich choice of: Waldorf Chicken Salad, Good Old Ham & Cheese, Meatball Sub, or Chicken Taco Wrap (Upton Country Sooper.)

Veteran's Day Event. Nov. 10 from 11:30 a.m. to 1:30 p.m. For Hopedale's Veterans and Families. Musical performance by Hopedale HS's A cappella group and more.

Honoring our local veterans and have lunch provided by our friends at Atria Draper Place RSVP by Nov. 2. 508-634-2208.

Thanksgiving Luncheon at Senior Center (food by Tri-Valley). Nov. 24 at 12 p.m., RSVP by Nov. 18, \$3 suggested donation. Turkey with Cornbread stuffing and Winter Squash.

December Holiday Luncheon & Musical Performance will be held on Wednesday, Dec. 16. Details to follow.

Hopedale Police's comfort dog



Hopedale Police's comfort dog, Dunkin, out on patrol recently.
Source: Facebook @hopedalepolicedept

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Bancroft Memorial Library news

Bancroft Memorial Library brings performing arts to tweens, teens

Bancroft Memorial Library is excited to share that Youth Services Librarian Laura Brilliant-Giangrande has received an Arts in Public Libraries grant from the Greater Worcester Community Foundation! Thanks to this grant, the Library will welcome international performer Robert Rivest for a series of fun, interactive programs for tweens and teens in November.

Through mime, improv and comedy, young people will have the chance to try something new, express themselves, and

build confidence while exploring the performing arts.

On Mon., Nov. 16, at 6 p.m., tweens ages 9-12 are invited to join us for "Tween Scene: Mime, Comedy & Improv" where participants will explore movement, mime, comedy, and improvisation through fun, interactive activities.

On Mon., Nov. 23, at 6 p.m., teens ages 13-17 are invited to join Robert for a hands-on workshop exploring character, comedy and expression through facial expressions, body language and communication.

Both programs are drop-in, and no registration is required. We hope local tweens and teens



Bancroft Memorial Library will welcome international performer Robert Rivest for a series of fun, interactive programs for tweens and teens in November. *Courtesy photo*

will join us for these exciting opportunities to get creative and have some fun at the Library!

Water ban update

The Water and Sewer Commission has voted to lower watering restrictions to an odd and even schedule.

If your house number is

odd, you may water on odd-numbered calendar dates. If your house number is even, you may water on even-numbered calendar dates.

Watering is still prohibited

between 9 a.m. and 5 p.m.

For current watering restrictions, please visit www.hopedale-ma.gov.

Source: www.hopedale-ma.gov

Your Money, Your Independence

Spend it forward: In retirement 'someday' is the real risk



Glenn Brown, CFP

For anyone nearing retirement or just starting out in it, seeing the light at the end of the tunnel brings incredible excitement and gratitude. You worked decades for this moment.

Yet, as a Certified Financial Planner, I often witness a quiet paradox play out among diligent savers: they build a nest egg to secure their future, but when the day comes to actually enjoy it, their mindset doesn't change.

A recent *Bloomberg* article highlighted a trend: retired Americans are putting off fun out of fear of running out of money. Studies show over 60%

of retirees with substantial savings feel uncomfortable spending on pure enjoyment, while nearly 90% feel guilt over bucket-list purchases or travel.

Researchers call this the tension between FOMO (Fear of Missing Out on life) and FORO (Fear of Running Out of money). After decades of watching accounts grow, spending down principal triggers a loss reflex. But here's the truth many don't talk about: money delayed is often an opportunity denied.

The three phases of retirement

While gerontologists and planners traditionally stretch post-career phases out to age 75 and 85, my experience with clients shows these transitions happen sooner. Here is how those years typically unfold in practice:

- "Go-Go" Years (ages 60 to 72):** You have the health, energy, and mobility to hike, travel, or explore demanding itineraries.
- "Slow-Go" Years (ages 72 to 80):** Health slows you down slightly. Trips become simpler, closer to home, and less physically taxing.

3. "No-Go" Years (ages 80+): Life centers around home, routine, and medical care.

The biggest tragedy in retirement isn't spending a little extra in your early 60s, it's saving all your fun money for a phase when your body can no longer support the adventure. Spending it forward means funding your "Go-Go" years while you can fully experience them.

Cash flow analysis & scenario modeling

How do you overcome FORO without jeopardizing your future? Through interactive cash flow analysis and scenario modeling.

Instead of relying on static rules, dynamic modeling tests "what-if" scenarios side by side. For example, we can test adding an extra \$25,000 per year specifically for travel during your first 7 "Go-Go" years.

By modeling this \$175,000 front-loaded investment, you measure the actual delta on your total portfolio in your 80s and 90s. Because spending naturally dials back in the "Slow-Go" and "No-Go" phases, front-loading \$25K a year early on typically creates a surprisingly negligible

impact on long-term security. Seeing that tiny delta on paper provides the empirical proof (and emotional permission) to travel guilt-free.

Structured security: The strategic 3-bucket strategy

If scenarios make sense on paper but your stomach still churns, structure provides peace of mind. Segmenting wealth into 3 time-horizon buckets insulates your lifestyle:

- BUCKET 1: Cash (Years 1 to 3).** This covers the income shortfall or gap between income sources (Social Security, pensions, rentals, dividends) and actual spending. Keeping this gap in liquid cash insulates your planned lifestyle from market swings.
- BUCKET 2: Conservative Growth (Years 4 to 5).** Structured conservatively (like a 40/60 stock-to-bond allocation), this medium-term bridge earns modest returns while systematically replenishing Bucket 1.
- BUCKET 3: Moderate to High Growth (Years 5+).** Positioned for capital appreciation, this bucket fuels long-term needs, healthcare

inflation, or legacy goals (like passing tax-free growth in a Roth IRA to heirs).

When your short-term cash flow gap is secured in Bucket 1 and your legacy is compounding in Bucket 3, taking that dream vacation isn't "depleting wealth," it's executing a well-designed plan.

Give yourself permission to shift from a mindset of accumulation to one of fulfillment. You worked hard to earn your independence, now make sure you're around to enjoy it..

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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Little Red Shop Museum by appointment only until Dec. 5

The Little Red Shop Museum will be open by appointment only until Sat., Dec. 5, the same day as Hopedale's 15th Annual Winter Stroll and Shop Hop, according to a post on Facebook @LittleRedShopMuseum.

To make an appointment, send a Facebook message or email historical@hopedale-ma.gov.

Source: Little Red Shop Museum



MES

continued from page 1

room experience. Meals were served family-style, requiring tablemates to pass platters, ensure everyone received a share, and clean up together.

Students learned through the ORT report about being better stewards of our environment.

As the buses pulled back into the school parking lot, carrying dusty duffel bags, worn-out sneakers, and spirited chatter, it was clear that the journey was amazing. The sixth graders returned with a newfound self-reliance, a stronger sense of community, and memories that will define their final year at Memorial Elementary.

Submitted by Hopedale Public Schools

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LIVING HEALTHY

Beyond daily drops: How modern advances are changing glaucoma care

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

Glaucoma remains one of the leading causes of preventable blindness worldwide. Widely referred to as the “silent thief of sight,” this condition typically develops gradually without warning signs. Because vision loss begins in the periphery, many people do not notice changes until significant and irreversible optic nerve damage has already occurred.

Understanding how glaucoma develops—and how modern medical technology has transformed its treatment—is key to protecting your vision.

Understanding the mechanics of glaucoma

Inside the front section of a healthy eye, a fluid called **aqueous humor** continuously circulates to nourish surrounding

tissues and maintain internal pressure. In a properly functioning eye, fluid drains out through a specialized mesh network known as the trabecular meshwork.

When these drainage channels become clogged or inefficient, fluid builds up, causing elevated intraocular pressure (IOP). This excess pressure exerts mechanical stress on the **optic nerve**—the biological cable transmitting visual information from the retina to the brain.

- **Open-Angle Glaucoma:** The most common form, where the drainage angle remains open but becomes progressively inefficient over time.
- **Angle-Closure Glaucoma:** A less common, sudden block of the drainage angle that can cause rapid pressure spikes and

requires immediate medical attention.

- **Normal-Tension Glaucoma:** Optic nerve damage occurs even when eye pressure measures within standard, normal ranges.

Comprehensive early detection

Because early-stage glaucoma causes no physical discomfort or noticeable blurriness, routine comprehensive eye exams are vital. Modern clinical evaluation relies on multiple diagnostic technologies:

1. **Tonometry:** Measures internal intraocular pressure.
2. **Ophthalmoscopy & OCT Scans:** Optical Coherence Tomography generates high-resolution cross-sectional images of the retina and optic nerve head to detect microscopic nerve



fiber loss.

3. **Visual Field Testing:** Maps peripheral vision to identify subtle blind spots.
4. **Gonioscopy:** Directly inspects the eye’s drainage angle structure.

compliance challenges associated with eye drops:

iDose TR: A tiny, bio-compatible ocular implant placed inside the anterior chamber that steadily releases travoprost over many months, maintaining consistent pressure control without daily dosing.

Durysta: A biodegradable implant inserted into the eye that gradually dissolves while continuously delivering a pre-specified dose of bimatoprost.

3. Traditional topical medications

When drops are prescribed, several classes exist, each targeting fluid dynamics differently:

- **Prostaglandin Analogs** (e.g., latanoprost, bimatoprost): Enhance fluid outflow.
- **Beta Blockers** (e.g., timolol): Decrease fluid production inside the eye.
- **Alpha Agonists & Carbonic Anhydrase Inhibitors:** Lower production and promote drainage.
- **Rho Kinase Inhibitors** (e.g., netarsudil): Target the trabecular meshwork to lower resistance to fluid outflow.

4. Minimally Invasive Glaucoma Surgery (MIGS)

MIGS procedures have

Modern treatment paradigms: From daily drops to sustained care

The primary goal of glaucoma management is lowering eye pressure to halt or slow disease progression. Historically, daily prescription eye drops were the standard starting point. Today, frontline care has shifted toward longer-lasting, low-maintenance therapies.

1. Selective Laser Trabeculoplasty (SLT) as first-line care

Selective Laser Trabeculoplasty (SLT) has increasingly replaced daily eye drops as a preferred first-line therapy for open-angle glaucoma. Performed in-office in just a few minutes, SLT applies gentle laser energy to stimulate the body’s natural cellular repair mechanism, clearing drainage channels. It is painless, repeatable, highly effective, and eliminates the daily burden of managing medication schedules.

2. Sustained-Release Drug Implants

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Clear the clutter this fall with Affordable Junk

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house? Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything. Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island. Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting. Jay and his team have handled it all. They've dismantled above-ground pools, hauled away



ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away. Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station. Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use. If you don't want to be 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 re-

moval appointment. Yes, the local small business really can handle everything! Contact Affordable Junk Removal and Dumpster Rental and let a local small business take care of everything for you. Call Jay Schadler at 774-287-1133 or visit us online at AffordableJunkRemoval.com.

PAID ADVERTISEMENT

EYES
continued from page 8

altered surgical glaucoma management. Using tiny microscopic equipment and small self-sealing incisions, devices such as the iStent, Hydrus Microstent, or Xen Gel Stent are inserted to create reliable drainage routes. Often combined with routine cataract surgery, MIGS offers a fast recovery profile and significantly reduced risk compared to traditional surgeries.

5. Advanced incisional surgeries

In severe, advanced cases where non-invasive options fall short, traditional incisional surgeries are utilized to achieve

maximum pressure reduction:

- **Trabeculectomy:** Creates a small flap in the sclera (white part of the eye) to allow fluid to bypass blocked channels into a reservoir beneath the conjunctiva.
- **Aqueous Shunt/Tube Implants:** Places a tiny silicone tube that drains fluid into an external reservoir plate implanted under the eye tissue.

Summary and clinical commitment

Glaucoma care has evolved beyond reliance on daily topical drops. Today's patients benefit from a comprehensive toolkit ranging from targeted lasers and sustained-release implants to minimally invasive micro-

scopic stents. At Milford Franklin Eye Center, we are committed to providing the latest evidence-based technologies. Our team was among the first in New England to offer DSLT laser treatment for glaucoma and perform the iDose TR procedure at the Cataract and Surgery Center of Milford—an achievement highlighted on local Channel 5 news. Through early detection, personalized treatment, and advanced technology, protecting your long-term sight is more achievable than ever. For more details, see our ad on page 10.

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Hopedale Public Safety Log

Animal cruelty, missing person, B&E, structure fires

Between Sept. 15 and Oct. 15, the Hopedale Police and Fire Departments responded to hundreds of calls, many related to motor vehicle stops, vehicle accidents/crashes, traffic complaints, erratic operators, preventative patrolling, community policing, illegal parking, theft/larceny/forgery/fraud, burglar alarms, lost/found property, property checks, animal complaints, well-being checks, road hazards, tree damage, soliciting, LTC/FIC (license to carry/firearms identification card) matters, warrant/summons service, suspicious activity/person/vehicle, court appearances, prisoner transport, 911 hang-ups/open lines, speed sign/message board information, safety detail officers, school resource officer, car seat installation, general information, records requests, and public assistance.

Hopedale also provided police assistance to Upton; and pro-

vided detail assistance to Bellingham, Blackstone, Douglas, Mendon, Milford, and Upton.

This is not meant to be an exhaustive list. Entries of note include:

Sept. 15 at 8:13 p.m., Malquinn Dr., suspicious activity/person/vehicle

Sept. 16 at 4:02 a.m., Hope St., suspicious activity/person/vehicle

Sept. 16 at 2:04 p.m., Cross St., person with a gun

Sept. 17 at 11:04 a.m., Bancroft Park. A 22-year-old male was charged with assault with a dangerous weapon, and cruelty to an animal.

Sept. 17 at 6:35 p.m., Worcester County Jail, prisoner transport

Sept. 18 at 6:08 p.m., Hopedale St. & Malquinn Dr.

Sept. 19 at 12:08 a.m., Dutcher St., disturbance

Sept. 19 at 2:17 p.m., Freedom St., missing person

Sept. 19 at 5:40 p.m., Richard Rd., structure fire

Sept. 19 at 9:05 p.m., Plain St., intoxicated person

Sept. 21 at 7:49 a.m., Hopedale Jr./Sr High School, suspicious activity/person/vehicle

Sept. 21 at 8:38 p.m., Dec Ct., breaking and entering

Sept. 22 at 11:59 p.m., Hartford Ave. & Neck Hill Rd., suspicious activity/person/vehicle

Sept. 23 at 10:46 a.m., Hopedale St., tree damage

Sept. 23 at 5:47 p.m., Haven Wy., animal complaint

Sept. 24 at 8:33 p.m., Mendon St., motor vehicle stop, arrest. A 22-year-old Fitchburg male was arrested and charged with operating a motor vehicle with license suspended, unregistered motor vehicle, number plate violation to conceal ID, no inspection/sticker.

Sept. 24 at 12:31 p.m., Bancroft Park, property repossession

Sept. 25 at 1:54 p.m., Steele



Rd., animal complaint

Sept. 25 at 6:27 p.m., Soward St., illegal parking

Sept. 26 at 6:04 a.m., Hope St., fire investigation

Sept. 26 at 7:38 p.m., Hartford Ave., tree damage

Sept. 29 at 8:54 a.m., Jones Rd., structure fire

Oct. 1 at 11:23 a.m., HPD, theft/larceny/forgery/fraud

Oct. 1 at 11:42 a.m., Tammie Rd., soliciting

Oct. 2 at 10:10 a.m., Hopedale Town Hall, investigation

Oct. 3 at 3:09 p.m., Mendon St., hit & run

Oct. 4 at 3:17 a.m., Mendon St., animal complaint

Oct. 9 at 4:53 p.m., Spaceway

Ln., drug violations

Oct. 10 at 3:10 p.m., HPD, car seat installation

Oct. 10 at 10:29 p.m., Whitney Rd., animal complaint

Oct. 13 at 11:10 a.m., Lapworth Cir., disturbance, peace restored

Oct. 13 at 2:40 p.m., Pierce St., theft/larceny/forgery/fraud

Oct. 15 at 2:37 p.m., Pierce St., breaking and entering

Oct. 15 at 8:18 p.m., HPD, arrest. A 46-year-old Hopedale woman was charged with assault and battery with a dangerous weapon, assault and battery on ambulance personnel, resisting arrest.

Source: Hopedale Police Department

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TOWN MEETING

continued from page 4

Lewis said the project could provide baseball fields and a multipurpose field for soccer, lacrosse and field hockey, addressing disruptions to youth sports.

Select Board Chair Glenda Hazard also disclosed an investigation through the attorney general's office concerning financial issues, saying the town would pursue the matter as needed.

For the full story, visit us online at www.hopedaletownnews.com

The third article approved a \$255,000 Community Preservation Commission grant for creating or rehabilitating recreational land through sports-field construction at the designated locations.

All three articles passed unanimously.

Alzheimer's Support Group to meet Nov. 10

Hearts, Hugs & Hope, an Alzheimer's support group at Cornerstone at Milford, will meet on Nov. 10 at 6 p.m. at Cornerstone at Milford Assisted Living and Memory Support Community, 11 Birch St., Milford.

This month's group for caregivers meets in person, and the program will be "Preparing for the Holidays."

Dealing with Alzheimer's disease and related dementia isn't easy, so it is helpful to share your

concerns and personal experiences with others who completely understand what you're going through. You will also learn about proven strategies to help you better care for your family member.

For more information, contact Director of Compass Programming Jenn Hozempa at jhozempa@cornerstonemilford.com.

This group meets on the second Tuesday of each month.

SPORTS

Hopedale Boys Soccer looking for revenge

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

Last fall, the Hopedale boys soccer team entered uncharted waters in advancing into the Division 5 State Championship game. Entering the tournament as the number two seed, the Blue Raiders dispatched of Boston Collegiate Charter School 2-1, Tech Boston Academy 4-2, Dearborn 2-0 and Keefe Tech 3-2 to get to the finals. Once there, although Hopedale played well enough to win, the number one seed, Boston International, shut them out 2-0 to deny the Blue Raiders of their first ever State Title in boys soccer.

Having played a competitive game against the Division's top team, Hopedale only graduated two seniors from that team and definitely have very high ambitions this fall. At the time of this writing, Hopedale is currently 7-2-2 and far ahead of last year's performance that got them into the Division 5 Tournament.

Blue Raider Coach Greg LaBossiere said, "We know it's not any easy thing to do but we are focused on getting back and finishing what we couldn't do last year."

Hopedale currently finds themselves as the number one team in the recent Division 5 polls, and with only two games remaining in the CMAC C, they are on track to capture the league title.

Taking the team's high expectations onto the field, Hopedale is led by five senior captains. LaBossiere rotates the captains on a game by game basis with only three getting the captain band per game. The top two captains are Gui Chardoso and Sam Dalpe. Chardoso is playing attack and middle forward for the Blue Raiders and as a junior was the team's number one goal scorer with 29 tallies. Thus far, he has netted 12 goals for Hopedale. Dalpe, the team's center back, is a very vocal leader who brings solid athletic ability that the coach can trust. He is also a one on one defender and good on the ball.

Other captains who will find



Hopedale Boys Soccer has high expectations for this year, with the ultimate goal to win the State Championship. *Courtesy photo*

themselves rotating are goalie Nate Rutkowski, middle Luke Carneiro and Nate Montville, who brings his all around versatility to the team.

In guarding the net, Rutkowski is taking on the position for the first time as a fulltime goalie. According to the coach, he has taken his game to the next level and improved considerably over last year; and this year he is bringing his experience to the table as a big, tall athlete who is covering the goal.

Carneiro is a great distributor of the ball and usually takes free kicks for the Blue Raiders. He is a very vocal leader and on the offensive side of the ball he is usually on the assist side of Chardoso's goals. Montville is the team's versatility player and will play wherever he is needed. He brings a pace and athleticism to the game and is the one who has the ability to long throw the ball which gets him a lot of assists.

In addition to the five senior captains, LaBossiere has a handful of sophomores who saw action last fall as freshmen and thus far have been instrumental in Hopedale's success.

Brothers Noah and Aydan Westfield, who play left middle and defensive middle respec-

tively, are two of those athletes. Noah sets the pace and has already accounted for a couple of goals, while his sibling Aydan has been the mid-field general for Hopedale this fall.

Two other sophomores who have stepped up with experience are Charlie Oliver and Will Pomovilla. Oliver unfortunately was out for the majority of the season last year with a broken leg and was able to come back for the playoffs. LaBossiere and the coaching staff have high expectations for the sophomore striker, who has already needed seven goals and

is the team's number two goal scorer. Pomovilla, outside midfielder, has had some breakout games for Hopedale already this season; he has already recorded a 2 goal and 1 assist game as well as a 1 goal game with a couple of assists.

One final sophomore to grace LaBossiere's lineup this fall is Griff Goncalves, the team's center back. Last fall, as a freshman, he started every game and has developed into a strong, physical defender; and, according to the coach, he has become a major aerial threat on set pieces. Together with

Dalpe, the duo form one of the top center back tandems in Central Massachusetts.

Having played so well and gotten all the way to the State Final game last year, the Hopedale athletes have one goal and only one goal on their mind.

"We all want to continue playing well and get back to the State Finals," the coach said. "Last year was the first time that a boys soccer team from Hopedale got to the finals and, after getting a taste of it, this team wants to get back and be the first team to win the State Championship."



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Date	Hopedale	Amount
10/16/2026	42 Laurelwood Dr.	\$510,000
10/15/2026	3 Bens Way	\$690,000
10/09/2026	168-170 S Main St.	\$630,000
10/09/2026	8 Mellen St.	\$599,900
09/30/2026	57 Bancroft Pk.	\$333,000
09/28/2026	51 Hill St.	\$369,000
09/28/2026	318 S Main St.	\$540,000
09/25/2026	13 Larkin Ln.	\$985,000
09/22/2026	39 Westcott Rd.	\$745,000
09/18/2026	86 Plain St.	\$820,000

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



The 3-bed, 2-bath, 1,839-square-foot home at 57 Bancroft Park in Hopedale recently sold for \$333,000. *Image credit: www.zillow.com*

Pet of the Month: Thirteen



Do you enjoy the sound of a wind chime blowing in the breeze or waking up to birds singing outside your window in the spring? Does the song of the crickets in the evening lighten your heart? Then we would like to introduce you to Thirteen.

Thirteen is a handsome white and orange cat who has the most adorable vocaliza-

tions. The sounds are so sweet and varied that you might be able to learn his language and communicate with him.

Thirteen has been a little shy around other cats. Recently he has started following around another male cat, sitting near him and calling out to him.

Thirteen also enjoys shadowing the volunteers. He wants to be noticed and have a con-

versation. We don't think he is interested in being picked up, but petting and brushing are much appreciated.

Can you turn Thirteen from just a number into the luckiest boy in the world?

For information on meeting Thirteen or the other cats at the Milford Humane Society, please visit <https://www.milfordhumane.org/>

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