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September 2020

The Voice of Your Community

Library Reopening by Appointment

BY SUSAN MANNING
STAFF WRITER

During the COVID-19 pandemic, one of the most common and popular community spaces has been closed to outside visitors—the library.

Slowly, but surely, though, it is opening again to visitors. According to Library Director Robyn York, they have been able to manage an appointment-only phased opening thanks to low COVID-19 numbers in town.

“Currently we are open by appointment and the library is locked to the public. If Hopedale’s infection rate continues to stay low, then we are optimistic that we will be able to open the doors to the public in September or October,” she said, reminding people to check the website or call for any updates.

She said despite the disappointment of being closed for so many months, patrons have been patient.



LIBRARY

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Hey Neighbor, Our Website is Your Website

Local Town Pages is excited to announce the re-launch of its website www.Hopedaletownnews.com. It has a



WEBSITE

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LIBRARY

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“Patrons have been supportive and have been appreciative of the ability to come into the library. We have loved all of the phone calls and outside distanced visits patrons have been making with us. Not everyone is ready to come into the library space, but we are grateful for the folks who do want to say hi when picking up their books through curbside service or walking around town,” said York.

The phase 3 opening will certainly take some time to get used to, but people don’t seem to mind, she said.

“We have a few regular patrons who have adjusted to the new routine of registering for an appointment, wearing a mask, signing the contact-tracing book and sanitizing before they can even step beyond the threshold. It has been working out really well so far,” York said.

What differences can patrons expect when they visit library now?

“There are almost no chairs in the library space. That is to encourage patrons to select their



books and move on their way,” she said, noting that limits have to be enforced to those who visit. “Unfortunately we have to encourage patrons to spend no more than 20 minutes in the building on the main floor, and 30 minutes on the bottom floor, where the Children’s Room is located.”

A visit now is more of a pointed, mission-driven visit versus a meandering afternoon.

“Patrons sign up for the type of browsing—main floor or Children’s—and they enter through separate doors to access those collections. We do not allow patrons to move from one floor to another. The only exception is our handicapped patrons. They get their own entrance that is adjacent to the elevator. We are trying to minimize fraternization between our children’s area patrons and our main floor patrons to keep everyone healthy,” the director said.

Currently there are limits on the number of patrons who can be in the library at one time. York said main floor visits are limited

to four people per time slot; children’s room visits are limited to eight people per time slot and no more than two family groups at a time are allowed.

For those patrons who are higher risk, there are two slots available at the beginning of each day. Also, any family that wants to have their own time slot in the children’s room can do so with a call to the library.

“We are happy to accommodate them,” York said.

This phased reopening did not happen overnight, however. All staff has been hard at work since April learning new programs and processes so they could get to this point.

“It took about two months to create the opening plan, purchase protective materials, build new structures (the Children’s Room plexiglas containment area), and develop sanitization procedures and other processes to ensure patron health and safety as well as that of the staff,” said York. “The staff have all been a part of creating the reopening plan. We have all done a great deal of

Library Staff Recommendations

According to Robyn York, director of the library, the pandemic left the staff with less time to read. But fear not, they each have a recommendation to offer!

“Ironically, all of the staff have had a hard time reading as much as we were prior to the Covid-19 pandemic. At times it has been hard to focus, which our patrons tell us has happened to them as well. However, we have all found some good reads to distract us during this time,” York said.

Elaine Kraimer, Children’s Librarian, has suggested the following books: Kate Quinn: *The Huntress*; Celeste de Blasis: *The Proud Breed*; Pete Hamill: *Snow in August*; and the classic L.M. Montgomery series: *Anne of Green Gables*.

Katie Sheehan, Adult Services Librarian, recommends *Echo Mountain* by Lauren Wolk.

Sheehan said, “Ellie and her family moved to Echo Mountain in rural Maine as a result of the Great Depression. Now three years later, Ellie has acclimated to her new life. When her father is hurt in an accident for which she is blamed, Ellie will use her new knowledge to help her family survive and search for a way to wake him up. It was such a lovely book and I enjoy Wolk’s style of writing.”

York recommends *The Murmur of the Bees* by Sofia Segovia.

“It is translated from Spanish and tells the story of the Morales family in Mexico. Part of the novel is set during the flu outbreak of 1918 so there is an intersection with our current virus concerns, although the original novel was published prior to Covid. As is typical of Spanish literature there is a bit of magical realism woven into some spectacular writing and memorable characters. And there are some pretty unique bees that figure into the story as well.”

research to see what is working in other libraries and adapted services that will work for our library. Additionally, the staff have all been learning new technology at a rapid pace to provide virtual programming, efficient curbside services, and are learning new software to schedule appointment slots.”

With all this work put into this reopening, what will happen to the services that started during the quarantine?

“We are continuing curbside services. We do offer delivery, but most patrons enjoy coming to the library to pick up their materials. Hopedale is a very walkable community and so far only one person has taken us up on the delivery option. Patrons are welcome to request this service,” she said.

Surprising York, the virtual program has not been as popular as expected.

“Virtual programming has not been the hit we hoped it would be, so we are reevaluating that service. Children and families have enjoyed the pop-up storytime and book browsing outside on the library lawn, so we plan to continue offering that service into the fall while the weather cooperates. The adult book group has resumed meetings by Zoom

and that is going well, so give us a call if you are interested in joining that active group,” she said.

For those interested in library services other than books, York wanted to remind folks that if you schedule your time, you can take advantage of their copy, scan, or fax services as well.

So what does the future hold? York said to watch out for some new computer and laptop offerings at the library soon. She also said that this summer the library had been running out of Wi-Fi hotspots to lend out, so they will be purchasing more. Of note, is the library Wi-Fi range.

“We boosted our wifi range and folks should be able to access full Internet on our side lawn and upper level parking lot if they need it,” she said.

For York, a return to normalcy is really what she’s hoping for—and this opening is giving her a little taste of that.

“I am most looking forward to there being a vaccine or diminished risk of disease. The drastic changes in socialization have been hard for all of our patrons, no matter the age. Being able to hold events indoors without high risk will be a great turning point, especially as we move to cooler weather and outdoor gathering will be more limited,” she said.

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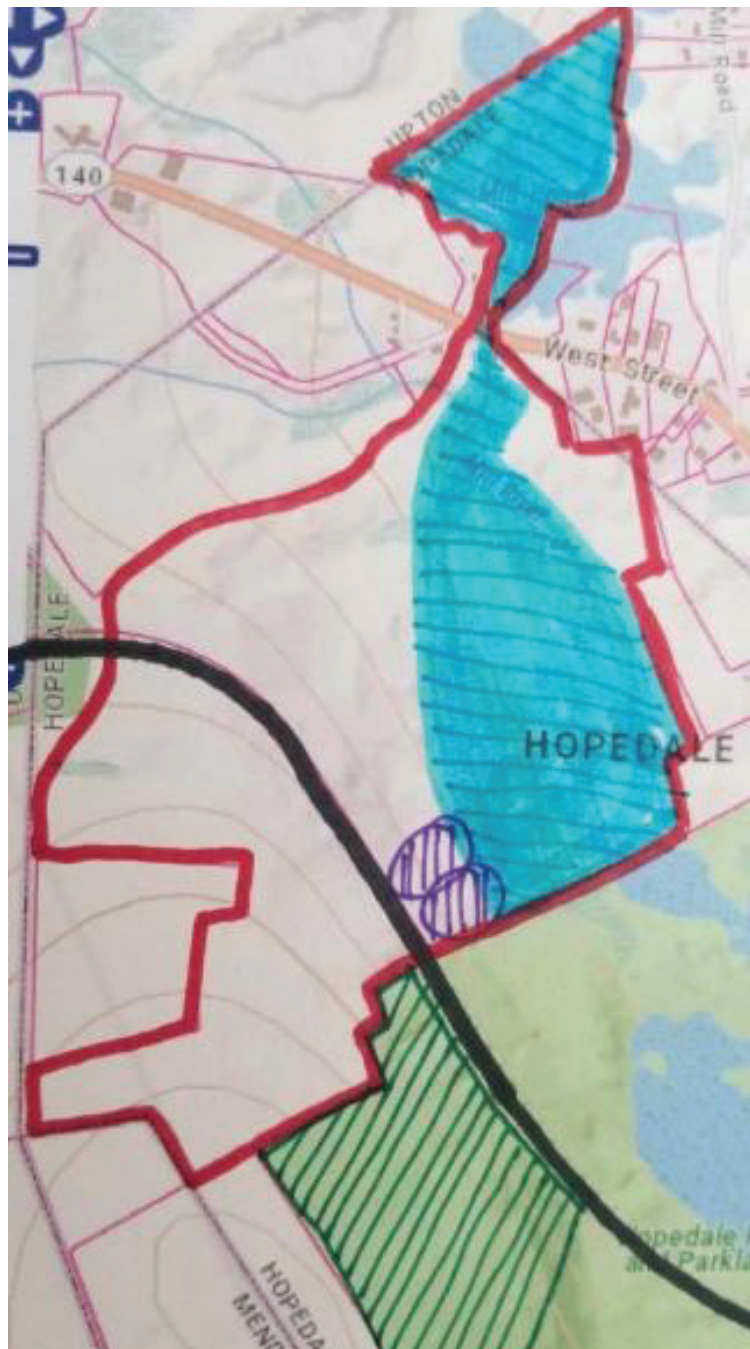
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Grafton Upton Railroad Update



Town Activities since Notice of Intent received on July 10, 2020 regarding 363 - 364 West Street (the "Morneau Trust" Property) and Chapter 61 Right of 1st Refusal (ROFR)

- July 13, 2020: Board of Selectmen held meeting to address waiving the ROFR. Public sentiment turned Board toward exploring the acquisition of land, while further investigating the concept of voluntary agreement with GURR.
- Week of July 27, 2020: Town Administrator and Water/Sewer Chair communicated with various state agencies and private entities that provide support for environmental and water protection including Metacomet Land Trust, DCR, DEP and EOE. Town was advised CPA funding, and future Open Space Planning efforts will allow access to LAND/PARC grants which are critical to future land conservation efforts. DEP can support the Town to protect drinking water resources.
- July 30, 2020: Parks Commission held a meeting and included the Notice of Intent to purchase. During its meeting, the Parks Commission voted to request that the Board of Selectmen hold off on any vote regarding the GURR

and the Town's Right of First Refusal until all details relative to the Parklands and abutting property are communicated and understood.

- August 4, 2020: Conservation Commission meeting was cancelled. A meeting has been rescheduled for August 18, 2020.
- Attorney Durning sent an update relative to 120-day time-frame.
- July 30, 2020: Petition received, Emails, letters asking the Board to exercise its Right of 1st Refusal.

August 5, 2020: Site Visit and Stakeholder Meeting; Attendees included: Diana Schindler, Town Administrator; Lou Arcudi, Board of Selectmen member; Don Howes, Park Commission Chair; Stephen Chaplin, Plan-

ning Board Chair; Marsha Matthews, Conservation Commission member; Michael Penko, Metacomet Land Trust & member of Upton Con Com & Open Space Planning Committee; Ed Burt, Water/Sewer Commission Chair; Tim Watson, Water/Sewer Superintendent; and Peter Durning, Special Counsel. Group performed site walk. Discussed legal updates and strategies regarding options for protecting Chapter land. Three known options were discussed, as follows:

(1) Continue with Eminent Domain proceeding before the MA Dept. of Public Utilities. Both the Board of Water & Sewer Commissioners and the Board of Selectmen are participants in that proceeding. In that

RAILROAD

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Schools to Start Back with Hybrid Model

Thanks to the continuing COVID-19 pandemic, Hopedale schools are opening a little bit later this year and will look a little bit different.

Like every other school districts in the state, big changes had to happen to allow the 2020-2021 school year begin.

After much deliberation, the decision was made to start back with a hybrid model in Hopedale. This means three phases.

Phase I is for teachers and staff, and runs August 31 through September 16.

Phase II is for the students. They start back September 16 at this phase will run until October 16.

Phase III will see the advisory board reviewing data, making



adjustments, and making recommendations for moving forward.

The later start date comes after Commissioner of Education Jeff Riley change the requirement of 180 days of school to 170 days of school to allow for staff training.

The guidance, dated July 27, said, "Our educators and staff are essential to our preparations for a safe and successful fall school re-opening. Following collaborative discussions with the teachers' unions, I am announcing today that school districts will have 10 additional days at the start

of the 2020-2021 school year to prepare for the reopening of schools. ... DESE and the unions have a shared commitment to the safety and well-being of students, families, and staff; they are collaborating to support a successful start to the school year; and they recognize the need to provide additional time for educators and staff to prepare for the start of instruction."

The staff preparation period will include professional development, preparation for hybrid models of teaching, and more training on remote teaching. A final learning plan will be determined, as well as reviewing

SCHOOLS

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WEBSITE

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bright and streamlined new look. Our goal is to create a site that's about you, your neighborhood, your businesses, your community resources, your town's news, one stop – the voice of your community.

Online, you will be able to access the entire newspaper and features to empower you to become an active member of the community. Post events and what's happening around town directly to our community announcement page. Easily share to your social media! Don't forget to "like" us on Facebook! We have built an online directory, with maps, where you can effortlessly explore local businesses serving our community. Get updates on what's going on in your area on our event and calendar page. You'll find user-friendly guides to get information faster and a reference directory with links to the town schools, li-

brary, town government, fire, police, and more. You can easily link to the same resources in neighboring towns.

Remember, these have been difficult times, and it is so important to support the businesses that support our community. You can check out business profiles, leave a review, connect to their Facebook page and website.

Businesses – a corporate profile on our new directory can feature your company on our opening page and drive visitors to your website with links, a map, and graphics. You can take advantage of becoming a community sponsor, that will allow you a more prominent presence on HopedaleTownNews.com. You can sponsor content that will keep you in mind with readers.

At *Local Town Pages*, we're part of your community. We're excited to highlight your town, and your neighboring towns, with a one-stop resource that opens the door to your hometown and what it has to offer.

Are You Prepared to Go Back to Business?

We are in an ever-evolving pandemic that is changing the way we live, work and socialize. We need to make the necessary changes to adapt to this new "normal" so when we are finally past the crisis, our communities and businesses are on solid-footing, ready for a vibrant tomorrow. We've assembled these resources so our businesses and community members have quick access to the resources and information they need to face this challenge.

The Baker-Polito Administration announced a four-phase



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approach to reopening the Massachusetts economy amidst the COVID-19 pandemic on May 18th, and published Mandatory Workplace Safety Standards that will apply across all sectors and industries once reopening begins. The goal of the phased reopen-

ing, based on public health guidance, is to methodically allow certain businesses, services, and activities to resume, while protecting public health and limiting a resurgence of new COVID-19 cases.

The Town of Hopedale will hold a Special Town Election

Tuesday September 15, 2020 from 1:00pm to 8:00pm at the Draper Gymnasium, 13 Dutcher Street, Hopedale MA.

A sample ballot is available for viewing of the Town of Hopedale website at www.hopedale-ma.gov.

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GRAFTON

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action, the Water & Sewer Commissioners made a cross-claim to take the Morneau Trust Property by eminent domain to ensure protection for Hopedale's current and potential public water supply. The Water Department would also continue to pursue protection of the water supply under state and federal statutes, including, but not limited to, the Clean Water Act and other environmental regulations;

(2) Explore the process, identifying opportunities and challenges, for Board of Selectmen to exercise the right to purchase the Morneau Trust Property, and then take additional steps to impose land use protections including, designate the land as protected under Article 97 and imposing a Conservation Restriction, either to be owned and managed by the Town, or to be assigned to Metacomet or other land trust;

(3) Explore the proposal GURR has tentatively outlined, first proposal of map attached. This includes the items previously discussed and on the town's website:

- Protect the 3 potential public water supply well sites identified in the September 25, 2019 study commissioned by the Water & Sewer Commission for new well locations. This protection would not allow any development on those areas until the water commission completes their study within 5 years of MOA to scientifically determine if the site is viable as a public water supply. If determined to be viable then a water distribution easement along railroad "right of way" will be included. Short of minor site grading and/or a retaining wall that will not impact the well, the 400-foot radius circle will be protected in anticipation the water source is viable and feasible.
- GU as they have historically stated is willing to partner with the Town and expand the Hopedale Parkland's Corridor area. GURR is offering to swap many dozens of acres of natural corridor habitat that GURR will put under federal conservation protection. This would be swapped on a 1.5 to 1 ratio in benefit of the Town resulting in a significant increase in parkland acres and increase in walking trails extending the trails to the Upton/Milford Town Line on Rt. 140 at the Mill Pond (north).
- The Selectmen/Town Administrator and GURR would collaboratively work on a solution to fund an open space plan for the parklands that would be led by Parks Commission to determine what the future of the parkland extension should be, building on what Henry Manning developed - a student of Frederick Law Olmstead. This would include additional walking trails to be constructed by GURR as well as other upgrades to be given to the Town upon completion. In addition, a new Kayak launch area will be designed for Mill Pond that currently is not accessible by Hopedale residents. Further, the parties would negotiate any roll-back taxes or penalties under MGL 61 to fund these efforts.
- In exchange for GURR granting the land required for the protection of the potential public water supply and not developing that area, providing railroad easement for water distribution, GURR transferring approximately dozens of acres of corridor resources around the Mill River land including construction additional walking trails, and other items included in the PPP/MOA above we are proposing that some acres west the railroad in the parklands (away from pond) be turned over to GU for economic development to produce jobs and tax revenue for the town's long-term benefit.

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Group consensus determined the Town should have ownership of the land and, if appropriate, work with GURR in the future on possible partnership.

- August 5, 2020: Water Commission held a public Zoom meeting. Comments on website.
- August 10, 2020: Board of Selectmen held a meeting. Did not vote to exercise or waive its Right of First Refusal under M.G.L. c. 61 regarding GURR's Notice of Intent to purchase the Morneau Trust Property, provided updates and allowed public comments. An Executive Session was scheduled with the Water/Sewer Commission and Attorney Durning to discuss the land acquisition.
- August 12, 2020: Finance Committee postponed their discussion on this land acquisition until next Wednesday, August 19.
- August 12, 2020: Planning Board held a public Zoom meeting with invited guest Michael Milanoski from GURR. Mr. Milanoski made presentation and answered questions. (Linked to town website).
- August 18, 2020: Conservation Commission posted meeting, intended to address. Mr. Milanoski is scheduled to attend.
- August 19, 2020: Finance Committee meeting at 6 pm and intended to address.
- August 20, 2020: Park Commission meeting at 7 pm and intended to address.

Objective: With input from Town Boards/Commissions and residents, along with support and guidance from Counsel, the Board of Selectmen can make a fully-informed and vetted decision that weighs the preservation of natural, historic and cultural resources, with the Town's finances, desire for economic development, a stronger tax base, and its tolerance for a long-term partnership with the RR.

From the town of Hopedale website

ATTENTION VETERANS



Due to COVID-19, the Hopedale Sr. Center will not be able to hold our traditional Veterans' Breakfast. However, we don't want to miss the opportunity to thank these individuals for their service.

We want to create a photographic documentation of all our living Veterans for Hopedale Cable Access television.

If you are a Veteran, or know a Veteran we can honor please contact us at (508)634-2208.

The project will take a while to put together, so we're starting in September.

The air date will be November 2020.

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Guess What May Be Coming Back

Though it never went away in Massachusetts, the last few years have been a respite from worry over federal estate taxes. That may soon come to an end. The government may be trying to get their hands into your and your loved ones' pockets again -- and in a VERY BIG way!

We can't predict who will win in November and which party (or parties) will control the Presidency, Senate, and House. But we do need to let you know what may happen if Democrats wind up winning the Presidency and having a majority in the House and Senate, an event which is looking increasingly likely according to recent polls. Dennis Sullivan & Associates is not taking a political stand, we're a diverse and divided office politically, but we do want to discuss how taxes may change, and what actions can be taken now, so please don't shoot the messenger!

Democrats and media have raised significant issues about the wealth and income inequality rampant in our country. One solution for this inequality, now being expressed more vocally, is a major overhaul of the federal estate tax. For example, here's an article that appeared this summer in the New York Times,

entitled "Tax the Rich and Their Heirs."

The current Estate Tax exemption, the amount that can be passed at death tax-free, is \$11.58 million (potentially twice that for a married couple). In short, very few people in the US need to worry about federal estate taxes.

In Massachusetts, we have an estate tax exemption of \$1 Million dollars. If you are married, there is no automatic doubling of the exemption, but it is possible with planning to double the amount to \$2 Million for a married couple.

However, as the cited article recommends, that exemption may be significantly reduced at any time. While the current exemption is \$11.58 Million, if it changes before you die, that is the exemption that applies to you. The only exemption that counts is the one in the law when you pass away -- and a new Congress and President could change that. There have already been calls to reduce the Estate Tax exemption to as little as \$1 million, with everything over that taxed at 40% or more, which would place many Massachusetts homeowners' families at risk of owing federal estate taxes!

What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of the current large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

If you wait until the November election, there may not be enough time before year end to analyze your options and properly put into place the appropriate strategies. You may want to do some "pre-planning" now, make your choices ahead of the election and be ready to implement them right away after election day.

Don't wait until next year. It's likely that any Estate Tax change is likely to be made effective retroactively to January 1! Don't see your planning opportunities dry up.

Call our office for a free consultation. Don't wait, review your estate tax planning options now! Call (781) 237-2815 to learn more!

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Hopedale - Bancroft Memorial Library News

Library Visits

Library visits by appointment are available! Patrons may schedule appointments to visit the library to pick up books, browse, or use the computer/copier/fax machine. Curbside pickup is still available during this time. Please check our website and select "Browsing Appointment Information & Instructions" to learn more or call us at (508)634-2209.

Book Returns

Please note the book drop is checked every morning, Monday through Saturday, before the library opens. Then we must quarantine the items for 3 days. This means that even if you return books, they may still appear on your record for a few days afterward. Once we check the books in, the items will be removed from your record, and you will NOT accumulate any fines. Mistakes may happen, so please give us a call at 508-634-2209 or send an email at hopedalelibrary@cwmares.org to let us know if you see an error.

Book Donations

Please do not put donations in the book drop. We are not accepting donations at this time and material will be thrown out.

Interlibrary Loans Available

Interlibrary loans are up and running again! Patrons may now place holds and borrow items from other C/W MARS libraries and pick up at the Bancroft Memorial Library. Make sure you choose "Hopedale Bancroft Me-

morial Library" as your pickup location. You will receive a call or email when the items are delivered. Then just call the library at (508)634-2209 to schedule a pickup time. Please see our website for curbside hours.

Ongoing Monthly Library Events

Hopedale Zoom Book Group
What have you read this summer that you wished you had someone to discuss it with? Join us for a Zoom book group on Wednesday, September 9 at 1:00 pm and we will talk "books."

Logistics:

If you are already a member of the Helen Symonds Book Discussion Group, you will receive an invitation to join the Zoom meeting from Annette Smith. For everyone else, if you want to join us, send an email to ann.fields@gmail.com and you will receive an invitation to join the group.

Also, call the library and they will place a hold on the book we will be discussing. You will be notified when the book is ready to be picked up by email, text or phone.

At the September meeting we will be discussing *The Last Year of the War* by Susan Meissner. "Elise Sontag is a typical Iowa fourteen-year-old in 1943 hardly aware of the war--Then her father, a legal U.S. resident for nearly two decades, is suddenly arrested on suspicion of being a Nazi sympathizer. The family is sent to an internment camp in Texas. The only thing

that makes the camp bearable is meeting fellow internee Mariko Inoue, a Japanese-American teen from Los Angeles, whose friendship empowers Elise to believe the life she knew before the war will again be hers." C/MARS catalog

Cookbook Club

Not ready to venture out to a restaurant yet? Tired of eating the same old things? Want to freshen up the menu at home? Why not check out the cookbook section at the library!!

We have cookbooks from BBQ to vegetarian! Breads, cookies, cakes and pies! Irish, French, Italian, Spanish, Japanese, Chinese, and Portuguese cookbooks! Gluten free and low carb cookbooks! We have campfire cooking, s'mores and popcorn cookbooks! And don't forget the ice cream! Got a new gadget or want some new recipes for the gadget you have? We have air fryer, slow cooker, instant pot, and cooking in cast iron cookbooks!

I have to say that one my favorite cookbooks is *Six Ingredients with Six Sisters' Stuff: 100+ Simple Family Meals*. Contains slow cooker and "kid approved" recipes. Easy recipes, on hand or easily available ingredients and oh so good! A summer favorite is *Apple Carrot Slaw* pg. 142. I also like the "serve with" suggestions after each recipe. Takes the thought out of what else to make for dinner!

So remember to spice up your meals and try out a new recipe or

two. We have the books for you to do the cooking!

Friends of the Hopedale Library

The Ongoing Book Sale is open! Schedule an appointment to browse using the online calendar or by calling the library.

The Friends of the Hopedale Library helps to support the Library by providing funds for equipment, materials and programs not covered by the regular operating budget. They offer adult events September- June and pay for the children's summer reading and other programs. More information can be found at: <http://www.hopedale-ma.gov/bancroft-memorial-library/pages/friends-library>.

News from the Marjorie Hattersley Children's Room

Thank You!

This year has been an adjustment with our virtual Summer Reading, but we want to shout out our thanks. Thank you to the Friends of the Hopedale Library for paying for our wonderful virtual programming this summer. Thank you also to Aubrie Rojee, who graciously offered her Kid-ding with Yoga programs for free as a gift to the Library.

Check Us Out!

We've been adding books and books on CD to the Children's and YA collections all Spring and

Summer...so come in and check them out! We've missed you all, so please take a look at our appointment schedule, come in, say hi, and check out some new books and movies. And don't forget, curbside pickup is still available also. We're happy to help!

Please call and register with Mrs. Kraimer for the following programs at (508)634-2209:

It's an Alligator Afternoon!

Join Mrs. Kraimer on the lawn for Storytime on Tuesday, September 15 at 3:30pm, weather permitting. Families will be able to check out some books from our book cart afterwards.

Fall Fun with Mrs. Kraimer

Mrs. Kraimer is ready for some fall fun! On Tuesday, September 22 at 3:30pm, Mrs. Kraimer will have a special, fall-themed Storytime on the lawn, weather permitting. Families will be able to take home bags with crafts to make at home.

For updates throughout the month, Friend us on Facebook, sign up at <https://www.hopedale-ma.gov/subscribe> to receive library news via email, and be sure to add the Mobile App to your phone for up-to-date reminders. The library webpage is - <https://www.hopedale-ma.gov/bancroft-memorial-library>.

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Living Healthy

Computer Vision Syndrome

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

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2

hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle

of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen



are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.

3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems—farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging—can contribute to eye strain and

musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common. As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. Seven dedicated eye care providers here to help you in 2 state-of-the-art facilities in Franklin and Milford. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

For more details, see our ad on this page.



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M A I N S T R E E T P E D I A T R I C S



Main Street Pediatrics would like to announce that Dr. Katherine Pleet, MD has joined our practice and will start seeing patients as of September 2, 2020. She is accepting new patients of all ages.

Dr. Pleet received her undergraduate degree in Biology from Brown University. After graduating, she spent a year as an AmeriCorp member teaching and mentoring high school students in Dorchester, MA before attending medical school at Jefferson Medical College in Philadelphia. She completed her pediatric internship and residency in Boston at The Floating Hospital for Children at Tufts Medical Center. Dr. Pleet has had a long-standing passion for working with children and adolescents, and feels it is a great privilege to be a pediatrician.

Please call 508-435-5506 for an appointment
77R West Main St. Hopkinton • mainstreetpediatrics.com

Summary of Property Tax Relief Programs for FY21

PROGRAM NAME	SURVIVING SPOUSE, MINOR CHILD, ELDERLY PERSON M.G.L. Ch 59 § 5 CI 17D	ELDERLY EXEMPTION M.G.L. Ch 59 § 5 CI 41C	SENIOR DEFERRAL M.G.L. Ch 59 § 5 CI 41A	SENIOR REAL ESTATE PROPERTY TAX CREDIT PROGRAM M.G.L. Ch 59 § 5k	FINANCIAL HARDSHIP M.G.L. Ch 59 § 5 CI 18	SENIOR "CIRCUIT BREAKER" TAX CREDIT TIR 01-19	BLIND EXEMPTION M.G.L. Ch 59 § 5 CI 37A	VETERANS EXEMPTION M.G.L. Ch 59 § 5 Various Clauses
Assistance Type	Reduces local property tax liability of surviving spouse, minor child of deceased parent or elderly person	Reduces local property tax liability of senior	Defers payment of local property tax owed by senior until house sold or settlement of estate	Reduces local property tax liability of senior in exchange for volunteer service to municipality	Reduces or eliminates property tax liability due to extraordinary circumstances	Reduces state income taxes owed (or provides refund if none owned) for senior whose property taxes (and 50% of water/sewer charges) exceeds 10% of income	Reduces local property tax liability	Reduces local property tax liability for veterans with a war related disability and/or certain medal. Also, for the widows of eligible veterans.
Eligible Age	Varies according to status	65	65	60	N/A	65	N/A	N/A
Income Limit	N/A	Single *\$38,792.10 Maximum Married *\$46,188.15 Maximum	\$30,000 maximum	N/A	N/A	Varies	N/A	N/A
Asset Limit	*\$59,455.69	*\$81,584.20 if single *\$84,678.28 if married, excluding value of home	N/A	N/A	N/A	Varies	N/A	N/A
Assistance Amount	\$260.13 exemption	\$775.77 exemption	Any amount up to total tax bill	\$1,000 based on State minimum wage	N/A	Varies	\$500 exemption	\$400 up to entire tax amount
Annual Adjustments	*Asset limit and assistance amount adjusted annually by COLA	Annual increase in "minimum social security/retirement" exclusion from income limit by DOR. *Income and Asset limit adjusted annually by COLA	Interest rate is calculated annually. (FY2020 is 5%)	N/A	N/A	Automatic annual increase in income limits, assessed valuation and credit amount by statute	N/A	N/A
Application Procedure	File annual application with local assessors	File annual application with local assessors	File annual application with local assessors	File application with Council on Aging, 508-634-2208	File annual application with local assessors	File with state income taxes -- Taxpayer Service 1-800-392-6089	File annual application with local assessors	File annual application with local assessors

All clauses are fully explained in Massachusetts General Laws. The Assessors' Office has brochures on the various programs and exemptions offered.

Note: Social Security deduction from total gross receipts:

Worker \$4,834
 Spouse \$2,417
 Total \$7,251

Milford Federal Awards Scholarships to Local High School Students

Milford Federal Bank has awarded several scholarships to local high school graduates towards expenses in furthering their education. "Milford Federal Bank is pleased to help each student pursue their dream of higher education," said Paul Gilbody, President and CEO of Milford Federal Bank. "As a community bank, we are committed to supporting the communities we serve. An investment in education is an investment in the future, and these bright students are the future of their communities."

The Milford Federal scholarship program has awarded \$10,000 annually, for over 10 years. Each school selected a scholarship recipient based on need, academic standing, and involvement in school and extracurricular activities.

The following graduating high school seniors from Milford and surrounding areas were each awarded a \$1,000 scholarship: Blackstone Valley Regional Vocational Technical High School: Sage Hurteau, attending Coastal Carolina University; Hopedale High School: Taylor Maddalena, attending University of Tampa; Milford High School: Reese Dutcher, attending Pace University; Nipmuc Regional High School: Casey Costello, attending Bryant University; Northbridge High School: Hailey Bober, attending Hofstra University; Uxbridge High School: Sonila Murati, attending University of New Hampshire; Whitinsville Christian School: Hadley Koe-man, attending Calvin University and Camily De Oliveira Sena of Douglas High School.

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What a Patient Can Expect When They Come to Milford Regional

As Milford Regional reopens all services to the community, they want to reassure their patients of their commitment to provide the highest level of safety for patients, visitors and staff. Our adherence to strict guidance from the State, the Center for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) ensures that everyone who enters Milford Regional can have confidence in the safety measures we have taken. Your safety is always our top priority!

Here is what you can expect as a patient or visitor coming to Milford Regional:

Hospital Employees

All Milford Regional's employees are screened daily for symptoms of COVID-19. Those that have symptoms of a possible respiratory illness or fever are not allowed to work until they are free of all symptoms based upon pre-established guidelines. All employees wear masks and other appropriate personal protective equipment in compliance with CDC and DPH regulations.

Visitors

Please note that the following individuals are no longer considered visitors, but part of the care delivery team, which means they are allowed to accompany a patient.

- In Maternity, the birthing partner
- Parents and/or guardians of patients under the age of 18 years old
- Attorneys of patients
- Companions for patients with intellectual and/or physical disabilities.

All visitors may enter and exit through:

- The Emergency Department Entrance behind the hospital under the parking garage
- The Hill Health Center
- The Imaging Center Entrance

Patients for Outpatient Services (Diagnostic Imaging, Lab, Endoscopy etc.)

Due to the requirements of social distancing in the waiting rooms, Milford Regional is discouraging anyone from accompanying the patient to their outpatient appointment, including day surgery. An individual may visit with the patient once they are prepped and ready for surgery. During this preparation time the visitor will need to wait in their car, cafeteria or main entrance. Once the surgical patient is ready and if time allows the visitor will be notified by someone in the surgical unit.

For OB appointments, one support partner may accompany the patient to their appointment.

Admitted Patients

Patients who are admitted are allowed one visitor between the hours of 2:00 pm-7:00 pm. We encourage visitors to limit their visit to two hours. Visits are allowed with the following restrictions:

- Only one visitor is allowed per patient, per day.
- At the discretion of the patient's care team, no visitors under the age of 18 years are allowed except the child of a patient, accompanied by one adult.
- At this time, Milford Regional is not allowing visits for confirmed or suspected COVID-19 patients.
- All visitors are screened before entering the Medical Center.

- If a visitor states they have any one of the Covid-19 related symptoms, have traveled outside of the Low Risk States in the past 14 days (Rhode Island visitors are exempt), or if they have had contact with a known positive in the last 14 days, they will not be permitted to enter the Medical Center.
- Those who pass the screening must sanitize their hands, wear a face mask and a visitor tag at all times that expires in 24 hours.
- Once screened, the visitor should proceed directly to the unit and check in with the unit secretary. Once the visit is complete, the visitor should exit the Medical Center through the Emergency Department Entrance, Hill Health Center or the Imaging Center.

Emergency Department Patients

One person is allowed to accompany the patient during their visit.

Compassionate Care Patients

For patients in compassionate care situations, including but not limited to end of life, decisions about visitation can be made collaboratively with the patient's care team and their loved ones. Additional visits may be allowed outside of 2:00 pm-7:00 pm.

HOSPITAL ENVIRONMENT

Entrances

- Inpatients can be discharged through any open entrance
- Day surgery patients should enter and be discharged through the Hill Health Center Entrance
- The Imaging Entrance is open for all outpatient imaging appointments.
- All other outpatients should enter through the Hill Health Center Entrance.
- The Main Entrance remains closed.

Patient Floors

In order to provide safe, effective care for all of our patients, COVID-19 positive patients are cared for in dedicated areas separate from those of non-COVID-19 patients.

Atrium Café

Visitors can purchase food in the cafeteria. Seating is now for both staff and visitors but to comply with regulations, we can only allow 50% capacity and must follow social distancing recommendations. The tables and chairs cannot be moved from their current location.

Social Distancing Measures

In order to provide protection for everyone, we have established safe social distancing throughout the hospital, with such precautionary changes as the removal of chairs in waiting rooms to provide greater separation and the installation of Plexiglas barriers.

For some outpatient services, a "virtual" waiting room has been devised to support social distancing. When the patient arrives, he/she calls to note his arrival; whereupon, staff then instructs the patient on when to enter the hospital.

Cleaning/Sanitization Protocols

Hand sanitizer stations and visual reminders to practice hand hygiene are conveniently located throughout the hospital for easy and frequent use by patients and staff.

A team of professional staff are solely dedicated to following strict cleaning and disinfecting protocols established throughout the hospital to ensure the safety of both staff and patients.

FOR SURGERY

Preadmission Testing

Most screening and arranging for any needed tests is done by phone ahead of time. Some tests may need to be performed at the hospital the day before surgery or the procedure. Other necessary tests are done on the day of surgery.

With regard to COVID-19 testing, your physician will call the hospital laboratory to schedule a time for you to have the test done at the Milford Regional drive-thru site 48-72 hours before surgery. Patients are then asked to self-quarantine at home until the surgery date.

Patients who test positive for COVID-19 are notified by their surgeon to discuss steps moving forward.

Day of Surgery

Due to the requirements of maintaining social distancing in the waiting rooms, MRMC is discouraging anyone else from accompanying the patient to their appointment.

Patients should be dropped off at the Hill Health Center entrance where they are screened for current COVID-19 symptoms. They are asked to sanitize their hands and are given a hospital-issued surgical mask.

Patients with no COVID-19 symptoms proceed to the Surgery Center. Patients with current COVID-19 symptoms are directed back to their vehicle and contacted by Surgical Day Center (SDC) staff for further instructions.

After Surgery

The surgeon calls the patient's designated individual at the conclusion of the surgery. SDC staff calls the patient's designated driver when it is time to be picked up at the Hill Health Center entrance.

Surgical patients are provided with written discharge instructions at the time of discharge and contact information if questions arise.

It is our hope that outlining our safety measures will provide an added layer of reassurance and comfort when you need our services. As your community hospital, we take our role as your local healthcare provider very seriously. Rest assured that every step has been taken at Milford Regional to ensure you receive care that is both safe and of the highest quality.

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Please call the Hopedale Sr. Center

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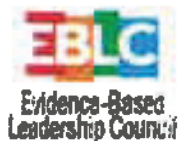
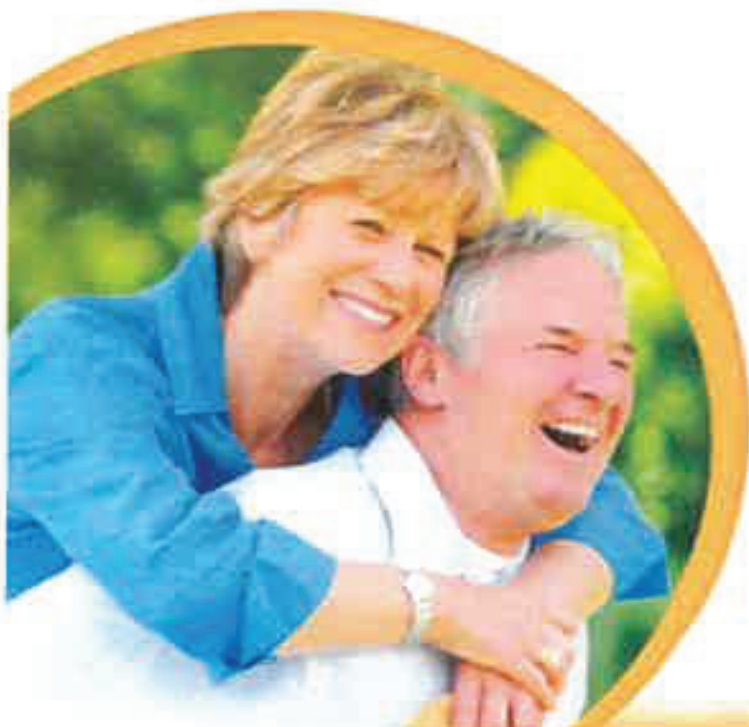
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Sports

Hopedale Baseball seniors already scouted for collegiate baseball

By CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

In early March, Covid-19 ran amok though the area and before the high school spring seasons could get under way, they were abruptly cancelled, leaving many seniors without the possibility of playing in their final season.

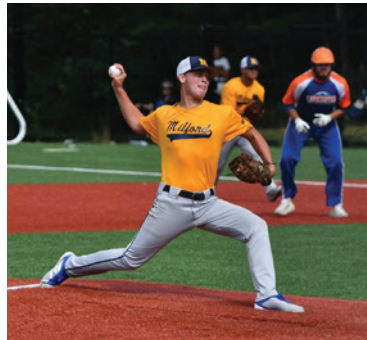
In addition to not seeing the field during the spring season many seniors were left out in the cold when it came to having college scouts in the stands watching their games.

While the senior year is when schools usually make their pitch toward athletes to entice them to come and play for them, it is the junior campaign that usually carries the most weight. a the pandemic causing havoc and shutting down schools and sports throughout the state many juniors were put on the back burner to be viewed.

Luckily two Hopedale baseball players had scouts watching them the year prior and although they found themselves on the sidelines during their junior campaign, Sean Ryan and Alex Luccini had already committed to take their sport to the next level.

Ryan, who took to the mound and played the hot corner for the Blue Raiders, will be taking his talents to Nichols College in Dudley, Massachusetts, while his teammate Luccini will be headed to the University of Massachusetts at Lowell, where he will be used as an utility player seeing action at catcher, first-base and in the outfield.

However, before the two Hopedale athletes attempt to



make their respective college squads, they'll get a chance to play baseball one more year for Hopedale High School during their upcoming senior season and do not having to worry about if their skills are good enough to make the jump to the collegiate level.

Both Hopedale athletes, who began playing baseball at a very young age, played for the junior varsity team in the seventh and eighth grade and by their freshman year, once they showed the Blue Raider coaching staff what they could bring to the team, they found their way onto the varsity squad.

As a freshman Ryan primarily played third base, but by his sophomore campaign he was a starting pitcher that was eventually named a Dual Valley All Star who recorded 56 strikeouts during his first full varsity season.

"I originally thought of myself as a contact pitcher where I let my defense do the work behind me," the now-senior said. "I began lifting weights, got stronger and grew in height and found my fastball, which I rely heavily on now."

While his teammate was playing baseball tee-ball, Luccini came from a baseball family.

His father played college ball for Salem State and his grandfather was the long-time baseball coach for Franklin High School. Although a baseball junkie from birth, Luccini really didn't real-



ize that he had the talent until he began playing for an AAU team the summer after his freshman year.

"There were a lot of talented kids already committed to play Division 1 college baseball on that team," Luccini said. "It was then that I understood that if I could continue to be able to keep up with them then I would have a chance to play in college as well."

Coming into this past season as juniors both athletes felt that once college scouts were able to see them play on the field then they'd realize that they belonged on the next level.

Unfortunately, neither Ryan nor Luccini would get to spot a scout in the stands as they played for Hopedale this past year due to the pandemic closing all the schools. With the cancellation tripredation set in.

"After putting in all the hard work and not having coaches see me play was frustrating," Luccini said. "Every time that I worked out or practiced, I would video it and send it to the coaches. I used the canceled season as fuel; it gave me extra time to work out more and prepare."

Ryan pretty much felt the same way.

"I was devastated as I had taken off the previous winter from playing basketball so that I could be ready for the baseball season and help the team win," he said. "To have no season after working so hard seemed like a big waste of my time."

While many juniors lost the chance at being seen, Luccini and Ryan were lucky that they had gotten an early jump on the process and committed to a school to play a sport that they love.

Ryan had three other schools on his radar, but always felt that Nichols was his top choice. During an overnight to the school, he was won over not only by the environment but by the vibes that he got from the coaches and the current players, so he committed in mid-July.

"I had been offered a position on the team back in March, but it was still very early in the process and I wanted to go and see the other schools and get a feel for them," Ryan said. "In July I called the coach and verbally committed; it was a big relief after having worked so hard in high school to be able to take my talent to the collegiate level."

When he eventually gets to Nichols the coaches are hoping that he can be a two-way player but playing the field and batting

every day in addition to pitching is not an easy task.

"I love hitting and playing the field and hope that I can do both, but if I can't pitching is what I am best at," Ryan said. "Practices are right after one another so it will take up a lot of my time, so we'll have to see how things go."

Much like Ryan, Luccini eventually committed in early July and he too was looking at numerous schools (Stonehill College and Worcester State in Massachusetts as well as Bucknell University and Lafayette College both in Pennsylvania) to bring his talents to.

"Any of the five would have been fine with me, but after speaking with a couple of kids I knew that were already on the team I was high on UMASS," Luccini said. "I had spoken to the coach a few days before I had committed, but when he called and asked me if I wanted to be a Riverhawk I accepted on the spot. I knew that's where I wanted to be."

As they enter their senior years already knowing that they have positions on a collegiate team, the pressure is off them for the most part. While that is the case both Ryan and Luccini are both looking forward to playing in their senior season as they believe that Hopedale will field a team that is not only capable of winning the District Championships but one that should make a run at the State Title.

The only question left to be answered is will there be a season or will Covid continue to wipe out high school sports.



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Sports

ADs Take Guarded Approach to State Agency's Sports Guidelines

EDITOR'S NOTE: The Mass. Interscholastic Athletic Association and the Department of Elementary and Secondary Education issued its guidelines as Local Town Pages was going to press. Sports for the fall season that are in the lower and moderate risk categories can compete with modifications but football, competitive cheer and unified basketball are classified as high risk. Those teams can only practice this fall but their seasons could get underway in a floating season that would run from late February to late April.

By **KEN HAMWEY**
STAFF SPORTS WRITER

Four of the area's veteran athletic directors are taking a wait-and-see approach to the guidelines for youth and amateur athletics that were announced by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) on Aug. 13.

The guidance, issued because of the coronavirus pandemic, puts football in a highly doubtful category. The Department of Elementary and Secondary Education (DESE) is expected to offer its guidelines soon and both sets will provide the Mass. Interscholastic Athletic Association (MIAA) with additional insight. To prepare for a fall season, the MIAA's COVID-19 Task Force will have to consider modifications for moderate- and high-risk sports to allow for competition.

If football is played this fall, games would have to eliminate contact by replacing tackling with flags or playing a two-hand touch in a seven-on-seven format. Two options could be the creation of an additional season between winter and spring sports or playing football next spring.

Before detailing how the area's athletic directors reacted to the EEA's guidelines, here's a rundown on what's been spelled out. The guidance classifies sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower

Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey and soccer. Higher Risk fall sports are football and competitive cheerleading.

Moderate Risk sports are listed as "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The EEA guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That would enable golf and cross country to compete and hold tournaments. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments. Those restrictions would be lifted if they meet "minimum mandatory standards for modification to play."

For soccer, field hockey, volleyball and football to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, volleyball and football to compete in games, two criteria must be

followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Tom Angelo, Franklin High's AD, is concerned about over-reaction. "Too many people are jumping to too many conclusions without hearing from all governing bodies," said Angelo, who has 36 years of experience as an educator. "Whatever is decided, Franklin High School will be prepared to provide our student-athletes with a safe environment, by adhering strictly to the proper protocols established by our own school district, the EEA, DESE, MIAA and the Hockomock League."

Chuck Grant, who's been Millis High's AD for the last 18 years, emphasizes that it's not time to panic.

"No decision has been made on whether fall sports will be canceled," Grant said. "We're still hanging in. Other guidelines were issued in July but these regulations focus "on more elaboration and more concerns."

"There's still time for the virus numbers to trend downward," Grant noted. "There's still a lot of data that can be looked at. My hope for Millis and the surrounding towns is that we give fall sports a try, and that includes football. We'll all deal with the changes needed to minimize the spread of COVID-19. The EEA's guidance was issued a month before pre-season practice would start (Sept. 14). A lot can still change."

Gary Brown, King Philip's



GARY BROWN
King Philip Regional AD



TOM ANGELO
Franklin High AD

AD who previously worked as an associate AD at Harvard University, says many of the sports offerings for the fall at the regional school remain intact.

"As of now, we're planning on offering as many sports opportunities as possible for the fall, and that includes football, soccer, field hockey and volleyball," Brown said. "Our goal is to offer the best student-athlete experience while keeping health and wellness as our top priorities. Athletics continue to help student-athletes physically and mentally while competing in high school sports."

Brown emphasized that while athletics are an important element in youth development, "the big picture is still the health and safety of our students, families, communities, our state and nation."

Matt Baker, who's in his sixth year as Holliston's AD, is concerned the EEA's guidance clouds the fall sports picture because other agencies haven't weighed in.

"When I first heard there was guidance regarding athletics, my hope was it would start to give us some clarity regarding high school sports," said Baker, who previously worked in athletic administration at Framingham State. "I was inundated with calls, texts and emails. There was a lot of information everyone was trying to process and what it meant for high school sports. But as it turns out, this is just one set of guidelines being released by the state. We're still awaiting additional guidance from DESE and the MIAA and until then we're still in a holding pattern."

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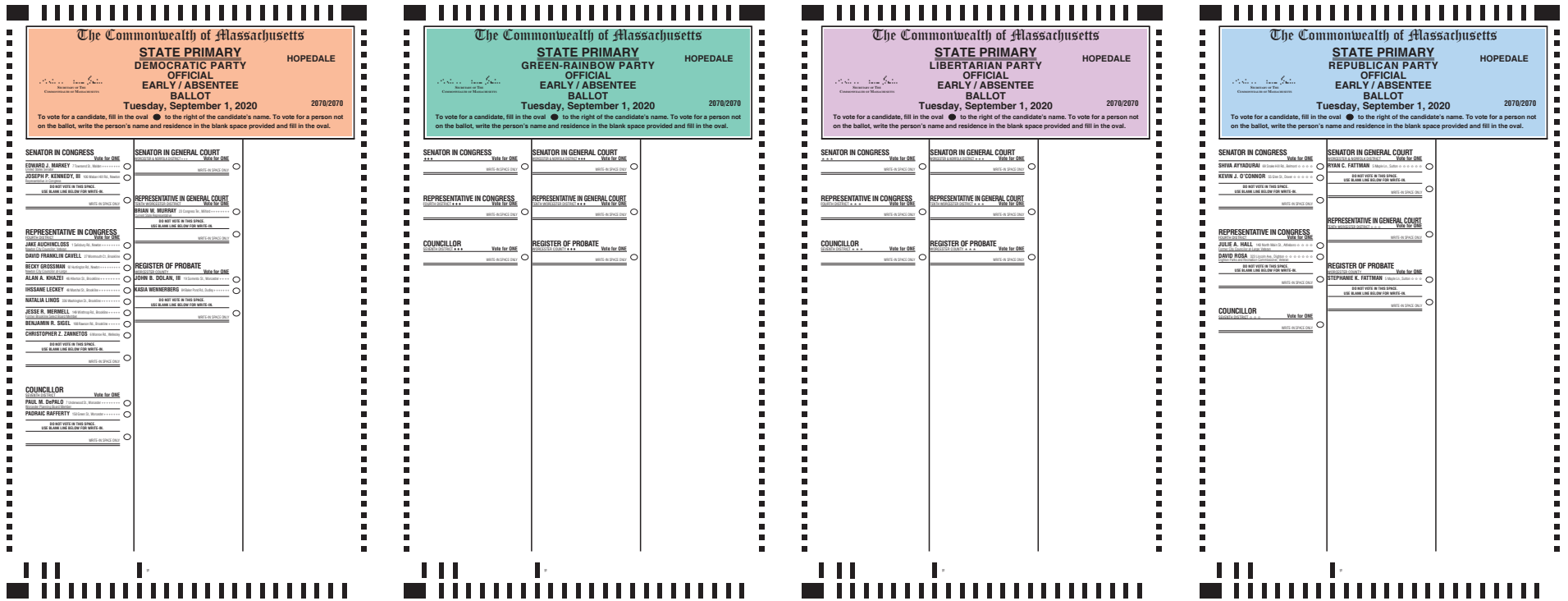
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Primary Information

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HOPEDALE Massachusetts

Town Hall Now Open with Limited Hours

The first priority of the Board of Selectmen is public safety and health. The Town Hall is now open limited hours Monday through Friday, effective Aug. 18.

Town Hall Hours of Operation:

Monday, Wednesday, Friday 9 AM - 11 AM
Tuesday, Thursday 1 PM - 3 PM

Please call ahead to confirm the availability of the staff member you need to speak with. Face coverings will be required while you are in the building for your safety and ours.

We thank you for your understanding at this most unusual time.

Hopedale Board of Selectmen

We ask that you either consult the town's website or call or email a specific department if you have or anticipate business with the Town. Please see Town Directory Hall directory below.

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Tri-Valley, Inc. - September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog Baked Beans Green Beans Orange Hot Dog Bun Mustard	2 Stuffed Pepper Casserole Mashed Potatoes Carrots Loma Doone Cookies Pumpemickel Bread	3 Ranch Chicken Wild Rice Spinach Pears Marble Rye Bread	4 Braised Beef Gemelli Pasta Broccoli Yogurt Italian Bread
7 Labor Day No Meal Served	8 Burger Chili & Cheese Green Beans Steak Cut Fries Strawberries Sandwich Roll	9 Roast Pork Loin with Gravy Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread	10 American Chop Suey Roasted Broccoli & Carrots Bread Pudding Peasant White Bread	11 Chicken Pesto Red Bliss Potatoes Mixed Vegetables Fresh Fruit Corn Muffin
14 Shepherd's Pie Carrots Peas Apple Cinnamon Grahams Marble Rye Bread	15 Chicken Milano Vegetable Couscous Spinach Mixed Fruit Pumpemickel Bread	16 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Peaches French Bread	17 Turkey Supreme Herbed Stuffing Roasted California Blend Fresh Fruit Whole Wheat Bread	18 Lemon Pepper Fish Seasoned Potatoes Scandinavian Vegetables Chocolate Pudding Diet = SF Vanilla Pudding Italian Bread
21 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	22 Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Italian Bread	23 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Oreos Marble Rye Bread Tartar Sauce	24 Salsbury Steak Garlic Mashed Potatoes Herbed Carrots Cheesecake Mousse Sandwich Roll	25 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Pumpemickel Bread
28 Chicken Cordon Bleu Mashed Sweet Potatoes Capri Blend Vegetables Lemon Pudding Diet = SF Tapioca Pumpemickel Bread	29 Meatballs with Onion Gravy Bowtie Pasta Broccoli Fresh Fruit French Bread	30 Marinated Pork Loin Herbed Potatoes Carrots Vanilla Mousse Whole Wheat Bread	<p>PLEASE CALL THE HOPEDALE SR. CENTER FOR MORE INFORMATION HOPEDALE SR. CENTER - (508)634-2208</p> <p>Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.</p>	

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SCHOOLS

continued from page 3

cleaning protocol and a review of food services protocol.

When the students return, they will attend school in person Mondays and Tuesdays or Thursdays and Fridays, depending on last name. Wednesdays are reserved for remote learning so that schools can be cleaned between cohorts. Keep in mind, any student may select to do fully remote if they are more comfort-

able with that plan.

Unlike the spring, students will be graded on their work, and will be expected to attend classes whether they are in person or remote.

All staff and students who attend in-person classes, are required to wear face coverings. There will be exceptions made for those who cannot wear them due to medical issues.

Data collected in Phase III will include numbers of staff and students who return to school, attendance rates, adherence to

mask-wearing protocols, social distancing ability, and assessment of cleaning protocols, among others.

Depending on the data assessment in Phase III, a determination will be made to remain hybrid, go fully remote, or go fully in person.

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