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Vol. 6 No. 8

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October 2020

The Voice of Your Community

Voters Reject Override

By SUSAN MANNING
STAFF WRITER

The fiscal 2021 budget took a hit last month when voters rejected a tax override by 142 votes.

The override would have bridged a gap in the operating budget of roughly \$1.3 million. It also would have been the second override in as many years. According to Town Administrator Diana Schindler, unlike like many other things, the deficit is not related to the current pandemic.

“Although we now face additional fiscal challenges operating [for an extended time] in COVID conditions. Fortunately, we have COVID funding to mitigate.

“The town and schools are taking full advantage of all federal/state monies to mitigate unanticipated COVID costs, but the override is unrelated and will not be covered,” she said.



While disappointed that the vote failed, members of the Board of Selectmen are ready to move forward. They issued the following statement:

“We want to thank those residents that took the time ... for voting on the override. It is important to note that no matter how you voted that you voted, and we thank you.

“Hopedale has been, is and will continue to be a strong community with so much to offer all our residents, from our children to our elderly population.

“Our residents are very passionate and involved we hope they continue to stay involved.

VERRIDE
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Group Working Toward Change, Inclusion

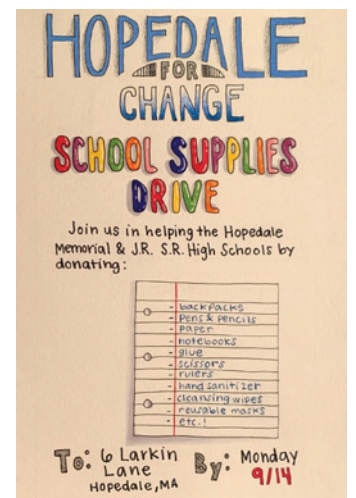
By SUSAN MANNING
STAFF WRITER

Have you noticed more drives going on—can drives? School supply drives?

Don't worry, your eyes are not deceiving you. There's a new group in town and their focus is to create change, inclusion, and diversity.

Hopedale for Change is a core group of roughly 13 people, with eight who are particularly active. The core group consists of Greg Habel, Jayme Solomon-Zissu, Becca Solomon, Tina Ryan, Michelle Piatt, Megan Piatt, McKay Calabrese, Suzanne MacNeil, Michele Alves, Janice Doyle, Lorraine Olson.

“Our goal is to help the community and make it as welcoming to all regardless of color, religion, country of



origin, ability, or sexual identity and would like to see more diversity. We would like to see community involvement in policing and see if we can reconcile our views of defunding the police. We would like to

INCLUSION
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INCLUSION

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see more inclusive education. We, as a community do not have issues with the police or police brutality thankfully but there is always room for improvement. We would like to facilitate change by open conversations. You need to be willing to listen to the issues to overcome them. I think in the end we will all realize that we have more in common than different. This political time is so divisive, we would like to be more inclusive and uniting," said the group.

So why found a group?

Solomon-Zissu said her catalyst were the multiple murders of black people.

"For me, after seeing the murders of George Floyd, Breonna Taylor, and Rashad Brooks. I felt like I needed to do something. I was inspired by the protest we had here and wanted to do more. I was further energized after seeing a WCVB special on race in Massachusetts. They had a group called Medway Marches and I immediately joined. They had a gathering and I figured I would try to do a group in Hopedale. I



put a post on the Hopedale bulletin board and got responses from several people, including Tina from Uxbridge For Change. She helped us begin and we formed a core group and have progressed from there. We want as much community involvement as we can get," she said.

Doyle said her motivation was to fight racism.

"I have been looking into anti-racism group for a while. The last one I joined was stopped with Covid... so when this group was started, I thought it was a great opportunity," she said.

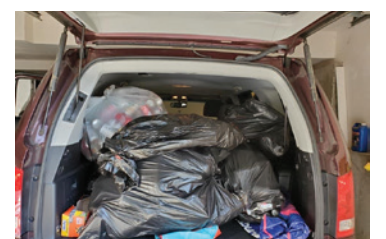
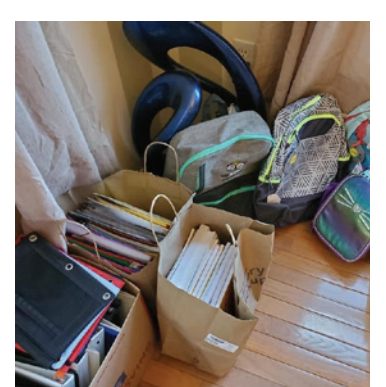
For Olson, who grew up in the '60s and worked on racial issues in Boston, inclusion is near and dear to her.

"With a black teenage grandson with two biracial siblings, I felt the need to participate in and

meet people who truly care about the problems POC face and the danger faced every day. The day my then 9-year-old grandson asked 'Why?' after Treyvon Martin was killed rocked me to my core. This group gives me hope," she explained.

Habel always knew he believed that diversity should happen, but felt now is the time to take action.

"For too many years without action I have been following the struggles that people of color, the LGBTQ+ community, and more recently those with mental health issues have been facing. Having built relationships with more diverse people, I began to hear personal stories that impacted my heart. Then with the murder of George Floyd I saw a sign that spoke to me; "Silence is Be-



like to sit with the police department to see how they view community policing. Our first two events were put together relatively quickly so people see we are here and trying to help out the community. McKay put together our flyer, we posted it and were off and running," they said.

By the way, those drives they held? They turned out pretty successful.

"The bottle drive was not ours, it was the 2021 Cooperstown drive. We just did a large donation towards it. The supplies drive was because there are foster kids and less fortunate people who could use help with school supplies. The balance could stay in the schools for the students. The teachers have enough pressure with Covid-19 and our temporary new normal.

"For the can drive we donated six lawn bags full of bottles and cans and a few boxes. There was quite a lot for the school supplies. We were thrilled to see all the donations," they said.

If you would like to get involved in Hopedale for change, visit their Facebook page. There is still a pole open on the page as well as a bulletin board and you can provide your contact information as well as your opinion.

"We openly welcome people to join us," the group said.

trayal". After participating in the protest and march in Hopedale for George Floyd, I felt a strong heartfelt connection to the protestors as well as hope. But I knew without action, it would be in vain. Once our group Hopedale For Change was formed, I immediately joined to help make a difference in Hopedale and beyond," he said.

MacNeil was dismayed that after 20 years of activism, she still wasn't seeing change happen.

"I participated in different social activism groups and peaceful protests in Boston in the early 2000s, and I'm saddened that 20 years later, I still need to protest racism and stand up for equality for all. When Hopedale For Change was forming, I knew I needed to get involved. I look forward to seeing what we can do with this group in Hopedale, surrounding towns, and beyond," she said.

The group so they are always looking for more input and direction.

"We put a survey out on the bulletin board to get a sense of what the community is interested in and we are working on that. We would like to help with education and make it more inclusive. We want to make Hopedale welcoming for all. We would also

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VERRIDE

continued from page 1

We, as your leaders of the town, promise to get back to work immediately and hope you provide us your support and continued guidance.”

One of the line items affected by the budget shortfall is the library. Bancroft Library Director Robyn York detailed the effects of the failed override.

“It is unfortunate for the town that the override did not pass. Having been a part of intensive budget discussions since January, I know departments have been making efforts to save money and cut costs, but for many departments there are set costs due to inspections, certifications and maintenance on old equipment and the only wiggle room is hours and people for cutting.

“As for the library, we are moving temporarily to a 5-percent reduced budget. That may change once we hear back from the town accountant. Patrons will see some reduced hours at the library, likely Thursday afternoons we will close. At present, patrons are still able to schedule appointments, receive curbside services, and order books through ILL.

“However, we will not meet our Municipal Appropriations Requirement (MAR) as determined by the MBLC. Like many libraries in the Commonwealth

this year, we will be applying for a waiver. As long as we receive the waiver, we will maintain our library certification and still receive our state aid, which is around \$8,000. If we don’t receive the waiver, then not only will we lose town funding due to the failed override, we will also lose state funding. If our library loses certification our patrons will not be able to use OverDrive ebooks from the shared collection and borrow materials from other libraries,” she said.

Schools in Hopedale would have represented part of the override, as well. Superintendent of Schools Karen Crebase concurred with Schindler, that budget shortfalls were not due to the pandemic.

“The town was having discussions about budget shortfalls prior to the pandemic. In February, I put forward the school budget proposal which included a 3.5% increase to the school budget. When developing a proposal, I attempt to present a budget that includes cost of living expected increases, maintains the integrity of our current programs and education, while also making recommendations for continued growth. After this meeting, it was requested that the schools, and other departments, plan for possible budget reductions for FY21. During an

April 9, 2020, meeting with the School Committee and Finance Committee, the schools demonstrated the manner in which various budget cuts would impact the school budget,” she said.

Crebase said earlier last month that if the overnight field, the schools were looking at roughly \$800,000 in cuts.

“If the schools were required to reduce our budget by \$800,000, it would require us to reduce staff. If this were to occur, we would complete an analysis of all departments, all courses, all grade levels, and all positions to identify potential cuts. In general terms, \$800,000 equates to approximately 16 staff positions. Major staff cuts would significantly impact our ability to provide the level of education we have throughout the past years,” said Crebase.

The election was held on Tuesday, Sept. 15, in the Draper Auditorium. Fourteen hundred and twenty votes were cast, which represents a 34% turnout. At the time of the election, there were 4,165 registered voters.

Of the ballots cast, 639 were yes, 781 were no.

Early voting and absentee ballots were counted during polling hours. There were 46 absentee ballots, and 576 early voting ballots, according to the Town Clerk’s Office.

Cultural Grants

The Hopedale Cultural Council announces the availability of grants for community-based projects in the arts, humanities, and sciences.

Applications will be available online Oct. 1. The deadline for submission is Nov. 16.

For information about the grant program and application, visit www.mass-culture.org

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Meals on Wheels Menu - Tri-Valley, Inc. - October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 BBQ Chicken Mashed Potatoes Country Blend Vegetables Mixed Fruit Blueberry Snack 'n Loaf</p>	<p>2 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread</p>
<p>5 Lasagna & Meatballs Green Beans Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread</p>	<p>6 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread</p>	<p>7 Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Applesauce White Peasant Bread</p>	<p>8 Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll</p>	<p>9 Potato Crunch Fish Garlic Mashed Potatoes Peas & Pearl Onions Oreos Pumpnickel Bread</p>
<p>12 Columbus Day No Meal Served</p>	<p>13 Hot Dog Baked Beans Green Beans Fresh Orange Hot Dog Bun Mustard</p>	<p>14 Baked Potato with Chili & Cheese Broccoli Sour Cream Peaches Pumpnickel Bread</p>	<p>15 Broccoli & Cheese Stuff. Chicken with Gravy Lemon Seasoned Potatoes Mixed Vegetables Yogurt White Peasant Bread</p>	<p>16 Shepherd's Pie Carrots Peas Fruited Ambrosia Italian Bread</p>
<p>19 Chicken Mornay Couscous Roman Blend Vegetables Apple Grahams Marble Rye Bread</p>	<p>20 Meatloaf with Gravy Garlic Mashed Potatoes Tuscany Vegetables Mixed Fruit Whole Wheat Bread</p>	<p>21 Roast Turkey & Gravy Mashed Sweet Potatoes Green Peas Cinnamon Pears French Bread</p>	<p>22 Macaroni & Cheese Stewed Tomatoes Green Beans Cheesecake Mousse Italian Bread</p>	<p>23 Baked Cod with Parmesan Cream Sauce Lemon Seasoned Rice California Vegetables Fresh Fruit Pumpnickel Bread</p>
<p>26 Pork Rib-i-que Macaroni & Cheese Jardiniere Vegetables Pineapple Sandwich Roll</p>	<p>27 Swedish Meatballs Mashed Potatoes Country Blend Vegetables Tapioca Pudding Diet = SF Tapioca Pudding Marble Rye Bread</p>	<p>28 Sloppy Joe Potato Wedges Mixed Vegetables Strawberries Sandwich Roll</p>	<p>29 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Fresh Fruit French Bread</p>	<p>30 Fish with Crumb Topping Sour Cream & Chive Potatoes Capri Blend Vegetables Pumpkin Mousse Whole Wheat Bread</p>

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. 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 2003. 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 ten 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 as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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Top 10 Health Concerns of Baby Boomers, Part 1

By DENNIS SULLIVAN & ASSOCIATES

Baby boomers are now in their 50s, 60s, and 70s, and as they age they are dealing with the challenges of staying healthy. Of their top ten concerns, here are 6 through 10. We'll discuss the next five in November's issue.

10. Living Longer

People are living longer than in prior generations. With longevity comes increased risk of illness and the need for long-term care, and the question of whether savings will last a lifetime. At Dennis Sullivan & Associates, we hear these concerns every day. Our goal is to help families protect their assets for

their later years.

9. Bones, Joints, and Mobility

Over 25% of boomer women have osteoporosis, and many more have bone and joint issues. As we age, the cartilage that cushions bones and joints break down, resulting in the pain, swelling and stiffness of osteoarthritis. This is a top cause of disability. Prevention is key for osteoporosis, and daily exercise is crucial to maintaining joint flexibility.

8. Caregiver Strain

Baby boomers are in a unique position. Many are caring not only for their own families but also for aging relatives. This puts

considerable stress on caregivers and can affect their mental and physical health and that of those they care for. It is paramount that caregivers take time to see to their physical and emotional well-being. If you would like to receive our caregiver strain index, call our office. It can help you and your family develop a plan to provide care and preserve resources in advance of a crisis.

7. Navigating Insurance

Medicare plans offer many options. It's currently open enrollment season and baby boomers are overwhelmed by the choices available to them. Many people do not realize that long-term care is not covered by Medicare. Plan-



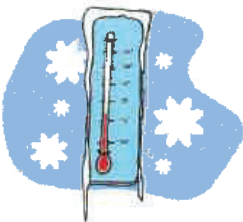

ning ahead is essential for navigating the complex insurance system and making sure you've got the coverage and protection you need.

6. Dementia and Alzheimer's Disease

Age is the best-known risk factor for dementia. A 2011 study by the World Alzheimer's Organization found that over 50% of those age 80 and over worldwide have some form of dementia. Over 5 million Americans were living with Alzheimer's disease in 2013, and by 2050 the CDC projects the number will be 14 million. When there is a dementia diagnosis, there is an increased need for long-term care. Dementia

robs a person of the ability to make their own decisions, so it is crucial that boomers appoint health care decision makers via a Health Care Proxy/Living Will, authorize the release of information via HIPPA release, and discuss the MOLST with their doctor. These documents are essential for everyone over the age of 18.

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MILFORD FRANKLIN EYE CENTER

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology, and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportu-

nity to reduce your dependence on glasses or contacts and, in many cases, eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the surgery:

- 1- Why are you referring me to this surgeon? Your eye care providers may ask you to travel miles and hours away from home to have

your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home, ask your provider why they want you to travel hours and miles away. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home.



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- 2- What type of anesthesia am I going to get? With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

- 3- What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

- 4- What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

- 5- Where will the surgery be performed? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance cost may be higher at a hospital? If this is happening to you, we are available for a second opinion! All our sur-

geries are performed at an ambulatory surgery center in Milford- not a hospital with potential cost savings to you.

- 6- What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that hospitals do not offer laser bladeless cataract surgery? We do!

- 7- What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new Panoptix trifocal implant. With this implant you can see clearly at distance, close and intermediate like phone and computer screen.

- 8- Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an oppor-

EYES
continued on page 9



MILFORD - FRANKLIN EYE CENTER

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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
Charlotte Delaney, MD has joined our practice and will start
seeing patients as of October 19, 2020. She is accepting new
patients of all ages.**

Dr. Delaney received her undergraduate degree in Psychology and Music from Williams College in Williamstown, MA. She then went on to New York University for her Masters in Music before attending medical school at Albert Einstein College in New York. She did her internship and residency at UMass Medical Center in Worcester. She is trained in both pediatrics and internal medicine and is particularly interested in adolescent patients, as well as treatment of eating disorders and mood disorders. She also enjoys newborn and infant care, especially working with new parents.

Please call 508-435-5506 for an appointment
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Living Healthy

EYES

continued from page 8

tunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

9- Will I have stitches? It is ideal to eliminate the need of stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and

irritating stitch. Ask your referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

10- What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has

many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser-assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix lens implant. We offer bladeless laser cataract surgery. We implant high quality premium lenses only, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem.

Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! We operate in a state-of-the-art surgery center in Milford, offering bladeless laser cataract surgery. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin and a second location in Milford. Seven providers with your interest in mind first, offering the best, cost-efficient surgical care in an ambulatory surgery center closer to home.

The Milford Franklin Eye Center- Cataract Surgery Center

of Milford is proud to announce that we have secured recertification by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF) which sets the Gold Standard in Accreditation and certifies thousands of facilities world-wide. An accreditation certification by AAAASF provides you with peace of mind, because it means that our surgery center has no deficiencies and maintains the highest standards in patient safety, surgical results, infectious disease control and health care quality. We are proud to provide the best of the best in outpatient surgical care closer to home.

For more details, see our ad on the previous page.



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MILFORD REGIONAL PHYSICIAN GROUP

Welcome New Neurologists

Aditi Ahlawat, MD

Dr. Ahlawat earned her medical degree from the University of Massachusetts Medical School in Worcester and completed internships at Yale-New Haven Hospital and Beth Israel Deaconess Medical Center/Harvard Neurology. Dr. Ahlawat also completed a fellowship in clinical neurophysiology/EMG at BIDMC. Her clinical interests include neuromuscular disorders such as Myasthenia Gravis, ALS, muscular dystrophies, and various neuropathies. Dr. Ahlawat is fluent in French.



Aditi Ahlawat, MD



Eliezer Sternberg, MD

Eliezer Sternberg, MD

Dr. Sternberg earned his medical degree from Tufts University School of Medicine and completed his residency in neurology at Yale-New Haven Hospital. He completed fellowships in clinical neurophysiology and epilepsy at Massachusetts General Hospital. Dr. Sternberg is board certified in neurology with a broad clinical practice and specialty in the management of seizures and epilepsy. His clinical interests include seizures, epilepsy, headache, movement disorders, stroke and neurovascular disease, cognitive decline and disorders of consciousness.

Milford Regional Physician Group

Milford Regional Neurology

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Member of the Milford Regional Healthcare System

Both neurologists are accepting new patients and can be reached at 508-381-5016.

Hopedale Cub Scout Pack 1 & Boy Scout Troop 1 are holding their Annual Scouting for Food Drive

To Benefit:

The Milford Daily Bread Food Pantry



Contactless drop off at
Union Evangelical Church
25 Dutcher St, Hopedale
Saturday, October 17th
9:00 a.m. - Noon



Due to Covid-19 restrictions, we are unable to offer food pick up door to door for the whole town this year, but many families are facing food insecurity during these trying times. Your donation is more important than ever to help those in need. Instructions for drop off:

- Please drop off your items at the Hopedale Union Evangelical Church, **between 9 a.m. and noon on Saturday October 17th**
- Please enter the parking lot from the Dutcher Street side and exit via Peace Street
- Scouts will be wearing masks and you are encouraged to keep the windows in your vehicle closed the whole time
- Please place items for donation in the trunk of your car and open the trunk from inside the vehicle when dropping off

The Scouts will sort and deliver the food and other goods to the Milford Daily Bread Food Pantry. Suggested Items for Donation:

<ul style="list-style-type: none"> • Canned meat, fish • Peanut Butter and Jelly <ul style="list-style-type: none"> • Cereal • Toilet Paper • Paper towels • Toiletries 	<ul style="list-style-type: none"> • Canned soup, vegetables & fruit <ul style="list-style-type: none"> • Mac & Cheese • Pasta • Diapers/Baby Wipes • Laundry/Household Detergents
--	--

Please avoid items in glass or perishable foods

THANK YOU FOR YOUR GENEROUS SUPPORT!

If you are unable to drop off but would still like to make a donation, please call or text (508) 794-9971 to arrange for a pickup Saturday between 9 a.m. and noon.



Hopedale - Bancroft Memorial Library News

Columbus Day

The Bancroft Memorial Library will be closed Monday, October 12 in observance of Columbus Day.

Virtual Journaling for Wellness

Join us on Zoom for a workshop on the benefits of journaling on Thursday, October 29 from 6:30 to 7:30pm. Participants will explore freewriting exercises and learn tips about how to sustain greater self-compassion and self-awareness through writing. No previous writing experience is necessary.

To register for this event, please email hopedalelibrary@cwmares.org to have the Zoom link sent directly to your email on the day of the event. This class is sponsored by the Uxbridge Board of Library Trustees and the Bancroft Memorial Library.

Book Returns

Items may remain on your record for 5 days, as they are

quarantined before recirculating. When the items are checked in, they will be backdated so any fines that accrue during the quarantine will disappear. Thank you for your patience.

Wendy's Frightening Recommendations

Well, we've made it to the spookiest month of the year..... October! Fall leaves, scarecrows, ghost stories, and Halloween fun. We don't really know what type of Halloween we'll be having this crazy year. How about planning a little scary fun ahead of time?

We have Horror: the best of the year (2006), The 13 Best Horror Stories of All Time, In the Shadow of the Master Classic: Tales by Edgar Allen Poe, and Visions of Poe a selection of Edgar Allen Poe's stories and poems for the brave among you to read in the dark with a flashlight.

For those of you that like your dose of fear with popcorn, how about a movie?? Why not con-

sider The Conjuring, Slender Man, Poltergeist, Invisible Man, Annabelle, Don't Breathe, or Slither for an evening of jittery fun?

And for the younger crowd, you can't go wrong with Goosebumps! Read them or watch them! We have Goosebumps the movie or Goosebumps-Say Cheese and Die. We also have the movies 13 Ghosts of Scooby Doo the Complete Series, Spooky Buddies, Dora the Explorer: Dora's Halloween Parade, Pooh's Heffalump Halloween Movie, and Max and Ruby's Halloween. Pull up a chair, grab a snack and have some spooky fun!

Enjoy Halloween!

Ongoing Monthly Library Events

Hopedale Zoom Book Group

The Bancroft Memorial Library Book Discussion Group meets monthly on the first

Wednesday of the month. We are currently holding the book discussions on Zoom. Everyone is welcome to join the Zoom book discussion by computer, ipad, cell phone or landline. Just leave your email contact information at the Circulation Desk and we will add your name to our zoom invitation list. You will receive a Zoom invitation on the day before the meeting. The library staff will be happy to place a hold on the title for you if needed.

Our next Zoom meeting will be on Wednesday, October 7, 2020 at 1:00 pm to discuss

Where the Crawdads Sing by Delia Owens. "Thought-provoking, wise, and deeply moving, Owens's debut novel reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps"--CWMARS catalog

News from the Marjorie Hattersley Children's Room

Please call and register with Mrs. Kraimer for the following

LIBRARY

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Sports

Hopedale Field Hockey Looks to Get Underway with New Coach

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Although Hopedale did not know if they were going to be allowed to play field hockey this fall due to Covid 19, the Blue Raiders did know they had a first-year coach ready to take control of the reigns. Shelley Hynes, who played field hockey, basketball and softball for Leominster High School was named the head coach.

“I was looking for something like this (coaching), so in the mean time I took some referee classes to at least get involved,” the first-year coach said. “Then I found the Hopedale coaching job posted and it would allow me to keep my fulltime position while doing this.”

According to the new coach, she also played soccer and softball in college and has run numerous marathons and triathlons. Given her background she assumed (Hopedale AD) Stepha-

nie Ridolfi knew that she'd be a competitive coach that wouldn't give up.

At the time of this writing, Hopedale schools were set to open Wednesday September 16 and practices would begin two days later on Friday. However, at this time Hynes and the Blue Raiders don't know when games are actually going to start; the coach believes probably sometime during the first week of October, but they'll have to wait for the official word. It looks as though Hynes will have about two weeks to practice with the underclassmen to prepare them for the season opener once things open up.

Coming into the season Hopedale lost six returners from last year's Division 2 State runner-up team. Hopedale had captured the Central Division 2 championship after going 13-2-3 in the regular season but fell to Dover-Sherborn 4-1 in the State Final.



Although losing a half dozen key components from last year's squad, Hynes still has seven girls returning, including three seniors. The seniors (Carly Smith, Gianna DeRienzo and Maeve Griffin) were all named by their peers at the conclusion of last year's season to be this year's captains.

“The Captains have been great helping me along and are super excited about having a season when they thought that there would be none for the longest time,” Hynes said. “They don't care what rules they have to play by as long as they get to play.” (In the past field hockey had been 11 girls on each side, this fall the teams will go 7 against 7.)

In addition to the three senior captains Hynes will have Caroline Hurley (junior defender), Nora Hodgens (junior forward / midfielder), Sophia Garzoli (junior midfielder and defender) and Emma Gosselin (freshman forward) returning to play for the Blue Raiders. Outside of the seven returners the first-year coach will have a lot of figuring out as to who's going to play where in this 7-vs-7 season.



“Being that it's a different type of season I will be assessing their skills over the first few weeks,” she said. “I will try to give the girls more consistent playing time while also trying them out at different positions.”

One of the six seniors lost from last year's runner-up team to graduation was the team's goalie so Hopedale will be going with freshman Lizzie Brytowski in net.

“Not having seen her yet I've been told by last year's JV coach that Lizzie is a very hard working individual that loves the sport and her position and brings a positive attitude to the game,” Hynes said. “She's here for another four years so we will build our team around her and I believe that we will be strong and very competitive in front of her this year.”

As the dates get closer and closer to when the girls will report for the beginning of the season, which will be unlike any they've ever encountered before, Hynes will be preparing so they can get rolling right away.

“My goal this year is to develop the girls' skills while being as competitive as we can be,” the Coach said. “Although we will be playing 7-vs-7 it will still be essentially the same. Having smaller numbers on the field the girls will have to cover more ground and there will not be too many breaks, however if we do have a weakness it will really stick out this year.”

Much like other Phase I fall sports Hynes and the Hopedale field hockey players are anxiously awaiting the beginning of the season; a season they feel should be just as successful as last years was, if not better.

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Sports

Area ADs Favor Modifications to Allow Sports to Continue

BY KEN HAMWEY
Staff Sports Writer

The area's high school athletic directors were busy lining up their sports menus after the Mass. Interscholastic Athletic Association (MIAA), the Department of Elementary and Secondary Education, and the Mass. Executive Office of Energy and Environmental Affairs (EEA) issued their fall guidelines, risk categories and levels of play.

The coronavirus pandemic forced the cancellation of all interscholastic sports last spring but approval to move forward with athletics for the fall came on Aug. 18, enabling ADs, superintendents and their school committees to proceed with caution. Sports for the fall that are in a lower and moderate risk category can compete with modifications, but football, competitive cheerleading and unified basketball are classified as high risk. Those teams can play in a "fall 2 season" that would run from Feb. 22 to April 25.

Several area ADs revealed their plans to proceed for a fall season that will feature plenty of changes and modifications.

At Millis, there'll be boys and girls varsity and jayvee soccer, boys/girls varsity cross-country and varsity and jayvee golf.

"We're elated to be taking the next step towards normalcy," said Chuck Grant, the Mohawks AD. "Everyone needs sports back into their routine. The kids are ready to compete within the guidelines. Many things had to come together for these opportunities to become reality and we appreciate all the effort that went into gaining their approval."

For Millis, the fall 2 season will include football and volleyball. "Things will need to continue to improve for both to become reality," Grant said. "If we have a basketball season, that will be a

good omen for volleyball. It just made sense to buy more time for an inside event to be given a chance for circumstances to improve before bringing other 'cohorts' into each others' buildings at a time when we're trying to bring our own students back into the building."

Grant said that "since football is being played in other states, that will provide us with much needed guidance and evidence of the likelihood that football will be approved for competition in Massachusetts. The numbers are improving every day so the continuation of that trend in concert with encouraging national news would bode well for football's chances."

At Franklin High, the athletic offerings for each of the four seasons include: fall — boys and girls soccer, boys and girls cross-country, field hockey and golf; winter — boys and girls basketball, boys and girls hockey, wrestling, gymnastics, boys and girls indoor track, cheerleading and boys and girls swimming; fall 2 — football, cheerleading, unified basketball and volleyball; spring — baseball, softball, boys and girls lacrosse, boys and girls tennis, and boys and girls unified track.

Here's how the Panthers' AD, Tom Angelo, viewed the modifications:

"Clearly, the rules of the game will be very different from what we're used to. Although these new rules are not very popular, they are in place so our student-athletes can again participate in interscholastic athletics. That said, everything is now different due to the pandemic. Why would athletics be excluded? Our teams will simply have to learn the new rules, make the necessary adjustments, play to the best of their ability, and represent our community with the same Franklin



Chuck Grant, Millis Athletic Director.

pride as they have done in the past."

Matt Baker, Holliston High's AD, listed all the sports that are slated for all four seasons. Fall 1 will include cross-country (boys and girls), field hockey, golf, and soccer (boys and girls). Winter's offerings are basketball (boys and girls), cheer, gymnastics, ice hockey (boys and girls), indoor track, swimming and diving, and wrestling. The fall 2 lineup features cheer, football, unified basketball and volleyball. The spring menu includes baseball, lacrosse (boys and girls), softball, tennis (boys and girls), track and ultimate frisbee.

Baker said that he supports the decision by the MIAA to move higher risk sports to fall 2. "We feel this will create a safer environment for these sports (cheer, football, unified basketball and volleyball)," he noted. "We'll revisit what's happening with COVID-19 throughout the school year. The Tri Valley League has taken the additional step of moving volleyball to fall 2. This was done in an effort to maintain safety for our students. Also, many schools do not have use of their gyms for athletics due to COVID-19 protocols using the gym for other purposes."



Matt Baker, Holliston Athletic Director.

Baker endorses the alterations that will allow athletics to continue.

"We know these modifications are changing sports dramatically but at least this is creating a situation where we can offer student-athletes the opportunity to play sports during the pandemic," he emphasized. "This is better than not having fall sports at all. Our coaching staff is looking forward to being with their teams and to compete. These types of activities are so important for the social/emotional well-being of our student-athletes and everyone is trying to be creative in the solutions to make this happen."

King Philip Regional will have soccer, field hockey, cross-country and golf on the athletic menu this fall but volleyball, football, cheerleading and unified basketball will be played in the fall 2 season.

"We've focused on the fall season and worked to get that squared away," said KP AD Gary Brown. "As for moving some of the higher risk sports

to fall 2, it'll give kids the best opportunity for the best experience. As we get closer to the fall 2 season (starts Feb. 22), we'll be awaiting the decisions on those sports."

Brown is acutely aware that sports will not look like they did in the past with all the modifications the MIAA and the Department of Education have mandated but he's glad there'll be an opportunity for student-athletes to compete.

"The changes will allow students to compete safely and that's the goal," he said. "It's a different approach. It's all about providing opportunity. It'll be great to get moving again. Great to see all students getting involved with whatever their extra-curricular activity is. For me, it'll be rewarding to see kids actively competing and representing KP or whatever school they play for."

Brown stressed that "the bottom line is the health and safety of everyone."

At Natick High, the fall season will feature boys and girls cross-country, field hockey, boys and girls soccer, golf and girls swimming and diving. The fall 2 season will include girls volleyball, football, cheerleading and unified basketball.

Natick's Athletic Director, Tim Collins, is pleased sports are returning after a dormant spring.

"I'm thrilled athletics will be played this fall," he said. "All of us at Natick High want the chance to compete, hopefully be healthy and face competitive challenges with teammates and coaches. Any opportunity to play in spite of whatever modifications are imposed is a blessing."

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Sports

8U Boys of Summer Take Tournament

The Hopedale 8U baseball team won the Ashland Sparkler Baseball tournament last month for the first time in history.

These boys played their hearts out after a long spring in quarantine.

Not only did they have to play after being in quarantine so long, they also had to deal with strict COVID-19 rules. These rules extended to spectators as well. Friends and family cheer squads were limited.

Hopedale 8U went 5 and 1 for regular season games. They beat Framingham in game 1 of the playoffs, and beat Medway in game 2. The final game was against Westboro. Westboro was their only regular season loss. Hopedale beat Westboro 9-5.

Matty G. hit an in-the-park homerun, scoring 4 runs in the 2nd inning! Owen W. hit a single in the top of the 6th scoring 2 more runs. Colin J. had a clutch catch at third in the 6th helping secure the win. Pitchers Nolan V., Griffin D. and Calvin M. pitched 2 innings each, 4 strikeouts each.



GameStream Final Postseason Game Gynecol Park - Front Field

9 Hopedale 8U Tuesday, September 15 5:30PM **5** Westborough

Game Highlights | Box Score | Away Stats | Home Stats | Plays | Scorebook | Recap Story

BATTING HIGHLIGHTS Away Batting Stats | Home Batting Stats | Season Batting Stats

Hits	Walks	RBIs	QABs
3	2	4	3
Nolan V., HPDL	Colin J., HPDL	Matthew G., HPDL	Colin J., HPDL
Hunter, WESTB 3	John R., HPDL 1	Owen W., HPDL 2	Calvin M., HPDL 2
Calvin M., HPDL 2	Jonah G., HPDL 1	Landon, WESTB 2	Trey H., HPDL 2

PITCHING HIGHLIGHTS Away Pitching Stats | Home Pitching Stats | Season Pitching Stats

Innings	First Pitch Strikes	Strikeouts	WHIP
2.0	8	4	1.00
Calvin M., HPDL	Nolan V., HPDL	Calvin M., HPDL	Jack, WESTB
Nolan V., HPDL 2.0	Hunter, WESTB 7	Nolan V., HPDL 4	Griffin D., HPDL 1.00
Griffin D., HPDL 2.0	Calvin M., HPDL 5	Griffin D., HPDL 4	Nolan V., HPDL 2.00

Spread the Word
 Tweet
 Invite Hopedale 8U Fans
 Add Email Addresses **SEND**

Food Assistance is Available

You may have never needed or considered applying for Food Stamps. Now is a very different time. We urge anyone who needs help obtaining sufficient food to call us for application assistance or a voucher to The Milford, MA Food Pantry. All inquiries are confidential. The Hopedale Sr. Center assists all Hopedale residents regardless of their age. We can be reached at (508)634-2208. Spread the word.



**Supplemental
Nutrition
Assistance
Program**

LIBRARY

continued from page 11

programs at (508)634-2209:

October Storytime

Join Mrs. Kraimer for October Storytime on the lawn. Masks are required and all sessions are weather permitting.

Pumpkin Pals (for ages 3-5) will meet on Tuesday mornings from 10:30-11am on October 6, 13, 20, and 27. Participants will enjoy stories, music, fingerplays, and puppets.

Fall Friends (for ages 4-7) will meet on Thursday afternoons from 3:30-4pm on October 8, 15, 22, and 29. Participants will enjoy stories, crafts, and music.

Maximilian and the Magic Show

Are you ready for some magic? Cherie & Dave's Red Nose World presents "Maximilian and the Magic Show" on Saturday, October 17 at 12:30pm on the front lawn of the Community House. Join us for a story about a magician who tries to teach children how to do magic tricks, with little success,

but comes to realize the amount of joy he gives his audience is his real success. Following the story, there will be a short magic show. Masks are required and families are asked to bring their own blankets for seating. Spaces will be marked for social distancing and hand sanitizer will be readily available. Space is limited, so call Mrs. Kraimer today!

Halloween is Coming!

There is something spooky in the air at the Bancroft Memorial Library! Join Mr. Kraimer for a variety of Halloween stories around the "campfire" on the library lawn on Wednesday, October 28 at 5:00pm. Come in costume and bring a flashlight! Children will also decorate a paper plate pumpkin. Masks are required and the event is weather permitting.

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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Flu Vaccine Info

Now, more than ever, it is important for you and all of your family members (6 months and older) to get the flu vaccine. A new flu vaccine is developed each year that protects against the flu viruses that research indicates will be most common during the upcoming season. It is our best defense against a potentially serious illness.

The staff at Milford Regional Medical Center and Milford Regional Physician Group are getting vaccinated to protect our home team, which includes our staff and all of you! Join us as we work together to keep our entire community healthy.

The flu vaccine will be available soon at most doctor's offices, health clinics, pharmacies and college health centers. It takes about two weeks for the vaccine to become effective, so the best time to get it is in the early fall before the flu season begins.

Here are some important facts about the flu that may answer some of your questions.

Flu Vaccines Help Stop Contagion

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick. Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

The best way to prevent spreading the flu is by getting a flu vaccine each year.

The Flu Season

Flu season can begin as early as October and last as late as May. To protect yourself and others, it's best to get the vaccine

as soon as it becomes available each fall. The flu shot becomes effective about 2 weeks after you get it.

High Risk Individuals and Flu Complications

Getting vaccinated protects not only you but the people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. These individuals are more likely to get flu complications that can result in hospitalization and sometimes death.

High Risk Groups: Adults 65 years and older, Pregnant Women, Young Children (6 months to 5 years – and especially those younger than 2), those with Asthma, Heart Disease and Stroke, Diabetes, HIV/AIDS, Cancer, and children with neurologic conditions. Here are additional details on high risk groups.

Protect Our Home Team!

Milford Regional Medical Center
Milford Regional Physician Group

Benefits of Flu Vaccine

The CDC calculates the benefits of flu vaccination each year. The figures for 2019-20 have not yet been released; however, vaccination during the 2018-19 flu season was shown to prevent 4.4 million cases of flu, 58,000 hospitalizations and 3,500 deaths.

Flu and COVID-19- A Bad Combination

Influenza and COVID-19 have similar symptoms, meaning that people who think they have COVID-19 but really have the flu could clog up the health-care system this winter. Patients will need to be tested for both influenza and COVID-19. The tests use some of the same equipment, placing a strain on supplies.

Minimizing the infection and spread of the flu is critical to avoid further strain to our health system and potentially overwhelm healthcare workers and hospital capacity.

Prevent the Flu

The best way to prevent catching the flu is getting the flu vaccine. In addition, the CDC recommends:

- Stay away from people who are sick
- Cough or sneeze into a tissue and throw it out, or cough or sneeze into you elbow to prevent spreading germs
- Frequent, thorough hand-washing

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