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November 2020

The Voice of Your Community

Master Plan Process Moving Ahead, Opportunity to Get Involved

By SUSAN MANNING
STAFF WRITER

If you want to have a say in what Hopedale will look like over the next few years, now is your chance to get involved.

The town of Hopedale is working with Central Massachusetts Regional Planning Commission —CMRPC— to create a master plan.

Principal Planner Ron Barron, said the process will happen in two phases: phase 1 will be completed by fall of 2021; phase 2 to completion will depend on funding.

“This plan is set up as a two-phase process. This phase will cover the Land Use, Population and Housing and Economic Development elements and will take approximately one year.



“Phase two will focus on the Natural and Cultural Resources, Open Space and Recreation, Transportation and Circulation and Facilities and Public Services.

Additionally, the town has applied for funding through the

Executive Office of Energy and Environmental Affairs to complete the Natural and Cultural Resources and Open Space and Recreation elements,” he said.

MASTER PLAN

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A School Start Like No Other — How is it Going?

By SUSAN MANNING
STAFF WRITER

In her 30 years as an educator, Hopedale Superintendent of Schools Karen Crebase has never seen a school year kick off like this one.

With 200 students learning remotely, and the rest in a hybrid plan, Crebase said “I would never have imagined that we would ever face a situation like we have today. Truthfully, I learn something new every day right now.”

So how are things going in this unprecedented 2020-21 school year?

Well, there are no incidence of COVID-19 in the schools, “however, we are prepared if an incident does occur,” she said.

Crebase said the transition to the new protocols in the

schools went better than she thought it would.

“Our in-person return went better than expected. Transportation went smoothly, daily cleaning and sanitizing schedules are on target, and staff and students are following all of the new routines and guidelines. I have been impressed with our students and their ability to continuously wear masks and their dedication to following protocols. It is evident that families are working on these things at home in order to support the schools.

“Teaching and learning are going as expected. I always expect our teachers to put 100% effort into planning, teaching, and assessing. Walking around

SCHOOL START

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MASTER PLAN

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Typically a municipality will review its master plans every 10 years or so. But Hopedale has never had one. Barron said although the plan for developing one is in state law, it is not a requirement of towns.

"The closest plan the town has is the Community Development Strategy document created in 2007. This plan covered a number of the same elements covered by a master plan, but not all of them.

"We are in the process of determining what goals from all prior land use plans have been



acted on and which have not. This process (called a Benchmark Review) is slated to be completed by the end of the year," he said.

So what is a master plan and why is it so important to town?

Barron explained, "A master plan is the guiding document for all town planning. The process collects baseline data, examines trends and develops a guiding

vision and goals for the town across several metrics."

There are seven elements that, by law, must be included in a master plan: land use; population and housing; economic development; natural and cultural resources; open space and recreation; transportation and circulation; and facilities and town services.

"Massachusetts General Law (MGL) says that a community must have at least those seven elements, but communities are free to add any other elements they feel are relevant, such as resilience, emergency management, or others," Barron said.

The process of developing a master plan also guides

a municipality in developing a vision statement, which is necessary "for the community and a comprehensive strategy for implementation," according to Barron.

"Having a master plan allows communities to set clear, actionable objectives for achieving its stated vision," he said.

Barron said so far there are seven residents or business owners serving on the Master Plan Steering Committee, led by Chairman Jim Abbruzzese and Vice-chairman Carole Mullen.

The Board of Selectmen is looking at appointing two more members for a total of nine members, he said. In addition,

there is plenty of opportunity for residents not on the committee to have a say.

"Residents who are interested in the topic can be involved in a variety of ways. First, all meetings of the Committee are open to the general public and posted on the town website.

"Second, there will be a survey covering the master plan elements we are working on that will be released in early November.

"Third, residents are encouraged to attend one of the two public workshops that will held in early 2021," said Barron.

SCHOOL START

continued from page 1

the buildings and observing staff members teaching students in the classrooms, using many new technology platforms, and streaming lessons to students at home, it is nothing short of incredible," she said.



Some of the changes implemented this year include a remote learning academy for those students whose situation makes it safer for them to learn out of school. The other option open to students is a hybrid in-person model. This model consists of two days of learning in school and three days of remote learning.

"This was an exciting time for us since our doors had been closed since March. Both our hybrid model and our Remote Learning Academy have met with success.

"...Our students and families report that our children are happy to be back in school, visiting with friends, and have acclimated to the new procedures.

"Feedback from parents and students participating in the RLA has been positive," said the superintendent.

In line with most schools in the area, safety has been upped in all the schools as well. Staff and students must wear masks; student desks in each classroom are at least 6 feet apart; high-touch areas are sanitized throughout the day; and outdoor learning spaces are used to allow mask breaks.

"We have implemented significant safety and cleaning protocols to ensure our doors stay open," said Crebase.

With all the positives, there are bound to be some negatives, though not too many.

"There have been hitches

throughout the entire summer and first month of school. However, our staff attempts to identify the hitches and problem-solve in order to move forward," said Crebase.

One of those hitches has been with technology access. Through funding from the CARES Act, computers were ordered for all students in the district. But halfway through the summer, they got word the shipment would be significantly delayed. Instead of letting this stop them, the technology department found a way to order through the governor's office and the devices arrived earlier than expected.

"We have regularly asked for patience as we work through each unanticipated issue," she said.

And that patience has clearly been granted, based on the support from families and the community.

"The community has been incredibly supportive. We re-

ceive many positive emails and calls from appreciative families. It's wonderful to receive these and hear the personal stories of how our students are adjusting. There have certainly been issues to address, however, our families have been positive in their approach when addressing them. ... I think our community knows and understands the current challenges and are appreciative of our efforts.

"I would like families to know that we appreciate all of their support, during the closure last year, and in working together to get our schools reopened. ... I hope families know that we are working hard every day to provide an education for our students," said the superintendent.

Crebase is proud of the teachers, staff and students.

"In a matter of a very short time, our administration and staff have reinvented education. I am proud to lead the schools through these challenging times," she said.

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Demolition of former Draper Mill started

BY SUSAN MANNING
STAFF WRITER

After sitting vacant for nearly four decades, the former Draper Mill is finally seeing some movement.

The broken windows and empty hallways of the buildings, which sit on 77 acres in the center of Hopedale, at one time employed thousands of people.

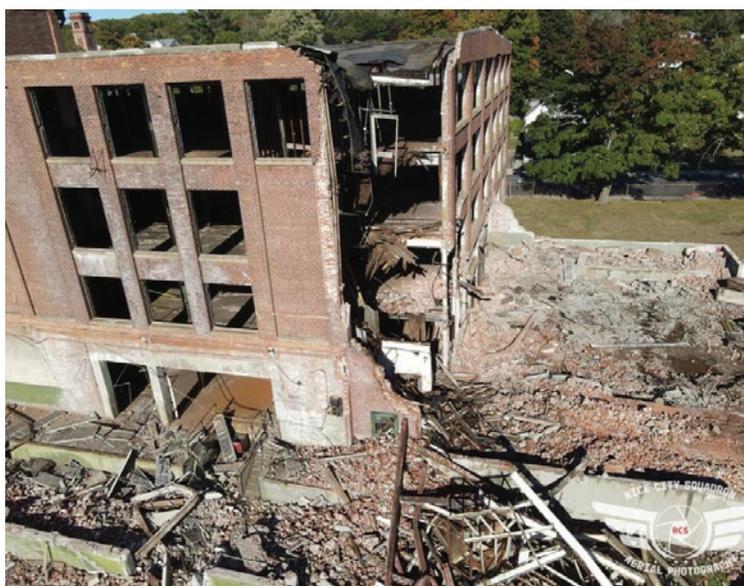
In an effort to breathe new life into a central location in town, demolition of 1/4 of the complex started this fall and is expected to take six months, according to Worcester Business Development Corporation.

Hopedale Properties Principal Philip Shwachman contracted to have a 250,000-square-foot swath of the property taken down because of “significant structural and environmental concerns to redevelopment efforts,” according to the WBDC.

“Mr. Shwachman initiated that abatement and demolition activities of approximately 250,000 sf of the southern portion of the 1,000,000 sf complex in August 2020. The rationale for undergoing these activities was due to significant structural and environmental conditions that were posing safety concerns. To date, the abatement of this section of the building has been completed and interior demolition has commenced,” said Julie Holstrom, senior project manager at WBDC.

The work is focusing on the portion of the former mill that faces Hopedale Street.

According to the WBDC, the town filed a mixed-use plan for the site in 2018 to revitalize



Photos courtesy of Mike Buckley, Rice City Squadron Aerial Photography

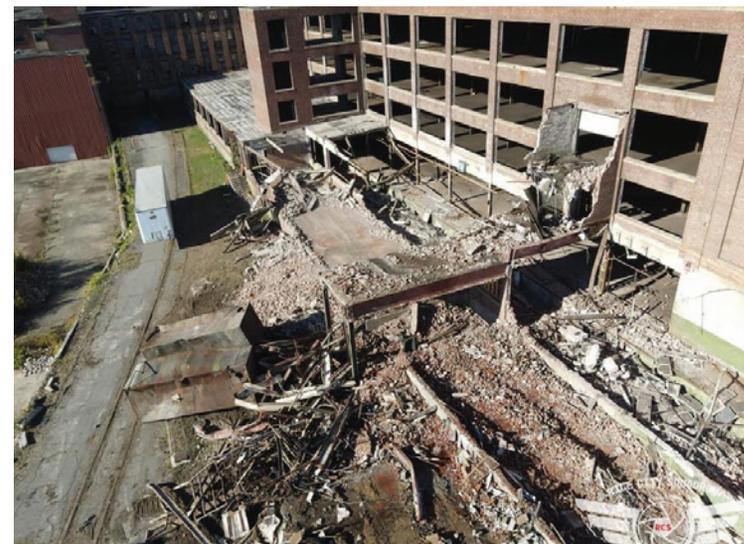
139 acres. After a legal battle in August 2019, Schwachman settled with the town. He is currently working with the town to come up with a redevelopment plan for the site.

“The WBDC has been working with Mr. Shwachman, the property owner, to complete a master planning process, including a market study, for the Draper complex. We have secured some

of the preliminary market study findings and believe that these findings will help to inform future development concepts for the complex,” said Holstrom.

The mill manufactured power looms for the textile industry until 1980, when business was lost to competition overseas and the mill closed.

According to Holstrom, Schwachman is working in close



collaboration with the town and CMRPC to develop a plan for down the road.

“Mr. Shwachman is working with the town and the Central Massachusetts Regional Planning Commission (CMRPC) on their

overall Master Planning process to develop a comprehensive plan for Hopedale. This larger Master Plan process can and will include the Draper complex as part of the conversation,” she said.



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Any questions please contact the Hopedale Highway Department 508-634-2203 x221.



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Hopedale - Bancroft Memorial Library News

Veterans' Day

The Bancroft Memorial Library will be closed Wednesday, Nov. 11, in observance of Veterans Day.

Thanksgiving Hours

- Wednesday, Nov. 25, open 12:30pm-4:00pm
- Thursday, Nov. 26 (Thanksgiving Day) CLOSED
- Friday, Nov. 27 (open regular hours) 9:30am-1:30pm
- Saturday, Nov. 28 (open regular hours) 10am-2pm

Walk-In Hours at the Bancroft Memorial Library

Exciting news! We are now offering walk-in hours at the library. No appointments are needed during these times.

- Monday, Tuesday & Friday 10am - 1pm
- Wednesday 4pm - 7 pm
- Thursday 10am - 1pm
- Saturday 11am - 1pm

Please note that masks are required, you must sign the contact tracing book, sanitize your hands, and stay 20 minutes or less for browsing and 30 minutes or less for computer use. We hope to see you soon!

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, Nov. 4 at 1pm to discuss *The Overstory*:

A Novel by Richard Powers. A little about the book: "There is a world alongside ours—vast, slow, interconnected, resourceful, magnificently

inventive, and almost invisible to us. This novel of activism and

LIBRARY

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LIBRARY

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natural-world power presents interlocking fables about nine remarkable strangers who are summoned in different ways by trees for an ultimate, brutal stand to save the continents few remaining acres of virgin forest." CWMARS catalog

December's book will be The Secret Keeper by Kate Morton. From the CWMARS catalog: "From pre-WWII England through the Blitz, to the fifties and beyond, discover the secret history of three strangers from vastly different worlds - Dorothy, Vivien, and Jimmy- who meet by chance in wartime London and whose lives are forever entwined. 'The Secret Keeper' explores longings and dreams, the lengths people go to fulfill them, and the consequences they can have."

Friends of the Hopedale Library

The Ongoing Book Sale is restocked! Be sure to stop by and check out the new offerings.

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 read-

ing 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

Thanksgiving Storytime

Happy Thanksgiving! Join Mrs. Kraimer as she celebrates with a special Thanksgiving-themed Storytime. It will be posted on YouTube from Monday, November 23 to Monday, November 30. A turkey take and make craft bag will also be available at the curbside table on Monday, November 23. Be sure to stop by!

Holiday Books

It's the holiday season! Looking to get into the spirit? Come on in and check out our collections for Hanukkah, Christmas, and Kwanzaa. We have old favorites and new stories to enjoy.

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>.

Election to Fill Board of Selectmen Seat is Dec. 8

By SUSAN MANNING
STAFF WRITER

On the heels of a rejected override leaving a budget gap that needs closing, there is a special town election Dec. 8, to fill an open Board Of Selectmen seat.

The seat, which Town Clerk Lisa Pedroli said is only open through next year's annual town meeting in May, was vacated when former selectman Thomas Wesley moved out of town this summer and had to resign.

At press time, two residents had taken out papers: Michael Collins and Kaplan Hasanoglu.

In order to appear on the ballot, signatures of 29 registered Hopedale voters need to be turned in to the Town Clerk for certification of names on or before: Tuesday, Nov. 3, at 5 PM. The last day to withdraw as a candidate or object to nomination papers is Thursday, Nov. 5, at 5 PM.

The last day to register to vote for the Special Town Election is Friday Nov. 27.

Pedroli said the details have not been ironed out yet for the December election.

"I am unsure of the hours for the election right now, but will know in the next couple weeks," she said.



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9 Stuffed Pepper Casserole Garlic Mashed Potatoes Glazed Carrots Cookies Marble Rye Bread Cal: 805 Na+: 749mg	10 High Sodium Meal Hot Dog * Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard Cal: 807 Na+: 1312mg	11 Veterans Day No Meal Served 	12 Ranch Chicken* Wild Rice Spinach Peaches Muffin Cal: 803 Na+: 1176mg	13 Braised Beef Gemelli Pasta Jardiniere Vegetables Pineapple Italian Bread Cal: 838 Na+: 444mg
16 Chicken Pesto* Red Bliss Potatoes Mixed Vegetables Lemon Pudding Diet = Vanilla Pudding Pumpernickel Bread Cal: 694 Na+: 995mg Diet Cal: 644 Na+: 577mg	17 Beef w/Onions & Peppers Steak Cut French Fries Peas Strawberries Sandwich Roll Cal: 720 Na+: 872mg	18 Roast Pork Loin with Gravy Apple Cornbread Stuffing Country Blend Vegetables Cinnamon Pears Muffin Cal: 784 Na+: 1074mg	19 American Chop Suey* Broccoli Bread Pudding Italian Bread Cal: 686 Na+: 1197mg	20 Fish with Crumb Topping Potatoes Au Gratin California Blend Vegetables Fresh Fruit Pumpernickel Bread Cal: 706 Na+: 897mg
23 Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread Cal: 796 Na+: 577mg	24 High Sodium Meal Roast Turkey with Gravy Cornbread Stuffing Winter Squash Cream Puff Italian Bread Cal: 782 Na+: 1457mg	25 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Pumpernickel Bread Cal: 757 Na+: 652mg	26 Thanksgiving No Meal Served 	27 Jambalaya* Rice Pilaf Green Peas Pineapple Whole Wheat Bread Cal: 678 Na+: 1001mg
30 Teriyaki Beef Steamed Rice Broccoli Pears Fortune Cookie Whole Wheat Bread Cal: 781 Na+: 821mg	<p align="center">MENU IS SUBJECT TO CHANGE</p> <p>Meals are based on a No Added Salt (3,000 - 4,000 milligram) diet for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.</p> <p>Na+ = Sodium *Indicates higher sodium entrée High Sodium Meal = >1200mg mg = milligrams</p> <p align="center">Breakdown includes 125mg Na+ for milk</p> <p align="center">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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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.

**Both neurologists are
accepting new patients
and can be reached at
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Milford Regional Neurology

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Eyelid Margin Disease

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

Eyelid margin disease including blepharitis occurs when the eyelids become coated with oily particles and bacteria near the base of the eyelashes. This condition is very common and unfortunately, is often misdiagnosed by many eye professionals as allergy, which it is not.

With eyelid margin disease the eyelids are inflamed. Symptoms include: Eye and eyelid irritation, a film in the eye, itchiness of the eye, redness of the eye and a burning sensation.

This condition frequently occurs in people who have a tendency toward oily skin, dandruff or dry eyes. With blepharitis, both the upper and lower eyelids become coated with oily particles and bacteria near the base of the eyelashes. It may cause irritation, itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

Everyone has bacteria on the surface of their skin, but sometimes bacteria thrive in the skin at the base of the eyelashes. Large amounts of bacteria around the eyelashes can cause dandruff-like scales and particles to form along the lashes and eyelid margins.

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eye-

lids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea.”

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial redness may suffer from ocular rosacea. This can affect the eyelids with redness and swelling. If you have ocular rosacea, reduce alcohol, caffeine and chocolate in your diet. Omega-3 fatty acids (fish oil and flaxseed oil) are also helpful. Doxycycline or similar derivatives can help improve the dysfunctional oil glands as well as both facial and eye symptoms. Reducing stress and better sleep are critical in controlling the symptoms.

What is demodex blepharitis?

Some people with oily (seboreic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum), and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such as rosacea and blepharitis. Another version of these mites (demodex brevis) can be found

EYES

continued on page 9



Living Healthy

EYES

continued from page 8

more generally in oil glands of the skin and eyelids, which also may contribute to blepharitis symptoms. While presence of these tiny mites is common in everyone, researchers speculate that some people develop demodex blepharitis due to unusual allergic or immune system reactions leading to inflammation.

What if I get a stye?

A stye develops from an eyelash follicle or an eyelid oil gland that becomes clogged from excess oil, debris or bacteria. Styes can be a complication of blepharitis. If you have a stye, treat it like you treat blepharitis, and if not better within two weeks, see your ophthalmologist.

How is blepharitis treated?

Blepharitis is often a chronic condition, but it can be controlled with the following treatment:

- Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, re-wetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)-an enlarged lump caused by clogged oil secretions in the eyelid.
- Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.
- Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.
- Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.

Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the

“high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, three locations including

a surgery center in Milford, our eye centers offer state-of-the-art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of seven providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 8.

Milford Regional Earns National Recognition for Promoting Organ, Eye, and Tissue Donation

Milford Regional has earned national recognition for its efforts to increase organ, eye, and tissue donor registrations across the state through the Workplace Partnership for Life (WPFL) Hospital Organ Donation Campaign. The WPFL is a national initiative that unites the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), and the organ donation community with workplaces across the nation in spreading

the word about the importance of donation.

The WPFL Hospital Organ Donation Campaign challenges hospitals and healthcare organizations to “let life bloom” by educating their staff, patients, visitors, and communities about the critical need for organ, eye, and tissue donation, including offering opportunities to register as organ donors.

Milford Regional was one of 1,700 organizations to participate in the 2020 campaign.

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Milford Regional Physician Group (MRPG) is proud to welcome our new orthopedic surgeon, Geoffrey Stoker, MD. He comes to MRPG from world renowned New England Baptist Hospital, where he completed his fellowship in hip and knee replacement.

He earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He looks forward to evaluating and treating patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions.

Dr. Stoker is currently accepting new patients and can be reached at 774-462-3345.



Geoffrey Stoker, MD

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Stoker Joins Physician Group

Milford Regional Physician Group (MRPG) is proud to welcome Dr. Geoffrey Stoker to its new orthopedics practice. Dr. Stoker will see patients at 129 South Main St., Milford; and coming soon to 1280 West Central St., Suite 102, Franklin.

Dr. Stoker, a Massachusetts native, comes to MRPG from world renowned New England Baptist Hospital, where he completed a fellowship in hip and knee replacement. After completing his undergraduate studies at Boston College, he earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center, where he received the Henry Banks Outstanding Orthopedic Resident Award.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He evaluates and treats patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions. He has a special interest in preoperative optimization for medically complicated patients and enhanced recovery after surgery, including same-day, outpatient joint replacement.

Dr. Stoker has authored and co-authored numerous peer-reviewed articles and lectured at dozens of national conferences and scientific

meetings. He enjoys mentoring medical trainees and volunteering, and has participated in multiple medical service missions to provide free surgical care to underserved areas of central America.

Milford Regional Physician Group, Inc. was established in 1992 and is one of the largest physician practice groups in MetroWest and Blackstone Valley Region. MRPG, along with Milford Regional Medical Center, forms the Milford Regional Healthcare System. MRPG consists of 40 primary care and specialty practices, including over 100 physicians, 55 advanced practitioners and 350 staff. The group is principally comprised of primary care physicians including internal medicine, pediatrics, family medicine, and adolescent medicine. Specialties include: breast surgery; cardiology; diabetes education; endocrinology; infectious disease; obstetrics and gynecology; orthopedics; otolaryngology; pulmonology; rheumatology; sleep medicine; sports medicine; urogynecology; urgent care; and urology.

Dr. Stoker is currently accepting new patients and can be reached at 774-462-3345.

For more information about MRPG's services, practices and physicians, visit www.milfordregionalphysicians.org and follow us on Facebook@MilfordRegionalPhysician-Group.

New Partnership Provides Local Resource for Survivors of Domestic Abuse, Sexual Assault and Children Impacted by Substance Use

By J.D. O'GARA

The SAFE Coalition, a non-profit organization that provides supportive services to those impacted by Substance Use Disorder in nine local towns, including Norfolk, Franklin, Medway and Millis, has recently announced a partnership with Wayside Youth Services, a new style of clinical support for those impacted by sexual assault and children impacted by substance use. These clinical and informational supports provide direct care to victims and offer a new way for community members to receive clinical care.

"As COVID has impacted the environmental safety and recovery of our community members, these clinical resources allow for victims to receive the services in real time, in person, and in a confidential setting," says Jennifer Levine, Executive Director and co-founder of The SAFE Coalition. "We are so thankful for this partnership and for the federal programs that are allowing us to do this work completely free of charge."

Features and benefits include

Sexual Assault Counselor – in person Friday 9 a.m.-5 p.m., free of charge, also provides legal advocacy

Children Impacted by Substances – ongoing, in-person Friday 9 a.m.-5 p.m., free of charge

Resource for services – QR code given on business card with no language for discretion, once scanned on a smart phone additional resources pop up

"The SAFE coalition will provide substance use training for Wayside, and then Wayside will provide clinical care in the form of therapists at the SAFE

offices to survivors of domestic violence, sexual assault and to children impacted by substance use," says Levine.

Levine says the SAFE Coalition routinely encounters the issue of domestic violence and sexual abuse "about three to four times a week. While SAFE started out of a need for substance use support, as we've grown, we've realized how intertwined domestic abuse and sexual assault were."

According to Michelle Palladini, of the Norfolk Police Department, who is a school resource officer, mindfulness practitioner, developer of the L.E.A.P program, and member of the S.A.F.E. Board of Directors, the need for local counseling for these issues is great.

"It is challenging enough to try to navigate the healthcare system to find a provider that meets your needs, is local, has availability, and takes your insurance," says Palladini. "In addition to all of that, it's so hard for someone who has experienced domestic violence or sexual violence to ask for help, because of the stress, fear and shame that comes with those situations.

Palladini adds, "There are few places locally that specialize in clinical support for domestic violence and sexual assault. Our closest resource centers are DOVE in Quincy, and NEW HOPE in Attleboro ... Having an option for clinical support, or just someone to talk to/point you in the right direction right in Norfolk is going to be an unbelievable option. It will help survivors of these types of crimes get confidential assistance for FREE (without making multiple phone calls) which is invaluable and reduces the stress of an already traumatic event."

"At Wayside, we are 'empowering children, young adults and families to achieve greater independence and emotional well-being,'" says Nanci Coelho (DaSilva), Wayside Program Coordinator and Clinician. "Our Wayside Trauma Intervention Services and SAFE Coalition both have the tag line 'You are not alone,' and that is exactly how we want services to be carried out. The hope is, one day, any service an individual or family seeks in the state of Massachusetts, will be trauma-informed and have resources readily available for whatever challenge they may be facing. This is an important partnership for moving out of our silos and helping community partners get the support they need and appropriately streamline resources for individuals and their families around mental health, trauma and substance use."

Palladini believes these resources provide add a layer of protection to the community.

"From a law enforcement perspective, Palladini says, "I believe that when we look at the root causes of substance abuse, and ancillary crimes that sometimes ensue, it is most often determined that the person has experienced some type of trauma in their life. By supporting those who are survivors of domestic and sexual violence, we are able to help establish healthy coping skills, as opposed to them developing negative coping mechanisms, such as drugs or alcohol, or other addictions."

For more information on the SAFE Coalition, visit www.safecoalitionma.org.

For more information on Wayside Youth and Family Support Network, visit www.waysideyouth.org.

Top 10 Health Concerns of Baby Boomers, Part 2

BY DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems, including high blood pressure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the

risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer, heart disease, diabetes and Parkinson's. Depression of-

ten causes the other conditions to worsen. Dr. Reyzan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advancements in the safety and precision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medi-

cal issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

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Sports

MIAA: Cross Country Can Have Season, But No Championships

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

The Hopedale boys' cross-country team has captured 12 straight conference titles, but according to the Blue Raider Coach teams still don't seem to respect his runners.

"We're still considered underdogs despite what we have accomplished," Hopedale Cross Country Coach Joe Drugan said. "Last year no one gave us credit and counted us in this."

After taking home Dual Valley Conference Championship number 12 in as many years, Hopedale finished second at the Division 2 Central tournament behind Uxbridge amongst 39 teams.

The Blue Raiders then took their show into the States where they were ranked 10th and came home with a third-place finish that was a mere 9 seconds from the top spot.

If Hopedale was not respected for what they accomplished last year, it doesn't look like there be rated high on anyone's board this upcoming season. Drugan graduated a good portion of last year's squad, including four of his top seven runners leaving a big gap to be filled.

"This year is definitely going to be different," the Coach said. "We are still going to be competitive, no matter what anyone else thinks, but we will not be able to prove that beyond the conference. (MIAA has determined due to the late start of the season because of Covid-19 that there will not be any District or State Championships).

Hopedale will take part in eight or nine matches against the likes of Nipmuc, Blackstone Valley Tech, Whitinsville Christian, Douglas, and Grafton. Coaching in his 28 seasons for Hopedale, Drugan will conduct business as usual with his runners.

"We're going to take it one step at a time as we've done in the past," the veteran Coach said. "This program has been on top for over a decade and that shows



the work that these kids put in; their work ethic is incredible."

Leading the way in the unprecedented season will be senior Kyle Murray, who according to his coach not only worked extremely hard to prepare for this season, but also worked with his teammates to make them better as well. While Murray will definitely be the Blue raiders top

runner the rest of the field could be a mixture of athletes on any given day.

Vying for those top spots will be seniors Jackson Terenzi, Jake Tower, Joey Turrene and Josh Fhumia. Sophomore Ryan Hayes will also make a big splash somewhere near the top.

"Kyle will not only be our best runner, but the area as well. He's

all in this season, knows the sport and is looking to get something big out of it," the Coach said. "Ryan is an outstanding runner, who logged over 700 miles this summer and has blossomed into something special and should become a phenomenal runner of the next few years."

Other runners that will be looking to help the Blue Raiders to a 13th consecutive conference title will be Jacob Russell, an outstanding runner and if he gets going Drugan believes he'll be a legitimate threat. In addition to Russell will be freshman Cam Parker, junior Avery Aldridge, senior Luke Rhue, Phillip Carroll, and James Seaver.

"We have a multitude of kids who can run and help this team out," Drugan said. "Anyone who runs for Hopedale, especially those in the top 10, really worked at it."

With the pandemic still happening all around us the Hopedale runners are all glad that they will be able to compete this fall.

"This season, being what it is, is important that they get to be competitive. They want to get onto the courses and run to show everyone what they have," the Hopedale Coach said. "I don't think too many people realize how hard these kids work to excel at cross country. As a coach, I love to get the best out of each and every one of my runners."

During this day and age, Drugan is taking it one step at a time; it's all about the kids and he loves seeing them succeed.



Sports

Five Students Earn in Junior Black Belts

Five students will get their Junior Black Belts at The Martial Instinct Self Defense, on 60 Mellen St., in Hopedale.

The last Junior Black Belt promoted was three years ago, as getting a black belt at the school is no easy task. It requires years of commitment and training and extraordinary dedication.

That kind of commitment is unusual for adults, let alone children, and they are fortunate to have a group of five students that have met the stringent requirements.

These students have continued training at home initially, during this pandemic. When classes resumed this summer, they were first students to attend.

To qualify for their black belts students must perform, perfectly, over 45 different techniques, including kicking, striking, joint locks and weapons techniques.

They must be able to perform these techniques both right- and left-handed. In addition they must demonstrate, perfectly, five different forms or routines including a long stick form.

The students receiving their Junior Black Belt all have come to two or three classes per week for years.

They are: Eric Stockwell, 16, started training with them at 6 in 2010.

Hayle Ortla, 15, started training with them at 5, in 2010.

Kiarra Ortla, 17, started training with them at 7, in 2010.

Sophia Zechello, 20, started training with them at 15, in 2015. She is the only candidate we've ever had that started as a child, to achieve this rank in just five years.

Brynn Dianni, 12, started training 5, in 2013. She is the youngest student they have ever promoted to Junior Black Belt in over 25 years they have been around.

After their promotion, each of these students will focus on learning the adult techniques and should receive their adult black belts within a few years. They will also be working on developing their teaching skills as they assist the younger children. The Martial Instinct Self Defense is very proud of their accomplishments.



Eric Stockwell



Brynn Dianni



Sophia Zechello



Kiarra Ortla



Hayle Ortla

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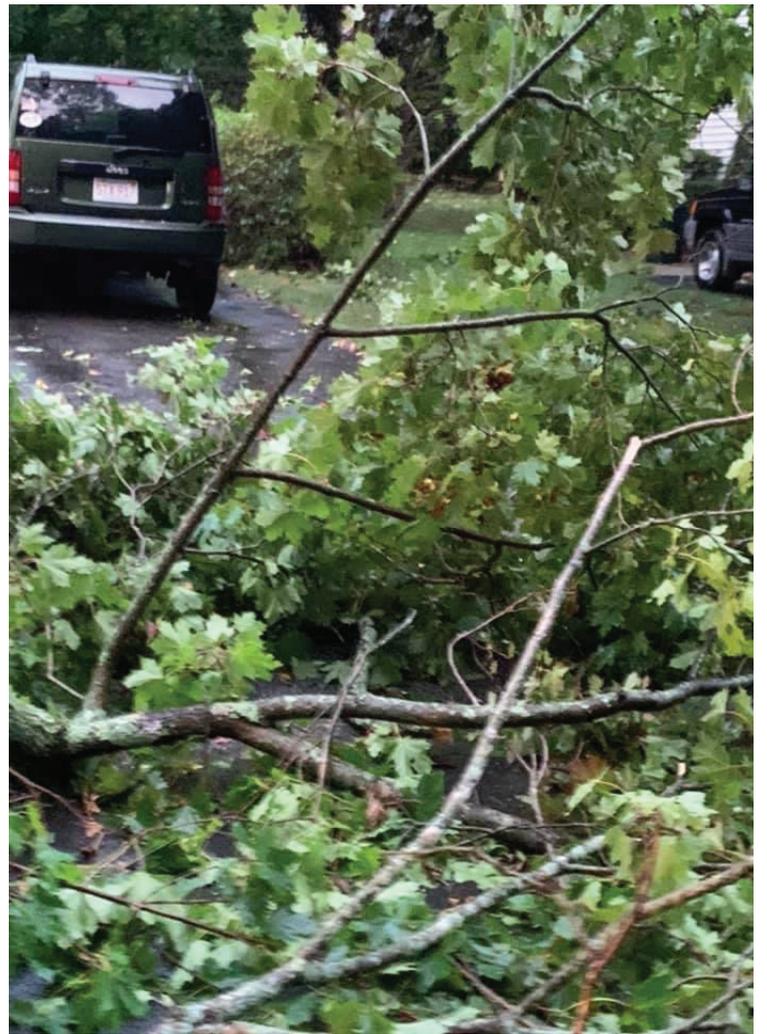
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SAMPLE

Storm Helpers

Hopedale resident Jessica Bacon gave a Facebook shout-out to a group of young men after the bad storm last month. "I just wanted to acknowledge this group of young men that pulled over and started moving a tree off of Dutcher Street so that people could drive by. Thank you for helping out! Well done! They pulled over and started moving the tree off of the road during the storm so that cars could pass by on Dutcher."

Courtesy photos by Jessica Bacon



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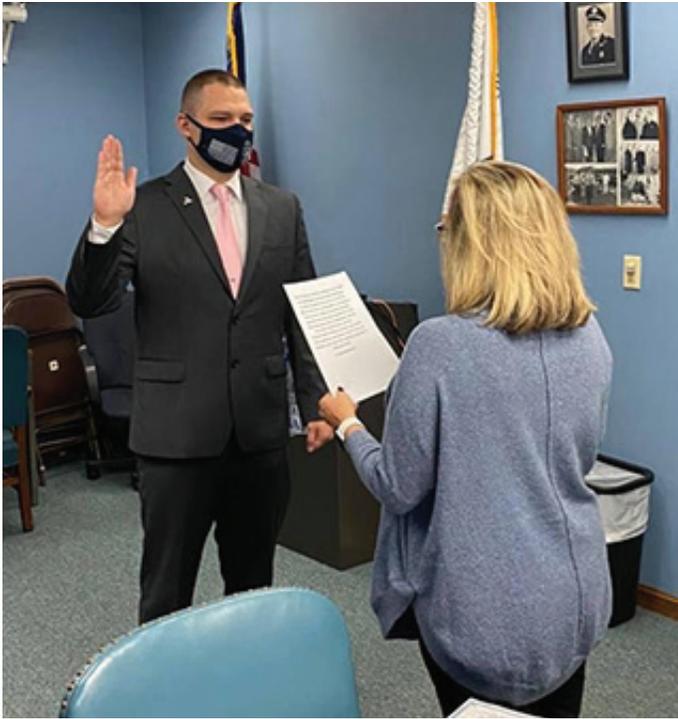
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Police Department Welcomes New Officer

The Hopedale Police Department would like to congratulate the newest officer to the force. Ofc. Cameron Amaral was a graduate of the Fitchburg State University Police Academy's 3rd ROC. Please take a second and welcome Ofc. Amaral to Hopedale.

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Let's Laugh Today Free EVERY Wednesday on ZOOM!

Let's Laugh Today Laughter Club is on ZOOM! In these challenging times, there is nothing like a good belly laugh to help release stress and anxiety. These laughter exercises and deep breathing help to bring more fresh oxygen into the body and brain helping you feel more energetic and healthy. It's a great way to connect with other people through eye contact while remaining socially distant, and it is thoroughly up-lifting and immunity-boosting! See www.letslaugh-today.com for the link to the Free ZOOM Meeting EVERY Wednesday at 7:30 p.m. All ages are welcome. You can sit or stand the entire time. It's a good time to try something new! Led by Certified Laughter Yoga Master Trainers, Bill and Linda Hamaker.

Grow Your Business with Local Advertising



Increase your revenue today!

Contact **Jen Schofield** at **508-570-6544** or **jenschofield@localtownpages.com**

to develop an advertising strategy for your budget.

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