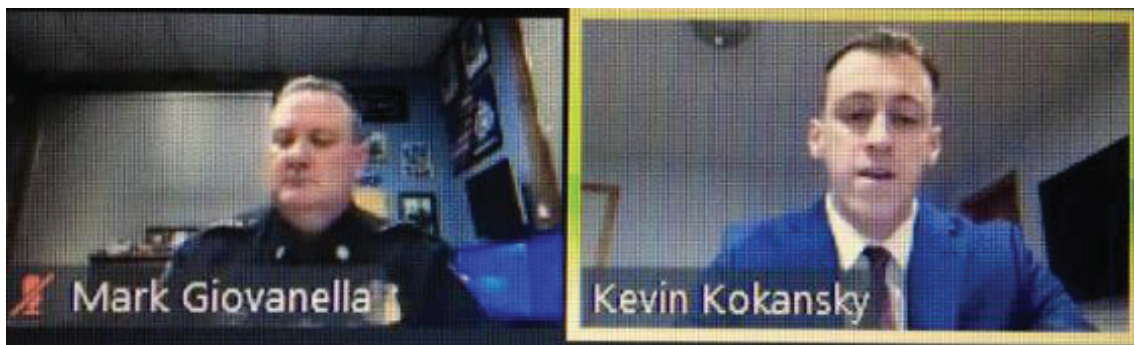


Hopedale Appoints Two Full-Time Police Officers



Police Chief Mark Giovanella and new full-time police officer Kevin R. Kokansky attend the Jan. 12 meeting of the Board of Selectmen where he was officially appointed

BY THERESA KNAPP

At its meeting on January 12, 2021, the Board of Selectmen appointed Kevin R. Kokansky and Zachary M. Perro as full-time police officers.

Kokansky is a graduate of the Reserve/Intermittent Police Academy in Boylston and Worcester State University, and is currently a part-time police officer in the Hardwick/New

Braintree Police Department. His appointment was effective Jan. 18, 2021.

"I'm looking forward to helping out with everything I can," said Kokansky who attended the Selectmen's meeting via Zoom. "I'm looking forward to it."

Perro was also appointed at the meeting, though it was not on the agenda. The Board of Selectmen added the item at the request of Police Chief Mark

Giovanella because it was a town safety issue.

Perro will fill the position vacated by Richard Berkerian who has taken a position with the Hanson Police Department.

Perro is currently putting himself through the Police Academy and will graduate in February. His appointment is effective

POLICE

continued on page 2

On the Road to "Green" Community

BY THERESA KNAPP

The Town of Hopedale is one step closer to becoming a "green community" after the Board of Selectmen adopted an Energy Reduction Plan in December.

Currently, 271 of the Commonwealth's 351 communities -- including the majority of towns surrounding Hopedale [map] -- are part of the "Green Communities Designation and Grant Program" through the Massachusetts Department of Energy Resources. The program helps towns "find clean energy solutions for your local problems."

Once a town receives its official designation, it receives an initial \$135,000 "designation grant" and the opportunity to apply for subsequent competitive grants for the next five years.

Grants are typically no more than \$200,000, Associ-

ate Planner Mimi Kaplan told selectmen as they adopted Energy Reduction Plan at their meeting on Dec. 21, 2020. Kaplan has been helping the town through the process.

For the application, the town must submit a list of proposed projects (though they are not limited to that list). Suggested projects include:

FY21-FY23

- Memorial ES Weatherization
- Memorial ES Pumps and VFDs
- JRHS/SRHS Weatherization
- JRHS/SRHS Pumps and VFDs
- JRHS/SRHS Demand Controlled Ventilation

GREEN

continued on page 3

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POLICE*continued from page 1*

Feb. 15, 2021 at which time he will start a one-year probation period and a three-month field training program before he starts filling shifts.

“We’re very fortunate to have even had the opportunity to interview him,” said Chief Giovanella, adding Perro could not attend the selectmen’s meeting because he was still at the Academy.

Chairman Keyes, who participated in the interview process, said Perro was a good fit for the town. “And that he’s put himself through the Academy, speaks to his character.”

When hiring another police officer in December, town officials noted it costs the town approximately \$40,000 to train a new police officer. That will not be the case for these two officers who will have completed training before joining the Hopedale Police Department.

Hopedale Board of Selectmen Reaffirm Intent to Change Name

Voters will be asked to approve the change to Select Board



HOPEDALE

Massachusetts

By THERESA KNAPP

The Hopedale Board of Selectmen has vowed to take the next step to change its name to “Select Board” and will draft a warrant article for the next town meeting.

Glenda Hazard was elected to the Board of Selectmen in December 2020 and, in January, urged the board to consider changing its official name to be more inclusive, similar to what was recently done in Milford.

Other board members Brian Keyes and Louis Arcudi agreed.

“This is something I’ve always been a huge advocate of,” said Chairman Keyes. “We are very much in favor of doing this.”

According to the United States Census Bureau, the majority of Hopedale’s population (51.1 percent) identifies as female.

In 2019, a survey was issued to the town asking if they would support a name change. At the selectmen’s meeting on October 15, 2019, then-selectman Tom Wesley (whose seat Hazard later filled) reported that, of the 110 responses received at the time, 49 percent supported a name change, 36 percent strongly opposed it, and 14 percent had no opinion.

“We actually voted 3 to 0 to make that change and I don’t remember why it didn’t get changed,” recalled

Arcudi, who was part of the 2019 vote.

Chairman Keyes said the intent at the time was to draft a warrant article but it might have fallen off the radar as the town focused on a potential tax override in 2020. Keyes noted there is a cost to make the change but “it is very important to do.” [end]

Hopedale Burning Permit fees forgiven for 2021

Town officials cite health safety concerns

By THERESA KNAPP

The Board of Selectmen have forgiven the fee for a burning permit this year “in a continuous effort to follow Covid protocol and try to limit Fire Department members’ interaction with the public and vice versa,” said Fire Chief Thomas Daigle in a letter to the selectmen.

Open-air brush burning season runs from January 15 to May

1 each year and the annual fee is \$5.00 per season. Forgiving the fee will eliminate the need for residents to go to the firehouse to pay the fee and fill out the paperwork, said Chief Daigle, noting the Fire Department currently only accepts cash but is exploring an electronic permitting system.

Hopedale collects approximately \$600 each year in burning permit fees.

“It doesn’t get down to a reve-

nue issue, it gets down to a safety issue,” said Board of Selectmen Chairman Brian Keyes.

Residents are asked to call the Fire Department at 508-473-1050 on the day they want to burn to provide their name, address and phone number. If granted permission, burning hours are from 10 a.m. to 4 p.m.

When burning, there must be a water source nearby (like a garden house), the fire must be 75 feet away from all structures, burn brush only, and the fire must be attended by a person 18 years or older.



Items that CAN be burned include brush, cane, driftwood, and forestry debris.

Items that CANNOT be burned include leaves, grass, hay, leaves, stumps, tires, construction materials, and trash.

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Your Money, Your Independence

Revisiting - Dividends: Evolve Beyond Yield

Two years ago, February 2019, I wrote about income investors becoming too attracted to high-yielding dividend stocks. They'd ignore a company's business model, free cash flows, payout ratios, dividend growth and other key factors. Their mantra of "I don't care about the stock price, as long as I get my dividend" dramatically changed last year.

At first, all stocks fell. High-yielding companies were leveraged, faced earnings issues, industry headwinds and needed to preserve cash, so dividends were suspended or cut and stock prices stayed low. Meanwhile, efficient companies with growing business models recovered quickly, increased market share, stock prices accelerated and later dividends raised.

Bringing us to today and a conundrum for income investors.

Low Interest Rates Meet Inflation - Two year ago, certificates of deposits at 2.5% are renewing at 1% or less. Add the Fed indicating short-term rates will be held, even if inflation exceeds its 2% target rate. Thus those buying treasuries or investment-

grade corporate bonds risk earning less than inflation.

Outdated Criteria Brings Concentration Risks - The philosophy of every investment must achieve a certain level of dividend yield is a fallacy. Meaning, you can't build a portfolio only of stocks with greater than 4%, 3% or even 2% yield.

For example, if 2% dividend yield is required to own a stock, a/o 1/20/21 you'd disqualify 76 of 120 (64%) largest companies in S&P 500 Index. Require a 4% dividend yield? Only 12 companies remain, limited to oil & gas, tobacco, drugs or telcom. That's not being selective, that's concentration risk and avoiding growing companies.

Income investors need a new perspective.

Seek Total Return Approach - Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

Growth of Dividends - Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less. Given this, these are ignored by income investors. Huge mistake, let me explain.

Yield-On-Cost (YOC) - Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100. Real world example, large software company averages ~1.5% yield last 5 years. Dividend increases results in shares bought 5 years ago having 4.2% YOC, meaning your initial investment now pays 4.2% annually. Bonds can't do this, they're fixed. Now add over the 320% stock appreciation and you see the mistake of only selecting high dividend yields.

Evolve beyond yield and seek help when needed.

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



Glenn Brown

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

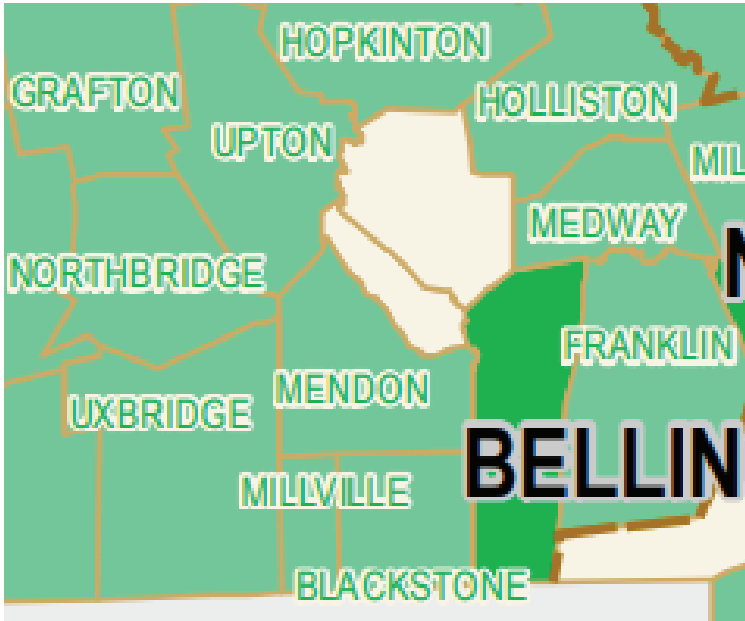
GREEN

continued from page 1

- Park Pre-K Weatherization
- Park Pre-K LED Interior Lighting
- Fire Station Weatherization
- Fire Station Pumps and VFDs
- WWTP WEatherization
- Library LED Interior Lighting
- Fuel efficient vehicle replacement(s)

FY24-FY25

- Memorial ES Boiler Replacement
 - Memorial ES LED Interior Lighting
 - JRHS/SRHS LED Interior Lighting
- Library Weatherization
 - WTP Weatherization
 - Police Station LED Interior Lighting
- Town Hall LED Interior Lighting
 - Town Hall Weatherization
 - Fuel efficient vehicle replacement(s) [END]



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At its Jan. 25 meeting, the Board of Selectmen voted 2-1 (Hazard opposed) to accept a mediation agreement. See our March edition for the full story.

Mediation discussions continue in dispute over 364 West Street

By THERESA KNAPP

Conversations continue between the Town of Hopedale and the Grafton and Upton Railroad as the town tries to exercise its right of first refusal on a 155-acre parcel at 364 West Street in an effort to protect the town's water supply. GURR purchased the land just days before a special town meeting voted 400-1 to buy the land that is just above the Hopedale Pond resource area and near the Upton Town Forest.

GURR plans to add a switching yard and five additional railroad tracks, erect industrial buildings, pave a large portion for parking lots and roads (including a new access road off Route 140), and cut down hundreds of trees that residents say will negatively affect the town's water supply.

At the Board of Selectmen's meeting on Jan. 12, special counsel Peter F. Durning, who represents the town on the matter, gave a less-than-one-minute update, alluding that something was happening but he could not discuss it since the process is confidential.

"The mediation process has not concluded so there's nothing to report back to the broader group," Durning said. "I can assure residents that, if and when there is something to be considered in a public meeting, that will be brought and we will follow up on that."

Chairman of the Board of Selectmen Brian Keyes, who is part of the negotiations, said "We have not changed path or lost any momentum or adrenalin. We continue to move forward, we take it very seriously."

Residents on the Zoom call voiced concern that the process does not seem fully transparent and that the parties might reach an agreement without public input.

"It is a confidential process," Durning said. "The board is committed to coming back and deliberating in a public session if one is warranted but, at this time, there is no further update."

"Again, sorry to the residents and the public that we weren't able to provide something more but more is coming," Chairman Keyes said.

In October 2020, Hopedale residents voted 400-1 at an outdoor special town meeting to exercise its right of first refusal on the land to protect the town's water quality, the aquifer, and to protect the future water supply. Hopedale also provides water to the Town of Mendon.

Just days before the special town meeting - and after many months of stalled negotiations - the Grafton and Upton Railroad purchased the property from its previous owner.

Then, just days after the special town meeting, GURR started clearing trees on the land, prompting the town to file an injunction with the Land Court which is when the mediation screening was ordered. The screening took place on Jan. 8.

According to the website for REBA Dispute Resolution, Inc., a subsidiary of the Real Estate Bar Association of Massachusetts, Inc. (www.disputeresolution.net), which is handling the mediation screening - this first step was merely to determine if mediation would be appropriate for the case. Both parties summarized their case before the screener who then determined if the case was appropriate for mediation and informed the Land Court accordingly.

Both parties were to provide to the Land Court a written update on the mediation process, and any further development on the property, on January 25, after this issue goes to press.

Kindergarten registration information

Kindergarten registration for the 2021-2022 school year will be held Monday, February 8, 2021 through Friday, February 12, 2021 from 8:30 a.m.-3:30 p.m. Registration packets will be sent to families of eligible children during the week of January 25, 2021. If you did not receive a packet by Friday, January 29, 2021, call the school office at 508-634-2214x8. Registration paperwork can be dropped off at the office or emailed to ltuite@hopedaleschools.org. Please be sure all paperwork is completed and any necessary documents needed to register are with your packet. This registration is for Hopedale residents only.

Please Note: Your child must be 5 years old on or before August 31 to be eligible for Kindergarten.



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HOPEDALE *Massachusetts*

Hopedale: Selectmen accept a resignation, fill a position, and seek a candidate

Selectmen accept a Finance Committee resignation, welcome a new Tree Warden, and seek a Water Commissioner

By THERESA KNAPP

At its meeting on January 12, 2021, the Board of Selectmen accepted the resignation of Karla Hopkins from the town's Finance Committee and Capital Planning Committee, effective Jan. 7, 2021. Hodges stepped down after many years of public service due to "demands and changes in both my firm and personal life."

Selectman Louis Arcudi thanked Hopkins for her years of service as both member and chairman of the Finance Committee. Selectwoman Glenda Hazard said she was aware of her hard work and was sorry to see her go. Board of Selectmen Chairman

Brian Keyes praised Hodges for always being extremely helpful, and noted that during the 2021 budget cycle she did a great deal of work behind the scenes that was greatly appreciated.

Selectmen also appointed Becca Solomon as Tree Warden, effective Jan. 12, 2021. Solomon is currently the Chairman of the town's Conservation Commission. She has a degree in Natural Resources Management and is currently seeking certification with the International Society of Arboriculture.

Town Administrator Diana Schindler said Solomon would be a good fit for the position, adding "She's already stepped up in several

roles in the town." Selectman Arcudi said he had seen Solomon's dedication to the town over the last several months, and Chairman Keyes thanked Solomon for her "passion and enthusiasm" at the October 2020 town meeting when the town voted in favor of preserving land on West Street to protect the town's watershed area.

It was noted there is an opening on the Board of Water & Sewer Commissioners. Anyone interested in serving on the three-person board, should visit the town's website for the Talent Bank Form which is then sent to the Town Administrator's Office.

Correction

In the article "Selectmen Grant 12 Month Extension for fourth Cannabis Company," the location of High Hopes was incorrect. The correct address is 1 Menfi Way , Unit 9.

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NOW OPEN

Due to Covid-19, Almost Everyone Needs a New or Improved Health, Life, Disability, & Estate Plan!

BY DENNIS SULLIVAN & ASSOCIATES, COUNSELORS AT LAW

Even before March of 2020, when the coronavirus hit our country with a vengeance, approximately 86% of estate, health and disability plans didn't work when they were most needed because they were already out of date!

The pandemic dealt our citizens a 1-2 punch: 1.) Many people who thought they "didn't need" an estate plan desperately need a plan that works now.

2.) People who thought they had a good estate plan are now just realizing they MUST update that plan due to the pandemic and recent and pending changes in state and federal taxes and laws.

Who Will Make Your Healthcare and Financial Decisions if Something Happens to You?

With the pandemic still raging, absolutely nothing is guar-

anteed. Unless you have a solid health, life and estate plan in place, all of this is at risk.

The time to take action to protect yourself, your loved ones and your estate is NOW.

The estate and elder law firm of Dennis Sullivan and Associates specializes in helping people and families just like yours. We have the team and the expertise to protect you, your family and your loved ones.

If you or a family member is stricken with Covid-19, who would care for your children? Who will make decisions for your grandchildren and parents? Who will make sure the rent, the mortgage and all the other bills are paid?

You need a trusted, caring, compassionate, and experienced team of professionals to help you design and establish your plan.

The founder of the Dennis Sullivan & Associates was educated at some of the finest universities in America, including

master's degrees from the Boston University School of Law as well as from MIT, and he has more than 30 years of service.

All team members including our attorneys and CPAs, make it easy and enjoyable to put together your up-to-date estate plan! In compliance with Massachusetts Covid-19 orders and leveraging current technology included with our services, you can review and complete your estate and elder law plan with your attorney virtually—from the safety and comfort of your own home!

As a result, you will be both well informed and in control of your planning process as you benefit from our unique personalized counselling process. No family should be unprepared, especially now with all the medical and, legal, and tax changes!

Dennis Sullivan & Associates is dedicated to protecting everything you have worked so hard to achieve, including your good health, home, spouse, family, legacy and lifelines!

Covid-19 is Not Going Away Anytime Soon!

People all over the world of all ages are susceptible to Covid-19, but we in the U. S. are especially susceptible because we have the most cases and the highest number of deaths in the world.

While it is exciting news that vaccines are being rolled out, the roll-out is going much slower than expected and a large percentage of our population have said they will not take the vaccine.

Therefore, we are all still at risk. **THE TIME TO TAKE ACTION AND PROTECT YOUR FAMILY IS NOW!**

Don't let your family be a statistic because you failed to take action and are stuck with no plan or an outdated estate plan. Research statistics adjusted for Covid-19 show that 90% plus of health, life and estate plans are out of date.

Once You are 18 Years Old, a HUGE Change Happens!

Most families are shocked to learn that once a child or grandchild turns 18, no one automatically has the ability to make health or financial decisions for them—not even a parent, grand-

parent or spouse! (See our blog at Dsullivan.com for more information.)

Almost half of Americans 55+ don't have a Will and You Cannot Trust Wills You Get On-Line!

Americans age 55 + are at the greatest risk for serious complications and death from Covid-19. The mistake of using cheap or free on-line legal forms can cost your family thousands to hundreds of thousands of dollars and much more in terms of aggravation due to complete loss of control and sleepless nights. (See our blog at Dsullivan.com for more information.)

Estate and life planning is always essential but in the midst of a pandemic, it is Mandatory!

We hope you now understand that you and your family will tremendously benefit from having much more than just a will. Wouldn't you and your family prefer the peace of mind understanding how your family is protected now and for generations to follow?

The reason you need much more than just a will is because a will is only effective when you die. You need to be protected while you are alive, not only from Covid-19, but as you need to be protected in the event of disability.

Disability is six times more likely than death in any given year, but 2021 is a more precarious year than most.

The documents an estate and elder law firm will create for you and your family members will provide each person you care about with peace of mind. Yes, there is a light shining at the end of the long, arduous Covid-19 tunnel. Let's all be safe and well protected together on our journeys. You and your loved ones will be able to control your estate, your finances, your investments and, most importantly, your health care decisions without the expense or interference of the courts, medical, or the legal system.

Those benefits alone could save you thousands to hundreds of thousands of dollars AND save you a huge amount of time, heartache, sleepless nights, and

aggravation as well!

Dennis Sullivan & Associates is a caring, compassionate team of professionals who have been protecting families for generations by providing a unique estate planning and asset protection service for families in Massachusetts and surrounding states for more than 27 years. We currently provide virtual (on-line) discovery sessions, as well as personal counseling, and limited in-person consultations so you can get the high-quality life and estate plan you deserve at a reasonable investment for the lifetime protection for your family for generations.

Through our unique process you can complete all of your important protection virtually (on-line), staying warm, safe and healthy in the comfort of your home while a team of experienced, caring, compassionate and professionals creates a comprehensive estate plan that will provide you and your family members total peace of mind now and for generations that follow.

The most important phone call you can make today is to call our discovery line 800-964-4295 (24 hours a day, 7 days a week) or 781-237-2815 weekdays to register for discovery sessions and see how to qualify for your personalized review and counselling session. You can also register online at DSullivan.com. Due to the emergency we are doing our best as essential service providers to help those who qualify by understanding how much they can and should do for their family now.

Dennis Sullivan & Associates is a team of caring, compassionate highly-trained professionals who Protect Families for Generations.

Book a free online discovery session with us today. You'll see how easy and feasible it is now to protect your family's health and home, to protect your spouse, family, legacy, and life savings. You and your family will benefit from the peace of mind of knowing you have done everything you can to protect yourself and your loved ones for generations. Call now 800-964-4295 or register for a free meeting at www.DSullivan.com



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A photograph of three young girls participating in a 'Project Care and Share' cookie sale. They are standing behind a table covered with a green cloth that features a large rainbow graphic and the text 'IT'S cookie TIME!'. The girl in the center, wearing a pink beanie, holds a large round cookie. The girl on the left, in a purple jacket, holds a box of 'NEW Cookie!'. The girl on the right, wearing blue earmuffs, holds a box of 'GIRL' cookies. The table is filled with various boxes of cookies, including 'GIRL' and 'NEW Cookie!' brands. A sign on the table reads 'PROJECT CARE AND SHARE'. The background includes a 'COOKIES' banner and a 'Paraco. Fueling Your Every Day' sign.

Rules and restrictions apply. Not valid on previous sales or estimates. May not be combined with other offers. Valid on initial visit only. Total savings equals 20% off the retail price. See a NEWPRO product specialist for complete details. **Subject to credit approval. Fixed APR of 0.00% for 24 months. Greensky plan #2541. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid before the expiration of the promotional period. There is no minimum monthly payment required during the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, equal opportunity lender banks. NMLS #1416362. All offers expire February 28th, 2021. MA REG #146589, RI REG #26463, CT REG #0605216

Tri-Valley, Inc. - February 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Shepherd's Pie Carrots Peas Apple Cinnamon Grahams Pumpernickel Bread	2	Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tapioca Diet = SF Tapioca Marble Rye Bread Tartar Sauce	3	Chicken Cranberry Salad Pasta Salad Three Bean Salad Strawberry Fruit Cup Sandwich Roll	4	HIGH SODIUM MEAL Turkey* with Supreme Sauce Cranberry Stuffing Roasted California Blend Pear Crisp Diet = Pears Italian Bread	5	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread
Cal:798	Na+:724mg	Cal:838	Na+:1120mg Diet Cal:788	Cal:874	Na+:850mg	Cal:788	Na+:1424mg Diet Cal:671	Cal:752	Na+:637mg
8	Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	9	Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Yogurt Marble Rye Bread	10	Chicken Milano* Vegetable Couscous Spinach Peaches Pumpernickel Bread	11	Salisbury Steak with Gravy Garlic Mashed Potatoes Corn Fresh Fruit Sandwich Roll	12	Lasagna with Meatballs Green Beans Chocolate Mousse French Bread
Cal:802	Na+:817mg	Cal:717	Na+:756mg	Cal:710	Na+:961g	Cal:880	Na+:849mg	Cal:671	Na+:1039mg
15	Presidents' Day No Meal Served 	16	Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll	17	 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	18	HIGH SODIUM MEAL Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread	19	Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin
		Cal:880	Na+:1042mg	Cal:822	Na+:664mg	Cal:711	Na+:1253mg	Cal:711	Na+:708mg
22	Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding French Bread	23	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	24	Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit Peasant White Bread	25	Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse Sandwich Roll	26	 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
Cal:753	Na+:658mg Diet Cal:683	Cal:761	Na+:662mg	Cal:699	Na+:996mg	Cal:776	Na+:1083mg	Cal:856	Na+:718mg
Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.						Menus are Subject to Change 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 diet requirements. Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk  Indicates meatless meal			

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The Council on Aging and the Hopedale Emergency Management Agency want to remind you about Hopedale's free and voluntary Emergency Assistance Registry.

The confidential registry maintained by the Council on Aging contains specific information on individual enrollees who have requested assistance during storms or disasters. In the event of a community declared emergency, the names and information of affected registry enrollees will be immediately available to Hopedale Emergency Management Agency personnel.

Enrollee records will be updated annually however, changes or new enrollments may be made at anytime by contacting the Council on Aging. ***There is no cost to enroll in the program.***

If you are interested in participating in this program or obtaining more information, call the Council on Aging at (508)634-2208.

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Making New Dog Owner Kits earns Junior Girl Scout her Bronze Award

Rory Goyette from Historic Hopedale Troop 11582 earned her Girl Scout Bronze Award, the highest recognition for achievement in Girl Scouting at the Junior level. Her project focused on helping families adopting dogs. Rory made 25 new



owner kits for the Dog Orphans, Inc., a private, nonprofit, no-kill, shelter in Douglas that has been helping dogs since 1971. The bags included the shelter logo on it and contained dog toys made from recycled t-shirts, hand made dog bandanas, home made dog treats, dog cologne and tennis balls donated by PetSmart in Millbury.

By completing the Girl Scout Bronze Award girls develop more confidence by meeting new people, building courage to stand up for an issue they are passionate about and make their community a better place by putting their plan into action.

Historic Hopedale Girl Scout Service Unit serves over 150 girls in grades K-12 in Hopedale, MA and is part of Girl Scouts of Central and Western Massachusetts. For more information, please visit www.gscwm.org.

Dog Orphans, Inc., was founded 50 years ago by a small group of animal lovers dedicated to saving dogs from pain and suffering. Located in Douglas, MA, they house stray, homeless and unwanted dogs until suitable permanent homes are found.



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Living Healthy

10 Things You Can Do Today to Prevent Vision Loss from Glaucoma

BY: ROGER M. KALDAWY, M.D.
Milford Franklin Eye Center

The optic nerve works like a cable connecting the eye and the brain. Glaucoma is a progressive disease of the optic nerve. It happens when the pressure inside the eye is higher than the optic nerve can withstand. The most common form of glaucoma is silent in the beginning but can cause slow loss of the vision if left untreated, starting with the peripheral vision first. The most frustrating characteristic of glaucoma is that for many years, the loss of vision will go unnoticed by a patient.

The optic nerve is like a cable made up of over 1 million nerve fibers that carry the information collected by your eye (retina) to the visual cortex of the brain for processing. Glaucoma slowly, decreases the ability of your optic nerve to carry this information to your brain. There are currently two basic theories as to why excessive ocular pressure causes glaucoma. Either high intra-ocular pressure decreases blood flow to the optic nerve, or high pressure, over time, physically crushes and kills the individual nerve fibers.

At first, open-angle glaucoma has no symptoms. Vision stays normal, and there is no pain. As glaucoma remains untreated, people may notice that although they see clearly in front of them, they miss objects to the side and out of the corner of their eye. It may seem as though they are looking through a tunnel. Over time, the remaining vision may decrease until there is no vision left. Optic nerve damage caused

by glaucoma is permanent; therefore, it is important to seek treatment in the early stages of the disease.

Glaucoma is a lifelong disease that will always require treatment. Glaucoma is much like hypertension and diabetes. We can control these diseases, however we cannot, as of yet, cure them. Today there are numerous ophthalmic medications available to us in the treatment of glaucoma. Some are eye drops that are used only once a day; others are used up to four times a day. More than one medication may be used to treat glaucoma. If glaucoma cannot be controlled with medications other procedures, including laser and surgery may be considered.

Ophthalmologists don't yet know how to stop glaucoma from developing in the first place. However, there are ways to prevent serious vision loss and blindness from glaucoma. Here are 10 ways to help:

1. Catch this silent thief of sight before you lose vision. If you are at risk for glaucoma (family history, age 60 and above, Black, Asian or Hispanic, heart disease, diabetes or hypertension) you should see your ophthalmologist regularly for eye exams. They can find the disease in its early stages, then watch and treat it. It's equally important to take your glaucoma medications exactly as your doctor says to.

2. Taking steroid medication? Talk with your eye doctor. Taking steroids for long periods of time or in high doses can raise your eye pressure, especially if you have glaucoma. Steroids that you take by mouth or use around

your eyes are the most likely to raise eye pressure. However, inhaled steroids even those over the counter can do the same damage. Always tell your eye doctor if you are taking any kind of steroids.

3. Eat well to see well. Eat plenty of leafy green vegetables and colored fruits, berries and vegetables every day. They contain vitamins and minerals that protect your body and eyes. In fact, studies show that eye-healthy foods are better than vitamins at preventing glaucoma.

4. Exercise ... but carefully. Intense exercise that raises your heart rate can also raise your eye pressure. But brisk walking and regular exercise at a moderate pace can lower eye pressure and improve your overall health. If you lift heavy weights, have a qualified trainer show you how to breathe properly during this exercise.

5. Protect your eyes from injury. Eye injuries can lead to glaucoma. Always wear protective eyewear during sports or while working on your home and in your yard.

6. Avoid head-down positions. If you have glaucoma or you're at high risk of the disease, don't place your head below your heart for long periods of time. That includes staying away from inversion tables or gravity boots for back pain. Head-down positions can greatly raise your eye pressure. Some people with



severe glaucoma may need to avoid certain yoga positions. Ask your doctor if you need to avoid a head-down position in your exercise routine.

7. Sleep in the right position. If you have glaucoma, avoid sleeping with your eye against the pillow or on your arm. People who have obstructive sleep apnea (OSA) are at risk of glaucoma, or may have more serious disease. If you snore heavily or stop breathing throughout the night, get tested for OSA.

8. Protect your eyes from sunlight. There is some evidence that the sun's UV rays may cause a type of glaucoma. Wear quality polarized sunglasses and a hat when exploring the outdoors.

9. Keep your mouth clean. Recent research links gum disease with optic nerve damage in glaucoma. Brush and floss your teeth every day and see your dentist regularly.

10. Tell your ophthalmologist about your blood pressure medicine. If your blood pressure drops too low during sleep, it can worsen glaucoma damage. If you take blood pressure medicine at night, or if you have low blood

pressure symptoms (like feeling woozy), tell your ophthalmologist. They can discuss this with your primary care doctor. Do not change your blood pressure medication on your own.

At Milford Franklin Eye Center, we use state-of-the-art technology and lasers to diagnose and treat a variety of eye problems, including glaucoma. We offer high-definition optic coherence tomography testing (OCT) that can predict glaucoma before it even happens and 2 types of laser treatment when medications alone are not enough. All our offices are equipped with OCT and state-of-the-art computerized visual field testing. We operate in a state-of-the-art surgery center close to home, here at the Cataract and Laser Surgery Center of Milford. With 8 providers, decades of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care for treatment of glaucoma closer to home than ever before.

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Sports

Hopedale Girls Basketball Enjoy Unorthodox Season

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Over the past two seasons the Hopedale girls' basketball team secured their entrance into the Division 4 Central Tournament only to find their season come to an end in the Semi-Finals.

In 2019 the Blue Raiders fell to Maynard and last winter after putting together a 16-4 season where they were awarded the number two seed in the tournament Blackstone Valley sent them packing.

Coming into this season, Hopedale was shooting for the stars looking to take home a State Title, but that was all before the world was introduced to Covid-19.

"Originally we were going big," Hopedale Coach Corey Phillips said. "But with all that's happened we've had to go back to the drawing board and adjust our goals. Now we are looking to navigate our way through the shortened season and win our pod, while being competitive and get better as a team every day."

Hopedale will play a 10-game season against the likes of Dual Valley Conference opponents (Blackstone-Millville, Douglas, Nipmuc, Sutton, and Whitinsville-Christian) in addition to non-league opponents Blackstone-Valley Tech and Notre Dame Academy). At the end of the season there will be some sort of pod playoffs, which has been undetermined at this time.

Despite the unorthodox season the Blue Raiders will be taking on the challenge like it was any other year.

"It's definitely going to be a different season with COVID, but we are all going to learn from this," the Hopedale Coach said. "We'll be problem solving as we go along and jumping through hoops in terms of motivating this team having no State Championships this year."

Lending a helping hand to Coach Phillips will be a quartette of captains in senior center Maeve Griffin, senior small forward Carly Smith, senior point guard Bri Frongillo and senior power forward Maddie Casey. According to the coach, their leadership will be tested with all that is going on this year. However, he is extremely glad that he has a group of girls that will help him make all the girls feel like a team as well as getting them the best possible experience on the court that he can.

Having no post season as they have been used to, Phillips is looking to take an individual approach to the upcoming season as thought the tournament existed.

"Experience comes from the all the work you put in as a team, while working through and solving all the problems together," the Coach said.

Offensively the Blue Raiders are no secret when it comes to scoring Frongillo lead all Central Massachusetts scorers last year



averaging 25.5 points per game; contributing multiple 40-point games.

"Bri is hoping to improve her average to 30-points a game this year, which is great as long as she doesn't sacrifice the team in doing so. Winning is all that matters," Phillips said. "On the court she makes it look easy. It doesn't matter what other teams' scheme to try and stop her, she's still going to score."

In addition to Frongillo's offensive output Hopedale will get help in Smith, who averaged 8 points per game last year; Griffin



Lilah Casey

could contribute 5-7 points is she's in the right spot and junior guard Lilah Casey, a third-year player, has the potential to know down 10 a game if she can step up her game this winter. Junior Caroline Hurley is another athlete that can play a role for the Blue Raiders this season.

Senior Mykenzie Black, who Phillips refers to as the best runner in the area for girls, will also play a significant role for the Hopedale not only on the defensive side of the ball but by also

BASKETBALL

continued on page 2

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Sports

BASKETBALL

continued from page 12

pushing the ball up the court. Being an athlete who can run, Black found herself on the court an average of 28 minutes a game last season and should be around the same time frame once again this year.

Although the Blue Raiders will have seven experienced veterans returning to the courts to play extended minutes, the team is not all that deep. Hoping to contribute will be freshmen Bea Hava and Cienna Bayley, as well as seventh-grader Phoebe Carroll.

“Skillwise Phoebe can definitely help the varsity team,” Phillips said. “While I really don’t know what to expect from her this year, I do know that come next season she will be a big part of us winning a State Title.”

Rounding out the squad will be senior Sonya Terando, who played for the Blue Raiders as a freshman before taking the next two seasons off. The Coach believes the senior is a bright individual who can pick things up rather quickly but being away from the sport for two years it will be a season of progress before he really knows what he has in her.

“As a team they’re a lot of unknowns as we walk onto the court this season.” The Blue Raider Coach said. “One thing I do know is that each and every time that we walk into a gym, we have the potential to win. Now, we may not win every game, but

this team certainly believes that they can and having a veteran team with determination leaves us in a good position.”

The Blue Raiders were scheduled to open their season on January 13 at Notre Dame Academy.



Bri Frongillo



Caroline Hurley



Mykenzie Black



Maddie Casey

4

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Bancroft Memorial Library

Library Column / February 2021 Update

Presidents' Day

The Library will be closed on Monday, February 15 due to Presidents' Day.

Bancroft Memorial Library Restrictions

Due to the pandemic, there may be restrictions on services provided by the Library. To stay updated, please visit the Library's website or Facebook page. If you have any questions, please call us at (508)634-2209 or email us at hopedalelibrary@cwmar.org. Thank you for your patience.

National Bird Feeding Month

Did you know February is National Bird Feeding Month? We have many resources to help you celebrate our fine feathered friends! Would you like to learn more about the birds in our re-

gion? Birds of New England by Fred Alsop is a handy identification book. Are you interested in learning best practices of feeding your backyard birds? Try Secrets of Backyard Bird-Feeding Success: Hundreds of Surefire Tips for Attracting and Feeding Your Favorite Birds by Deborah L. Martin and Arlene Koch, National Audubon Society North American Birdfeeder Handbook by Robert Burton, or The Bird Feeder Book: An Easy Guide to Attracting, Identifying, and Understanding Your Feeder Birds by Donald & Lillian Stokes. Birds in Your Backyard: A Bird Lover's Guide to Creating a Garden Sanctuary by Robert J. Dolezal and Easy Birdhouses & Feeders: Simple Projects to Attract & Retain the Birds You Want by Michael Berger are also great resources to make your yard a bird sanctuary. Get the whole family involved! Look Up! : Bird-



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Watching in Your Own Backyard by Annette Cate is a wonderful introduction to bird watching for children and Make Your Own Bird-Houses & Feeders by Robyn Haus provides some fun activities.

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.

"Who am I" is our theme for the February book discussion on Wednesday, Feb. 3 at 1:00 pm. Our book, Inheritance: A Memoir of Genealogy, Paternity and Love by Dani Shapiro, examines

the author's answer to this question. "In a goofy mood in spring 2016, she submitted her DNA to a website for analysis and discovered that her father was not her biological father. What results is an exploration of family secrets, a painful rebuilding of her sense of self, and an understanding of how we manage whatever life tosses our way." -- from the 2018 Library Journal review.

The March book will be Daisy Jones & The Six: A Novel by Taylor Jenkins Reid. "What ever happened to Daisy Jones and The Six, the iconic 1970s rock band that topped the charts and sold out stadiums? It's always been a mystery why the musicians suddenly disbanded. Taylor Jenkins Reid takes an unusual approach to dissecting the breakup of the fictional rock band by offering a narrative composed solely of transcribed interviews." -- from the Kirkus magazine review.

News from the Marjorie Hattersley Children's Room

Black History Month

February is Black History Month. Observe with us with weekly story programs on YouTube presented by guest readers from the Hopedale Junior Senior High School!

Valentine Day Storytime

Join Mrs. Kraimer for a special Valentine's Day Storytime! It will be available on YouTube on Thursday, February 11.

February Vacation Fun Packs

Looking for something to do during February vacation? Pick up a February Vacation Fun Pack beginning Friday, February 12. Packs will contain crafts, science experiments, and fun activities to do at home!

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

Real Estate Corner

Master plan community survey results available

The Master Plan Steering Committee is thrilled to present the results of the Community Survey and we'd like to thank all who have helped with this important step of collecting the voice of the town in the Master Plan creation process. Raffle winners have been contacted their prizes awarded!

Within the survey results you may notice some common themes about small town character and history, open space and recreation, and bringing businesses to Hopedale. Please take some time to review and then visit envisionhopedale.com to check for our upcoming Visioning Workshops. The workshops will be held virtually in Zoom and is another opportunity to share your thoughts on what is important to Hopedale and what our town's future should hold.



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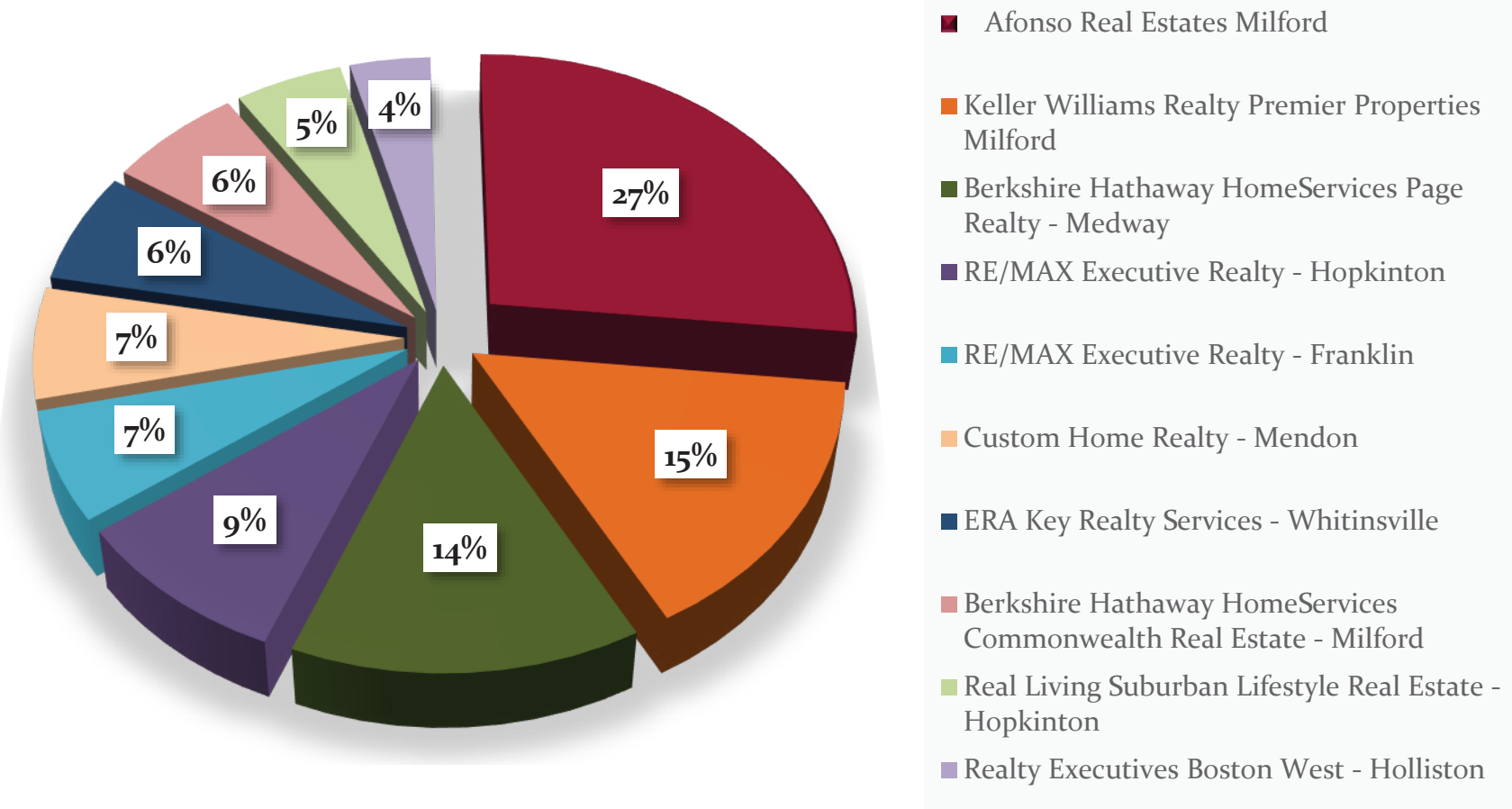
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