

localtownpages Hopedale

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March 2021

The Voice of Your Community

Town Reaches Settlement with Railroad over 364 West Street

Selectmen vote 2-1 to acquire 84 acres to protect and preserve town water supply

BY THERESA KNAPP

In late January, the Town of Hopedale reached a settlement with the Grafton and Upton Railroad in a Land Court dispute brought by the town as it

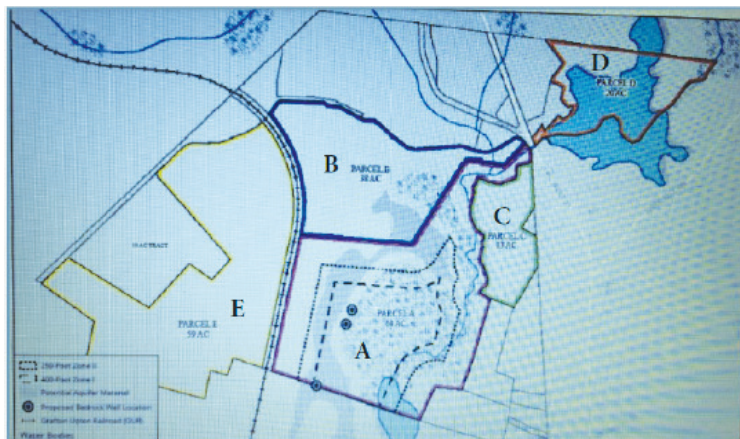
attempted to exercise its right of first refusal - and protect the town's water supply - on a 155-acre parcel at 364 West Street.

GURR purchased the land just days before an October

2020 special town meeting voted to buy the land that is just above the Hopedale Pond resource area and near the Upton Town Forest.

The agreement was reached in mediation after the Land Court ordered a mediation screening in December. The screening took place on Jan. 8, 2021 and the agreement was approved on Jan. 25 by Selectmen Brian Keyes and Louis Arcudi, Selectwoman Glenda Hazard opposed.

Special town counsel Peter Durning advised the board to accept the negotiated settlement noting that, due to an antiquated law that allows for eminent do-



Meeting of the Hopedale Board of Selectmen, Jan. 25, 2021. Parcel allocations for 364 West Street mediation settlement term sheet. (emphasis added)

SETTLEMENT

continued on page 2

Residents Intend to Sue Town for Alleged Mishandling of West Street Acquisition

Ten citizens say Selectmen did not follow mandate of Special Town Meeting

BY THERESA KNAPP

On February 7, 2021, a lawyer representing 10 Hopedale residents notified the Board of Selectmen they intend to sue the town for allegedly mishandling a settlement in the town's lawsuit against the Grafton and Upton Railroad.

The land in question is located at 364 West Street which the owners wanted to sell in 2020. The town had the right to purchase the land before it was offered to the general public because it was classified as "Chapter 61," a

special designation for forestlands wherein an owner pays a lower tax in exchange for allowing the town to purchase the land at a fair market price when the owner is ready to sell (also known as "right of first refusal").

In October 2020, in a nearly unanimous vote (400-1), Special Town Meeting voted 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 of

LAWSUIT

continued on page 2

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SETTLEMENT*continued from page 1*

main takings, railroads often win these matters in Land Court.

Durning said, "The core principles that animated the Board of Selectmen's move toward a potential negotiated solution was protecting the Mill River watershed which we acknowledge is hydrologically connected to the town's current watershed, securing opportunities for the exploration and development of new public water supply sources, owning or controlling the greatest amount of forestland possible and preserving it as conservation land, and obtaining concessions from the Grafton & Upton Railroad that would promote local control, and/or the application of state and local rules and regulations on railroad parcels to the greatest extent possible to promote protection of the watershed and to preserve the ability to develop future water supply."

He said the agreement meets all those core principles and recommended the board sign it.

"In total, I believe that the package the Grafton & Upton Railroad and the Trust have

agreed to in the settlement agreement is significantly enhanced. I like the aspect of the cost-sharing agreement [if new water resources are explored] that gives the Board of Water & Sewer Commissioners the opportunity to assess that agreement and decide if they want to partner with the Railroad in that way. Should they decide that they don't want to, the agreement just calls for the default of each party being responsible for its own costs," Durning said during the four-hour meeting.

"Let's concentrate on what we're getting, not necessarily what people perceive we're losing," said Board of Selectmen Chairman Brian Keyes.

According to the agreement, the town will own Parcel A (64 acres) and Parcel D (20 acres) outright; GURR has agreed to some deed restrictions on Parcel B (38 acres) and Parcel C (13 acres) including a no-build zone within 50 feet of the Mill River and no development for five years in exchange for an easement on a portion of Parcel A to do some wetland replication; and GURR will own Parcel E (59 acres) outright.

According to GURR President Michael Milanowski, the Railroad plans to build a bridge to connect Parcels B and C and will build at least two additional railroad tracks. He said they will be expanding the rail to Franklin and will soon start moving materials for Garelick Farms two days a week.

Milanowski said at the Jan. 25 meeting that the Railroad "wants to be good stewards of the land and the environment" and that GURR has "lost development opportunities by carving up this land."

Many residents voiced opposition at the virtual meeting including members of the public and other town boards. Selectmen Keyes and Arcudi, plus Attorney Durning, cautioned that if this agreement was not signed and a full trial was pursued, the town could end up with no land at all.

Selectman Keyes said, "This has been one of the longest and emotional and arduous things that I've been involved in since being elected into this position."

Selectman Arcudi took exception to comments the board was acting hastily. He assured those in attendance that the issue was well-researched and they were making a well-informed decision. He said the Board of Selectmen was charged with purchasing the land "and we did indeed do that."

Selectwoman Hazard opposed signing the agreement. "This was a really difficult process for me and I've lost a lot of sleep over it," she said, likening the process to a "Robert Frost poem gone bad." "Whether we accept this agreement or not...a fundamental wrong has taken place here."

The nearly-four-hour discussion ended with a vote of 2-1, with Keyes and Arcudi in favor, Hazard opposed.

LAWSUIT*continued from page 1*

Hopedale and the Town of Mendon. The land includes forestland, wetlands, is just above the Hopedale Pond resource area, and is near the Upton Town Forest. Voters approved the purchase of 130.18 acres of forestland for \$1.175 million and another 25 acres of wetland for \$25,000.

GURR purchased the property just days before the October special town meeting. Shortly after the town vote, the Board of Selectmen filed suit against GURR in an attempt to exercise its right of first refusal. In December, the Land Court recommended a mediation screening which took place on Jan. 8, 2021.

After weeks of negotiations between the town, via special town counsel Peter Durning, and GURR, a "settlement term sheet" was negotiated and accepted on Jan. 25, 2021 by selectmen Brian Keyes and Louis Arcudi, selectwoman Glenda Hazard was opposed.

Special town counsel Durning advised selectmen to accept the negotiated settlement noting that, due to an antiquated law that allows for eminent domain takings, railroads often win these matters in Land Court. At the Jan. 25 meeting where they approved the settlement, selectmen said they believed, based on legal advice, this was the best deal for the town and warned that proceeding to trial could be a risky "all or nothing" venture.



Hopedale Special Town Meeting, October 24, 2020. Credit: Marcia Matthews

The latest action brought by "at least ten taxpaying citizens" contends that selectmen did not follow the terms mandated by special town meeting. The 10-page letter from Attorney David E. Lurie of Lurie Friedman LLP in Boston asks that selectmen...

"cease and suspend any further action toward finalizing the purported Settlement with GURR because the Settlement Term Sheet prepared in mediation between the BOS and GURR is illegal and invalid for multiple reasons, namely, GURR is not the rightful property owner; it is in violation of the Town's right of first refusal pursuant to M.G.L. c. 61 and is an agreement to which the BOS has not been authorized to enter. We write to serve notice to the BOS that the Hopedale Citizens intend to sue the BOS pursuant to M.G.L. c. 40 § 53 (restraint of illegal expenditures) and c. 214 §

LAWSUIT*continued on page 3***localtownpages**

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Zoom Your Estate Planning

For most, estate planning receives the greatest amount of procrastination within financial planning.

It's understandable given the formality with an attorney, time commitment, complexity of choices and as parents with young kids thinking who/what ensures your child's continued growth with your untimely demise. Add a pandemic, "we've been meaning to do it" turned into "we should've done it when it was easier and safe".

Surprisingly, many are unaware that last April 28th, Massachusetts Senate Bill 2645 was passed/signed by Governor Baker to allow remote virtual notarization of legal documents through video-conferencing technology.

Yes, you can now work with an estate planning attorney through Zoom and FedEx to develop and complete your holistic estate plan.

I asked David Feakes, who over 20 years ago founded The Parents Estate Planning Law Firm, PC, to share his firm's experience and client observations to this legislative change.

Early Zoom adoption. "Last March/April, we'd help clients far along by doing signings in parking lots, picnic tables holding umbrellas and while we managed to do it safely, it was unsustainable", says David. "We'd been in communication with our state reps and got our firm's new policies and procedures in place. Once passed, we were proactive with Zoom, not just signings but

also helping clients in our discovery phase move forward, as they had just put everything on hold."

Scheduling and engagement is easier for clients. "Parents with kids coordinating to come to our offices in Acton at the same time during work hours is hard", confessed David. "Also the idea of coming to an attorney's office can be intimidating, so now with the ability to do it all from home with kids running around or cats walking across the screen, it's helped relaxed clients and made decision making easier."

What remains constant - the why. "People have had time to reflect on making sure their kids are cared for if something unthinkable happens", shared David. "A will is not enough, we educate clients on legal strategies

of trusts, guardianships, power of attorneys, health proxies, tax planning and legacy distribution. Additionally, as I share our process to get to know a client's family and what's important, I sense calm and relief when we reiterate this can all be done virtually and safely - something normally reserved at the completion of an estate plan."

As a fee-only CFP working with financial planning clients, I'd echo David's observations with Zoom and leveraging virtual technology. In 2018, a few early adopters chose this option to engage, but today the benefits of time, convenience and ease of access are thankfully felt by all.

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



Glenn Brown

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

LAWSUIT

continued from page 2

7A (prevent damage to the environment) in the event the BOS does not suspend its actions towards finalizing the Settlement

pending independent review by outside counsel."

The Hopedale Water and Sewer Commission has also asked the Board of Selectmen to cease and desist (see sidebar)

At their meeting the next day, on Feb. 8, which Lurie attended,

selectmen explained that the agreement was signed and complete as of Jan. 25.

After the Feb. 8 meeting, Mr. Lurie told *Hopedale Town News* his clients were deciding how to proceed.

"The all-or-nothing argument is just smoke-and-mirrors. The Town has [Chapter] 61 rights which it properly exercised. Since the [GURR] has no valid ownership claim to the 130 acres of forest land, it likewise has no valid claim that federal preemption applies to that land or the 25 acres of wetlands... The deal 'negotiated' by the Selectmen -- which allows the Railroad to

pursue industrial development on some 90 of those acres, leaving only 40 acres of parkland for the Town -- is not only very bad for the Town, it is also illegal because it was never approved at Town Meeting," said Lurie. "We remain perplexed why the Selectmen chose to hand over the Town's parklands and water supply protection to the Railroad."

Hopedale Water and Sewer Commission ask Selectmen to Cease and Desist

BY THERESA KNAPP

In a letter on Feb. 5, 2021, the Hopedale Water and Sewer Commission requested the Board of Selectmen, and special counsel Peter Durning, "cease and desist from any further negotiations or agreements with the Grafton Upton Railroad and an associated real estate trust with respect to water rights for the Town of Hopedale," adding "The Commission has sole and exclusive charge and control of the water department and water system."

The letter claims the selectmen voted to approve a "settlement term sheet that seeks to abrogate and impair the authority of the Commission." The terms include the following provisions that the Commission says are under its exclusive jurisdiction but has not authorized:

- Build a bridge over a waterway and install a public water supply well
- Commence activities for siting a new public water supply
- Establish conditions before new well testing may commence
- Limit the trust's obligations to ensure a new well field complies with Department of Environmental Protection regulations
- Establish a funding formula to share costs of water testing
- Provide trust with "sole discretion" to install monitoring wells
- Record a deed relative to ground water protection
- Establish a "riparian buffer zone"
- Limit trust's notice to state and local authorities regarding development plans
- Establish deadline for town to identify "a financeable and feasible public drinking water supply well"
- Divest the Commission of any decision-making authority with respect to the trust and the railroad

The Commission says the Board of Selectmen "lacks authority to speak on behalf of the Commission or limit the powers of the Commission. To the extent that you believe that you have reached an agreement on such matters involving current or future water rights of the Town of Hopedale, you are hereby notified that any agreement is null and void."

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Annual town elections

Annual Town Election is Tuesday May 11, 2021.

- Nomination papers are available from the Town Clerk's Office beginning: February 16, 2021 29 signatures
- Papers must be submitted to the Registrars in the Town Clerks office on or before Tuesday, March 23, 2021 at 5:00 PM
- Last day to withdraw as a candidate or object to nomination papers is Thursday, April 8, 2021 at 5:00 PM
- Last day to register to vote for the Annual Town Election is: Wednesday, April 21, 2021
- Last day to register to vote at the Annual Town Meeting is: Wednesday, April 28, 2021

difficulties arising as a result of the Covid-19 pandemic, we have outlined some guidelines and suggestions below to help candidates navigate the collection of signatures. Please contact our office at any time if you have any questions.

Obtaining signatures: What is not allowed?

- Electronic signatures. All signatures must be in wet ink.
 - Time Extensions. There are no extended deadlines approved by Massachusetts State for the obtaining of nomination signatures.
 - Reduction of Signatures. The number of signatures required remains the same.
- Obtaining signatures: What is allowed?
- Multiple signature pages – Each signee, or family, may have their own individual nomination paper form.

Obtaining Nomination Papers

Nomination papers can be obtained by contacting the Hopedale Town Clerk's office and making an appointment. With the new restrictions and

- Scheduling drop-off - Please give our office a call to schedule drop off of nomination papers so we can issue you a receipt.

Suggestions for Obtaining Signatures:

- You can mail/email individual nomination papers to people and ask them to print and sign them and mail them back to you.
- Candidates can set up a table, with permission, at a post office, or other public place (i.e. a grocery store), but include fresh pens, gloves and sanitizer.
- Some candidates are announcing the locations of supporters who have covered porches and letting people drop by to sign. Candidates can set specific hours to sign so their nomination papers don't stay unsupervised for long hours.
- Advertise designated signing areas/times through social media or mail.
- Please note: each page must have the candidate's information filled out on both the front and back of the page.

Town Hall Now Open on a Limited Basis

Town Offices open to public two hours a day with COVID protections in place



Image credit: Theresa Knapp


The Hopedale Town Hall is now open on a limited basis. According to the town website, town employees will self-certify that they are feeling well and they will also wear face masks when unable to physically distance inside Town Hall. In addition, "...We have installed plexiglass barriers and touchless sanitation stations throughout the first floor of the building, and rearranged workspaces to accommodate the Governor's order for limited capacity in offices and public buildings. We have also limited the space the public can access when

inside the Town Hall - please follow directions when you enter and adhere to all signage and policies."

The limited hours of operation are:

- Monday: 9 a.m. to 11 a.m.
- Tuesday: 1 p.m. to 3 p.m.
- Wednesday: 9 a.m. to 11 a.m.
- Thursday: 1 p.m. to 3 p.m.
- Friday: 9 a.m. to 11 a.m.

This information was accurate at press time. Please visit the town website for the most up-to-date information.



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Town Clerk
Lisa M. Pedroli

The following elected offices will appear on the Annual Town Election ballot scheduled for Tuesday May 11, 2021. Nomination papers are available in the Town Clerks office on Tuesday February 16, 2021.

BOARD OF SELECTMEN	3 YEARS
BOARD OF HEALTH	3 YEARS
HOUSING AUTHORITY	5 YEARS
LIBRARY TRUSTEE	3 YEARS
PARK COMMISSION	3 YEARS
PLANNING BOARD	5 YEARS
PLANNING BOARD	1 YEAR
ROAD COMMISSIONER.....	3 YEARS
SCHOOL COMMITTEE	3 YEARS
SCHOOL COMMITTEE	3 YEARS
TREE WARDEN	3 YEARS
TOWN MODERATOR	3 YEARS
WATER & SEWER COMMISSIONER.....	3 YEARS
WATER & SEWER COMMISSIONER.....	1 YEAR

Town appointments made

Seats filled on Water & Sewer Commission and Master Planning Committee

By THERESA KNAPP

In February, the Hopedale Board of Selectmen appointed Donald Cooper to the Water & Sewer Commission. Mr. Cooper is a long-time resident and former Superintendent of the

Hopedale Wastewater Power Plant.

In addition, the selectmen appointed Melissa Butler to the Master Planning Committee. Ms. Butler is a lifelong resident who has experience in graphic and environmental design, and

wayfinding.

If you are interested in serving on a town board, commission or committee, be sure to complete the Talent Bank Form on the town website and return it to the Town Administrator's Office.



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BY DENNIS SULLIVAN & ASSOCIATES

Our team had a recent experience with our client, “Mrs. Cronin” a member of our Lifetime & Legacy Protection Program (LLP Program). Mrs. Cronin and her late husband, Mr. Cronin attended a seminar we held over 20 years ago with the AARP Legal Services Network. We helped the Cronins establish their estate plan and they kept it up to date with their membership in the LLP Program at Dennis Sullivan & Associates.

Mr. Cronin passed in his 80s, and Mrs. Cronin eventually had to go to a nursing home at age 93. We kept in touch visiting her to update her plan.

We learned Mrs. Cronin was having difficulties paying some bills for real estate taxes; we investigated to determine her health and medical needs and ensure her wishes were being met. Although it took considerable effort and coordination, due to COVID-19 protocols we were able to coordinate services on Mrs. Cronin’s behalf.

Unfortunately, we were rebuffed by nursing home personnel numerous times, nevertheless we persevered on her behalf all while Mrs. Cronin was locked in her room because of COVID-19 restrictions.

Hard Work & Mrs. Cronin’s Diligence & Dedication Pays Off

Despite numerous challenges, we were able to work with the bank regarding Mrs. Cronin’s Trust and the Power of Attorney as well as coordinating with the nursing home physician. Persistence, passion, perseverance, compassion, care and commitment by our team prevailed and eventually all of Mrs. Cronin’s goals and objectives (financial, health, tax), as well as her choices for health care were honored. She was even successful avoiding the time delay and the cost of two probate court proceedings (one for disability and one after death).

Our Main Responsibilities Were Met on Behalf of Mrs. Cronin

We accomplished Mrs. Cronin’s efforts to exercise her legal rights to retain control of not only financial decisions, but also health decisions regarding end of life treatment made by trusted individuals, rather than having to go to court. Disability court proceedings are long and expensive and result in ongoing court involvement, expense and

can mean unmet health and financial objectives.

Could you imagine if her care, was left up to the state, courts, and nursing home? Our team ensured that Mrs. Cronin’s choices were written into her documents, honoring that no unwanted extreme end of life measures were taken when the time came that she was at the end of life. We and her family were relieved that these goals were met.

Call 781-237-2815 or visit DSullivan.com to discover the right steps to take now for peace of mind and for the future as the Cronin’s discovered.

Because of the pandemic it has been our experience that health care documents, DNRs and MA MOLSTs need to be reviewed and updated. Don’t let this happen to you.

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Girl Scout cookies

The Hopedale Girls Scouts will hold a drive-by cookie booth at the high school on Saturdays through March 10, weather permitting. The Girl Scouts will hold their annual cookie sale between 10 a.m. and 1 p.m. and all practices will be COVID compliant. For more information, visit the Historic Hopedale Girl Scouts’ Facebook page.

Hopedale scouts at a February 2020 Girl Scout Cookie Booth. Source: *Historic Hopedale Girl Scouts Facebook page*



Hopedale - Bancroft Memorial Library News



Open Hours at the Bancroft Memorial Library

Exciting news! We are open to the public again. 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 for computer use. We hope to see you soon!

Open and Curbside Hours:

Monday and Wednesday
1pm - 6pm
Tuesday and Thursday
10am - 4pm
Friday 10am-1pm
Saturday 10:30am - 1:30pm

Seed Kits

Ready for spring and planting? The Library is offering seed kits at the beginning of the month. Check out our website and Facebook page for more information. Email us at hopedalelibrary@cwmar.org or call us at (508)634-2209 to order your kit today!

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.

Calling all band groupies! Jump on the bus with Daisy Jones and the Six: A Novel by Taylor Jenkins Reid, on March 3 at 1:00 pm. Join us to discuss this unusual novel format and visit your younger days. "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." -- Kirkus magazine review

April's book will be American Dirt by Jeanine Cummins. "In a book both timely and prodigiously readable, Cummins offers an unrelenting and terrifyingly you-are-there account of a Mexican mother and son fleeing to America after cartel violence takes their entire family." -- Library Journal review

Since this also National Poetry Month, you are invited to bring favorite poem to share.

Friends of the Hopedale Library

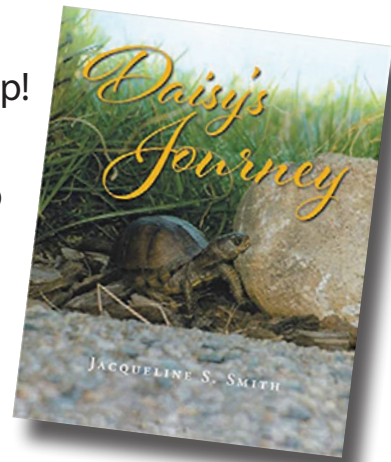
The Friends of the Hopedale Library's Ongoing Book Sale is brimming with new items and open for business! If you prefer curbside service, you may also

Daisy's Journey is a unique biography about an amazing turtle's life.

A story about timing, miracles, persevering through life's adversities, and never giving up!

This journey will captivate you through passages that will pique your curiosity, keep you in suspense, and then ultimately bring you to the celebration of life!

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This book was written by Jacqueline S. Smith, Local First Time Author!

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News from the Marjorie Hattersley Children's Room

Celebrate Reading Quilt

March 2 is Read Across America Day! To celebrate, we need your help. Come to the Library the week of March 1 and pick up a fabric square and draw a picture of your favorite book. Return the square to Mrs. Kraimer by March 12. Mrs. Kraimer will put all the squares together to create a special quilt to display in the Children's Room. The quilt will then be donated to a charity.

Unicorn Storytime and Craft

Join Mrs. Kraimer for a spe-

LIBRARY
continued on page 8

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Need Assistance Obtaining an Appointment for a COVID-19 Vaccine?

The Hopedale Sr. Center can assist eligible individuals who don't have access to a computer or can not use a computer. Please call us at (508)634-2208.

In addition, eligible individuals may call the state's telephone assistance phone number, 211. You will reach a representative who will assist you in booking a vaccination appointment.

Library Receives Donation in Memory of Marjorie Hattersley

Mrs. Hattersley served as the Children's Librarian for 41 years

By THERESA KNAPP

The Bancroft Memorial Library has received a donation in memory of Marjorie Hattersley (1914-1994) who worked at the library for more than 50 years, the majority of that time - starting in 1953 - as the Children's Librarian. The Children's Room was named the "Marjorie E. Hattersley Room" shortly after she retired in 1994.

The \$200 donation was made by her grandson, Frederick G. Oldfield III, chair of the Bancroft Memorial Library Trustees, according to a Jan. 19, 2021, letter from library director Robyn York to the Hopedale Board of Selectmen.

The funds will be placed in a donation account in Mrs. Hattersley's name to be used to fund special library needs that are not covered by the municipal budget.

For detailed information on the life of Mrs. Hattersley, visit www.hope1842.com.



Image credit: www.hope1842.com

LIBRARY

continued from page 7

cial storytime about unicorns! The storytime will be available on our YouTube channel on March 17. Unicorn-themed crafts will be available for pickup at the Library at the beginning of the week.

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

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Monday		Tuesday		Wednesday		Thursday		Friday						
1	Beef Stew Rice Corn Niblets Pineapple Whole Wheat Bread	166 100 1 0 138	2	Buttermilk Chicken Herbed Potatoes Peas Peaches Marble Rye Bread	470 7 7 5 105	3	Baked Potato with Chili & Cheese* Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	7 654 16 9 224 135	4	High Sodium Meal Hot Dog* Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard	540 370 30 0 195 50	5	Macaroni & Cheese Stewed Tomatoes Green Beans Cookies Italian Bread	496 6 0 147 96
Cal:859 Na+:531mg		Cal:711 Na+:718mg		Cal:789 Na+:1170		Cal:791 Na+:1310mg		Cal:802 Na+:870mg						
8	Chicken Mornay* Couscous Roman Blend Vegetables Butterscotch Pudding Diet= SF Vanilla Pudding Marble Rye Bread	606 84 9 296 125 105	9	Meatloaf Gravy Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread	202 82 107 53 20 138	10	Shepherd's Pie Carrots Green Beans Peaches Biscuit	267 53 0 5 340	11	Roast Turkey* Gravy Mashed Sweet Potatoes Peas Fresh Fruit Italian Bread	683 150 91 7 0 96	12	Fish w/Parm Cream Sauce Wild Rice Broccoli & Red Peppers Tapioca Pudding Diet Tapioca Pudding Pumpnickel Bread	262 279 15 210 135 135
Cal: 741 Na+:1175mg Diet Cal:703 Na+:1054mg		Cal:738 Na+:727mg		Cal:749 Na+:791mg		Cal:708 Na+:1153mg		Cal:823 Na+:1027mg Diet Cal:773 Na+:952mg						
15	Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Cookies Whole Wheat Bread	267 107 30 110 138	16	Pork Rib-i-que Mac N Cheese Roasted California Veg Cold Cinnamon Pears Sandwich Roll	280 248 32 5 290	17	High Sodium Meal Corned Beef* Boiled Potatoes Cabbage & Carrots Vanilla Mousse Corn Muffin	931 6 55 150 149	18	Chicken Cacciatore Gemelli Pasta Peas Fresh Orange Whole Wheat Bread	443 8 7 0 138	19	Fish with Crumb Topping Lemon Seasoned Rice Mixed Vegetables Fruited Ambrosia Marble Rye Bread	190 149 30 10 105
Cal:735 Na+:777mg		Cal:743 Na+:980mg		Cal:711 Na+:1416mg		Cal:722 Na+:722mg		Cal:706 Na+:609mg						
22	Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	199 107 1 5 340	23	Sloppy Joe* Potato Wedges Mixed Vegetables Fresh Fruit Sandwich Roll	660 25 30 0 290	24	Garlic Herbed Chicken Herbed Stuffing Roasted Carrots & Broccoli Lemon Pudding Diet = SF Vanilla Pudding Whole Wheat Bread	359 324 33 180 125 138	25	Spaghetti w/Tomato Sauce Meatballs Green Beans Oreo Mousse Italian Bread	82 270 0 230 96	26	Potato Crunch Fish Herbed Potatoes Peas & Onions Baked Cinnamon Pears Pumpnickel Bread Tartar Sauce	280 7 7 5 135 85
Cal:755 Na+:777mg		Cal:722 Na+:1130mg		Cal:728 Na+:1159mg Diet Cal:678 Na+:1104mg		Cal:821 Na+:803mg		Cal:767 Na+:643mg						
29	Stuffed Pepper Casserole Mashed Potatoes Carrots Cookies Marble Rye Bread	189 107 53 100 105	30	Ranch Chicken* Wild Rice Spinach Pears Muffin	531 279 87 10 149	31	Braised Beef Gemelli Pasta Broccoli Mixed Fruit Italian Bread	197 8 16 20 96	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. Na+ = sodium mg = milligrams High Sodium Meal = > 1200mg *Indicates higher sodium entrees >500mg Breakdown includes 125mg Na+ for milk 🌱 = meatless meal					
Cal:736 Na+:680mg		Cal:813 Na+:1181mg		Cal:842 Na+:461mg										

Dudley 508-949-6640, Franklin 509-520-1422, 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

Hopedale Fire Department gets state grant

The Baker-Polito Administration announced that 239 municipal fire departments will receive nearly \$2 million in grants to fund fire education programs for children and older adults across Massachusetts.

Fire departments in 235 communities will receive Student Awareness of Fire Education (S.A.F.E.) and Senior SAFE grants; four communities will receive S.A.F.E. grants only; and three communities will receive Senior SAFE grants only.

Hopedale Fire Dept received \$4692 for the SAFE program, and \$2480 for the senior SAFE program.

“Since 1996, the S.A.F.E. program has brought fire education to hundreds of thousands of students in the Commonwealth,” said Gov. Charlie Baker. “This program allows firefighters and teachers to work together to provide fire and life safety education

to young people. This collaboration contributed to a major accomplishment. No children died in fires in Massachusetts last year.”

The average number of children dying in fires annually has dropped by 78% since the S.A.F.E. Program began. The Senior SAFE Program is in its seventh year, providing firefighters with the funding to deliver fire safety education to another vulnerable population – seniors.

“Home visits, smoke and CO alarm installations, and fire safety presentations at senior centers by firefighters with senior agencies help older adults develop strategies to stay safe at home for longer,” said Lt. Gov. Karyn Polito.

“The S.A.F.E. and Senior SAFE grants represent a smart investment in fire safety,” said Public Safety and Homeland Security Secretary Thomas



Turco. “Youngsters and older adults are historically at greater risk in house fires, but that risk can be reduced through the targeted outreach, education, and awareness programs these grants help to fund,” he added.

State Fire Marshal Peter J. Ostroskey said, “The S.A.F.E. and Senior SAFE Programs are successful because we have trained firefighters who deliver education to children and older adults. The fire departments being supported in these public education efforts are increasing the safety of the people in their communities.”

The S.A.F.E. and Senior SAFE Programs provide \$1.9 million through the Executive Office of the Public Safety and Security to local fire departments. The programs are administered by the state Department of Fire Services.

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4 People: \$75,201

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Living Healthy

Home Remedies for Simple Eye Problems

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

Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack, use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak or other raw meat on your eye. Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat poses a high risk of infection.

Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan.

This usually involves antibiotic eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handkerchiefs or cosmetics. Change pillowcases frequently. Wash your hands often.

Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your allergy — whether it's pollen, pets or mold — can help relieve symptoms. If you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.

Stye (also called hordeolum)

While a stye may look nasty, it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times. Do this three to four times a day for at least a

week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your contact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

Eye strain

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

Bags under the Eyes

What we often call "bags under our eyes" is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the puffy appearance.

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few minutes, applying very gentle pressure. Do this while sitting



upright. Make sure you get enough sleep. Sleep with your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or don't go away, or if your vision is affected.

Some eye problems you should never treat on your own.

If you experience any of these, you should seek medical attention right away: Blurriness. Double vision. Pain in your eye. Serious eye injuries.

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Sports

Hunter Dunn, Hopedale Hockey

By CHRISTOPHER TREMBLAY
SPORTS STAFF WRITER

Playing for the Hopedale hockey team, Hunter Dunn began his freshman campaign as a swing player bouncing between the junior varsity and varsity squads.

The then-freshman began the season on the fourth line, but by the end of the year he was seeing ice time with the top line. Now in his senior season with the Blue Raiders the Hopedale center considers himself a two-way player.

“He’s one of those players that gets very little attention, but he’s a heck of a hockey player,” Head Coach Mike MacQuarrie said. “I first meet him when I was coaching the JV team and I could tell right away that he had the skills along with a good hockey IQ. In fact, he had his hand in all of our points during the playoffs that year.”

The now-senior center knew that hockey was for him his very first game on the ice.

“My very first game playing hockey I scored a hat trick, and it was awesome. I was thinking to myself that it can’t be this easy especially since I couldn’t skate, but I managed to put three pucks in the net,” Dunn said. “While



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I have been able to continue to score, I really pride myself in being a two-way player that doesn’t allow goals to be scored upon us when I’m on the ice.”

Although goal scoring seemed to come easy to the youngster, he said he was always a bundle of nerves heading to the rink in the early morning hours. However, once he threw up, he was fine and ready to go. During the early part of his hockey career while playing for the Worcester Junior Sharks he found his first organized game with them as another interesting story. With all the kids taking turns at positions, he happened to draw the goalie card and luckily for the Blue Raiders he allowed 10 goals in that game and knew that this was not the position for him.

Following his goalie debut

with the Junior Sharks, he played forward until moving to the Minuteman Flames, a squirt majors’ team, where he played on the blue line. Then right before high school he found himself playing for the South Shore Kings

During his freshman year Dunn managed to score 12 goals and added 27 assists and was named to the All-Star team as his team advanced into the tournament. His sophomore season saw his numbers dip a bit as he scored 15 goals and assisted on 18 other goals before he took his game to the next level last season as a junior where he notched 51 points (18 goals and 33 assists).

“Last year he was not only our best player, but he led the Central Mass in assists and scoring for most of the year,” the Hopedale Coach said. “I like to put him

up against the opposition’s best player and he’s fully on board with accepting that responsibility. He’s a shut down player while still scoring points.”

In the early stages of this season, Dunn has already put the puck in the net 10 times while adding 20 assists far out performing his Coaches goal of three points per game. He has also not been on the ice when the opposition has scored.

“When Coach told me that he wanted me to account for 3 points per game I said that’s it?” Dunn said. “I knew that I had to go out and score more than he wanted me to so I could tell him he underestimated my ability.”

Coming into this COVID-19 season, Dunn knew that Hopedale would eventually take the ice to play hockey, but he was rather

Sports



disappointed not being able to have a shot of advancing into the state tournament.

“Playing a shortened season with no tournament will not change how I play the game, but I believe that this team had a real shot of making a run at the State Championship,” the senior said. “I am hoping that I can help my

linemate, sophomore Brady Butler, get his 100th point this year while keeping my streak of not being scored on while on the ice going.”

When high school concludes Dunn is hoping that he can continue playing hockey in some capacity.

“He has the ability to play hockey on the collegiate level. He has been a quiet leader who leads by example but can be vocal when he needs to be.” MacQuarrie said. “He has been in contact with some coaches and we just need to figure out his path to get there with his skill set.”



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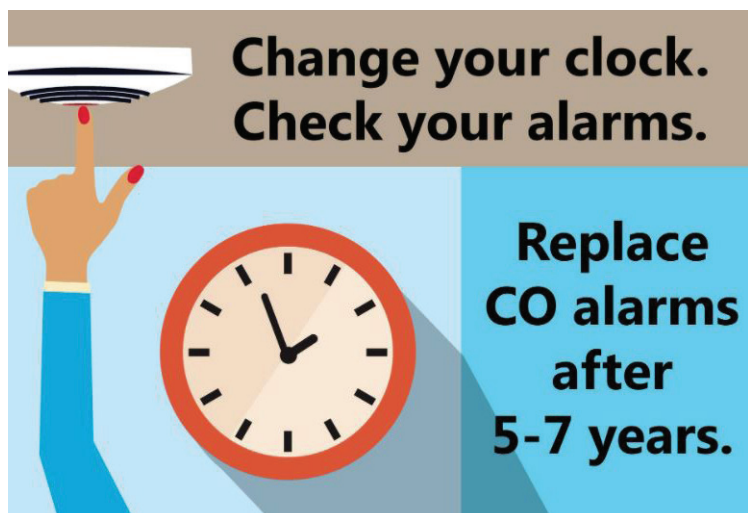


Image credit: Massachusetts Department of Fire Services, www.facebook.com/MassDFS/

By THERESA KNAPP

Fire Administration (USFA), smoke detectors save lives:

When you adjust your clocks for Daylight Savings Time on March 14, 2021 (at 2:00 a.m.), be sure to replace the batteries in your smoke detectors and carbon monoxide detectors.

According to the United States

- Three out of five home fire deaths result from fires in properties without working smoke alarms.
- More than one-third (38 percent) of home fire deaths

result from fires in which no smoke alarms are present.

- The risk of dying in a home fire is cut in half in homes with working smoke alarms.

How do I test my smoke detector?

On most smoke detectors, you press and hold the TEST button on the smoke detector. It can take a few seconds to begin, but you will hear a loud, ear-piercing siren while the button is pressed. If the sound is weak or nonexistent, replace your batteries. Click here for a video tutorial from the National Fire Protection Association. [www.firstalert.com]

What is carbon monoxide?

According to the USFA, Carbon monoxide is called the “Invisible Killer” because it’s a colorless, odorless, poisonous gas. More than 150 people in

the United States die every year from accidental non fire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. Beware of symptoms such as headache, fatigue, shortness of breath, nausea, dizziness, mental confusion, vomiting, loss of muscular coordination, and loss of consciousness.

How do I test my carbon monoxide detector?

To test your carbon monoxide alarm, simply press the TEST/RESET button until the unit chirps, then release the test button. The unit will then emit 2 sets of three slow beeps followed by 2 sets of four quick beeps indicating that the alarm is operating normally. [www.kidde.com]

The National Fire Protection Association recommends testing alarms every month, and replacing any device that is more than 10 years old.

Parking Ban



The Town of Hopedale Winter Parking Ban is in effect to April 1, 2021, during the hours of 1am – 6am.

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Have you heard of Lasagna Love, a grassroots movement that promotes peace through pasta? It started as a way to “express love and appreciation for front line workers, veterans and the homeless” but quickly grew to welcome anyone who could use a helping hand these days. According to its website, local volunteer chefs are matched with recipients within their immediate communities, then prepare and deliver the meals to their neighbors in need.

Are you or someone you know feeling a little overwhelmed and would like to take at least one thing off your plate? Does the phrase “What’s for dinner?” put you on edge? Do you know of a Hopedale resident who has been hard hit, in one way or another (maybe overworked or unemployed), by COVID-19 and could use a good home cooked (not by them) meal? If so, check out www.lasagnalove.org to request a meal delivery.

Are you feeling cooped up and eager to help a hopedale



Image credit: www.lasagnalove.org

neighbor in need? Are you looking for a family activity or a creative outlet for your cooking skills? If so, visit the website to sign up to be a volunteer Lasagna

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Real Estate Corner



Recent Home Sales

Date	HOPEDALE	Amount
Feb. 12	4 Bens Way	\$817,000
Feb. 8	31 Harmony Trail	\$581,000
Jan. 29	195 Hopedale Street	\$329,850
Jan. 28	4 Nelson Street	\$362,000
Jan. 15	54 Freedom Street	\$252,000
Jan. 14	174 Laurelwood Drive	\$205,000
Jan. 13	93 Dutcher Street	\$401,500
Jan. 6	22 Dana Park	\$335,000

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



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Jack Broderick
 Realtor, ABR

Ways to Celebrate: MARCH 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 World Compliment Day	2 Read Across America Day	3 Caregiver Appreciation Day	4 National Grammar Day	5 National Day of Unplugging	6 National Oreo Cookie Day
7 Namesake Day	8 International Women's Day	9 Organize Your Home Office Day	10 National Pack-Your-Lunch Day	11 Popcorn Lovers' Day	12 National Girl Scout Day	13 Genealogy Day
14 National Pi Day	15 National Napping Day	16 Tea for Two Tuesday	17 Saint Patrick's Day	18 Absolutely Incredible Kid Day	19 Red Nose Day	20 International Earth Day
21 World Down Syndrome Day	22 World Water Day	23 National Puppy Day	24 National Cheesecake Day	25 International Waffle Day	26 World Purple Day (epilepsy awareness)	27 Passover Begins
28 Palm Sunday	29 National Vietnam War Veterans Day	30 Take a Walk in the Park Day	31 National Crayon Day			

Credit: Theresa Knapp for Local Town Pages

SALMON

HEALTH & RETIREMENT

THE WILLOWS | WHITNEY PLACE

Opening Summer 2021

NOW ACCEPTING RESERVATIONS

SALMON at Medway is a 57-acre, 55+ community that combines active living and assisted living/memory care on one campus. This modern approach to senior living allows seniors and their families the ability to choose one "community" that will serve them throughout their golden years. Moving to a senior living community is a decision that *can* and *should* be made just once.

Visit our website or follow us on social to learn more about the SALMON at Medway offerings, becoming a member of our exclusive Founders' 1917 Club, and to sign up for upcoming events on mixology, cooking, mindfulness, social media for seniors, activities for the grandkids, and so much more!

508-533-3300
MedwaySeniorLiving.com

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