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Vol. 7 No. 5

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August 2021

The Voice of Your Community

FAIRY WALK RETURNED WITH SUCCESS



After having to adjust the style of the event last year, thanks to COVID-19, fairies were back in force this summer.

Friends of Historic Hopedale held its annual event in June. The 2021 Hopedale Fairy Walk brought spectators young and old to tour the

various fairy houses, doors and fairies themselves!

FAIRY WALK

continued on page 2

Debt Exclusion Next Steps

Town officials to meet jointly with department heads



By THERESA KNAPP

In July, the Select Board and Finance Committee held a joint meeting to discuss the \$292,556 debt exclusion that passed on June 29, 2021, when approximately 10 percent of town voters showed up at the polls.

At the Select Board's meeting on June 30, the day after the successful vote, Selectman Louis Arcudi III said he had been in support of the debt exclusion, adding that "several things have been requested" from the school, police, and fire departments as well as Town Hall. "I'm hoping that we have a good

consensus between us and the Finance Committee."

During the July joint meeting, town officials agreed they would meet with department heads in phases, starting with the Police, Fire, and Highway departments, in August. Meeting dates and times will be posted on www.hopedale-ma.gov

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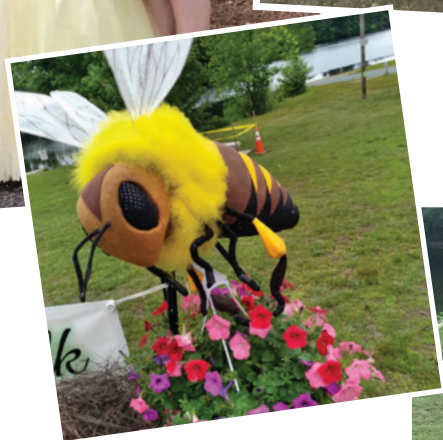
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FAIRY WALK

continued from page 1



FAIRY WALK



localtownpages

Published Monthly
Mailed FREE to the
Community of Hopedale
Circulation: 2,576
households & businesses

Publisher

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Editorial

Susan Manning

Send Editorial to:

editor@hopedaletownnews.com

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Creative Design & Layout

Michelle McSherry

Kim Vasseur

Ad Deadline is the
15th of each month.

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Your Money, Your Independence

Your Teen Working This Summer? Fund Their Roth IRA.

Have a teenager working as camp counselor, mowing lawns, selling ice cream, babysitting or another summer job?

If income is being reported to the IRS, you can open a Roth IRA for Kids in a child's name to help them save for retirement, qualified educational expenses and introduce personal investing.

Roth IRA for Kids. There is no age minimum, as long as they earn income. It's up to you to document that they had income earned from work, either W-2 or self-employment taxable wages. Recall a Roth IRA's tax treatment is most valuable when time horizons are long and current tax rates are low, both are true for kids.

Adult supervision. The account owner is the child, how-

ever, an adult maintains control and invests for the benefit of the child. Once a child becomes an adult, usually 18 in most states, the account is transferred.

What if your teen spent their earnings? After a talk about budgeting (i.e. 3 Jars - Spend, Save, Gift), you or a grandparent can set up and fund the Roth IRA up to the amount of your child's reported earned income.

Some parents make contributions as a 'match reward' for money earned in a summer job. Remember, Roth IRA for Kids contributions count against the \$15,000 tax-free gifts per individual for 2021. So if you've funded \$15,000 for child's 529 Plan, find another individual (i.e. spouse, relative) who can make the contribution.

Introduction to personal investing. Have fun by letting your kid research an ETF or company to invest in, have them explain why and teach how they can follow. The next year, have them choose a different investment with the new contribution. Over time, they have a mix of investments, outcomes and lessons learned.

Taxation of withdrawals before age 59 1/2. A Roth IRA allows for 100% of contributions to be taken out at any time and for any reason, with no taxes or penalties. Furthermore, if a Roth IRA withdrawal is for qualified education expenses, you avoid the 10% penalty on earnings but still pay income tax on the earnings. Thus, Roth IRA for Kids could supplement educational

savings.

Impact on financial aid? Yes, in a great way. The "expected family contribution" or "EFC" formula has student-owned assets assessed at 20% with two notable exceptions: 529's at parent's 5.6% and retirement accounts owned by you or your child are not counted or 0%. However, if a child takes money from a Roth IRA, even to pay for college, up to 50% of the withdrawal may be assessed.

Getting Started. Not all institutions offer Roth IRAs for Kids, but many do with no minimums, no fees and no commissions. Consult your advisor or seek a fee-only CFP to learn more.

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



Glenn Brown

recommends 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.

Green River Cannabis to appear before Select Board in August

Company informally asked for change of venue with litigation pending



BY THERESA KNAPP

Green River Cannabis Company, Inc. has asked to speak with the Hopedale Select Board regarding its Host Community Agreement for an adult cannabis retail store at 54 Mellen Street, Unit A.

Town Administrator Diana Schindler says they will be on the agenda for the board's meeting on August 9, 2021.

The company filed a lawsuit against the town after the Zoning Board of Appeals denied its application for a Special Permit in December 2020.

At a Select Board meeting on June 14, applicant and company part-owner Constant Poholek, Jr. asked the board to consider a site change to 6 or 8 Charlesview Road which would be right

next to another cannabis store (Caroline's Cannabis) that is in the works.

At the June meeting, Poholek also told the board there would be a case management conference regarding his lawsuit on June 22.

Visit www.hopedale-ma.gov/administrator-board-selectmen for agenda information.



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Five Qualities We Look for in a Home Health or Hospice Nurse Applicant

We refer to our clinicians as “healthcare heroes” because the work they do truly is life-changing and enables patients to stay in their homes. Working directly with patients as a home health or hospice nurse requires a distinct set of qualities as they deliver care in our communities. To succeed in these roles, VNA Care looks for these characteristics in candidates for our home health and hospice nursing positions.

Independence and Critical Thinking: Home health and hospice nurses work at the top of their licensure in an environment unlike any other in healthcare. They must possess high levels of aptitude and autonomy to operate independently while caring for patients with a wide range of needs. Our nurses must possess the ability to independently communicate assessment findings and care needs of the patient. This requires keen assessment skills, critical thinking, creative problem-solving, and self-motivation to empower patients to meet their health care goals.

Teamwork: Although home health and hospice nursing require autonomy there is a community of support at VNA Care. Nurses draw on the expertise of, and learn new skills from, VNA Care’s nurse specialists. They have support from clinical services managers and participate in interdisciplinary collaboration with other team members to provide the best possible patient care.

Organization: Organizational skills are critical in this role, particularly when working independently in the field. Our nurses visit with multiple patients per day with complex and unique needs. Organization helps them handle multiple priorities and adapt quickly to unforeseen changes if necessary.

Empathy and compassion: The people we serve may be recovering from surgery, managing an illness or other health conditions or they may be on their end-of-life journey. Empathy and compassion are important parts of support. An empathic and compassionate approach to care makes all the difference in creating that source of support.

Passion for the work we do: VNA Care nurses enjoy working face-to-face with patients and being an integral part of our communities. They build meaningful relationships with patients and families, becoming trusted partners to help live their best lives at home.

Home health and hospice care is uniquely rigorous and exceptionally rewarding. Although it requires a specific set of skills and characteristics, our nurses ease into their new roles while working with a preceptor and educator through our strong orientation program. If you see these qualities in yourself and are interested in joining our team, please check out our careers page. We would love to meet you and welcome you to our team!

Residents can meet one-on-one with a Selectperson

New initiative to begin in September

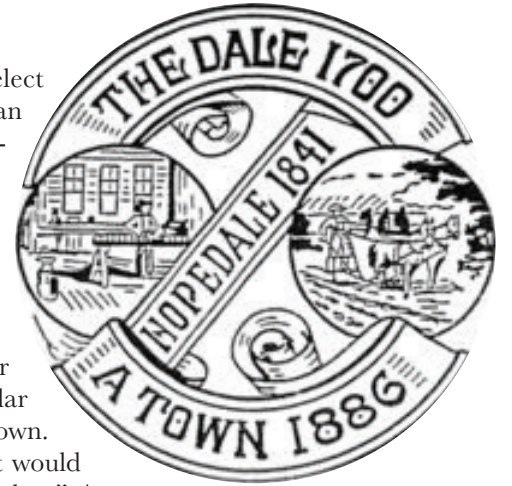
By THERESA KNAPP

The Hopedale Select Board will soon offer an opportunity for residents to meet individually with a member of the board.

The idea was raised by Selectman Louis Arcudi III at a June meeting after learning about a similar program in another town.

“I actually think it would be good for us to do that,” Arcudi said, noting the board would seek advice from town counsel.

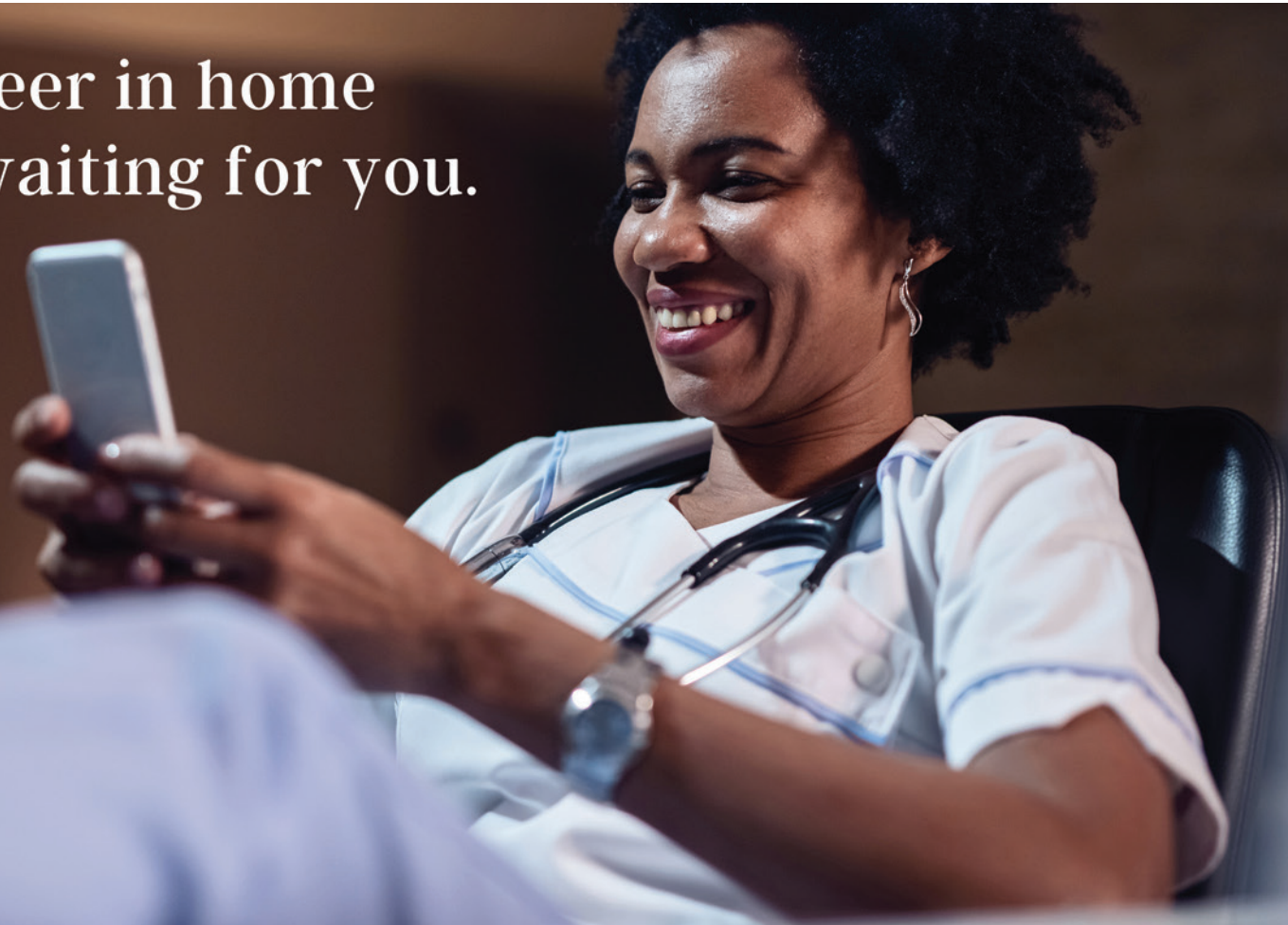
At its meeting on July 12, the board agreed the initiative would start with Arcudi in September, followed by Chairman Brian Keyes in October, and



likely Glenda Hazard in November (she was not in attendance when the schedule was created).

Keyes advised residents to watch the Bulletin for dates, times, and details.

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Fire Department receives grant for rugged laptops

By THERESA KNAPP

The Hopedale Fire Department has received a grant in the amount of \$3,000 which will be used to purchase two rugged laptop computers.

In a letter to the Select Board on June 29, 2021, announcing the grant, Fire Chief Thomas Daige said “the computers will be placed in the fire apparatus

for the purpose of increasing firefighter safety by providing them knowledge of the type and size of the building, type of building occupancy, as well as any needed pre-incident pre-plan information regarding hazards involving the address they are responding to.”

Chief Daige acknowledged Call Lieutenant Matthew Berger for submitting the grant request



to FM Global which, in its award letter, said Hopedale’s application “stood out among the hundreds we received.”

At its July 12 meeting, the Select Board thanked Chief Daige and his team, and accepted the grant on behalf of the town.

Hopedale to receive an estimated \$300,000 from American Rescue Plan Act

By THERESA KNAPP

The town of Hopedale will receive approximately \$300,000 through the American Rescue Plan Act of 2021.

In May, the U.S. Department of the Treasury said the American Rescue Plan would “deliver \$350 billion for the eligible state, local, territorial, and Tribal governments to respond to the COVID-19 emergency and bring back jobs.” Massachusetts is slated to receive \$8.7 billion for the state, counties, and municipalities.

The Coronavirus State and Local Fiscal Recovery Funds are to be used to respond to the public health emergency, provide premium pay to employees providing essential work, provide government services to the extent of the reduction in revenue due to COVID-19, and invest in

water, sewer, or broadband infrastructure.

Specific eligible uses outlined in the COVID-related federal aid materials include: Direct COVID-related costs (testing, contact tracing, etc.), public health and safety staff, hiring state and local government staff up to the number of employees to pre-pandemic levels, assistance to unemployed workers including job training, contri-

butions to unemployment insurance systems, small business assistance, nonprofit assistance, assistance to households, aid to impacted industries, expenses to improve efficacy of public health or economic relief programs, survivor’s benefits, and aid to disproportionately impacted populations or communities

For more information on the program, visit home.treasury.gov



SPARK Kindness presents a FREE virtual program on Tuesday, August 17th at 7pmET

Coping Skills for Back to School Worries
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Fire Department Gets 'Thanked'

Pictured is Mike Shain, president of Thanks To Yanks, a local charity that supports military families and first responders, recently as a thank you for service, Thanks To Yanks made a donation of custom Red Barn coffee , to the Hopedale Fire Department.



Cultural Council Events

Hopedale Band Concerts

Wednesday, August 4: Mondo Soul, 6:30pm

Wednesday, August 11: Carolyn Rae and the Rumors, 6:30pm

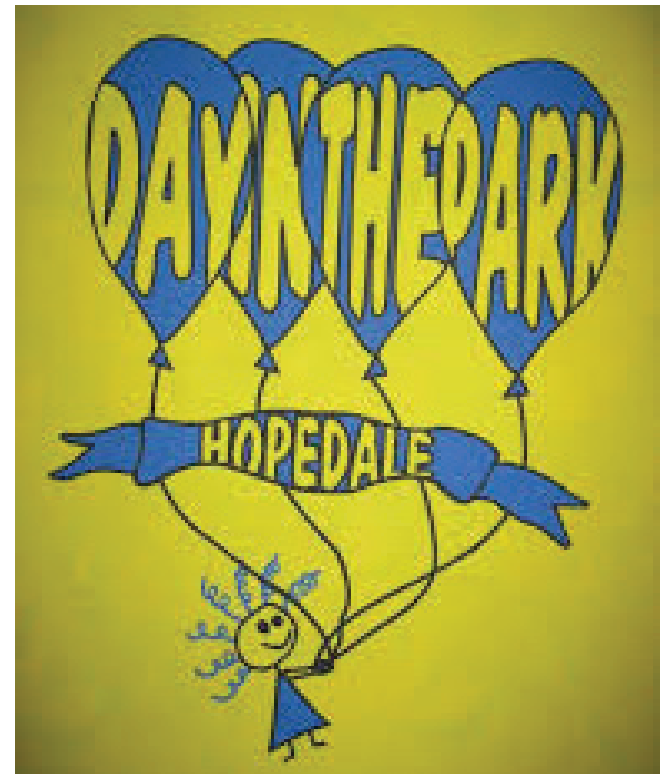
Rain dates: Thursdays

Refreshments available from the Hopedale Cultural Council and the Boy Scouts. Kayaks and canoes on the pond from Fin and Feather.

Day in the Park

The Hopedale Cultural Council is pleased to announce the sponsors for the 41st annual Day in the Park, Sept. 18.

- Imperial Cars
- DJF Painting
- J. Gordon Plumbing and Heating
- DQ Grill and Chill
- Homefield Credit Union
- Hopedale Handyman Adam Myers
- Matt Sullivan The Roofah
- UniBank for Savings
- D and T Donut Shoppe Honey Dew Donuts
- Antonia C. Maki, M.D.
- Fafama Auto Sales
- The Cozy Nook
- Virginia and Francis Larkin
- Buma Funeral Home
- Daniel Soares
- Hens and Chicks Cookie Company
- Watson Colonial Funeral Home



- Frontline Construction
- Edwards Funeral Home
- Bright Insurance- Art Show Purchase Prize
- Milford Federal Bank- Art Show Purchase Prize

Art Show

A juried Art Show will be held under the tent. Ribbons and monetary awards will be made. Many crafters will be exhibit-

ing with booths featuring jewelry, photo cards, art work, books, fudge, and many unique hand-made items. Applications for the art show and vendor space can be accessed from the town website: www.hopedale-ma.gov> Boards and Commissions > Cultural Council email: hopedaleculturalcouncil@yahoo.com

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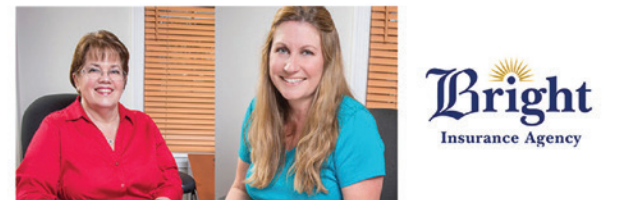


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It's August and that means the days of summer are numbered. Here are some things to do before summer ends:

Remember to stay hydrated and share photos on our Facebook page <https://www.facebook.com/HopedaleTownNews>:

- Arts & Crafts - rock painting, leaf rubbing, flower pressing, etc.
- Bicycle ride to any place for any reason
- Bonfire
- Camping - pitch a tent in your backyard, a friend's backyard, or elsewhere
- Catch lightning bugs
- Drive-in movie
- Farmer's Market - pick up some fresh produce while supporting local growers
- Flowers - pick flowers to share with a special neighbor
- Gather - host a late summer gathering, choose a theme for food and dress (Hawaiian shirts, pineapple pizza, etc.)
- Gratitude - practice gratitude by making a list of all the things for which you're grateful this summer
- Host a Favorite Things party
- Ice-cream - make homemade ice cream
- Lemonade stand - have your own and donate the profits to a shelter
- Open your windows on a not-too-hot evening
- Picnic - Plan and pack a picnic for a unique destination
- Plant a fall garden (brussels sprouts, beans, radishes, turnip, lettuce, etc.)
- Popsicles - make your own
- Preserve your favorite summer fruits and vegetables (strawberries, pickles, etc.)
- Quiet time - take a nap outside
- Read a book in the park
- Restaurant A-Z - take turns choosing restaurants for take-out or dine-in, choices must be in alphabetical order
- Scavenger Hunt
- Scrapbook - make a memory book of all the things you did this summer; if the list was short, make a wishlist for next summer
- S'mores around a campfire
- Sprinkler - run through a sprinkler (regardless of your age)
- Summer-themed movie marathon (maybe in the backyard on an outdoor makeshift screen)
- Sunrise/Sunset - catch either one and photograph it
- Write thank you notes to anyone who made your summer special, be sure to tell them why with specific examples

Compiled by Theresa Knapp

Become a part of the SALMON at Medway Family

Learn more at a meet & greet with Executive Director Andrew Freilich

Open now and accepting reservations, SALMON at Medway is not your typical senior living community. From deposit to move-in day, living life the SALMON way includes support and accommodations at every step as you truly become a part of the family.

Operated by local, family-owned SALMON Health and Retirement -- a trusted leader in senior living since 1952 -- SALMON at Medway focuses on health, wellness and the longevity of its residents. Located at 44 Willow Pond Circle, SALMON at Medway features an integrated campus consisting of independent living together with assisted living and memory care.

For those who need a little more help with their daily routines, SALMON at Medway's Whitney Place, their full-service, assisted living community offers



CEO Matt Salmon welcomes SALMON at Medway's first resident Dottie Johnson to the community recently opened at 44 Willow Pond Circle.

private apartments in a warm and gracious setting with unique offerings and amenities at all levels of care.

Featuring the added convenience of Resident-centered care, 24-hour emergency response from personal care staff, "Anytime Dining" featuring locally grown chef-prepared fare, plentiful social activities and excursions, state-of-the-art fitness center with an indoor heated pool & hot tub and on-site amenities including banking, library, convenience store, postal center and more!

If you are ready to make the most out of your retirement or want to learn more for a loved one, we invite you to join Executive Director Andrew Freilich, a member of the SALMON community for over 15 years, on August 31, 2021 and September 9, 2021 at 3pm for refreshments and a tour.

RSVP by visiting www.MedwaySeniorLiving.com/events or call them at 508-533-3300. To get deeper glimpse into the SALMON lifestyle they invite you to follow @salmonatmedway on Facebook, Instagram and TikTok.

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Hopedale - Bancroft Memorial Library News

Checkout History

Do you enjoy reading? Have you ever found yourself holding a book in your hand and thinking, "Have I read this one before?" I have a solution for this problem. Ask your computer to keep

track of the books for you! Here's how.....

Go to the **Hopedale** website, click **Library** and then click **Catalog**. Log into your account using your library card number and password. Click on **Ac-**

count Preferences tab. Click on **Search and History Preferences** tab. Scroll down and check box next to **Keep History of Checked Out Items**. Scroll down and click **Save**. The items you check out **from the date you set the preferences** will display. To find this list, click **Items Checked Out** tab. Then click **Checkout History** tab.

If you have any problems, just call the library. We're happy to help!

Ongoing Monthly Library Events

Helen Symonds Book Group

After a year of Zoom Book Discussions, we will return to the library in September! Please contact the library at (508)634-2209 and sign up if you plan to attend our September meeting.

The Hopedale Book Discussion Group usually meets monthly on the first Wednesday of the month at 1:00pm in the Bancroft Memorial Library meeting room. Everyone is welcome to join the group. If interested in joining the group, please leave your contact information at the Circulation Desk.

Our September meeting will be held the 2nd Wednesday of the month on **Sept. 8 at 1:00 pm** due to the Labor Day Holiday. We will meet in the Bancroft Memorial Library meeting room. Our book for discussion will be The Rose Code by Kate Quinn. "Explore the secretive world of Bletchley Park in this immersive saga. Debutant Osla Kendall meets fellow Bletchley Park recruit Mab Churt on the train in 1940. While working at Bletchley, they share a room at the home of Beth Finch. After discovering Beth's talent for solving crosswords, Osla helps Beth get a job interview at Bletchley Park. Beth shines in her work on breaking codes, but when she discovers someone at Bletchley is likely a traitor, no one believes her. Soon, she winds up the suspected traitor and is committed at Clockwell Sanitarium after having a mental breakdown. In 1947, almost four years later, Beth contacts Osla and Mab, who help Beth escape from Clockwell. Together, the women work to crack a code that will help them find the traitor. Quinn's page-turning narrative is enhanced by her richly drawn characters, who unite under the common purpose of Britain's war effort, and



by the fascinating code-breaking techniques, which come alive via Quinn's extensive historical detail."

--Adapted from PW Reviews

Wednesday Knitting & Crocheting Group

Join Knovel Knitters for an evening of knitting and crocheting every Wednesday night from 6:00pm until 7:45pm.

Friends of the Hopedale Library

Don't forget to visit The Friends of the Hopedale Library's Ongoing Book Sale! Fill a bag for \$5 and you'll have plenty to read while relaxing on the beach! We are restocked and open during Library hours.

News from the Marjorie Hattersley Children's Room

Thank You!

Summer Reading 2021 was a wonderful success! Thank you very much to our sponsors: The Hopedale Cultural Council, The Friends of the Hopedale Library, JJ's Ice Cream, and Green Mountain Chocolate. Thank you also to our high school volunteers for their hard work! We could not have done it without you!

National Coloring Book Day

Monday, August 2 is National Coloring Book Day! Stop by the Children's Room and pick up some coloring pages to celebrate!

Story Hour - Down on the Farm

Join us for Story Hour on Tuesday, August 3 at 2pm for ages 3 and up. We will read stories about farm animals and participants will take home a craft kit. Call the Library at (508)634-2209 to register.

Doodle Your Journal

Doodle Your Journal with Mary Alice Gruppi on Wednesday, August 4 at 3pm! For those in grades 5 and up, bring a plain composition book and add some personality. Scrapbook paper, old maps, and other add-ons provided. Bring

your favorite add-on like a special picture or some quotes. Practice some new lettering and doodles for your pages. Call the Library at (508)634-2209 to register.

Awesome Robb Pirate Magic Show

Discover the roar of laughter on Thursday, August 5 at 2pm when Captain Robbie Bones shows up with a chest full of Magic and Juggling Apparatus on the Community House Lawn. See how quickly children and adults become shipmates and learn how to speak pirate! An excellent adventure for children in Kindergarten and up! Call the Library at (508)634-2209 to register.

Weekly Take and Make Craft Kits for Ages 10+

Pick up a Take and Make Craft kit on Saturday, August 7 and follow instructions on YouTube to make a Minecraft Plush Cube!

Summer Reading Raffle Winners

Make sure to get your bingo sheets to Mrs. Kraimer by Thursday, August 5. Mrs. Kraimer will be drawing the names of the winners of the raffle on Friday, August 6.

Build-A-Bear Teddy Bear Workshop for Raffle Winners

Winners of the Build-A-Bear Teddy Bear Kits are invited to create their bears on Tuesday, August 10 at 3pm.

Topsfield Fair Read and Win 2021

If you are in grades K-6, don't forget to complete and return two Reading Challenge Bingo Sheets by Wednesday, August 11 to win a Topsfield Fair Prize Package!

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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Massachusetts Legislature Extends Vote-By-Mail Through June

The Massachusetts House of Representatives and state Senate on Thursday March 11, 2021, passed legislation to extend mail-in voting and early voting options for elections held through the end of June 2021. The vote-by-mail provision was previously set to expire at the end of March 2021.

“As other states across our country work to disenfranchise their voters, I am proud Massachusetts is choosing to extend and enhance efforts to ensure every eligible resident can exercise their fundamental right to cast a ballot in our local elections, stated **Senate President Karen E. Spilka (D-Ashland)**. “With a record number of ballots casted in 2020, our successful vote-by-mail system increased access and protected our most vulnerable residents from putting their health at risk. I would like to thank Senators Rodrigues, Finegold, Lewis and Creem as well as Speaker Mariano and my colleagues in the House for their collaboration on this bill and look forward to this extension of voting options becoming law.”

“During this pandemic, our vote-by-mail system has proved to be an accessible and secure tool for voters to exercise their right to vote without putting their health at risk,” said **Speaker of the House Ronald J. Mariano (D-Quincy)**. “We are glad to have passed this extension that will allow cities and towns to continue offering vote by mail and other voting options

for their upcoming elections. I thank my fellow members in the House, and Senate President Spilka and our state senators for their collaboration in getting this bill to the Governor’s desk. We must continue to explore options that encourage and empower voters to be active participants in our democratic process, and I look forward to working with Chairs Aaron Michlewitz and Daniel Ryan in legislation that will make vote by mail permanent in Massachusetts.”

“This legislation will help ensure that residents can continue to vote safely and easily during the ongoing pandemic,” said **Senator Barry R. Finegold (D-Andover)**, **Senate Chair of the Joint Committee on Election Laws**. “Last year, the Legislature passed a common-sense, bipartisan bill to expand early voting and implement a secure vote-by-mail system for elections in 2020. These reforms protected public health, empowered voters, and helped generate record-breaking turnout. I am glad that the Legislature is temporarily extending mail-in voting through the end of June, and I look forward to working with my colleagues and local election officials on legislation to make vote-by-mail permanent.”

“Over this past year, the COVID pandemic has caused us to take a closer look at, and improve upon, many of our society’s systems. Voting is one of those,” said **Representative Daniel J. Ryan, House Chair of the Joint Commit-**

tee on Election Laws (D-Boston). “I applaud Chairman Michelwitz and my House and Senate colleagues for working swiftly to extend vote-by-mail and other safety precautions through this spring’s elections. I especially want to thank Speaker Mariano for his leadership on these ballot access measures and his bold commitment to work toward their permanency. I’m looking forward to a robust discussion on how to best move election legislation forward.”

“Vote by mail and early voting options have allowed us to conduct safe elections during the pandemic while also expanding voter participation,” said **Senate Majority Leader Cindy Creem (D-Newton)**. “By extending these options today, this bill ensures that we can conduct safe, secure municipal elections this spring without limiting anyone’s access to the ballot box.”

The bill also allows municipalities to provide residents with the option to vote early in-person in these elections. Additionally, the legislation requires local election officials to make reasonable efforts to grant accommodations for voters with disabilities who might have difficulty accessing a paper mail-in ballot and request an accommodation. Furthermore, cities and towns can postpone municipal elections and caucuses scheduled before June 30, 2021 until August 1, 2021.

The bill now advances to the Governor for consideration.

Call firefighters graduate from Academy



Massachusetts Firefighting Academy
Call/Volunteer Recruit Class #091 Graduation • June 29, 2021

Call Firefighters David Shearns and Jenny Richard graduated from the Massachusetts Firefighting Academy Call/Volunteer recruit training program last month. David and Jenny have spent every Tuesday and Thursday evening and all day Saturdays for the past four months learning the craft of Firefighting.

Sacred Heart Church “Twice Blessed” Thrift Shop
Our thoughts and prayers are with all who are directly impacted by Covid-19.

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Living Healthy

Summer Eye Safety

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

We all use sunscreen to protect our skin, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well. Sunlight reflected off sand and water can cause photokeratitis, the condition responsible for snow blindness, so beach- and pool-goers: Take note.

UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens. Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses,

you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors. It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

Everyone of any age and any degree of skin pigmentation is susceptible to UV damage. Children are particularly susceptible to UV damage. People with light colored eyes may have an increased risk of certain eye diseases tied to UV exposure, including eye cancer. Some studies show that people with certain eye diseases such as retinal dystrophy may be at greater risk for UV-related sun damage.

Cataract is a clouding of the eye's lens. The lens must be clear in order to focus light properly onto the retina. Extensive exposure to the sun is one of the major reasons why we develop cataracts. Cataract surgery is by



far the most common surgery performed in the United States.

According to a national Sun Safety Survey conducted by the American Academy of Ophthalmology, only about half of people who wear sunglasses say they check the UV rating before buying. The good news is that you can easily protect yourself.

In order to be eye smart in the sun, the American Academy of Ophthalmology recommends the following:

Wear sunglasses labeled "100% UV protection": Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection.

Choose wraparound styles so that the sun's rays can't enter from the side.

If you wear UV-blocking contact lenses, you'll still need sunglasses.

Wear a hat along with your sunglasses; broad-brimmed hats are best.

Remember the kids: It's best to keep children out of direct sunlight during the middle of the day. Make sure they wear sunglasses and hats whenever they are in the sun.

Know that clouds don't block UV light: The sun's rays can pass through haze and clouds. Sun damage to the eyes can occur any time of year, not just in summer.

Be extra careful in UV-intense conditions: Sunlight is strongest mid-day to early afternoon, at higher altitudes, and when reflected off of water, ice or snow.

By embracing these simple tips you and your family can enjoy the summer sun safely while protecting your vision ... And if you have a cataract and it's time for surgery, remember that new technologies exist to

optimize vision and outcome: Bladeless laser cataract surgery is a major advancement in cataract treatment, is FDA approved and embraced by top Ophthalmologists in the US and around the world.

At Milford Franklin Eye Center, we offer in-house optical service with the best in UV protection sun glasses. And if you need cataract surgery, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery. We are happy to have been pioneers of this technology in our communities. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem as these implants can now be offered even if you have astigmatism thanks to bladeless laser surgery. Our percentage of complications is one of the lowest in the Nation and is measured by independent sources. We operate in a state-of-the-art surgery center with door to door concierge service. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and their risks and no need for stitches. With 16 years of established experience and thousands of procedures performed, we are happy to offer state-of-the-art medical and surgical eye care to our communities.

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News from SHINE for August 2021

(Serving Health Insurance Needs of Everyone)

Medicare Preventative Benefits!!

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more details you can visit our website www.shinema.org and click Part B Preventative Services under the Medicare Tab.

Mail from Mass Health

We want to remind you of the importance of opening and responding to any Mail you get from MassHealth. These mailings often have deadlines involved and you have to respond to MassHealth by a specific date or lose your MassHealth coverage. If you get mail from MassHealth that you do not un-

derstand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you. They provide unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Hopedale Sr. Center at (508)634-2208 and ask for a SHINE appointment.

In Central Mass you can call 508-422-9931, or you can email us at info@shinema.org. If you are Turning 65 and going on Medicare, visit our website www.shinema.org to download a copy of our 2021 Medicare Beginner's Guide and to register for our weekly, very informative Medicare 101 presentations that are available on the Zoom platform. You will be better informed for a discussion with your counselor.



Help the Hopedale Sr. Center promote "life-long learning". Join our team of instructors.

We are looking for volunteer and paid instructors in a variety of areas (health, finance, legal, nutrition, foreign languages and memoir writing to name a few) for our Luncheon Chats and Mini-course series.

We are open to suggestions. Get creative!

Please call (508)634-2208 and ask for Carole.

ATTENTION HOPEDALE RESIDENTS!



**Hopedale Town News
now has its own Facebook page!**

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Select Board renews annual appointments, plus others

By THERESA KNAPP

At its meeting on June 30, the Hopedale Select Board renewed the following annual appointments:

Board of Assessors: Matthew Dailey
Building Commissioner: Tim Aicardi
Building Inspector: Tim Aicardi
Burial Agent: Lisa Pedroli
Council on Aging: Bob Casali, Cheryl Moreci
Constable: Mario Sousa
Cultural Council: Ann Labrode, Billi Manning, Ellen Murphy, Kelly O'Malley
Deputy Wiring Inspector: Jeffrey Ross
Disability Commission: Kevin Chambers, Mark Francis
Emergency Medical Dispatch: Chief Thomas Daige
Finance Committee: Elizabeth Callahan
Fire Chief: Chief Thomas Daige
Gas & Plumbing Assistant Inspector: Joseph Zacchilli
Gas & Plumbing Inspector: John Fontana
Historical Commission: Jonathan Chase, Patrick Giles
On-Call Wiring Inspector: Daniel Soares

Parking Fines Clerk: Donna Lamphere
Recreational Field Ad Hoc Committee: Derek Atherton, Jim Abbruzzese, Joseph Drugan, Jennifer McKeon, Michael Reynolds
Town Counsel: KP Law
Treasurer/Collector: Stephanie L'Etalien
Veteran's Agent: Patrick Morris
Wiring Inspector: Joseph Scanzaroli
Zoning Board of Appeals: Chris Hodgens Sr, Sandra Biagetti

In addition, the Select Board has made the following appointments:

Development & Industrial Commission: Saken Khokhar, Nicole Small, Tony Faath
Open Space and Recreation Planning Committee: Tara Costanza
Board of Assessors: Ellen Murphy
Fire Department, Call Firefighters: Catherine D'Alessandro, David Shearns, Jenny Richard
Police Officer, full-time: Ryan Costello

For expiration dates, visit www.hopedale-ma.gov

Join the Hopedale
Sr. Center
Knitters' Group

Thursday August 26, 2021

12:00 noon

Bring a bag lunch. We will supply
a dessert.

Hugs from Hopedale Knitters have knitted and crocheted hats, mittens, baby blankets, quilts and more. All proceeds will benefit a local charity. Beginners are welcome! Meet our expert knitters. Please sign-up by calling (508)634-2208.



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Sports

Jack Phillips, looking to break the losing streak

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Over four seasons, the Hopedale boys' tennis team has compiled a 46-10 regular season record, while recording 10 wins in the District 3 Central Tournament and added another four wins in the State Tournament.

While the Blue Raiders have been rather successful over that time span the squad has also lost 4 straight Division 3 Championships to Weston.

Sophomore Jack Phillips has been a part of two of those downfalls and is fed up with the losses. He is hoping now that Hopedale is back to playing tennis after a year off due to Covid, that he and his teammates can change their luck come next spring.

Not only was it a tough pill to swallow, Phillips and his doubles partner and friend Hudson Terando, never lost a match all season — that was until the State Championship against Weston.

“It was definitely tough to take after the productive season that

Blue Raiders tennis team.

Having began playing tennis through the Hopedale parks program as a youngster and by 8th grade he decided to go out for the high school tennis team.

“I had previously played baseball in the spring, but I was really horrible, so I filled the void with tennis,” he said. “Coming

more throughout the season, but helped him improve his game on the court as well.

“Not having a season last year, I can only remember Jack from the year prior, when he was an eighth-grader,” Hopedale Coach Alex Laumeister said. “He was very small, but this season he completely transformed. He grew

about a foot and developed how to hit a tennis ball properly while bringing his game to the next level. This year he was a tennis player not just an athlete.”

Phillips is a big proponent of playing doubles, where he was situated once again with his friend Terando. Although he'd prefer to play doubles, he may be moved up into one of the three singles position next spring.

“Although I am not one that plays tennis year-round, I was very happy with my season this year,” he said. “The fall soccer season was very rough with all the rules changes and having no tournament, so I was much more relaxed with a normal tennis season. While I would prefer to play doubles if I happen to move to singles, I will just take my ‘win, don't lose attitude’ into matches.”

The sophomore also added that if he does move up in the ranks for Hopedale that he'll have to be in much better shape as he will have to cover much more of the court as a singles player.

“Jack will definitely be a main piece to our team next year and should be the driving force behind our doubles teams. He's best friends with Hudson and they have a great chemistry on the court with one another,” the

Blue Raiders Coach said. “He could possibly hop into singles next year, but we do have all of our singles players returning, so it is a possibility that he may see time at both.”

With two years remaining in which to break the Weston curse, Phillips said he will be spending more time getting ready for tennis than in the past. And although college is still two years away, he feels tennis may be in the cards.

“I am not fully sure at this point what is going to happen in college,” he said. “I love soccer, but I have come to realize that I might have more talent on the tennis courts instead of the soccer field. In the meantime, I'll continue to play tennis this summer with my buddy Luke Tahmoush (Hopedale's number two singles player) to improve my game.”

Coach Laumeister knows that Phillips is a soccer player first, but if he puts the time into improving his tennis game he could possibly play on the collegiate level.

While that is something that the now-junior won't have to face for a couple of years, he does have unfinished business at Hopedale — knocking off the Wildcats for the State Championship.

Photo credit: Steve Bassignani



we had, but I really can't complain as Weston is a powerhouse tennis team,” Phillips said. “I hope that I am part of the team that finally defeats Weston; it would be super awesome to beat them.”


With the 2021 school season over, Phillips is now technically a junior and is already gearing up for the 2022 season, one in which he hopes is a historic one for the

into the season, one in which I hadn't picked up a tennis racquet in about 2 years, I felt that I was going to be able to help the team, especially after losing so many seniors from the 2019 season.”

Being a devoted soccer player and not playing tennis for that extended period of time, Phillips sought out the help of assistant coach Matt Costanza, who not only supported the sopho-



AUGUST 2021 – HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

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|--|---------------------------------------|--|--|--|
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| 2 | 3 | 4 | 5 | 6 |
| 9:00 am Panera Bread Pick-up 12:30 pm BINGO | 12:30 pm Mah-Jongg 1:00 pm Bridge | 11:00 am Meditation 1:00 pm Cribbage | 1:00 pm Tai Chi | 8:30 am – 12 pm Podiatry Clinic by Appt. |
| 9 | 10 | 11 | 12 | 13 |
| 9:00 am Panera Bread Pick-up 12:30 pm BINGO | 12:30 pm Mah-Jongg 1:00 pm Bridge | 11:00 am Meditation 1:00 pm Cribbage | 1:00 pm Tai Chi | |
| 16 | 17 | 18 | 19 | 20 |
| 9:00 am Panera Bread Pick-up 11:30 am Lunch at Sr. Center 12:30 pm BINGO | 12:30 pm Mah-Jongg 1:00 pm Bridge | 10:00 am Nurse Clinic 11:00 am Meditation 1:00 pm Cribbage | 1:00 pm Tai Chi | 10:00 am Conversations |
| 23 | 24 | 25 | 26 | 27 |
| 9:00 am Panera Bread Pick-up 12:00 pm BINGO | 12:30 pm Mah-Jongg 1:00 pm Bridge | 11:00 am Meditation 11:30 am Grab and Go Meal 1:00 pm Cribbage | 12:00 pm Knitters 1:00 pm Tai Chi 1:00 pm COA Board Meeting | |
| 30 | 31 |  | | |
| 9:00 am Panera Bread Pick-up 12:00 pm BINGO | 12:30 pm Mah-Jongg 1:00 pm Bridge | | | |



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Master Plan Workshop This Month

We discussed our collective vision for the Town of Hopedale in January – now it's time to discuss which goals to set for ourselves to get there!

Join the Master Plan Steering Committee Aug. 17, 6:30 to 8:30 PM, for an in-person discussion on the proposed goals for Phase I of the Master Plan, which includes Economic Development, Housing, Land Use, and History And Culture.

Venue and other details will be available soon at envisionhopedale.com. Sign up for our email list for updates.



Real Estate Corner

Recent Home Sales

| Date | Hopedale | Amount |
|-----------|-----------------------|-----------|
| 7/15/2021 | 9 Crockett Circle | \$580,000 |
| 7/13/2021 | 23 Gannett Way | \$688,500 |
| 7/13/2021 | 9 Cross Street | \$255,000 |
| 6/30/2021 | 19 Westcott Road | \$560,000 |
| 6/30/2021 | 156 Laurelwood Drive | \$315,000 |
| 6/30/2021 | 9 Haven Way | \$665,000 |
| 6/25/2021 | 126 Freedom Street | \$240,000 |
| 6/24/2021 | 63 Laurelwood Drive | \$385,000 |
| 6/23/2021 | 12 Tammie Road | \$560,000 |
| 6/18/2021 | 1 Union Street | \$545,000 |
| 6/18/2021 | 11-13 Warfield Street | \$362,500 |
| 6/16/2021 | 63 Westcott Road | \$650,000 |

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



126 Freedom Street in Hopedale recently sold for \$244,000. Image credit: www.zillow.com

THE HOPEDALE SR. CENTER IS LOOKING FOR MAH-JONGG, CRIBBAGE AND BRIDGE PLAYERS



MAH -JONGG **TUESDAY** **12:30 pm**
(Adults/Non-Seniors welcome.)

BRIDGE **TUESDAY** **1:00 pm**

CRIBBAGE **WEDNESDAYS** **1:00 pm**

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Become a part of our SALMON family!

Join us in August and September for a meet & greet with Executive Director Andrew Freilich.

Discover what family means to us when you visit SALMON at Medway's Whitney Place, our full-service, assisted living and memory care community offering private apartments in a warm and gracious setting for those who need a little help with their daily routines.

Learn more about the community from Executive Director Andrew Freilich, a member of the SALMON community for over 15 years, over refreshments on August 31st and September 9th at 3pm. **RSVP at medwayseniorliving.com or call 508-533-3300.**

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