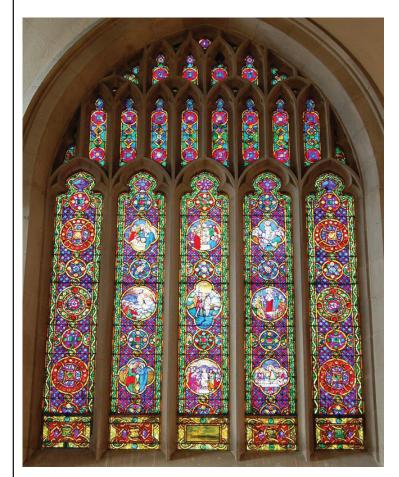


A ONCE IN A CENTURY PROJECT



The Unitarian Parish of Hopedale, Massachusetts has initiated the restoration of its unique and historic Draper Memorial Medallion Window, created by Tiffany in 1915. Craftsmen from Stained Glass Resources of Hampden, Massachusetts have begun the painstaking removal of the large, Gothic style window that has graced the transept of the Unitarian Parish for 106 years. It will be transported to their shop, completely disassembled, refurbished and re-leaded before being reinstalled in approximately three months.

"This is a once in a century project," said the Reverend Stephen Cook, minister of the parish. "No one now living has ever seen that window site without its lancets and medallions depicting nine scenes from the life of Christ in beautiful, jewel-like tones. No one now

> **CHURCH** continued on page 2

Plaintiff #1 requests emails between selectman and reps for Grafton-Upton Railroad

Public records request includes all email, texts, or voicemails

By Theresa Knapp

Town resident Liz Reilly has issued a public records request for all communications between Chairman

of the Board of Selectmen Brian Keyes and Jon Delli Priscoli or Michael Milanoski, principals of the Grafton-Upon Railroad, "regarding any GURR de-

velopment or operational issues, plans, strategy, funding, or notifications from January 1, 2019 to the present (not limited to the West St property)."

Reilly is sometimes referred to as "plaintiff number one" since she is listed first in a group of 10 residents who filed suit against selectmen Brian Keyes and Louis Arcudi III (plus the Grafton & Upton Railroad Company, Jon Delli Priscoli, Michael Milanowski, and One

Hundred Forty Realty Trust) for allegedly not following guidelines set at an October 2020 Special Town Meeting to purchase 155 acres of land at or near 364 West Street. That suit is

still making its way through Worcester Superior Court.

The next hearing for that lawsuit is September 9, 2021.

At a selectmen's meeting on August 9, Chairman Brian Keyes says Reilly's August. 2 request "is going to be another exercise in futility. We've been completely open and transparent and the records will show that."



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CHURCH

continued from page 1

Hopedale Unitarian Parish

living will be around see it restored once again in the 22nd Century."

The church's English Gothic style structure is prominent in fortunate to be blessed with another large Tiffany window in its chancel, depicting Jesus as the

downtown Hopedale and is Good Shepherd of the Dale, as well as eight, side aisle windows by the 20th Century, stained glass artisan, Charles Connick. These windows, in triptych style,

use eight figures from the New Testament to illustrate verses from the Sermon on the Mount. "The parish regards itself

as stewards of these marvelous works of art, donated originally by members of the Draper family and part of our religious life for over a century.," said Reverend Cook. "We intend that they shall be just as beautiful and inspiring for those who will come after us."



localtownpages

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

> Publisher Chuck Tashjian

> Editorial Susan Manning

Send Editorial to: editor@hopedaletownnews.com

> **Advertising Director** Kathy Benoit

Advertising Sales Manager Jen Schofield 508-570-6544 jenschofield@localtownpages.com

Multi Media Sales Consultant Jeremy Wardwell 413-204-5296 jeremywardwell@localtownpages.com

Creative Design & Layout Michelle McSherry Kim Vasseur

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Your Money, Your Independence

September is the Best Tax Planning Month. Yes, really.

September, not December or April, is the opportune time as it provides roughly 3 months to execute tax planning strategies for the current year while positioning for the year ahead.

Some usual activities:

Increase 401(k) - If your social security tax stopped after earning \$142,800 this year, consider allocating that amount (or more) to 401(k) contributions. This will help lower your Adjusted Gross Income (AGI) or if a Roth 401(k), increase your tax-free savings for retirement.

Tax Loss Harvesting - No need to wait for the last days of December. In fact, many managers do selling in the fall to comply with wash sale rules and be fullyvested for the new year.

Work Benefits - Often, fall is

open enrollment, the once-a-year chance to enroll in tax-savings programs like Health Savings Account (HSA) and Flex Spending Accounts (FSAs).

HSAs enjoy triple-tax benefits, as contributions lower your AGI (reducing taxes owed), funds grow tax-free and are not taxed when used for medical expenses, premiums for long-term care and medicare.

FSA contributions lower your AGI and the 3 programs available are Medical, Dependent Care and Transit (commuter or parking).

Unique for 2021 due to government legislation:

Child Tax Credit 2021 - Started getting money from the government in July? Those are "advance payments" up to \$3,000 per qualifying dependent child or \$3,600 if under age 6 on Dec. 31, 2021. This tax credit reduces your tax bill on a dollar-for-dollar basis, so if you typically owe taxes, might be best to visit IRS. com to opt-out and receive a potential rebate later.

Dependent Care FSA (DC-FSA) 2021 - As referenced in June, new DC-FSA annual limits for pretax contributions increase for most from \$5,000 to \$10,500. Funding DC-FSA not only reduces taxable income but also avoids Social Security and Medicare tax. Thus, MA family in 24% federal tax bracket may have tax savings up to \$3,848 (32% tax bracket is \$4,688). But... your employer may opt-in to new limits within their plan, and have to elect funds to increase.

Roth Conversion - The spring "Biden Tax Plan" is still a proposal in late August. Congress would be challenged (to say the least) if new tax laws passed this late in the year were retroactive for 2021. So for some, this may be a 2nd last chance to convert some assets to Roth IRA at current federal tax rates. Roth Conversion analysis takes time given the variables unique to each individual. Most importantly, conversions should be done near year-end with visibility of projected AGI as these are irreversible.

By focusing on tax planning now, you can relax over the holidays with more savings and less taxes. That calls for another slice of the pie.

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



Glenn Brown

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

Library Director search fails, Interim Director considered

BY THERESA KNAPP

Town officials say the search for a new director of the town's Bancroft Memorial Library was unsuccessful.

"We weren't able to reach an agreement with our top candidate," Town Administrator Diana Schindler told the Board of Selectmen at its August 9 meeting.

Former Director Robyn York left earlier this year after about 14 months in the position at the town's public library.

Town officials will consider an interim director while con-



ducting another search. They s are also working with the Finance Committee to see if they can increase the salary range

so the town can be competitive when making an employment offer, said Schindler.



Our thoughts and prayers are with all who are directly impacted by Covid-19 and the September 11th attacks. TWO HUGE SALES EVENTS ON SATURDAY, SEPT. 11th 8 am – 12 pm 50% OFF: All summer clothing and shoes (except special priced items) Parish Yard Sale: For more information, please contact the church. Regular Store Hours: 8:30 A.M. – 12:00 P.M. (First Saturday each month except when there is a holiday) Thrift Shop Closed on September 4th Sacred Heart of Jesus Church • sacred hearth opdale.org Like us on Facebook: www.facebook.com/twiceblessetthriftshophopedale/

Sacred Heart Church "Twice Blessed" Thrift Shop

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Selectmen acknowledgments, appointments, and awards

By Theresa Knapp

At its meeting on August 9, the Hopedale Board of Selectmen took the following actions:

- Approved new contract for Town Treasurer/Collector Stephanie D'Etalien with a base salary of \$84,000 for FY22, \$85,680 for FY23, and \$87,394 for FY24
- Appointed Gavin Martin, Call Firefighter Candidate, as of Aug. 1, 2021
- Appointed Casey Sweet, Call Firefighter Candidate, as of Aug. 1, 2021
- Accepted resignation of Call Firefighter Candidate Tapley Jackson
- Accepted resignation of Suzan Ciaramicoli from her position of Accounting Assistant and member of the Master Planning Steering Committee

- Commended Suzan Ciaramicoli who was recently recognized as a Volunteer of Excellence with the Girl Scouts of the USA
- Approved the 11th Annual Larry Olsen 10K for Oct. 23 use of the Park Bathhouse and Bandstand

In addition, the board amended and approved a contract with Eric Kinsherf, CPA, to provide accounts payable services (essentially filling the position of the town's Accounting Clerk) through the end of FY22 with an option to renew for one year. The cost is \$78,900 for FY22 and \$82,800 for FY23. Town Administrator Diana Schindler said about the cost, "it's a neutral effect...it's actually a little bit less and no [costly] employment benefits."

High Hopes opens near the airport Shop opened on

August 6

By Theresa Knapp

"High Hopes," a new "adult-use cannabis experience," opened on August 6 at 1 Menfi Way near the airport.

Chairman of the Board of Selectmen Brian Keyes was there opening day to shake the hand of the first customer, not-



ing that Hopedale is a "cannabis favorable community," and thanking owners "Jay and Russell" for their hard work over the last three years to open the store. Selectwoman Glenda Hazard said, if anyone has any trepidations about the business, they should stop by and take a look. "It's a really beautiful and secure facility."

Come meet Russell Bogartz, owner of High Hopes

Thursday, Sept. 30, 2021, 10 a.m. - Hopedale Senior Center

Russ will explain the preliminary work that was legally required to apply for a retail Cannabis business license in Massachusetts and the laws that govern all Cannabis retail stores in the state. Come learn about the wide variety of products sold at the store. This seminar is informational and Rss welcomes your questions. This is not a forum to debate issues relating to the legalization of Cannabis. Signup requested. Please call 508-634-2208

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

Business

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

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up-it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and

Jay and his team have han-

dled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill-not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage-you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

spStlight JUNK REMOVAL You Don't Lift a Finger

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.



Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a

junk removal appointment. Yes, the local small business really can handle everything!

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



Looking to advertise? Contact Jeremy Wardwell today at 413-204-5296 or by email at jeremywardwell@localtownpages.com



Green River Cannabis changes HCA address to Condon Way

Applicant agrees to drop lawsuit against town

By Theresa Knapp

Now that selectmen have approved a change of address for the Host Community Agreement for Green River Cannabis Company, Inc.'s adult cannabis retail store to 5E Condon Way, the company has agreed to dismiss the lawsuit it has pending against the town.

GRC filed the action in Land Court after the town's Zoning Board of Appeals denied its application for a Special Permit in December 2020 for a site at 54 Mellen Street.

In June, company part-owner and Attleboro lawyer Constant Poholek, Jr. unofficially asked the board to consider an HCA address change to either 6 or 8 Charlesview Road, which would have been in very close proximity to Caroline's Cannabis at 4 Charlesview Road.

At that June meeting, Chairman of the Board of Selectmen Brian Keyes said he was concerned about the change of address. "I have concerns of having two on a very short street...It looks like putting a McDonald's next to a McDonald's over there." In August, Poholek said the 5E Condon Way location is a good fit because it "is directly across from the Federal ATF building. We think that this area would be appropriate for the GRC such that Poholek said GRC currently has a provisional license for 54 Mellen Way. "Now we're going to ask the Cannabis Control Commission for an address change... We're actually pretty far along in



it would spread out the cannabis stores in the Town of Hopedale one with Caroline's Cannabis on Charlesview Road, High Hopes at the airport, and the third store [GRC] on Condon Way. Every store is at least a mile apart."

ATF.gov lists N.E. Guns and Parts and N.E. Ballistic as businesses in Unit C of 54 Mellen Street. Poholek said he checked with the Cannabis Control Commission which told him "the Cannabis Control Commission has no authority regarding that federal building, it's more of a local issue." the licensing process."

He said customers would order online and make an appointment to pick up their product. "It's a more streamlined, efficient way." Pickup appointments would be every seven to 10 minutes, 12 per hour, and 120 per day.

Selectmen unanimously approved the address change to 5E Condon Way; the current HCA is set to expire at the end of the year and Poholek was told he could ask for an extension if he needs it. The Zoning Board of Appeals will hold a public hearing for public input. Watch https://www. hopedale-ma.gov/zoning-boardappeals for more information.

Boy Scouts of America Hopedale Troop 1 Flag Retirement Ceremony

Boy Scouts of America Hopedale Troop 1 will be holding a Flag Retirement Ceremony on Friday, September 17, at 8 pm at the Hopedale Town Park.

Chapter One, Section eight, Item k of the United States Flag Code states: "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably burning." The ceremony is open to the public, and attendees are welcome. Flags will be respectfully disposed of properly by burning after a short ceremony. If you have any old, heavily worn, or damaged flags that you would like to have correctly retired, you may drop them off at 141 Dutcher St., Hopedale. There will be a collection container on the porch. You may also give flags to any Boy Scouts of America Hopedale Troop 1 scout.

Governing board name change still in approval process

"Select Board" expected to be approved shortly

10

9

By Theresa Knapp

After town voters approved a name change for its executive arm of government from "Board of Selectmen" to "Select Board," town leaders filed the necessary paperwork with the Attorney General's Office.

At a selectmen's meeting in August, Town Administrator Diana Schindler noted the board is "technically still Board of Selectmen" but "we should hear back any time now. I don't think there will be an issue, it's just a formality."

The proposed name change is a nod to modern times, and also reflects similar actions taken recently in Milford, Mendon, Bellingham, Grafton, Sutton, and many other towns around the Commonwealth.

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5

3



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Town signs final agreement to accept gift at end of Overdale Parkway

Action paves way for landowners to proceed with subdivision plans

By Theresa Knapp

At its meeting in August, Hopedale's Board of Selectmen presented the final agreement it has reached between the town and landowners Ricardo Lima and Black Brook Realty Corp. who plan to extend Overdale Parkway by 703 feet and build 10 new homes, with Lima's four on the Hopedale side of the road and Black Brook Realty's six on the Mendon side of the road.

This ends a long journey of deciding who owns that unpaved section at the end of Overdale that leads to the Hopedale Parklands.

In May, after review of a recent title search, Town Counsel Katherine Klein of KP Law PC opined that the land was conveyed over 100 years ago [1916] and "I think there was an error when this vote was written but I think the intent is clear. The road is clearly identified, we all know what is being discussed, it is the last 703 feet of Overdale Parkway; and the fact that the Larkins are no longer the owners is immaterial."

Highlights of the final agreement related to the 703 foot long and 30 foot wide "unimproved roadway" include:



• Town agrees to accept the gift of the road, the town is not obligated to maintain the unimproved roadway unless and until it is accepted as a public way (Note: to date, the town has maintained Overdale Parkway but is not obligated to do so, the Road Commissioners will make that decision);

- Landowners will upgrade the roadway to current town subdivision standards; the layout of the subdivision will be "substantially similar" to what is shown on the 1985 Plan;
- Landowners will design and construct four or five parking spaces within the cul-de-sac area for public use;

- Lima is limited to four house lots and Black Brook Realty is limited to six lots;
- •Landowners are responsible for all costs related to permitting, construction, etc.;
- Once a final, non-appealable decision on the definitive subdivision application and related permits and approvals, Black Brook Realty will deed to the town, or impose a conservation restriction on, the balance of the property



located in Hopedale that is not necessary for the development of his six lots which will protect it from future development; and

• Project will go through regular subdivision approval and the approval of this agreement "shall not be construed as support for, or against, approval of said subdivision by the Select Board." After the agreement was finalized, Lima requested a set of keys to the locked gate that currently spans the end of the paved section of Overdale Parkway. Selectmen agreed he should have a set of keys and directed him to the Park Commission.

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The Top 10 Reasons "Why Giving Back Feels So Good."

Author: Heather J. Culkeen

Charitable Foundation: Project Perseverance

What does it mean to give back to society? Giving back or donating to causes close to your heart benefits both the charity and you. Contributing to your worthy causes has far more benefits than you may realize.

Many give their time, talents, and/or money to the support community causes, which they hold dear to their heart. Giving back has also been shown to improve quality of life. So, to answer the question, why is giving to charity so satisfying? Here are the top 10 reasons "why giving back feels so good."

1. Bring meaning to your Life: By donating or giving back, you are creating opportunities to meet people who believe in the same causes as you do. The interaction with like-minded people can inspire you to create a real impact on these causes. It can also infuse your life with a purpose or meaning in case you are stuck in a rut wondering why life is so stagnant. Giving back can reinvigorate your life.

- 2. Help others in need: There will never be a perfect time to give back as we are not living in a perfect world. But there are always others who need help in tough situations. A simple compliment to anyone, even a stranger, can brighten their day at no cost. It may even change their life.
- **3.** The Time is Now: Regardless of the state of the economy or the pending rise in taxes and interest rates, it is not only kind to donate to those in need. Our financial difficulties hopefully last only a short time, but for those in need may could

last a lifetime unless they get on the right path. For others more fortunate, just by providing a hand, donation, smile will go a long way to help those in need survive and thrive.

- 4. Strengthens personal values: When asked why they want to give back, 96% of people who participated in the research said that they are feel obliged to help others. They said that it's a moral duty which is rooted in their principles and personal values. Acting on these feelings is the responsibility of a human.
- 5. Teach generosity to children: When children see you giving back, they will adopt the same attitude when they grow up. Many people stated that they learned how to give back from their parents and through personal experiences. You are benefiting humanity by teaching children to give, share, and donate.
- **6. Inspire friends and family:** If you educate your family and friends about your charitable donations after

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you've given back, they could be inspired to do the same. They mayt take your lead and donate whatever they can, especially to communal issues like promoting health, providing opportunities to rise above obstacles, and allowing others to achieve their goals. Giving back ignites a fire within you.

- 7. Realize that small donations help: You don't always have to donate large amounts to make a difference. Even small amounts could result in week's, months, and possible years of meals for starving children or the much-needed medical help for elders.
- 8. Improve Money Management: You can also drive yourself to be a better personal family financial manager by allocating a specific amount to each donation each month. You can make donations, fund your family's education, retirement, and other financial goals this way.
- **9.** Give, when you can't volunteer: In cases where you think that you should volunteer but are too busy to spend time for a worthy cause, you can donate money. Money is just a

workaround for a time as it helps the organizations to acquire more resources that can improve the cause.

10.Spreading the love: You can demonstrate that love exists by giving back to society. While spreading love, charity gives people hope for humanity. If you can't afford to donate, consider how a tiny gesture could help you achieve your desired feelings while also making others feel good about themselves.

Project Perseverance is dedicated to organizing and funding rescue efforts as well as delivering contributions to local and early stage non-profit organizations. We support children, families, elders, and others experiencing challenges that make us stronger.

To donate to Project Perseverance to help support our mission to give back, please email us at ProjectPerseverance888@gmail.com with subject line: PP888. The QR Code and link will be emailed for you to donate. Please feel free to suggest a cause via email that you feel would benefit from our support as well. Thank You.

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Town boards must offer remote access to all meetings

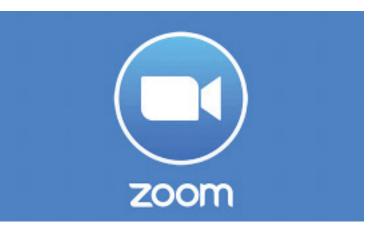
All boards must comply with "new gold standard"

By Theresa Knapp

Hopedale selectmen have adopted a Remote Participation Policy under which all town boards must have a way for the public to remotely attend all meetings.

In June, Massachusetts Governor Charlie Baker signed legislation that "enables public bodies to continue to hold remote meetings through April 1, 2022," extending a practice put into place during the COVID-19 pandemic. Since social distancing limitations were lifted recently, some town boards have been meeting in person in rooms that are not digitally accessible to residents who might like to attend.

"That's where we're getting concerns because [boards] have been very visible and now it seems like they're not," said Town Administrator Diana Schindler when discussing the



issue with selectmen at their August 9th meeting.

Schindler said some town officials do not have the technology or equipment to join digitally.

Chairman of the Board of Selectmen Brian Keyes said town officials must find a way to comply, suggesting boards move their meeting times, days, or location.

"If they can't do it then find a way to do it because, at the end of the day, you're not going to be

able to hold your meeting."

Before posting a meeting, the Town Clerk will confirm the meeting location is accessible for anyone who might want to attend remotely.

"Everyone is going to be held to this new gold standard," said Keyes who advises residents "If you can't get into a meeting, contact the Board of Selectmen."



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Living Healthy

Computer Vision Syndrome

By: Roger M. Kaldawy, M.D. Milford Franklin Eye Center

As our scholars go back to schools and colleges, let it be in person or remotely, more and more time is spent every day using computer screens and our eyes are paying the price. Research shows that 25 to 93 percent of computer users experience a problem so common there's a name for it: Computer Vision Syndrome. Symptoms include decreased or blurred vision, burning or stinging eyes, sensitivity to light, headaches and back and neck pain.

Computer Vision Syndrome is more common if we exceed 2 hours of continuous computer screen time a day. The most common causes of this syndrome include improper viewing angle or distance from the screen, glare on the computer screen, extended computer use, staring without blinking and uncorrected vision problems.

The good news is that these problems are easy to fix, and identifying and treating the underlying cause usually eliminates this syndrome. Here what you can do:

1. Adjust your viewing angle

Studies have found the angle of gaze plays a key role in this syndrome. The angle used for computer work is different from that used for reading or writing. As a result, the requirements for focusing and moving the eyes place additional demands on the visual system when using a computer. To achieve the best angle, the center of the monitor should be placed 20 to 28 inches from your eyes and 4 to 5 inches below eye level. Reference materials should be positioned so they can be seen without moving your head to look from the document to the screen.

2. Reduce glare

Letters on a computer screen are not as clear as letters on a printed page. Your eyes will work harder if there is too little contrast between letters and background or glare on the screen. This can result in sensitivity to light that can worsen under high-wattage fluorescent or flickering lights. Position your screen to avoid glare from overhead lights or windows. Close the blinds on your windows or switch to lower-watt bulbs in your desk lamp. If you cannot change the lighting to minimize glare, buy a glare filter for your monitor.





3. Rest your eyes

When using a computer for an extended period of time, rest your eyes periodically to prevent eyestrain. Every 20 minutes, look away from your computer to a distant object for 20 seconds. This will give your eyes a chance to refocus. After two hours of continual computer use, rest your eyes for 15 minutes.

4. Blink often

Our eyes need lubrication to see well. This is accomplished by a blinking reflex and leads to production of moisture (tears) on the surface of the eyes. People normally blink about 18 times a minute, but computer users tend to blink only one-fourth as often. This increases the chance of developing dry eye. To lessen this risk, blink more often, and refresh your eyes periodically with lubricating eye drops.

5. Get your eyes checked

Uncorrected vision problems-farsightedness or astigmatism, problems focusing or coordinating the eyes and eye changes associated with aging-can contribute to eye strain and musculoskeletal pain. Even if you don't need glasses for daily activities, you may need them for computer use. If you wear glasses or contacts and need to tilt your head or lean toward the screen to see it clearly, your lens prescription may not be right for computer use. Having the correct prescription can help prevent pain in the neck, shoulders or back resulting from contorting the body to see the screen.

If the above measures don't work, don't put off seeing an ophthalmologist. If the underlying cause of Computer Vision Syndrome is not addressed, symptoms will continue and may worsen in the future. Your ophthalmologist can do a visual acuity measurement to determine how your vision is affected, test your eyes to find a prescription that will compensate for any refractive errors, and check how well your eyes focus, move and work together.

Computer vision syndrome is very common... As more screen work is needed, more eye strain can be expected. Our center and ophthalmologists have state of the art equipment to diagnose and treat many eye problems, including this syndrome. 7 dedicated eye care providers here to help you in 2 state-ofthe-art facilities in Franklin and Milford. We are available and have Saturday and after-hours appointments. From the basic eye exam to the high-tech surgeries performed locally in Milford, our center is now able to better recognize and manage this problem and continue to provide world class eye care for the entire family.

For more details, see our ad on page 10.

Bancroft Memorial Library - September 2021 Update

50 Hopedale Street, Hopedale MA 01747

Contact: Elaine Kraimer, Acting Library Director/Children's Librarian, 508-634-2209

Labor Day

The Bancroft Memorial Library will be closed on Monday, September 6 in observance of Labor Day.

Auto-Renewals

Did you know that you no

longer have to call the library to renew a book? All of the items

that you check out that CAN

be renewed will renew auto-

matically! You no longer have

to worry about the due date! A

Courtesy Notice will be sent to

you by email to notify you 2 days

before your item is due. If there

are still renewals remaining on

your item, the item will renew

automatically on the due date.

On the morning that the items

are due, you will receive an email

notice stating that the items have

been renewed. Don't worry, let

CW MARS take care of it for

don't have an email address on

record? Yes, it will! You just won't

receive notification that the auto-

renewal has occurred. Does auto-

renewal work even if the title or

item has holds waiting? Yes, even

if there are holds. You have 1 re-

newal on most items even if the

will prevent auto-renewal from

· Patron library card has ex-

pired. Library cards need to

There are a few things that

item has holds waiting.

occurring.

Will auto-renewal work if I

you!

be renewed every 2 years.

- Patron has exceeded fine limit • Patron has exceeded the num-
- ber of Lost items • Even if an auto-renewal at-
- tempt fails, an email notice will be sent displaying the loan, that it was not renewed, and the reason why it was not renewed.

Of course you can still call the staff here at the library and we will be happy to help!



CW MARS App

Do you always forget your library card? Try the CW MARS app on your smartphone! The app displays your digital library card to use at checkout. But the app can do so much more! Search the catalog and place holds, manage your existing holds, view items checked out, view fines, and update lists. Check out our video about the app on the Bancroft Memorial Library's YouTube page.

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

> LIBRARY continued on page 12



Dance | Visual Arts | Ceramics | Theater | Music

Online and in-person options available for youth and adults of all abilities

Join Us At Our **Open House** Saturday, Sept. 11 11 am-1:00 pm

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LIBRARY

continued from page 11

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 Guest List by Lucy Foley. This is one guest list no one would want to be on. Lives unravel amid the revelry on an eerie and remote island as friends and family gather for a glam wedding taking place between an ambitious magazine publisher and a reality television star. They all have secrets, and it only takes a few days of drinking games, isolation, and resentments to bring every murky feeling to the surface. Who didn't wish the happy couple well? And perhaps more important, why? -Adapted from C/W MARS catalog

October 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

The book for discussion in

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

The Friends of the Hopedale Library are pleased to welcome Ted Reinstein to present his new book

Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier on Wednesday, September 29th at 6:30 pm.

Jackie Robinson is among history's most famous Americans. When he took the field for the Brooklyn Dodgers in 1947, breaking Major League Baseball's longtime ban on Black players, it was one of the 20th century's most significant events. What's less well-known is the small army of men, women, and institutions that fought for justice and equality many years before Robinson's debut in Brooklyn. This story includes former stars of the Negro Leagues, the founder of the Negro Leagues, the Black press, and its covert distributors - The Pullman Porters. They helped expose the ugly, racist underside of the national pastime. These unsung heroes battled the color barrier for sixty years before Brooklyn, paving the way for Jackie Robinson.

Ted Reinstein has been a reporter for "Chronicle," WCVB-TV/Boston's award-winning nightly news magazine since 1997. In addition, he is a regular contributor to the station's political roundtable show and writes a weekly opinion column. He lives just west of Boston with his wife and two daughters.

This program is supported in part by a grant from the Hopedale Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency. There is no charge for this program. It will take place in the downstairs program room. To reserve your spot please call 508-634-2209 or stop by the library during operating hours.

The Friends of the Hopedale Library helps to support the Library by providing funds for equipment, materials and programs not covered by the regular operating budget. They offer adult events September- June and pay for the children's summer reading and other programs. More information can be found at https://www.hopedale-ma. gov/bancroft-memorial-library/ pages/friends-library.

News from the Marjorie Hattersley Children's Room

Grandparent and Child Brunch

Celebrate Grandparents' Day at the Bancroft Memorial Library on Saturday, September 11. Bring your grandparent and enjoy breakfast and storybooks. Then make a craft together to remember the day! Please call Mrs. Kraimer at (508)634-2209 to register.

Autumn Story Hour with Mrs. Kraimer

The leaves are falling and it is time for autumn story hours!

Book Fun, for children ages 4+, will be held on Tuesday afternoons from 3:00 to 3:45 pm, starting on September 14. This program will feature stories and crafts.

Tell Me A Story, for children ages 2-4, will be held on Thursday mornings from 11:00 to 11:45 am, starting on September 23. This program will feature music, fingerplays, and puppets.

Registration is required. Please call Mrs. Kraimer at (508)634-2209 to register.

Doodle Your Journal

Doodle Your Journal with Mary Alice Gruppi on Monday, September 27 at 6:30pm. For ages 16 to adult, have fun letting your creativity flow! A plain composition book, scrapbook paper, old maps, and other add-ons will be provided. Bring your favorite add-on like a special picture or some quotes. Practice some new lettering and doodles for your pages. Call Mrs. Kraimer at (508)634-2209 to register.

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.

SEPTEMBER 2021 - HOPEDALE SR. CENTER ACTIVITIES

MONDAY	TU	IESDAY	WED	DNESDAY	TI	IURSDAY	F	RIDAY
Hopedale Van Available	Hopedale	Van Available			Hopedale Van Available			
9 am – 2 pm	9 am	– 2 pm			9 á	am – 2 pm		
			11:00 am 1:00 pm	1 Meditation Cribbage	1:00 pm	2 Tai Chi		3
	6	7	1.00 pm	8		9		10
LABOR Day CLOSED	12:30 pm 1:00 pm	Mah-Jongg Bridge	11:00 am 1:00 pm		1:00 pm	Tai Chi		
1:		14		15		16		17
9:00 am Panera Bread Pick-up 10:00 am * Low Impact	11:30 am	Gentle Yoga Grab and Go Meal Mah-Jongg		Nurse Clinic Low Impact Exercise	9:15 am 10:30 am		9:00 am	Re-boot Strength & Balance
Exercise 1:00 pm BINGO *Community House Programs Begin	1:00 pm			Meditation Literature Class Cribbage	1:00 pm 1:00 pn	COA Board Mtg. Tai Chi	10:00 am	Conversations
20 9:00 am Panera Bread Pick-up 10:00 am Low Impact Exercise 1:00 pm BINGO	9:00 am 12:30 pm 1:00 pm	21 Gentle Yoga Mah-Jongg Bridge	11:00 am 12:30 pm	22 Low Impact Exercise Meditation Literature Class Cribbage	10:00 am	23 Watercolor Class Knitters Group Tai Chi	9:00 am	24 Re-boot Strength & Balance
27		28		29		30		
9:00 am Panera Bread Pick-up 10:00 am Low Impact Exercise	9:00 am 12:30 pm 1:00 pm	Gentle Yoga Mah-Jongg Bridge	10:00 am 11:00 am 12:30 pm	Low Impact Exercise Meditation Literature Class	11:00 am	Cannabis Seminar Watercolor Class		
11:30 amSr. CenterLunch1:00 pmBINGO			1:00 pm	Cribbage	1:00 pm	1 Tai Chi		

Sports

Alyssa Spiezio, Hopedale Cross country

By Christopher Tremblay, Staff Sports Writer

Entering her fifth season on the Hopedale cross country team, junior Alyssa Spiezio is not only looking to improve upon her time, but is also hoping to take that next step and be a team leader for the Blue Raiders.

As she gets ready to enter the season, the junior has a best 5k time of 21:30 but would like to get that time under 21 minutes this year and then strive to bring it under 20 minutes before she graduates.

"To improve you've got to be determined; everyone has bad days, but you just need to work harder to eliminate those days," Spiezio said. "I get upset myself with a bad performance because I had worked so hard to be the beast that I can be, but after that race I just put it behind me and move onto the next."

Spiezio began running in the seventh grade because of her older brother Andrew, who is two years her elder. Andrew was running cross country so the younger sibling assumed that the sport would be something that she'd try; she did and fell in love with it instantly and over the past four years has seen an improvement each year.

"It's a great sport that helps me with my anxiety," she said. "Running allows me to clear my mind and give me a relaxing feeling."

After joining the Hopedale Junior High School team, it took her about half the season before she was elevated to the varsity squad. Although very happy about being able to make the jump, she had a lot of reestablishing of herself to do on the varsity level.

"I was super happy to move up, but I soon found out that the junior high races were definitely shorter than the 5K you ran or the varsity," the junior said. "It was very intimidating at first, but I eventually figured things out."

After spending part of her first season running with the var-

sity team, Spiezio knew that she wanted to stay with the varsity team while learning so she knew that she couldn't take cross country lightheartedly.

"In seventh grade I knew that I wanted to pursue running in college, so I figured I better take things seriously," she said. "And by the time that I got to my freshman year my mentality was that I was now competing with girls my own age who were much better runners, so I needed to step it up."

As she enters her junior campaign, she know that this is the year that college coaches will be looking at runners to take part in their programs. Although she has not picked a college as of yet, she has had a few colleges approach her to visit the school and meet the team.

"Having them reach out is definitely a confidence booster," Spiezio said.

The hopeful junior has already secured a couple of victories on the dual meet courses and has always medaled (top 20) during the larger events.

"Alyssa is one of our top returning runners coming into this season and after our top two runners graduated, she is set to take the top spot," Hopedale girls cross country coach Tim Maguire said. "She was still a relatively young runner last year, but she stepped it up as a leader. She is a steady runner, and I am looking for her to take on a significant role for us this year."

As the fall season is creeping closer, Spiezio has had to make a lot of sacrifices to get better while taking the reins of the team.

"I know that I had to get better to ensure that the team has a good season," she said. "I'm up at 7:00 AM 6 days a week to run and I am also leading captains' practices to get the other girls ready."

In addition to running cross country for the Blue Raiders, the incoming junior has also participated in running the distance events (mile and 2-mile) for both the indoor and outdoor track teams. Although the distances in track are shorter than the crosscountry season Spiezio finds running cross country to her benefit.

"I find that track is harder because you are doing the same laps over and over again," Spiezio said. "Cross country is much more peaceful as you run the trails through the woods while clearing your head of any mental issues."

With the season a few weeks away, Spiezio is hoping that all her training has gotten her ready for the season at hand to not only improve her team, but also help her to get noticed by a college who can use her talents on the courses as well as the track.



Hopedale teen featured in The Hanover Theatre Youth Summer Program's Oklahoma!

Session Two of The Hanover Theatre Conservatory's Teen Youth Summer Program (YSP) presented Rodgers & Hammerstein's Oklahoma! on Friday August 13 (7pm) and Saturday August 14 (2pm & 7pm). The cast included Hopedale resident: Samantha Madigan, 16 (Laurey Williams).

Oklahoma!, the first groundbreaking collaboration of Rodgers and Hammerstein's, remains, in many ways, their most innovative, setting the standards and rules of modern musical theatre. In a Western territory just after the turn of the 20th century, a high-spirited rivalry between local farmers and cowboys provides a colorful background for Curly, a charming cowboy, and Laurey, a feisty farm girl, to play out their love story. Their romantic journey, as bumpy as a surrey ride down a country road, contrasts with the comic exploits of brazen Ado Annie and hapless Will Parker in a musical adventure embracing hope, determination and the promise of a new land.

Now in its 13th year, the Teen Youth Summer Program is designed for students seeking a preprofessional experience. Teens attend daily morning classes focusing on music, drama and dance, as well as afternoon rehearsals for the final production. You can see these young stars shine in Oklahoma!, which will be the first musical performed on the theatre's mainstage since March of 2020.

About The Hanover Theatre and Conservatory for the Performing Arts

The Hanover Theatre has entertained more than two million patrons with world-class performances and headlining acts including Broadway hits ("Jersey Boys," "Kinky Boots," "Something Rotten!"), comedians (Dave Chappelle, Jay Leno, Jerry Seinfeld), musical acts (Neil Young, Aretha Franklin, John Legend, Tony Bennett) continues to establish its place

as a world-class performing

arts venue, acting as a catalyst

for the economic development

of downtown Worcester. The

Hanover Theatre's facilities at

551 Main Street house function

spaces, offices and The Hanover

Theatre Conservatory.

Samantha Madigan, 16, who is playing the lead, Laurey Williams

and everything in between ("A Christmas Carol," Alvin Ailey American Dance Theatre, Alton Brown, Dr. Neil deGrasse Tyson). POLLSTAR consistently ranks The Hanover Theatre as one of the top theatres in the world. After 12 seasons, the award-winning, historic theatre

Worcester Center for Performing Arts, a registered notfor-profit 501(c)(3) organization, owns and operates The Hanover Theatre and Conservatory for the Performing Arts. All donations are tax deductible to the fullest extent allowed by law.

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General Information about the Hopedale Day in the Park

The Hopedale Cultural from Bright Insurance Company, Council is in the final stages of planning for the **41st Annual** Day in the Park on Saturday,

September 18 from 10 am to 4pm at the Town Park.

DI Mike Rutkowski will be at the bandstand with music and fun.

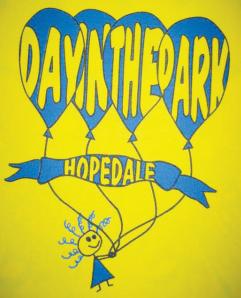
Rainforest Reptiles will bring an assortment of live animals. See them on the basketball court at 11 am.

There will be over 40 booths offering a variety of delicious food, crafts, information tables, and games for the kids. Some of the goods for sale include jewelry, books, soaps, greeting cards, art work, and many unique

handcrafted items. Please support our local crafters and do your holiday shopping early.

A juried art show will be held under the tent in the third tennis court. Stop by to see the talents of our local artists. Ribbons and monetary prizes will be awarded. There will be three Purchase Prize awards of \$300

Milford Federal Bank, and Bump Your Stump. Also at the tent you can sign up for a free raffle for



one of three gift certificates from local businesses.

The Little Red Shop Museum will be open all day.

Please check the Hopedale Bulletin Board Facebook page and the Hopedale Cultural Council- Community Organization Facebook page for updated information.

Sponsors

We wish to thank our generous sponsors for their support in making this community day possible.

Imperial Cars, DJF Painting, J Gordon Plumbing and Heating, DO Grill and Chill, Homefield Credit Union, Hopedale Handyman Adam Myers, Matt Sullivan The Roofah, 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 Electrician, Hens and Chicks Cookie company, Watson Colonial Funeral Home, Frontline Construction, Edwards Funeral Home, E.L. Harvey and Sons, Bump your Stump.

Volunteers needed

To make this event run smoothly the council is asking for volunteers who can help early in the morning with setting up. Please contact the council at www.hopedaleculturalcouncil@ yahoo.com or call Billi Manning at 508-478-0929



Recent Home Sales

Date	Hopedale	Amount
8/13/2021	22 Larkin Lane	\$755,000
8/6/2021	1 Bens Way	\$549,900
8/5/2021	201 Dutcher Street	\$495,000
8/3/2021	270 Dutcher Street	\$535,000
7/30/2021	227 Laurelwood Drive	\$347,500
7/29/2021	59 Laurelwood Drive	\$397,000
7/29/2021	65 Jones Road	\$550,000
7/26/2021	114 Jones Road	\$320,000
7/20/2021	218-220 Main Street	\$400,000
7/19/2021	89 Laurelwood Drive	310,000

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



65 Jones Road in Hopedale recently sold for \$550,000. Image credit: www.zillow.com



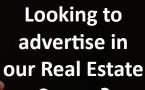


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