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November 2021

Grafton & Upton Railroad presents site work update

Originally scheduled to be a request for grant support

BY THERESA KNAPP

Michael Milanowski, president of the Grafton & Upton Railroad, made a detailed presentation to the Select Board at its meeting on Sept. 29 regarding future plans at GURR. Though they were originally on the agenda as a “request for IRAP grant support,” the 30-minute presentation was deemed “for information purposes only” and no votes taken due to a pending lawsuit in the matter.

Note, the MassDOT Industrial Rail Access Program (IRAP) is a competitive grant program afforded to railroads.

A lawsuit was filed against GURR by a group of Hopedale residents earlier this year and just days before the Select Board meeting, the court granted a preliminary injunction for GURR to stop clearing trees from its site.



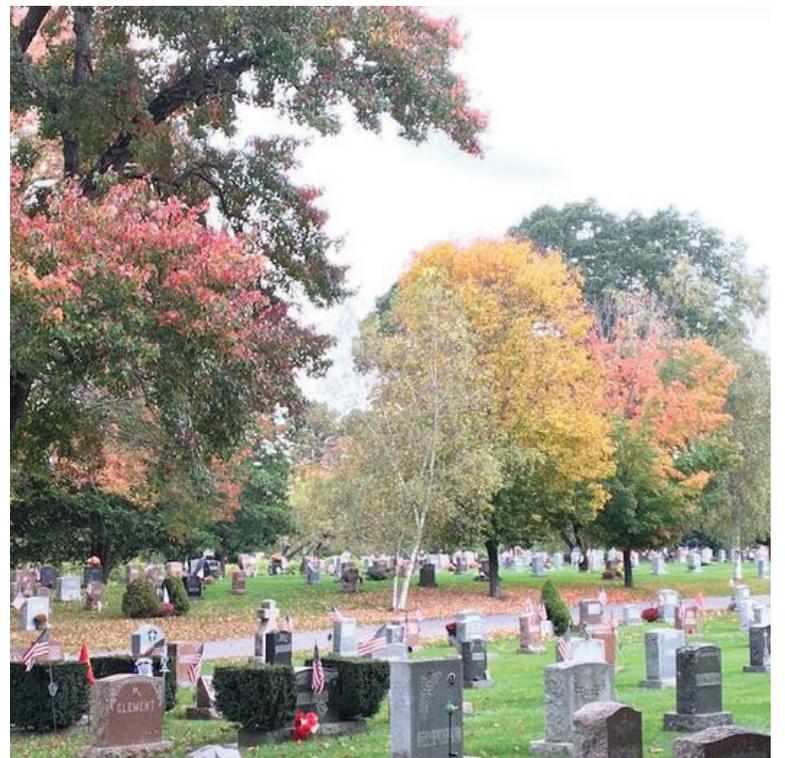
GURR sign: Grafton & Upton Railroad sign outside the Hopedale terminal. Credit: Theresa Knapp

At this Select Board meeting, Milanowski said the railroad “continues to operate in accordance with the settlement agreement that was negotiated [between the RR and the town] in January and February 2021...We remain confident that any challenges to the settlement agreement will ultimately be rejected.”

He further stated GURR is “focused on developing the railroad right-of-way, that’s the core of this IRAP application, and then connecting to the 18 acres of industrial land that are already owned by the Railroad that are not subject to the citi-

RAILROAD
continued on page 2

See Inside...
Our Holiday Guide



Hopedale Village Cemetery, mid-October 2021. Credit: Theresa Knapp

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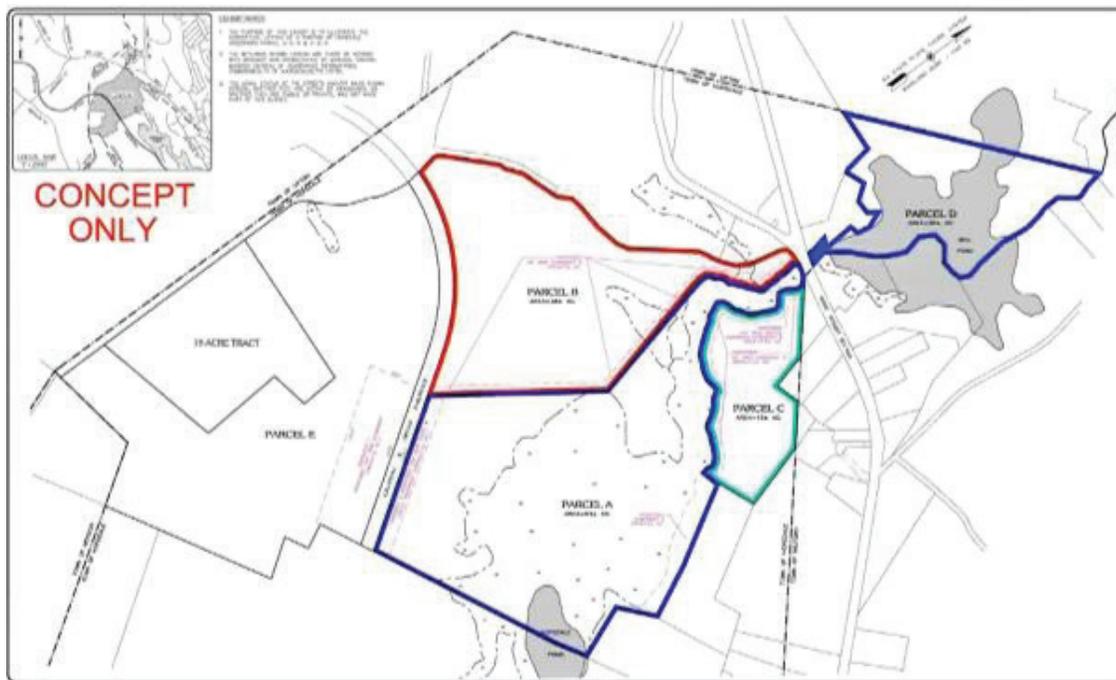
RAILROAD

continued from page 1

zens' lawsuit that is in place right now. And when, again we believe the courts will lift that, we will then move forward with parcels B, C, and E that are no longer subject to Chapter 61 land."

The railroad's IRAP application is for \$500,000 which it hopes would help fund development of the property to include warehouse uses (food grade, cold storage, and international intermodal), light manufacturing assembly, and transportation of aggregate materials (sand and gravel) by train. He also said this work could help with the current "break in the supply chain."

Milanowski said, "This project is slated to generate millions of dollars in tax revenue as well as create hundreds of new jobs, and it's done in a way to protect the town's current and future water supply. In closing, we believe this



This is the parcel map that was tied into the settlement agreement. Parcel A (lower area in blue) is 84 acres and Parcel D (upper area in blue) is 20 acres. These two parcels are slated to be transferred to the town with the remaining of the land to be developed by GURR. Source: GURR presentation at Sept. 29 meeting of the Select Board.

is a win/win/win solution. It provides an opportunity to bring commerce and jobs back to the United States, continuing to start

in Hopedale while adding the additional protection to the land that was negotiated by the BOS." Once the court case is re-

solved, the IRAP grant support will go before the Select Board, and public comment will be accepted at that time.

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Hopedale Cultural Council News

The 41st annual Hopedale Day in the Park was held on Saturday, Sept. 18, after a year's absence.

Attendees were treated to music and fun from DJ Mike Rutkowski and a live animal demonstration from Rainforest Reptiles.

High school classes and organizations offered games for the kids, and there were many food concessions, and vendor booths with home made crafts.

A juried art show was held with the following winners in four categories:

Acrylic/Oil: Bonnie Frederico, Marilyn Rocks, Jefferey Clayton

Mixed Medium: Deborah Bottomley, Carol Frieswick, Karina James

Photography: Judith Belben, Frederick Oldfield, Billi Manning

Watercolor: Marilyn Rocks, Beverly Tinklenberg, Deborah Bottomley

Purchase Prize Awards

Bright Insurance: Deborah Bottomley

Milford Federal Bank: Jean Pellerin

Bump Your Stump: Sophie Smith

Viewers Choice Awards: Karina James, Carol Frieswick

The judge was artist Iris Marcus, a former graduate of Hopedale High School

The winners of the Hopedale Cultural Council Giveaway gift certificates were: Laura Chan, Tracey Habel, and Lizzy Leblanc.

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Your Money, Your Independence

Tax Loss Harvesting: Give Thanks And Slice Your Pie

Time to give thanks for family, health, pumpkin pie, and finding tax losses in portfolios.

How can you be thankful for selling something at a loss? Through a strategy called tax-loss harvesting, losing investments can offset realized profits as well as up to \$3,000 in non-investment income each year.

While IRS doesn't reference "tax-loss harvesting", there are plenty of rules for the strategy and need to be mindful of Form 8949, Schedule D, and these items:

Know your cost basis. Unless the entire investment was purchased at a single time without dividend reinvestment, then the price is varied. Good news is firms record cost basis and make available online to view before taking action.

Short-term and long-term capital gains. Short-term is sale of investment owned one year or less and taxed at your ordinary income rate (up to 37%); long-

term is sale of investment held more than one year and taxed at either 0%, 15%, or 20% for 2021.

Important note, it is highly unlikely capital gains rates will remain the same for 2022 as the President wants to raise and Congress has debated not on if, but by how much and for whom.

Should you solely act on what Congress may do? No, never. Still, if there is an outsized position in either gains or losses, this should be added incentive to take action.

Back to this year, short-term losses are deducted against short-term gains, next long-term against long-term, then remaining net losses of either type can be deducted against the other. If still more losses can deduct up to \$3,000 against income. Still more? Then carry to subsequent years against capital gains and/or \$3,000 of income.

Avoid a wash sale. A realized loss is disallowed if, within 30

days of selling the investment (either before or after) you or your spouse invests in something that is identical or "substantially similar" to the one you sold. This is across accounts as well, meaning if you sell something in taxable brokerage and buy it in an IRA, you can't use the realized loss.

Value of rebalancing. Have a diversified portfolio based on your risk level and goals in 2009, 2013 or even 2 years ago? If you practice "buy-and-hold", you're out of whack. Rebalance back to your target allocation, or economic and market cycles will unmercifully rebalance for you.

Also, cutting losses allows you to reduce outsized winners in your taxable portfolio. And given the last 2 years, there are several large, commonly held names that are outsized.

More to consider beyond this limited space, including the role of your tax bracket, how to re-deploy cash to good use, and opportunity costs.

To learn more, talk with your tax professional or Certified Financial Planner.

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 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.



Glenn Brown



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Council on Aging receives grant to supplement payment to Senior Center class instructors

By THERESA KNAPP

The Hopedale Council on Aging has requested and received a generous donation in the amount of \$3,800 from the Hopedale Friends of Elders, Inc. to be used to supplement payment to Senior Center class instructors.

In her memo to the Select Board on Sept. 21 asking the

board to accept the donation, COA Director Carole Mullen said, "Absent town funding, without the receipt of additional monies, fluctuating and insufficient participant fees jeopardize the Senior Center's ability to offer a variety of programs."

In her application to the Friends, she noted, "The COA has no town funding to pay for

class instructors...The goal is to have participant fees cover at least 50% of the costs required to pay the instructors. We will continue to rely on donations and small grants to address the deficit. I am in the process of exploring grant opportunities for this purpose."

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Road Commission says this will be last year of leaf pickup with current machines

Highway Department asking town meeting to replace a 36-year-old machine

By THERESA KNAPP

At its meeting on Oct. 13, the Hopedale Road Commission said this will be the last year the town can provide free leaf clean-up services if the Highway Department is not able to purchase a new machine.

Highway Superintendent Chris Nadeau told the board the department currently has one working leaf machine and another (from 2003) is in the shop while its engine is being replaced. The machine to be replaced was built in 1985.

“We need that new machine to do the leave pickup, if this is going to continue,” Chairman Eli Potty said at the Road Commission meeting. “This will be the last year with the old ones.”

An Oct. 16 special town meeting was to ask voters to approve funding for a new machine. At

press time, the outcome of that meeting was unknown.

Nadeau also said his department had been replacing faded out signs and crosswalk/road markings. He said there is an industry-wide paint shortage so they painted the stop lines on the asphalt but not the letters “STOP” in an effort to preserve the paint they have left. They also painted one-way arrows at Hope and Hopedale Streets, and are in the process of installing a blinking stop sign at Plain Street which will also require paint. Further, he said there is also a shortage of yellow road paint and it is difficult to find paint to line the athletic fields so those projects are also on pause.

The Highway Department recently painted one-way arrows at the end of Hope Street at Hopedale Street. Credit: Theresa Knapp



Road Commission asks people to mind their trash

Also thanks two residents who help keep Hopedale clean

By THERESA KNAPP

Road Commission Chairman Eli Potty is asking people to mind their trash.

“We do a lot of going out and picking up this stuff, and we’ve put a ton of signage out there, and I’m not quite sure it’s working,” said Potty at the Commission’s meeting on Oct. 13. “All I can say is, the people in this town, respect your town and keep your trash in your car...and throw it out when you get home.”

The Commission noted the Highway Department is a small department that keeps the town looking very nice, and also thanked residents Tommy Bader and Sandra D’Amico who actively pick up litter around upper Freedom Street and Spindleville Pond, respectively.

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Planning Board Chair says department needs help to keep up with demand

Clerical help and part-time planner discussed as applicants express frustration

By THERESA KNAPP

Hopedale Planning Board Chairman Stephen Chaplin told the Select Board his department needs help managing their workload and coordinating the application process, and the need is immediate.

“What we’ve been kicking around is allocating \$10,000 to one or more existing employees we have who can take on the work we have,” said Chaplin, noting that person could also assist other departments that have similar needs.

Select Board Chairman Brian Keyes said applicants have expressed frustration with the slow pace of moving their projects through Town Hall; Town Administrator Diana Schindler said there needs to be a point person to manage the Planning Board workload;

and Selectperson Glenda Hazard stressed the Planning Board is “floundering now” and needs help “asap.”

A lengthy discussion followed about possible alternatives such as hiring “apprentices” from the school system, identifying current town employees interested in a few more hours a week, utilizing the Town Clerk’s office more frequently, and relying on town counsel in the interim. Ultimately, the board decided to accept the offer of ZBA Chair Chris Hodgins who volunteered to serve as an unpaid “short-term bridge” between the immediate need and possible hiring of a part-time planner next year.

Selectperson Lou Arcudi III suggested the Planning Board use its budget for a recording secretary to help with minutes and agenda creation.

Anyone interested in this clerical position is encouraged to visit the town website for details and to apply through the town’s Talent Bank form at https://www.hopedale-ma.gov/sites/g/files/vyh1if711f/uploads/talent_bank_form_updated_2020.pdf

Chaplin will work with Schindler and Hodgins to get someone in the office as soon as possible with the hope of hiring a part-time paid planner whenever possible.

Said Chaplin, “We need to evolve somewhat quickly. Development opportunities in front of us are becoming more sophisticated.”

Hopedale remains one voting precinct

Towns with less than 6,200 residents can maintain one voting precinct

By THERESA KNAPP

Massachusetts General Laws require towns to “divide into convenient voting precincts after each federal census.”

Towns with less than 6,200 inhabitants have the option to remain as one voting district.

According to the U.S. Census Bureau, Hopedale’s 2020 population was 6,017.

“Following the 2020 census results, every city and town evaluated whether [their] town was required to re-precinct.

Fortunately, our population increase did not necessitate that and we were able to stay one precinct,” explained Town Administrator Diana Schindler at the Select Board’s meeting on Oct. 12 when the board voted unanimously to remain as one precinct.

Town officials noted that proposed housing projects in town will likely push the population over the minimum threshold after the next federal census in 2030.

Town website now the official posting site for public notices

By THERESA KNAPP

The primary posting place for public notices is now the town’s website www.hopedale-ma.gov/

“The Town Clerk will still post on the bulletin board [outside town hall] but, again, that will be a secondary posting place and the website will be the first,” explained Town

Administrator Diana Schindler.

The Select Board voted unanimously at its Oct. 12 meeting to make the change.



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Bancroft Memorial Library - November 2021 Update



50 Hopedale Street, Hopedale MA 01747

Contact: Tricia Perry, Interim Library Director, 508-634-2209

Veterans Day

The Bancroft Memorial Library will be closed on Thursday, November 11 in observance of Veterans Day.

Thanksgiving Hours

Wednesday, November 24
open 10:00am-1:30pm

Thursday, November 25
(Thanksgiving Day) **CLOSED**

Friday, November 26 (open regular hours) 1:00pm-5:00pm

Saturday, November 27 (open regular hours) 10am-2pm

Stencil Wall Hanging Take and Make Craft Kit

Pick up a craft kit on Saturday, November 20 and create a beautiful, stencil wall hanging. All you will need is paint!

NoveList Plus

Looking for something new to read, but don't know where to begin? Why not try NoveList Plus, an online resource provided by CW MARS! NoveList Plus includes reading recommendations for all ages based on preferences. Check out our tutorial for the resource on the Bancroft Memorial Library's YouTube page!

Display Case

Would you like to show off a craft or collection that you are proud to own with everyone? The Bancroft Memorial Library has a secure space for you to display your items! The glass case on the main floor is in full view of our patrons so everyone can enjoy your collection as much as you do. If you would like to display your

collection at the library please contact Wendy Sullivan at 508-634-2209.

ONGOING MONTHLY LIBRARY EVENTS

Helen Symonds Book Group

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

The group will meet on Wednesday, November 3 at 1pm to discuss *Dear Edward* by Ann Napolitano. Napolitano builds a gentle but persistent tension as she navigates the mind of passengers on a plane that is about to crash, and the thoughts of the boy who is the only survivor. Twelve-year-old Eddie Adler is flying with his family from New York City to Los Angeles, a temporary relo-

cation for his mother's television writing job. When the plane crashes in Colorado, Eddie is the sole survivor. Follow Eddie in his struggle to build a new life living with his aunt and uncle. Napolitano's depiction of the nuances of post-trauma experiences is fearless, compassionate, and insightful.

The book to be discussed in December will be *Midnight Library* by Matt Haig. "Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived, to see how things would be if you had made other choices. Would you have done anything differently, if you had the chance to undo your regrets? Up until now Nora Seed's life has been full of misery. When she finds herself in the Midnight Library, she can now undo every decision she regrets. But things aren't always what she imagined they'd be..." -- adapted from book jacket CWMARS catalog

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

Book Sale and Raffles

Saturday, November 13, 2021, 10 am - 2 pm

The Friends of the Hopedale Library are pleased to announce the semi-annual Book Sale on Saturday, November 13th from 10 am - 2 pm. You do not need to be a member of *The Friends of the Hopedale Library* to attend! Raffle tickets will also be on sale for gift baskets. The baskets will be on view at the library starting on November 1st. Tickets will be \$1 each or 6 tickets for \$5. There is something for everyone!

LIBRARY

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Hopedale now considered an “MVP” community

Designation reflects commitment to preparing for climate change

By THERESA KNAPP

The Town of Hopedale has been designated a “Municipal Vulnerability Preparedness

Community” which means the town can apply for MVP “action grants” through the state’s Executive Office of Energy and Environmental Affairs.

According to the award letter from EEA Secretary Kathleen Theoharides, the MVP designation “indicates the town’s commitment to preparing for climate

change.”

Town Administrator Diana Schindler told the Select Board at its Sept. 29 meeting that the town can now apply for grants two times a year noting there is a “matching element” but it can be in-kind services.

Schindler says the town has several projects that could qual-

ify for an action grant such as dredging Hopedale Pond and addressing aging dams, stormwater culverts, flood storage, water sourcing, etc.

The town’s Hazard Mitigation Planning team will work on MVP action grants with the hope of submitting the first grant in the spring.

LIBRARY

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Holiday Harmony Quartet

Saturday, December 4, 2021, 2 pm (snow date 12/11)

Please join us on Saturday, December 4th from 2-3 for a holiday concert with the local acapella group Holiday Harmony Quartet. This special event will take place in the upstairs Reading Room. The program will last approximately an hour. To reserve your seat please contact library staff at 508-634-2209 or stop by the upstairs circulation desk. Seats are limited!

Are you interested in joining *The Friends of the Hopedale Library*? *The Friends* meet the second Wednesday of the month at 6:30 pm. We always welcome

new members! Please call or stop by the upstairs circulation desk to join.

The Friends of the Hopedale Library support the Library by providing funds for equipment, materials and programs to supplement the regular operating budget. They offer adult events September- June and fund 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

Check It Out! Celebration

The winners of this year’s “Check It Out!” will celebrate

on Wednesday, November 3 at 6pm with pizza and a special program. Thank you to the Memorial School, who will be providing the pizza dinner, and to *The Friends of the Hopedale Library* for their programming support.

A Dragon Adventure

Mrs. Kraimer is pleased to present the Thanksgiving movie, *A Dragon Adventure*, on Monday, November 15 at 3:30pm. “After communicating with the devious Emrick the Wizard in a dream, King Bedwyr asks his favorite wee dragons, Boil and Cai to bury the hatchet with the Wee Kingdom’s longstanding enemy, Durwyn the dragon, and invite

him to their upcoming wee holiday Thanksgiving celebration! Little do the wees know, Durwyn has his own evil plans! Join the Wee Dragons for a Thanksgiving feast of fun and adventure!” – CW MARS Catalog. For ages 5 and up, please call Mrs. Kraimer at (508)634-2209 to register.

Thanksgiving Floral Centerpiece Craft

Make a festive Thanksgiving centerpiece with Karina James on Wednesday, November 17 at 4pm. This program is for grades 4 and up. Registration is required. Please call Mrs. Kraimer to register for this event at (508)634-2209.

This is Hanukkah!

Join Mrs. Kraimer for some special Hanukkah fun on December 1 at 6:15pm. Listen to some Hanukkah stories, music, and make a craft! This program is for ages 6 and up. Space is limited so call Mrs. Kraimer today 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>

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From cooking pies for a dessert social with family to gathering dried wildflowers for holiday centerpieces, SALMON at Medway’s Tapestry Memory Care community offers your loved one daily programming to keep them active and engaged with Residents and their family and friends. Our state-of-the-art, secure community accommodates the unique and changing needs of Residents with Alzheimer’s or other memory impairments and our expert staff strives to ensure your loved ones live a happy and fulfilling life.

To learn more about our Tapestry Programming visit medwayseniorliving.com

Scarecrow Fest Runs Through Nov. 6

Friends of Historic Hopedale is teaming up with the Hopedale Community House to bring back this fun and popular event! Scarecrows will be on display through Nov. 6. Entrants will need to remove their displays by Nov. 7. Stop by the display for a laugh or a scare!



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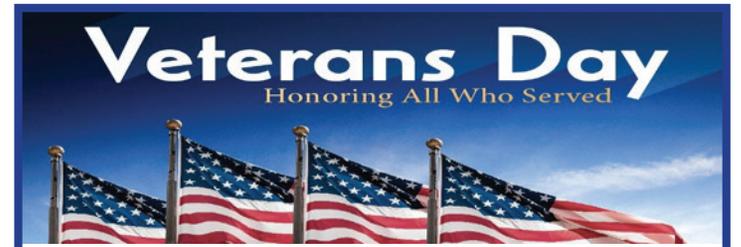
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Ceremony Wednesday Nov. 10, 2021

Hopedale Community House - 9:00 am

Please join us for the outside ceremony (rain or shine) and light refreshments at the Sr. Center following the ceremony.



ATTENTION REQUIRED!!!!

News from SHINE for November 2021

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop and add medical providers from their networks. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

This year we have three new Medicare Advantage Plans, the Harvard Pilgrim Stride Plans are no longer available and Medicare Drug Plans have been reduced to 21 Plans from 27 Plans. Along with these new plans and choices we expect there will be additional marketing with a high volume of plan sponsored meetings.

YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE IN THE PLAN'S NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED.

CENTRAL MASS SHINE WEBSITE

REMEMBER!!! You can visit us on the web at www.shinema.org. Our site has valuable general information and we will be providing updates on open enrollment throughout the Open Enrollment Period.

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment, call your local senior center at (508)634-2208. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail.



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Living Healthy

Eyelid Margin Disease

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

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

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

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

itchiness, redness, and stinging or burning of the eye.

What causes blepharitis?

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

Blepharitis is also associated with meibomianitis—a dysfunction and inflammation of the nearby oil glands of the eyelids (called meibomian glands). Blepharitis is also common in association with a skin disorder called rosacea. In this case, we call the eyelid problem “ocular rosacea”.

What is ocular rosacea?

People who have acne rosacea, a common skin condition causing pimple-like bumps and facial

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

What is demodex blepharitis?

Some people with oily (seborrheic) skin, and more so those who have a weakened immune system can have microscopic mites (demodex folliculorum) and their waste materials cause clogging of follicles at roots of eyelashes, and in some cases might be associated with development of skin conditions such

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

What if I get a sty?

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

How is blepharitis treated?

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

Warm compresses. Wet a clean washcloth with warm water, wring it out and place it over your closed eyelids for at least one minute. Repeat two or three times, rewetting the washcloth as it cools. This will loosen scales and debris around your eyelashes. It also helps dilute oil secretions from nearby oil glands, preventing the development of a chalazion (stye)—an enlarged lump caused by clogged oil secretions in the eyelid.

Eyelid scrubs. Using a clean washcloth, cotton swab or commercial lint-free pad soaked in warm water and few drops of baby shampoo, gently scrub the base of your eyelashes for about 15 seconds per eyelid.

Antibiotic ointment. Your ophthalmologist may prescribe an antibiotic ointment. Using a clean fingertip or cotton swab, gently apply a small amount at the base of the eyelashes before bedtime.

Artificial tears or steroid eye drops may also be prescribed temporarily to relieve dry eye or inflammation.



Specific treatment of demodex blepharitis: A commercial eyelid scrub combined with tea tree oil may be effective for treating this type of blepharitis. Shampooing with a product containing a tea tree extract is also helpful. This is available as Tea Tree Shampoo. The target here is to reduce the population of the mite (demodex). Washing sheets and pillow cases in hot water and drying with the “high” dryer setting is helpful. Avoid makeup for at least 1 week and discard all old makeup. Other reported treatments of demodex blepharitis include sulfur oil and steroids. An anti-parasitic gel (metronidazole) also has shown effectiveness as a treatment. Hypochlorous acid which is available commercially as a spray is also a helpful cleaning solution to kill demodex and tends to be less irritating than tea tree oil.

Eyelid margin disease is very common...With a full-time external disease specialist on staff, 3 locations including a surgery center in Milford, our eye centers offer state-of-the-art equipment to diagnose and treat eye problems, including blepharitis. We have published research papers and lectured to other physicians on the subject. We are now a referral center for difficult cases of ocular surface, lid disease, blepharitis and ocular rosacea. With our expanding practice of 7 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

For more details, see our ad on page 10.



MILFORD - FRANKLIN EYE CENTER



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Get Outraged! It's Time to Talk about Youth Vaping

November is smoking/vaping/tobacco cessation month

Get facts about vapes, industry tactics, and nicotine addiction.

GetOutraged.org

1 in 3 Massachusetts teens vape

Parents play an important role in preventing youth vaping

Talk to your kids today about the dangers of vaping

Parent resources
School resources
Community Resources
Teen Resources
Cessation Resources

For other prevention resources or to learn more about Decisions at Every Turn visit <https://ashlanddecisions.org>

The Massachusetts Department of Public Health recently launched Get Outraged!, a public information campaign to educate parents of middle- and high school-aged youth about the dangers of vaping (makesmokinghistory.org/dangers-of-vaping/outrage). The goal of the campaign is to provide parents and other caring adults the facts about vaping and vape products, industry tactics used to entice youth use, and the real risk of nicotine addiction.

Ashland's Decisions at Every Turn (DAET) encourages parents and caregivers to use the available resources to assist with family conversations about

the risks of teen vaping and to connect tweens/teens who are ready to quit.

While most Ashland students do not vape, DAET says it is important to use evidence-based strategies to prevent first use, reduce current use, and provide support and resources to youth who want to quit. Information campaigns such as Get Outraged! provide opportunities for everyone to be involved in helping to mitigate this public health epidemic. DAET hopes that Get

Outraged! will jump-start important discussions and action steps that can help protect our kids and teens.

DAET's mission is to work with the community to promote healthy decision-making and positive behavioral health and to reduce and prevent youth alcohol and other drug use through evidence-based education and prevention strategies. For more information, join DAET's mailing list at ashlanddecisions.org/get-involved.



Daylight Saving Times Ends Nov. 7

Don't forget to turn your clocks back 1 hour on Sunday, Nov. 7, at 2 a.m.! Get ready for earlier sunrises and sunsets!




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Heating Assistance (SMOC)

The Hopedale Senior Center is taking appointments to assist with applications for the 2021-2022 Fuel Assistance season

SMOC re-certification paperwork was sent later than usual. New Fuel Assistance clients can make appointments for application assistance now for the program's Nov. 1, 2021 start date.

Income guidelines are:

- 1 person \$40,951
- 2 people \$53,551
- 3 people \$66,151
- 4 people \$78,751

Please call 508-634-2208. All inquiries are confidential



The Sounds Of Fire Safety

National Fire Prevention Week was Oct. 3-9, 2021. This year's theme, "Learn the Sounds of Fire Safety," will draw public attention to the different sounds that modern smoke and carbon monoxide (CO) alarms make – and what actions we should take when we hear them.

"Every home is required to have working smoke alarms and most are also required to have CO alarms," said State Fire Marshal Peter J. Ostroskey. "When these alarms beep or chirp, it's time to take action. Make sure everyone in your home recognizes these sounds, understands what they mean, and knows how to respond."

Hear a beep? Get on your feet!

A continuous series of three or four loud beeps means smoke, fire, or carbon monoxide. Get out, stay out, and call 9-1-1.

Hear a chirp? Make a change!

A chirping alarm every 30 or 60 seconds means the alarm's batteries – or the entire alarm – must be replaced. If an alarm using replaceable alkaline batteries doesn't respond or continues chirping with fresh batteries, replace it right away.

"If your smoke or CO alarms take replaceable batteries, we recommend changing the batteries twice a year, usually at the beginning and end of Daylight Saving Time," said State



Fire Marshal Ostroskey. "Sealed alarms with non-replaceable, long-life batteries should be replaced after 10 years."

For more than a decade, all smoke and carbon monoxide alarms have had the manufacturing date printed on the back. If the date on your smoke alarm is more than 10 years old, if the date on your CO alarm is more than five to seven years old, or if there's no date at all, it's time to replace the alarm.

Options for People Who are Deaf or Hard of Hearing

People who are deaf or hard of hearing may not be able to hear typical alarms to let them know there is danger – but specialized alarms and devices are available to ensure everyone's safety in case of fire or high CO levels. These devices may have strobe lights to alert them when they're awake, or a pillow or bed shaker activated by the sound of a standard alarm for

when they're asleep. As with any alarm, they can also signal when the battery is low.

Maintenance

Follow your alarm manufacturer's cleaning instructions to keep them working properly: these instructions are included with the packaging and can be found online. Test alarms once a month and replace them if they fail to respond.

Working Smoke and CO Alarms Save Lives

"Working smoke alarms can cut the risk of dying in a fire in half, and working CO alarms can alert you to a deadly gas you can't see, taste, or smell," said State Fire Marshal Ostroskey. "The noises these alarms make can be the difference between life and death – so make sure you and your loved ones learn the sounds of safety."

For more information on smoke and CO alarms, visit the DFS webpage. For more Fire Prevention Week tips, visit www.FPW.org.

About Fire Prevention Week

Since 1922, the National Fire Protection Association has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

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Sports

Hopedale Volleyball Looks to Improve Upon Last Year's Success

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

After going 6-4 in their pod last year during an abbreviated COVID season, the Hopedale girls' volleyball team is looking to take that success and use it to their benefit this fall.

The Blue Raiders had opened the season on a high note, but fell to 2-4 when they lost a player to COVID for a couple of weeks, but Hopedale was able to close out the season with four straight wins. The girls not only learned how to win when they were down, but they also began doing the right things on the court as a team.

Bianca Fitch, who is now playing volleyball for Stonehill College, was an important cog in the Blue Raiders season. Playing since the eighth grade she became one of the best in the state and according to Coach Chris Ridolfi, the team may not be able to replace Fitch with one person, but collectively Hopedale will be able to make things work in her absence.

Through the early part of the season the Blue Raiders are improving with each and every match while getting contributions from different kids each night. Captains Kelly Knowlton, a right-side hitter, and Gina Wilke, a middle hitter, have given the Hopedale Coach two leaders on and off the court. In addition to being the two most potent hitters on the squad, the duo was named captains unanimously by last year's players, giving the team exactly what they needed.

"Both girls lead by example. Although intense, Kelly is also a very light hearted individual that keeps things fun as well," Ridolfi said. "Gina brings balance that allows to the two to play well together. She is a selfless player with talent to take over and carry a match."

Another senior outside hitter gives the Blue Raiders one very consistent athlete to step onto the court whether its passing,



defense or attacking. Lately she has been finding ways to score and her serve is becoming unstoppable; Coach Ridolfi will be relying heavily on to be a positive performer.

While her older sister may have taken her volleyball skills to the next level, junior Fran Fitch is hoping that she can become as important of a team player as Bianca. The Hopedale setter, who has been playing on the varsity team since her freshman campaign.

"She is a skilled setter and one who will most likely touch the ball at least once every time it is on our side," the Coach said. "She is a confident hitter and gets the ball to the front at the right time for our hitters; her serve is also coming along."

Other hitters hoping to make a name for themselves are juniors Riley Thomson (starting outside hitter), April Mason (middle hitter) and Taylor Martin-LaVache (middle hitter) as

well as sophomore outside hitter Kelsey Evans.

Playing defensive specialist will be junior Emily Stewart and senior Ashleigh Bourgeois. The senior has good flexibility and is usually the first off the bench to give the Blue Raiders a spark. Another defense specialist will be first year junior Nena Koman, a transfer from Nipmuc, who will give the squad some added depth.

Ridolfi will also carry four-swing players who will go between the JV and varsity squads. Leading the way will be sophomore Emma Bougeios, freshman Mia Cote and eighth-graders Olivia Barros and Phoebe Carroll.

Ridolfi is expecting the Blue Raiders to once again challenge for the Dual Valley Conference (DVC) league title. Nipmuc and Whitinsville-Christian are the other two teams in the DVC. Hopedale will be battling for the championship. With no Section-

als this fall following the regular season Hopedale will take part in a possible four game max Central Mass Tournament before potentially heading toward the States.

"Without the Sectional Tournament it means you're going to need to have a better seeding going into the State Tournament," Ridolfi said. "You'll be playing some stronger teams right off the bat in the States so you'll want to have as many home matches as you can. It will also make your traveling much

easier instead of it being a challenge if we have to travel to far away schools."

Having no tournament prior to the State Tournament, the regular season is now even more important that the team has no slip ups because it could come back to haunt them in the seedings. Strength of schedule throughout the regular season will now play a big part of preparing for the post-season and Hopedale is hoping that the higher level of play will prepare them for the States.

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<p>1</p> <p>9:00 am Free Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Memoir Writing</p>	<p>2</p> <p>9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge</p>	<p>3</p> <p>10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage</p>	<p>4</p> <p>10:00 am Watercolor Class 1:00 pm Tai Chi</p>	<p>5</p> <p>9:00 am Re-boot Strength & Balance</p>
<p>8</p> <p>9:00 am Free Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Memoir Writing</p>	<p>9</p> <p>9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge</p>	<p>10</p> <p>9:00 am Veterans' Day Ceremony 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage</p>	<p>11</p> <p>CLOSED FOR VETERANS' DAY HOLIDAY</p> 	<p>12</p> <p>9:00 am Re-boot Strength & Balance</p>
<p>15</p> <p>9:00 am Free Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Memoir Writing</p>	<p>16</p> <p>9:00 am Yoga with Crystal 11:30 am Grab & Go Meal 12:30 pm Mah-Jongg 1:00 pm Bridge</p>	<p>17</p> <p>9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage</p>	<p>18</p> <p>10:00 am Watercolor Class 1:00 pm COA Board Meeting 1:00 pm Tai Chi</p>	<p>19</p> <p>9:00 am Re-boot Strength & Balance 10:30 am BCBS Medicare Open Enrollment Presentation</p>
<p>22</p> <p>9:00 am Free Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Memoir Writing</p>	<p>23</p> <p>9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge</p>	<p>24</p> <p>10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage</p>	<p>25</p> <p>CLOSED FOR THANKSGIVING HOLIDAY</p> 	<p>26</p> <p>CLOSED FOR THANKSGIVING HOLIDAY</p>
<p>29</p> <p>9:00 am Free Panera 10:00 am Low Impact Exercise 11:30 am Lunch @ Sr. Center 12:30 pm BINGO 1:00 pm Memoir Writing</p>	<p>30</p> <p>9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge</p>			





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Memoir Writing Class
Mondays 1:00 pm
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Hopedale Sr. Center



A text may come and go, but a journal entry can become a memoir. Phrases like "person in tears", "secret meeting" and "reluctant participant" or looking at an old photo can evoke memories from the past. Writing about these memories brings vivid awareness of years gone by, inspire present conversations, both to be shared with friends and family. The best history is not famous names, places and dates in a textbook; it is from ordinary people like us. **Join our newly formed writing group to explore the story of you.** Our instructor is Terry Gillis seasoned retired Milford High English teacher extraordinaire. Sign-up required.

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
10/07/2021	73 Laurelwood Drive	\$335,000
9/30/2021	336 South Main Street	\$405,000
9/28/2021	215 Laurelwood Drive	\$319,900
9/24/2021	91 Dutcher Street	\$415,000
9/23/2021	11 Gannett Way	\$670,000

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



336 Main Street in Hopedale recently sold for \$405,000.
 Image credit: www.zillow.com

**ATTENTION
 HOPEDALE
 RESIDENTS!**



Hopedale Town News
 now has its own Facebook page!

Like **Hopedale Town News** on Facebook to keep up-to-date with articles, events, give-a-ways and contest announcements for Hopedale!



As always, find us online at hopedaletownnews.com



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