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Vol. 8 No. 7

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October 2022



Having fun with DJ Mike's bubble machine.
Courtesy photo

Hopedale Day in the Park

The Hopedale Cultural Council wishes to thank all the sponsors, vendors, artists, and attendees for a fun and successful 42nd Hopedale

Day in the Park.

The winners of the gift card giveaway to the Hopedale Pizza Market were Mike Coffman, Madeline Hodg-

don, Yona Vincent, & Maureen Blake.

PARK

continued on page 2

Hopedale needs a Town Planner immediately

Planning Board Chair says need is "dire"

By THERESA KNAPP

The general consensus among most town officials is that Hopedale needs a Town Planner, and fast.

"I feel like it's a huge benefit to the town and well worth whatever we decide the salary is going to be," Select Board Chair Glenda Hazard said at a joint meeting with the Planning Board on Sept. 12.

"This position is very much needed as a piece that's very clearly missing, particularly to those of us who are on the front lines," said Planning Board Chair Stephen Chaplin. "The consequences of not having this person are pretty dire."

Chaplin told the Select Board last year that his board needed help keeping up with all the planning that is happening in town.

Meeting, voters allocated funds to fund a Town Planner position. Those funds are earmarked in the Reserve Fund and can be transferred when needed.

At the boards' Sept. 12 meeting, Town Administrator Diana Schindler shared a job description "from the file" that had been drafted 12 years ago, on April 2, 2010.

"This need's been there for more than a decade," said Chaplin. "The job description we're working off of is 12 years old so that means it's probably been a need for two or more decades."

Select Board member Brian Keyes said the town needs someone with professional expertise to take the lead regarding planning matters.

PLANNER

continued on page 2

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PARK

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Art Show Winners:

Purchase Prize:

Bright Insurance- Deborah Bottomley "Forest Glow"
 Milford Federal - Jean Pellerin "Hopedale Relic"
 Atria Draper Place - Karina James "The Duck Pond"
 GFI Partners - Billi Manning "Rock Harbor"
 Caroline's Cannabis - Nancy Russo "Quiet Road"

Watercolor 1st - Marilyn Rocks "Girl at the Pow Wow"
 Watercolor 2nd - Jean Pellerin "Hopedale Relic"
 Watercolor 3rd - Jackie Stein "Incoming Bills"

Photography 1st - Francesca Tramboulais "Calm Before the Storm-Death Valley"
 Photography 2nd - Billi Manning "Rustic Bridge Hopedale"
 Photograph 3rd - Billi Manning "Rock Harbor"

Mixed Medium 1st - Deborah Bottomley "Spring Planting"
 Mixed Medium 2nd - Karina James "Izalco Volcano"
 Mixed Medium 3rd - Cailyn O'Brien "Mittens Ballerina:"

Acrylic/Oil 1st - Deborah Bottomley "Forest Glow"
 Acrylic/Oil 2nd - Jackie Stein "Crowvid"
 Acrylic/Oil 3rd - Marilyn Rocks "Rest & Renew"

The Viewers Choice Award was won by Karina James

Hopedale Cultural Council Day in the Park Sponsors- as of 9/1/22

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 Daniel Soares, Electrician
 Virginia and Francis Larkin
 Antonia C. Maki, MD
 Hopedale Pizza Market
 Hopedale Dental Center
 Dean Bank
 Buma-Sargeant Funeral Home

Silver:
 Hens and Chicks Cookie Company

Bronze:
 Watson Colonial Funeral Home

Art Show Purchase Prize Awards
 Bright Insurance
 Milford Federal Bank
 Atria Draper Place
 Caroline's Cannabis



Clockwise from left: Miniature painting with the Jolly Good Giant; Bunnies from Animal Craze Petting Zoo; The fire department sold T-shirts for Scarlet's Tribe; Having fun at the games; A tortoise from Rainforest Reptiles. Courtesy photos



PLANNER

continued from page 1

"We have more going on as far as development in this town right now than we have probably had in the last five years," said Keyes. "The problem is the Town of Hopedale can't get out of its own way and we don't have anyone giving any

sort of direction."

He said the town needs help or, "at the end of the day, we're either going to go bankrupt or we're going to get annexed to a neighboring town because we just cannot keep doing this, it's not sustainable."

The boards will work to refine the job description, review the current market to gauge the proper salary and job qual-

ifications, and will consider the merits of hiring a third-party consultant or a temporary person. At press time, they were set to continue discussions in September.

Schindler estimated it would take two months to fill the position, once the job description was finalized.

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Hopedale officials sign new Order of Taking

Restarts clock while town awaits court ruling

By THERESA KNAPP

After town meeting approved a new order of taking of land at 364 West Street, land currently in legal limbo with the Grafton & Upton Railroad, the Hopedale Select Board signed that order but the GURR opposed the taking and now the

parties are waiting for a ruling from the court.

At a Select Board meeting on Aug. 24, attorney Mina Markarios, who is assisting the town in this matter, explained that a taking typically needs to be filed within 30 days and that time will likely expire before they receive a ruling from the

court. He, therefore, asked the board to sign a new taking.

The vote was to reaffirm and renew the vote the board took on Aug. 1.

“It’s a bit of a formality,” Markarios said, noting there was no difference in the vote they took previously, just the date, and the Aug. 24 signed

document would be the one filed with the court.

Markarios said he advised GURR counsel that the board would take this step.

The motion to reaffirm and renew the vote passed 2-1 with selectman Brian Keyes opposed. He said he was still opposed to the “current strategy” and opposed to the town wasting time and money on this matter.

Select Board Chair Glenda Hazard said the legal fees on this matter are being paid by a donor, but Keyes disagreed.

Selectman Bernie Stock supported the taking. “I think what we’re doing is simply a reflection of what the voters have told us in two town meetings, that’s where I’m coming from, I’m representing what they want.”

Hopedale Early Voting

Hopedale Town Clerk's Office (Draper Room)

Saturday, Oct. 22: 9 a.m. - 1 p.m.
 Monday-Thursday, Oct. 24-27: 9 a.m. - 3 p.m.
 Friday, Oct. 28: 9 a.m. - Noon
 Saturday, Oct. 29: 9 a.m. - 1 p.m.
 Monday-Thursday, Oct. 31 - Nov. 3: 9 a.m. - 3 p.m.
 Friday, Nov. 4: 9 a.m. - Noon

LAST DAY TO REGISTER TO VOTE:
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HCA approved for Green Mountain Chocolate & Cannabis Co.

Town approves first step to revitalize closed chocolatier

By THERESA KNAPP

The Hopedale Select Board has approved a Host Community Agreement for Manufacturing and Tier 1 Cultivation for Green Mountain Chocolate & Cannabis Company at 1 Rosenfeld Drive.

The site was the previous home of Green Mountain Chocolate which closed its doors in June 2021.

The new owners plan to bake cannabis-infused chocolates at this location.

“The initial plans are to lean into the experience, the expertise and frankly recipes of what was there before, so infused chocolates, other edible goods,” explained Blake Mensing of The Mensing Group LLC, a Boston cannabis advisory firm

that represents the new owners. “Really just making use of the commercial kitchen, infusing wholesale distillate (purchased from another licensed producer within the state).

The owners listed on the HCA are Timothy Phillips and Kevin MacConnell with an address of 660 Douglas Street, Suite 400, in Uxbridge, also the home of Yamna Cannabis. Neither owner was present at the meeting.

The HCA is the first step in a lengthy process to get approval. This proposal is for a business-to-business setup with no customer aspect proposed, according to Mensing.

“The only available customer base to this facility would be a licensed retail establishment, a wholesale delivery operator,



or I suppose a manufacturer could take a product and turn it into a cake or something,” said Mensing, and also indicated the owner might expand its operations on the parcel in the future.

While the agreement was

being signed, Michael Scott (who was identified as “Todd’s partner”) asked when the town would make a decision on the number of marijuana establishments it would allow into town, and also said they would be in-

terested in opening a bakery in the future. Selectman Brian Keyes said the town boards are still discussing a possible quota, and that a bakery could be a possibility in the future.

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Town one step closer to marijuana overlay district bylaw

By THERESA KNAPP

The Planning Board and Select Board met again in August to discuss a possible marijuana overlay district that could address the several cannabis estab-

lishments that are in Hopedale, or hope to be in Hopedale, in the near future.

Select Board members Brian Keyes and Bernie Stock joined the Planning Board’s meeting on

Aug. 24 to review a draft bylaw that was the result of a similar meeting held on Aug. 3.

“Tonight we’re workshopping a working draft,” said Planning Board Chair Stephen Chaplin, noting the town is ‘writing the rulebook’ as it relates to marijuana.

“This will culminate in a public hearing that we publish and hold subsequent meetings on, and that public hearing process will culminate in a recommendation to Town Meeting,” Chaplin explained. “At this point our goal is to essentially get a rough draft in place so that we can move this towards a published hearing

where we can, at the end of that process, make a specific recommendation to town meeting.”

The boards agreed on the purpose of the Marijuana Overlay District Bylaw which “is to provide for the placement of Medical Marijuana Treatment Centers (“MMTCs”) and Adult Use Marijuana Establishments (“MEs”) in locations suitable for such uses in accordance with G.L. c. 94G and all applicable regulations, including 935 CMR 500.000 and 935 CMR 501.000, in order to support the public’s

BYLAW

continued on page 5

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Eye Opening Costs At Open Enrollment?

Pop Quiz: Per U.S. government data, over past 12 months (8/21 - 8/22) which has increased the most in price?

- A) Household Energy
- B) Unleaded Regular Gasoline
- C) Bread
- D) Health Insurance

In fairness, you've experienced A) 21.2%, B) 24.1%, and C) 16.2%, however for many fall brings Open Enrollment to work benefits so sticker shock of D) 24.2% health insurance has yet to be realized.

That's right, health insurance increased ~3X greater than 8.3% US inflation and same as gas. Think of the promotions or actions you've taken to save \$5-15 at the pump. Well, this is greater for family paying \$500 a month on a corporate health plan and facing ~\$1,440 annual increase.

What can you do?

Understand Plan Changes & Your Situation: In a PPO due to your doctor, but you've visited him/her twice in the last 3 years? What's the highest annual out-of-pocket medical expenses total



Glenn Brown

the last 3-5 years? Expect high out-of-pocket expenses in 2023? These and other questions will help you run the numbers.

Case for High Deductible Health Plans (HDHP): People get scared by maximum out-of-pocket costs for HDHP and dub HDHP "for the healthy and wealthy". Yes, a PPO will have lower maximums and deductibles, but you're guaranteed to pay more to obtain.

Compare PPO costing \$247 biweekly with \$6,000 maximum

out-of-pocket versus HDHP at \$142, a \$13,000 maximum out-of-pocket, and employer providing \$1,500 to enroll in Health Savings Account (HSA).

PPO guarantees \$6,422 paid in premiums while HDHP is \$3,692 less \$1,500 given by employer to contribute to HSA, thus equals \$2,192 or \$4,230 less than the PPO. Thus, maximum out-of-pocket expenses differential is \$2,770 and not \$7,000. Furthermore, you'd need \$10,230 of out-of-pocket medical expenses to make this PPO breakeven with this HDHP.

About Health Savings Accounts (HSAs): Tax-exempt savings plans paired with a HDHP meeting certain criteria. HSA is not "Use It or Lose It" like Flex Spending Account (FSA) and upon leaving a company or retirement, you maintain your HSA.

Key HSA facts:

- In 2023, individual can contribute \$3850 and family up to \$7,750.
- Over age 55 an additional \$1,000.
- All contributions are tax-free: federal, state, and FICA (Social Security and Medicare).

BYLAW

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right to access marijuana and marijuana products while mitigating community impacts and protecting public health, safety and welfare."

During a 2.5-hour discussion, the boards combed through the six-page draft bylaw, considered

buffer zones, and expressed the need to update the town's zoning map and agreed to speak with the Central Massachusetts Regional Planning Commission about doing that work.

Suggested marijuana locations included the "south part of town with a little bit of area right around Cumberland Farms, and one parcel up around [Route] 140."

The Planning Board will share the discussion and edits with town counsel who will make the suggested revisions.

"And then we will formally notice a public hearing where we will solicit comments from the public on the resulting draft," said Chaplin. "Then, at the end of that public hearing process, we will make a recommendation to Town Meeting."

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Set Some Time and Seek Help: Open enrollment is the once-a-year opportunity to make changes to your work benefits

without needing a life event. Beyond insurance and retirement benefits, these elections help maximize your savings, estate planning and taxes for 2023 and beyond.

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.

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Thanks To Yanks Makes Impact On Veterans, Active Military

Hopedale veterans, first responders and Girl Scouts are just a few local groups helped by Thanks to Yanks.

“In Hopedale, we have worked with the Girl Scouts in the collection of cookies that we then send overseas to those deployed. We have the Scouts cut out the stars of American Flags prior to proper disposal, we then have the stars laminated and given out to veterans as a thank you.

“Thanks to Yanks also supports First Responders, we had custom coffee roasted called Hopedale Firehouse roast and donated to the Hopedale fire department,” said Mike Shain, who runs the organization.

Many years ago, Shain became inspired to support veterans after attending a lunch-in for a post memorial day parade, and decided to start Thanks to Yanks, a non-political 501(c)(3) organization whose mission is to support military members, veterans, and their families.

“Thanks to Yanks is for saying thank you. It is an attitude of appreciation for those who serve and especially for the families of those who serve,” he said.

Shain said he comes across many people don't know there are servicemen who are deployed.

“While yes, it's true they aren't in Afghanistan, we do have people overseas. There is actually a mass contingency of the Mass National Guard in the Middle East, so we just sent them girl scout cookies,” he said

In addition to sending over the sweet treats, Thanks to Yanks also sent over thank you cards written by the Milford Senior Center.

Shain touched on a photo of soldiers sipping Dunkin' coffee on the Thanks to Yanks website, noting the coffees in one hand and guns in the other.

“These soldiers were doing sniper training for another government. I reached out to them and asked them what they can use and everyone drinks coffee,”

he said.

He said the soldiers requested K-cups, so Shain reached out to the franchise owner of Dunkin' who is based in Holliston and owns many Dunkin' shops in the area. Shain said he provided Thanks to Yanks with the K-cups to send over to the soldiers.

Aside from sending the cookies, cards and coffee, Thanks to Yanks also runs a program called Hope for Heroes, which is held near veterans day each year.

At the event, volunteers collect items for veteran homeless shelters. Additionally, they collect items such as snacks and games to fill care packages.

“A taste of home is always appreciated,” Shain said.

He explained that post 9/11, he believed there should be a way to thank military families for the service of their loved ones, so he organized the 9/11 dinner, an event for military families to dine together, which lasted for 13 years.

In addition to commemorating military servicemen and their loved ones, the dinner also celebrates the fallen first responders of 9/11.

“We had 450 guests who all came for free. Again, it was just a way for us to say thank you for



your service, thank you for your sacrifice,” he said.

Shain added that during the last three years of the dinner, the Medal of Liberty, an award given to the families of a soldier who died in action, was awarded to a family.

“We were blessed to be able to incorporate the Medal of Liberty Ceremony into our 9/11 dinner,” he said.

Thanks to Yanks Volunteer Maggie McIssac said working with Shain is “an absolute pleasure” and that he “puts his heart and soul” into the organization.

“You can see his excitement at an event when he is selflessly helping and doing good things for others. Mike is a great listener with innovative ideas while also offering sound, wise advice. He has the best intentions with what he is doing and he is always in-

credibly grateful to all those who help contribute to the cause, no matter how big or small that contribution may be,” she said.

McIssac touched on the impact of Thanks to Yanks.

“Thanks to Yanks is such an important organization because there are not a lot of civilian lead support groups for active military, veterans, and their families in the area. The outreach from the proceeds raised over the years has extended to areas all over New England and worldwide,” she said.

McIssac continued, “Mike and his organization has touched the lives of so many countless service men and women and their families. There will also be a need to support the military veterans in so many various capacities, and that is why it is so important to have a nonprofit group like Thanks To Yanks.”

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Contact: Tricia Perry, Library Director 508-634-2209 tperry@cwmares.org

Columbus Day

The Bancroft Memorial Library will be closed on Monday, October 10 in observance of Columbus Day.

First Annual Pumpkin Decorating Contest!

Participate in the Library's first annual pumpkin decorating contest! Decorate a faux/foam pumpkin at home (no real pumpkins please - they don't keep well inside) and drop it off at the Bancroft Memorial Library beginning Tuesday, October 11. Vote with a non-perishable food item for your favorite pumpkin from October 12-26. The entry with the most votes wins a prize, so vote early and vote often! All food items will be donated to The Daily Bread Food Pantry in Milford. The Library will have a limited number of pumpkins to give out while supplies last, but feel free to provide your own in whatever size/color/shape you'd like! Good luck and happy decorating!

Intellectual Freedom: Fighting the Good Fight with Martin Garnar, PhD

On Wednesday, October 19 at 7pm, the Hopedale Unitarian Parish and The Friends of the Hopedale

Library invite you to join in a community conversation led by Martin Garnar, Director of the Amherst

College Library, Chair of

the ALA Intellectual Freedom Committee, and Editor of the 10th edition of the Intellectual Freedom Manual. Across the country there has been an overwhelming increase in the number of materials challenged in school districts and public libraries. Join us as we explore the themes of freedom of expression, the intersection of intellectual freedom and social justice, and the rights of readers. To sign up, please call the Library at (508)634-2209.

Ongoing Monthly Library Events

Helen Symonds Book Group
The Helen Symonds Book Group meets in the Library Program Room at 1:00 pm on the first Wednesday

of every month. Everyone is welcome to join the group. If interested, please call the Library at (508)634-2209 to request a copy of the discussion book.

The group will meet on October 5 at 1:00pm to discuss 11/22/63 by Stephen King. "Receiving a horrific essay from a GED student with a traumatic past, high-school English teacher Jake Epping is enlisted by a friend to travel back in time to prevent the assassination of John F. Kennedy, a mission for which he must befriend troubled loner Lee Harvey Oswald." -adapted from CW MARS catalog

Join the group in November to discuss The Paris Architect by Charles Belfoure. "A Parisian architect is paid handsomely to devise secret hiding spaces for Jews in his Nazi-occupied country but struggles with risking his life for a cause he is ambivalent towards, until a personal failure brings home their suffering." -

CW MARS catalog
Wednesday Needlework Group

Join us for an evening of needlework every Wednesday night from 6:00pm until 7:45pm. Bring your latest project. No commitment required - come when you can!

The Friends of the Hopedale Library

The Friends of the Hopedale Library are pleased to present The Doll-Maker's Ghost and Stories on Wednesday, October 12th at 6:30 pm. This hour-long program will be held in the downstairs program room. Join us as actress and puppeteer Charlotte Anne Dore presents three creepy stories. This show uses real antiques and objects that come to life as Charlotte tells the stories of The Doll maker's Ghost, Jessica's Well and Dr Joseph White. The intended audience is teens and adults. There is no charge to attend this program, but registration is required. To register, please stop by the upstairs circulation desk or call 508-634-2209. You do not have to be a Friend of the Library to attend. The Friends hold their meetings on the second Wednesday of the month at 6:30 pm. New members are always welcome!

News from the Marjorie Hattersley Children's Room
"Check It Out"

The Library's annual "Check It Out" contest for grades K-3 at Memorial Elementary School is here! During this four-week contest (October 1-31), children are urged to visit the Library and earn points for their class. Check out an item and tell us your grade and teacher. Each visit with a

checkout = 1 class point. Come every day if you like! The winning class will win a pizza dinner and special evening event chosen just for them at the Library, along with a basket of fun items for the classroom. This annual competition is sponsored by The Friends of the Hopedale Library and Memorial Elementary School.

"Kids Plus One" Book Club

Join our newest book club for kids in grades 3 and 4 on Monday evenings (Oct 3 & 17) from 6-7pm! Bring an adult of your choice and discuss books! Books will be provided. Please call Mrs. Kraimer to register at (508)634-2209.

Homeschool Hangout!

Join homeschool families from the Hopedale area to learn, engage, and socialize on Tuesday mornings 11am-12pm. All ages invited!

Story Hour with Mrs. Kraimer

Join Mrs. Kraimer for stories, flannel boards, music, and crafts on October 4 & 11 at 3:30pm! Please call to register at (508)634-2209. Ages 3-6

Mother Goose

It's Mother Goose time! Enjoy stories, puppets, music, and rhymes on Thursday mornings at 10:30am on October 6 & 13. Please call Mrs. Kraimer to register at (508)634-2209. Ages 2+

Come Sail with Me!

Sail away with Mrs. Kraimer on Saturday, October 15 at 11am! Listen to nautical tales and make a wooden sailboat! Please call Mrs. Kraimer to register at 508-634-2209. Ages 3+

Halloween Fun

Celebrate Halloween with us on Wednesday, October 26 at 6:30pm! Check our website for details.

For updates throughout the month, Friend us on Facebook and sign up at www.wowbrary.org to

discover the Library's newest books, movies and music. The library webpage is <https://www.hopedale-ma.gov/bancroft-memorial-library>.

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Hopedale residents to participate in Boston Marathon Jimmy Fund Walk

Two residents from Hopedale will participate in the Boston Marathon Jimmy Fund Walk presented by Hyundai on Sunday, Oct. 2.

Ashley Clinton and Melissa Butler, along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$155 million for Dana-Farber Cancer Institute in its 33-year history.

"Throughout the past 33 years, the Jimmy Fund Walk has

continuously supported life-saving research and cancer care at Dana-Farber. And the pandemic didn't stop us," said Zack Blackburn, Director of the Jimmy Fund Walk. "Over the past two years, participants walked virtually and celebrated in their own unique ways. Now, we welcome them to walk the course in person. We are back, we are together, and we are stronger than ever."

Participants have the flexibility to choose from four distance options: 5K Walk (3.1 miles from Dana-Farber Cancer Institute), 10K Walk (6.2 miles from Newton), Half Marathon Walk (13.1 miles from Wellesley), or Marathon Walk (26.2 miles from

Hopkinton). Participants can also choose to join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Virtual programming and supporting materials are available.

Along the course, walkers are treated to 12 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk end at the Copley Square Finish Line Powered by Schneider Electric with a celebration complete with food, music, and a speaking program.

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A beginner's guide to fall planting and maintenance

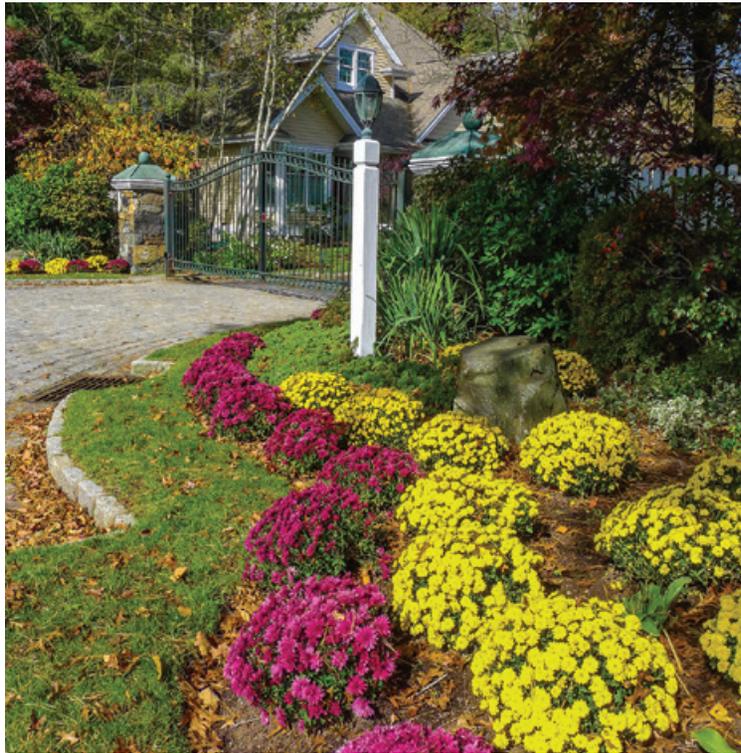
Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

- Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

- Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.
- Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.
- Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year.



So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

- Clean up unwanted growth. Fall is an ideal time to cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the

mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil, enhancing growing possibilities and limiting weed growth.

- Propagate plants in the fall. As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.
- Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

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Robert “Rob” Greene founded the company in 1980 and runs it today with his son Robert Jr. “Robbie.” Their goal is to provide top-notch workmanship at an affordable price.

“I decided to start my own business after I noticed that homeowners were being charged very high prices for a mediocre job,” says Rob. “This bothered me. I knew that if I could offer customers an exceptional job with fair pricing, that I could make a difference.”

Rob himself started roofing at the age of 13 with his father for his father’s construction company. Rob learned everything about roofing from the “great old-timers” who were up on the roof working right along with Rob, teaching him everything he now knows.



Today, Robert Roofing is fully licensed and insured, and performs work on residential and commercial buildings plus new construction. They have an “amazing crew” that offers various types of roofing (asphalt, rubber, low-slope, specialty shingles, etc.) as well as other services including gutter installation, new downspouts, vinyl and wood siding, coil stock metal coverage, soffits, and chimney repointing and flashing.

Did you know fall is peak roofing season? Rob says it is

Business spotlight

very important to have your roof evaluated before the cold winter months. If you need a new roof, or roof repairs, now is the time to do it.

“It’s easy to brush off some minor wear and tear water damage or damaged shingles but these are strong indicators that you need to replace your roof.

“Robert Roofing and Gutters is everything you want a contractor to be: Honest, reasonably priced, expert in what he is doing. Nothing flashy, just good work.”

David Williams

Don’t wait until spring to replace your roof, as doing so can exacerbate your problems. Any damage that you’ve discovered can only get worse during the winter with freezing rain, ice, snow and sleet. It’s best to be proactive instead of dealing with emergency roof repairs at the last minute.”

Robert Roofing will try their best to restore your roof and not sell you a new one. But if you need a new roof, their expert installers will make sure the job is done right the first time.

For the warmer months, Rob stresses the importance of roof ventilation which can also help with energy savings.

“The proper roof ventilation allows proper airflow between the attic and the outdoors. If a roof isn’t properly ventilated, hot air can become trapped inside the attic and cause your entire house to heat up gradually like any oven. This puts a huge strain on your home’s cooling system and leads to a noticeable rise in your monthly energy bills.”

For a full list of services available, visit www.robertroofingandgutters.com or call 857-247-8709 where you can also arrange a free estimate with Rob.

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Under Pressure gets homes ready for the holiday season

By CHRISTIE VOGT
CONTRIBUTING WRITER

In anticipation of fall bonfires, winter holiday gatherings and cold weather challenges, exterior cleaning company Under Pressure is busy preparing and sprucing up homes for the season. “The work we do is like a tune-up of the house from top to bottom, from roofs to gutters to windows to patios,” says owner Mark Mercer. “We’re helping people to love their home again, especially around the holidays, and to refocus attention on the importance of the health of a house.”

Mercer says that cleaning exteriors in late summer and early fall is an optimal time because houses stay cleaner for longer due to less pollen, landscaping debris and humidity-induced mildew. Under Pressure is also able to wash surfaces later in the year — even as temperatures drop to the 30s — thanks to water heating mechanisms in its trucks. “Winter is long, and homeowners should be asking themselves at this time whether their house is prepared for the

Business spotlight

changing weather ahead,” Mercer says.

In addition to washing, Under Pressure offers shrink-wrapping to protect outdoor furniture, water features, garden monuments and other items that need to be shielded from the elements. “Shrink-wrapping is a great alternative to covering things with weatherproof fabric, which often gets chewed through by critters,” Mercer says. “Shrink-wrapping also saves space because we can push everything into one tight bundle in your yard rather than having your patio furniture take up square footage in your garage or basement.”

Under Pressure also offers safe and efficient ice dam and snow removal services. Its gentle but powerful steam method quickly remedies problematic areas on roofs without damaging a home’s structure.



Routine maintenance and cleaning services like these are important, but Under Pressure is also eager to bring a bit of magic to customers this year in the form of custom-designed holiday lighting. “We are really excited about this new offering,”

Mercer says. “It’s amazing what you can do with a home nowadays with new light technologies, and customers have been asking us for years for a service like this.”

Under Pressure’s team has gone through weeks of training and safety courses in order to design and install holiday lights that cater to customers’ imaginations. “The designs are only limited by homeowners’ creativity,” Mercer says. The company uses LED lights and can illuminate an entire house with one extension cord and a timer. Homeowners don’t have to worry about maintenance or storage either; Under Pressure

will take the lights down at the end of the season and store the equipment until homeowners want to reinstall a display in the coming year.

“We can decorate homes for Halloween, Christmas, Hannukah, New Years — any winter holiday that people want to celebrate,” Mercer says. “Holiday lighting creates a special feeling; there’s just something about the warmth that it brings to a place.”

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Fireplace trends help create attractive, comfortable rooms

Fireplaces are useful features in a home. Fireplaces are sources of ambient heat and also add style to indoor spaces.

Fireplaces can complement just about any interior style. Fireplaces can be traditional and burn wood or connect to a home's natural gas supply for on-demand ambiance. What's more, fireplaces may come in vented or ventless varieties, depending on homeowners' preferences and what is allowed by community building codes. That means a chimney or flue may not be needed — expanding the list of rooms where a fireplace can be installed.

Certain trends have emerged among fireplace fans in recent years. Here's a look at what's getting consumers fired up about these home decor elements.

- **Minimalist style:** Many fireplaces are designed in neutral colors with minimal trim that directs focus on the fire and not the appliance. When the fireplace is not in use, it blends in with surroundings and will not compete for attention with other design elements.

- **Convertible fireplaces:** Homeowners can choose between open or sealed fireplaces. A convertible fireplace enables homeowners to

have the best features of these options. A convertible fireplace can be converted to wood from gas, or the opposite, in as little as 30 minutes.

- **Nature-inspired materials:** Natural stone continues to be a material of choice in fireplace surrounds. Light colors work well for a fireplace, and also fit with today's lighter color interior design preferences. Natural stone also works perfectly with both contemporary and rustic decor.

- **Vintage fireplaces:** Vintage continues to be a buzzword in 2022, and the choice to go vintage also applies to fireplace styles. A room decorated in vintage elements can be complemented with a vintage fireplace or one designed to look vintage.

- **Integrate into wall decor:** Fireplaces that are built right into a wall save space. One can have a television and a fireplace on the same wall. These types of fireplaces work well in modern home designs. Other fireplaces may be built into bookshelves or other wall features.

Fireplaces can improve the appeal of a home. Various trends are popular this year, making fireplaces highly coveted features.



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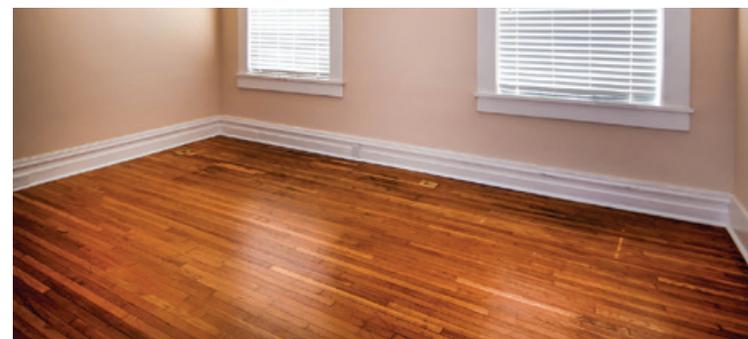
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Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

home renovation experts at Bob-Vila.com, squeaky floors could be an indication that the subfloor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring.

DO expose wood flooring to the elements in your home prior to installation. The home im-



Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicates that 54 percent of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28 percent of buyers between the ages of 35 and 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

provement resource BuildDirect recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings further by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set, and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the

Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.



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Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

- **Gutters hanging off the home:** Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why



the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

- **Gutter separation:** Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If

replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- **Peeling exterior paint:** Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- **Basement flooding:** Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



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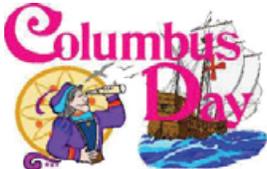
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OCTOBER 2022 - HOPEDALE SENIOR CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 am Panera 10:00 am Low Impact Exercise 12:30 pm BINGO	4 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge	5 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	6 10:00 am Watercolor Class 10:00 am Move, Groove and Sculpt 1:00 pm Tai Chi	7 9:00 am Re-boot Strength & Balance Sr. Center closes at 12:00 pm
10  CLOSED FOR Columbus Day	11 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge	12 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	13 10:00 am Watercolor Class 10:00 am Move, Groove and Sculpt 1:00 pm Tai Chi 4:00 pm - 6:00 pm Flu Clinic	14 9:00 am Re-boot Strength & Balance Sr. Center closes at 12:00 pm
17 9:00 am Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Matinee Movie <i>Elvis</i>	18 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge	19 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	20 10:00 am Watercolor Class 10:00 am Knitters' Group 10:00 am Move, Groove and Sculpt 1:00 pm COA Board Meeting 1:00 pm Tai Chi 2:00 pm Tech Assistance	21 9:00 am Re-boot Strength & Balance Sr. Center closes at 12:00 pm
24 9:00 am Panera 10:00 am Low Impact Exercise 12:30 pm BINGO 1:00 pm Medicare Open Enrollment 2023 Seminar	25 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 1:00 pm Bridge	26 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	27 10:00 am Watercolor Class 10:00 am Move, Groove and Sculpt 12:00 pm Lunch and  Halloween Party 1:00 pm Tai Chi 4:00 pm - 6:00 pm Flu Clinic	28 9:00 am Re-boot Strength & Balance Sr. Center closes at 12:00 pm
31 9:00 am Panera 10:00 am Low Impact Exercise 12:30 pm BINGO				

Senior Center notes

It's Medicare Open Enrollment Time!

OCTOBER 15, - December 7, 2022

- Would you like to review your current coverages?
- Are you a caregiver or an individual trying to assist a family member with their Medicare coverage and associated supplemental plan options?
- Are you getting ready to transition to coverage under the Medicare System?
- Are you wondering why it all seems so complicated and why there are so many choices?

We know Medicare and can help!

Medicare Open Enrollment Seminar

Monday Oct. 24, 2022, 1 pm Q & A follows
Free of Charge
Call to sign-up: 508-634-2208
Program Open to Hopedale Residents and Guests
Walk-ins Welcome
Refreshments
Hopedale Sr. Center - Inside the Community House

Honoring Hopedale Veterans

The Hopedale Sr. Center and The Hopedale Community House will once again place signs on the lawn of the Community House honoring living and deceased Hopedale Veterans. We have all the signs from prior years. Please call to confirm that

we have your prior years' sign. There is a firm deadline for new signs which is 10/21/22. The lawn signs will be displayed

SENIOR CENTER

continued on page 21

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Living Healthy

World-Class Eyecare and Cataract Surgery Closer to Home

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

Cataract surgery is by far the most common surgery performed in the United States. With advanced technology and if you choose an experienced and highly skilled surgeon, modern cataract surgery should be a rather quick outpatient and a minimal risk procedure. If you are considering cataract surgery, your expectations should not only be to improve your vision, reduce glare at night, see more vivid colors and improve your day to day activities, but you should also be given an opportunity to reduce your dependence on glasses or contacts and in many cases eliminate this need. Your expectations should also be to have your surgery by a world-class surgeon close to where you live and not be told to travel hours for testing

and surgery. Many choices exist on where to have the surgery and by whom. Here are the specific questions to ask when it's time to have the surgery:

1. Why are you referring me to this surgeon? Your optometrist may ask you to travel miles and hours away from home to have your surgery with a particular surgeon of their choice. When you have experienced surgeons within minutes from where you live and when those top-notch ethical surgeons with excellent nationwide reputation will perform your surgery in a state-of-the-art surgery center closer to home. Ask your provider why they want you to travel hours and miles away. Unfortunately, if you dig enough, you will find the

only reason for this remote referral is financial and business-related interest your provider has with the far-away surgeon. Beware referral bias. In our center, 100% of the surgeries are performed in a state-of-the-art facility in Milford. Very close to home. Your interest comes first.

2. What is my cost? Did you know that when your optometrist refers you to a surgeon who will perform your surgery at a hospital your insurance deductible and co-insurance will be higher at a hospital? If this is happening to you, we are available for a second opinion! All our surgeries are performed at an ambulatory surgery center in Milford with potential cost savings to you.



ed bladeless cataract surgery. This should be an option if you want to reduce dependence on glasses and treat low grades of astigmatism at the same time as your cataract surgery. Our center was among the first in the State and New England to offer this technology. Did you know that many hospitals and other centers do not offer laser-assisted bladeless cataract surgery? We do!

3. What type of anesthesia am I going to get? With modern cataract surgery, most surgeries should be completed under topical anesthesia. This means that the surgery eye becomes numb with drops. No need for injections or shots around or behind your eye. No shots will reduce the risk of bleeding and serious complications from the shots. Ask about the techniques of the surgeon you are being asked to travel to see. In our center, 100% of the surgeries are performed under topical simple anesthesia.

7. What type of implant am I going to get? Different lens implants can be used during cataract surgery with different materials, quality and ability to reduce your need for glasses. Ask your referring provider about his/her surgeon choice of implants. Our center was the first in the greater Boston area to offer the new diffractive and extended-focus implants. With those implants you can see clearly at distance, close and intermediate like your phone and computer screen with little or no dependence on glasses.

4. What are the risks? One of the most dreaded risks of cataract surgery is accidental damage to the posterior capsule, which is the back wall of the bag holding your lens. Ask about the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

8. Will my need to wear glasses be reduced? Cataract surgery is a wonderful opportunity to limit or eliminate your need for glasses. As the surgeon removes the cataract, there is an opportunity to replace the cloudy lens with a special high-tech implant able to achieve this goal. Ask your referring provider about his/her surgeon of choice ability to achieve those goals. Our center has many happy and glasses free patients.

5. What is the rate of infections in your center? Another potentially devastating risk of cataract surgery is an infection inside the eye called "endophthalmitis". Ask the complication rate of the surgeon you are being asked to travel to. In our center this rate is close to zero percent.

9. Will I have stitches? It is ideal to eliminate the need for stitches such as the surgery is a no-stitch surgery. Placing a stitch can be complicated by stitch induced astigmatism, a foreign body sensation and a broken and irritating stitch. Ask your

6. What type of technology is available at your surgery facility? Different centers have different equipment and resources. For instance, Massachusetts has only few centers offering laser-assist-



MILFORD - FRANKLIN EYE CENTER



Roger M. Kaldawy, M.D.



John F. Hatch, M.D.



Bryan Hong, M.D.



Michael R. Adams, O.D.



Caroline Perriello Consigli, O.D.



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45 West St.
508-381-6040

SENIOR CENTER

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starting in November. Please call (508)634-2208 with any questions.

Drive our van!

The Hopedale Sr. Center is looking for an experienced driver for our 8 passenger van. The schedule is as needed, on Tuesdays and Thursdays for approximately 4 hours each day. All driving is to local area towns. A paid train-ing in general operation and CPR is required through the MWRTA (MetroWest Regional Transit Authority).

If you or anyone you know would like to help the Sr. Center continue this valued service, please contact Carole Mullen at (508)634-2208.

Meditation

Program for Stress Reduction Instructor Faith Kennedy, will lead a series of four (4) classes focusing on meditation basics for

stress reduction. Thursdays - 11:30 am - 12:30 pm August 11 and August 25 September 1 and September 8 \$20.00 for the series. Sign-up is required.

Call the Sr. Center at 508-634-2208.

Free Anxiety and Stress Reduction Classes

The Senior Center is offering free classes that combine Yoga and meditation.

Anxiety Management classes will teach you easy and fun ways to help you feel better and look at situations in new ways.

There are six sessions that are a little over an hour each. The classes will explain what anxiety is, how it affects your thoughts and body and how anxiety affects the ways you relate to other people.

The dates of the classes will be determined. At least 12 participants are needed to hold classes. This is a continuation of the posting from the April 2022 newsletter. Call the Senior Cen-

ter for sign-up at 508-634-2208.

Do You Need Help Paying for Prescription Drugs?

Each year thousands of Medicare beneficiaries reach a gap in their Medi-care prescription drug plan, often referred to as the "donut hole."

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. Prescription Advantage can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call the Sr. Center at 508-634-2208 or go to prescriptionadvantagemma.org.

Knitters' Group

Meets at the Senior Center on the 3rd Thursday of each month at 10 a.m.

Bring a bag lunch and we will

provide dessert. All levels of knitters and crocheters are welcome. Our group is very welcoming and eager to help new knitters. We have loads of free yarn and beautiful patterns to share. We donate all items we make to local charities. Quilters and sewers welcome too!

Come play with us!

Mah-Jongg, Tuesdays 12:30 p.m.

Bridge, Mondays, 9 a.m. & Tuesdays, 12:30 p.m.

Cribbage, Wednesdays, 1 p.m.

Local Town Pages Is Looking for Writers!

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for our nine publications which cover the towns of **Ashland, Bellingham, Franklin, Holliston, Hopedale, Natick, Norfolk, Norwood, Medway, Millis, and Wrentham.**

If you're interested, please send a resume and two writing samples to editor@franklintownnews.com.

EYES

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referring provider if his/her surgeon of choice is still using stitches. 100% of our cataract procedures are stitch-free.

10. What will be my vision on day 1 after the surgery? One of the measurements defining quality of outcomes after cataract surgery is the quality of vision on day 1 after the surgery. Surgeons should strive to make the vision correct to as close to best as possible on day 1. Ask your referring provider about his/her surgeon of choice ability to achieve this outcome. Our center has many patients with happy 20/20 vision on day 1 after cataract surgery.

Cataract surgery is all about better precision, more safety and excellent outcomes. At Milford Franklin Eye Center, Dr. Kaldawy is proud to have been the first surgeon in the area and among the first in Massachusetts to offer bladeless laser assisted cataract surgery and the first surgeon in the greater Boston area to implant the PanOptix and

Vivity lens implants. We offer bladeless laser cataract surgery. We implant high quality premium lenses, with correction for distance, near and everything in between. Many cases of astigmatism are no longer a problem. Our percentage of posterior capsule complications and infections is one of the lowest in the Nation. No more need to travel hours for your cataract surgery! You do not even have to travel to Attleboro! We operate in a state-of-the-art surgery center in Milford offering bladeless laser cataract surgery. Our surgery center passed certification and accreditation by the most rigorous State and National accreditation agencies. 100% of the surgeries are performed under topical anesthesia, so only drops, no need for shots and no need for stitches. Brand new gorgeous office in Franklin, a second location in Milford and a third in Millis. Over 30 thousand procedures performed and 8 providers with your interest in mind offering the best cost-efficient surgical care in an ambulatory surgery center closer to home.

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Sports

Young Field Hockey Team Looking To Make Some Noise

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

Coach Shelly Hynes is entering her third year at the helm of the Hopedale field hockey team and although the squad has only one senior, the Blue Raiders are looking to do some damage in the Dual Valley Conference.

"We graduated six seniors, 4 whom were starters, and have only one senior on this year's team," Hynes said. "There is no one superstar; in order for our team to succeed all 15 girls are going to have to not only work together, but trust and learn from each other."

Defender, most likely, Ari Kotopoulos is Hopedale's one and only senior this fall. In addition to being one of the four quad-captains, Hynes is penciling the senior in on defense, although no one has actually locked up anything as of yet as tryouts were still in progress at the time of this writing. Kotopoulos has been with the varsity squad since her



sophomore campaign and is a very solid defender who should bring leadership to the backfield.

The three other captains are juniors Lizzie Brytowski, the team's starting goalie since her freshman year; Emma Gosse-
lin, a center-midfielder who has

been playing on the varsity since eighth grade. She is also probably the strongest and most talented individual on the field for Hopedale. She, like the final captain, Alyssa MacNeil, play field hockey for club team Premier. MacNeil has graced the varsity



team since her freshman year playing forward and has aspirations of continuing to play field hockey in college.

Hynes is looking for her captains to lead by example both on and off the field, while being an extension of the coaching staff in terms of communication. She is also hoping that they become role models and support the younger players.

Other returners to the field this fall will be junior forwards Abbie Aldrich and Alexis Abbruzzese. Aldrich has been developing nicely according to the coach, and Abbruzzese, who was not a starter last year but did see a lot

of action, should find herself in a starting role for the Blue Raiders. The coach is hoping that April Dresseier, another junior, will see more time on defense this fall and develop into that role.

As freshmen last fall playing in their first season, Hopedale will have now sophomores Emily Frohn in the midfield and Leah Hodgdon playing defense. Hynes is hoping both take a step forward this year.

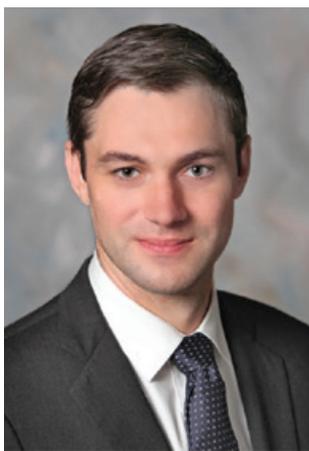
Another athlete with experience will be transfer student Victoria Miranda. Coming over

Orthopedic Surgeon Accepting New Patients

We are proud to welcome our new orthopedic surgeon, Brendan Kiernan, MD, to Milford Regional Physician Group. Dr. Kiernan is a Massachusetts native and comes to MRPG from University of California-Davis, where he completed a fellowship in adult joint reconstruction.

Earning his medical degree from Georgetown University School of Medicine, Dr. Kiernan completed his orthopedic surgery residency at UMass Memorial.

Dr. Kiernan looks forward to taking care of patients with a variety of hip and knee problems (such as arthritis) and other joint conditions. His practice focuses on partial and total knee and hip replacement including revision procedures. In addition, Dr. Kiernan specializes in a direct anterior approach to joint reconstruction, resulting in decreased post-operative pain and faster recovery.



Brendan Kiernan, MD

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FIELD HOCKEY

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FIELD HOCKEY

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from Blackstone Millville, she was quite a surprise for Hynes.

“From what she has told me, she plays midfield and forward,” the Hopedale Coach said. “Most likely we’ll use her in the midfield as that is where she is needed. I have only seen her play a few days, but I have seen that she is a hard worker and has a great attitude.”

Rounding out the 2022 team will be sophomore Olivia McGovern, a defender and midfielder who played on the JV team last fall and eighth-graders Alexis Carroll (forward) and Layla Huntley (defense). The field hockey coach noted that both girls played JV and are good athletes and will be much better served on the varsity team where they can continue to learn.

hoping that the girls can pick up some wins earlier in the season this year and in order to do that the team is going to need to support one another while playing their roles.

If the Blue Raiders play to their potential and can stay close to their ranked opponents this fall with the MIAA’s power rankings, they should once again be able to advance into the tournament.



Hopedale will also have two other juniors, both who saw junior varsity action last year, move up to the top squad. Defenders Mia Terenzi and Sarah Hunt will patrol the defense for the Blue Raiders and according to their coach both have good attitudes, while developing their skills so they belong on the varsity team. Hynes also noted that both girls understand their roles and playing time.

Although the season had yet to begin at press time, Hynes is looking to be competitive once again in addition to placing at the top of the DVC, earning themselves a spot in the post season.

Last fall Hopedale started off relatively slow until they found their groove and ended up finishing 9-7-2 to earn themselves a number 18 seed in the Division 4 State Championship. Hynes is

The Blue Raiders, who play their home games on grass, have five turf games scheduled this season which, according to the coach, is great for the team but it actually puts them at a disadvantage having to play a much faster game. Nonetheless, she feels the squad will be successful this fall.

Real Estate Corner

Recent Home Sales

Date	Hopedale	Amount
09/16/2022	5 Daniels Street	\$492,500
09/15/2022	3 Jackson Way	\$679,900
09/15/2022	79 Dutcher Street	\$361,000
09/06/2022	32 Westcott Road	\$510,000
09/01/2022	5 Dennett Street	\$421,000
08/30/2022	1 Fieldstone Way	\$495,000
08/29/2022	256 S Main Street, A	\$365,000
08/29/2022	1 Hazel Street	\$480,000
08/26/2022	27 Northrop Street	\$589,000

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



5 Dennett Street in Hopedale recently sold for \$421,000
Image credit: www.zillow.com



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