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Vol. 8 No. 8

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November 2022

## Hudson Terando Eying a Return Trip to the Tournament

BY CHRISTOPHER TREMBLAY  
STAFF SPORTS WRITER

Growing up, Hopedale's Hudson Terando took the lead from his older brother, Gabriel, who is currently playing soccer for Rensselaer Polytechnic Institute.

Terando, who is five years younger than his older brother, after giving it a shot, liked the sport so much that by the age of 10 he joined the New England Football Club team and has been with them ever since.

"I found that I really like the sport," Terando said. "But it was my brother had a big influence on my decision to play and once I started he was a big help to me giving me advice and with my training."

When he entered the Hopedale Junior/Senior High School he made the Blue Raiders Junior varsity squad as a seventh-grader. It wasn't until his freshman campaign with the soccer team that Coach Greg LaBossiere made him a



swing player between the JV and Varsity teams.

Terando had always thought of himself as a midfielder as it exemplified his passing and dribbling abilities on the field. He continued to work hard at

his craft and finally got his first varsity start as a sophomore.

"My first start came against Nipmuc, it was a very close

**TERANDO**

*continued on page 2*

## Hopedale is a few steps closer to hiring a Town Planner

BY THERESA KNAPP

Hopedale is a bit closer to hiring a Town Planner.

The Select Board, Planning Board, and Economic Development Committee have met over the last two months to discuss the matter. At a joint meeting in early September, Planning Board Chair Stephen Chaplin said, "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... The consequences of not having this person are pretty dire."

At a Select Board meeting on Sept. 26, Chair Glenda Hazard reported that she, Select Board member Bernie Stock, and Chaplin met to discuss the position and also consulted with a retired town planner to help the town finalize a job description.

At a follow-up meeting on Oct. 11, Hazard reported the three-page draft job description, which can be found at <https://bit.ly/3VNn71K>,

was distributed to other town boards for comment. There was some feedback "but essentially no substantive edits to the actual job description," she said.

The job description lists the statement of duties as:

Position is responsible for providing professional assessment, supervision and guidance on development presented in the Town of Hopedale and provides administrative support to the town's planning-related boards. Work involves assessing proposals for land use and development; determining compliance with zoning ordinances and applicable state and federal laws; planning long-range projects; acquiring and administering relevant grants, and recommending policies, standards or criteria to help the town achieve its long-term planning goals. The planner will act as liaison between

**PLANNER**

*continued on page 2*

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TERANDO

continued from page 1

game and I assisted on the game-tying goal," he said. "I was very happy that day and it showed that I really deserved to be on the varsity team as a starting midfielder."

The now-junior co-captain of the soccer team also takes part in Hopedale basketball and tennis, but soccer is definitely his number one sport.

Finding himself primarily as a role player last fall, LaBossiere will be looking to rely much more heavily on the junior this year.

"Hudson is probably the most talented kid on the team this year; he was named to the Dual Valley Conference All Star team last year," the Blue Raider coach said. "We only have two starters back who played significant minutes for us last year, so I am looking for him to take the reins and supply a big leadership role."

The Hopedale Coach is confident that Terando can become an important cog in the Blue Raiders season. According to LaBossiere, Terando picked up the team last fall with some huge goals and big assists when the team needed it.

With the lack of experienced varsity players coming into this season LaBossiere was in need of a talented athlete to be a captain and thus looked to Terando for his assistance on and off the field. Typically, the Hopedale Coach doesn't usually name juniors as captains, but this year he will be leaning on his junior co-captain to help guide the Blue Raiders.

Terando is all in on his new role.

"I just want to be able to help the team in whatever way that I can," he said. "Coming into the season I knew that it was going to be a difficult year after losing

12 seniors from last year's team, but I am hoping that I can develop the younger players going forward."

Earlier in the year Terando scored two first half goals against Whitinsville- Christian and then found himself double and sometimes triple teamed in the second half; something the junior is defi-

nitely not used to. Both the Coach and his midfielder are looking to get back into the State Tournament once again this fall. Hopedale puts together one of the tougher schedules in Division 5 and LaBossiere is oping that the Blue Raiders can once again take advantage of the power rankings.

Last fall Hopedale earned themselves a number four seed-



nitely not used to.

do something," the Hopedale Coach said. "I told them that the results may not be in front of them in terms of wins and losses, but if they stay competitive we'll be fine."

Whatever it takes, Terando wants to be back into the tournament, but this year he wants to help the team go further than the Round of Eight.

PLANNER

continued from page 1

boards reviewing development, as well as those reviewing open space and recreation needs to assist the town in finding appropriate balance between development, conservation, recreation and open space needs.

Job functions include:

Administers the Town's land use processes; coordinates all land use board actions, ensures compliance with all statutory requirements, recommends amendments to Zoning By-Laws as needed, prepares all required reports and maintains records.

Applies for and manages the Town's CDBG and other grants; oversees projects to ensure compliance with grant requirements.

Provides administrative support to the Planning Board; prepares for and attends meetings, researches applications and petitions, administers policies and procedures, and provides other information or assistance as required.

Reviews available town resources; develops and administers various planning studies relating to land use, development, and infrastructure; provides recommendations regarding town land, and assesses townwide implications on resources as well as revenue.

Provides leadership and technical assistance to the business community, revitalization groups and ad hoc planning groups in the interest of developing and implementing long range planning goals that reflect shared values of balanced development, preservation, character and history.

Serves as a liaison to State and Federal officials regarding planning issues affecting the community.

Works with developers, engineers, attorneys, and others involved with the development process; negotiates impact fees and public infrastructure improvements from developers.

Provides information and assistance to various boards, committees and commissions on planning related issues.

Provides information and assistance to other town departments and the public regarding zoning, site plans, subdivisions, and other topics; responds to inquiries or complaints and explains policies and procedures.

Prepares and oversees operating budget and annual report for the Planning Department; monitors expenditures such as peer review, advertising, abutter notifications, all other related

Job qualifications include: a Bachelor's Degree in Urban Planning, 2-5 years of experience as a municipal planner, valid Massachusetts driver's license, and certification as a planner from the American Institute of Certified Planners. A Master's Degree is considered a plus.

Benefits include a salary range of \$65,000 to \$75,000; 80 percent health/dental/life insurance paid by the town; and paid holidays, vacation and sick time.

Town Meeting previously set aside funding for this position and town officials are working to get the money in the appropriate account.

As of press time, the position had not been posted online.

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# Rosenfeld Concrete files court action against town over groundwater jurisdiction

## Issue arises related to 117,000 square foot warehouse proposed on its current site

BY THERESA KNAPP

Rosenfeld Concrete Corp. has filed action against the Town of Hopedale in Land Court regarding the validity of zoning of its 143+/- parcel of land at 75 Plain Street where a 117,000 square foot warehouse has been proposed.

On Sept. 21, Rosenfeld filed

a Complaint and Prayer for Declaratory Judgment against the town for issues related to applicability of provisions of the town's Groundwater Protection District bylaw, according to a brief update by the Select Board at its Oct. 11 meeting.

"The developer has asked the court to clarify who has jurisdiction over the wetland issues

on the site. The board, in executive session, was updated on that and it's in the court's hands now; we're waiting to see what the judge says," reported Chair Glenda Hazard.

Rosenfeld's complaint asks the court to rule that "The proposed warehouse is a by-right use in the Light Industrial and SWPD Districts; the proposed

warehouse is not an enlargement or alteration of a pre-existing use per the GWPD Bylaw; Phase 1 of the warehouse project, if not proceeding 15% impervious coverage, does not require a Special Permit under the GWPD Bylaw; the warehouse project, as a whole, will require a Special Permit under the GWPD Bylaw if it exceeds 15% of the impervious cover; and Special Permit review of the warehouse project under the GWPD Bylaw is limited to the criteria under said Bylaw."

Hazard said the board had

decided, previously in Executive Session, not to oppose the motion but to let the court rule on the matter.

"We're not taking any action as a town," said Select Board member Brian Keyes. "The Land Court will make a decision or they'll ask the town to come back with a more formative stance; that's what we were given as options from town counsel."

The full complaint can be found at <https://bit.ly/3sdvLsV>.

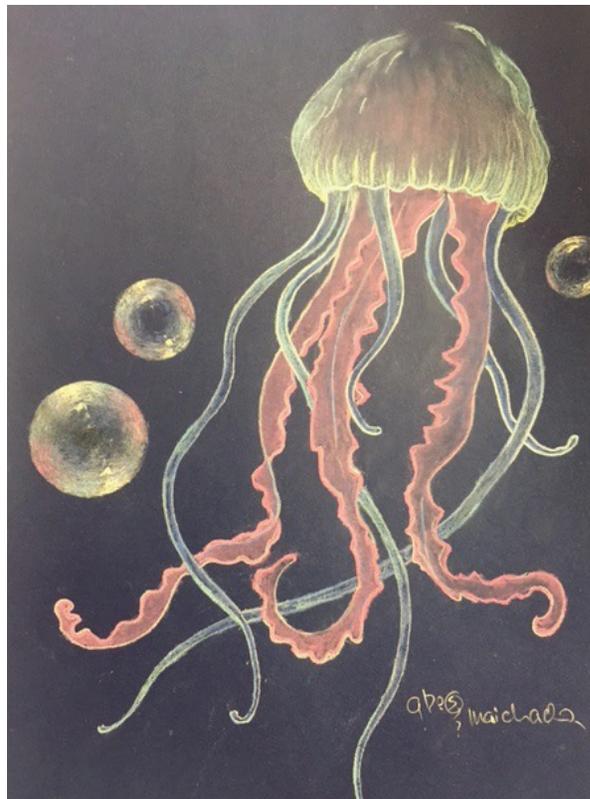
# Hopedale Community House hosts remote Painting Workshop

Award-winning pastel artist Gregory John Maichack will present "Jellyfish," a Zoom pastel painting workshop for adults and teens 18+ hosted by the Hopedale Community House on Nov. 15, from 6 to 8pm.

This is a workshop designed for beginners to advanced participants. Call Tara Taglianetti-Chambers, Program Director, at 508-473-0820 to pre-register to get a Zoom link and to pick up materials.

This workshop guides everyone in producing their very own personalized and original pastel of a stunning jellyfish.

This project is supported in part from a grant from the Hopedale Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



# Veterans' Day Ceremony on Nov. 10

On Thursday, Nov. 10 at 9 a.m. at the Hopedale Community House, the Hopedale Senior Center will hold a Veterans' Day outside ceremony (weather permitting) honoring our deceased and living veterans. Coffee and pastries will be served following the ceremony.

For more information, visit [www.hopedale-ma.gov/council-aging](http://www.hopedale-ma.gov/council-aging)



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# Special Town Meeting to be held on Nov. 14

By THERESA KNAPP

Hopedale will hold a special town meeting on Monday, Nov. 14.

The draft warrant found at <https://bit.ly/3eLJq7B> included the following articles, as of press time:

1. Prior Year Bills
2. Citizen's Petition to amend the zoning bylaw to essentially prohibit the issuance of

special permits to retail marijuana establishments within 1,000 of each other

3. Citizen's Petition to allow cannabis retailers to do curbside transactions in the future if/when allowed by the state
4. Hopedale Fire Fighters Collective Bargaining Agreement
5. Fire/EMS Exempt from Civil Service
6. Capital Funding Article
7. Police Department Vehicle

8. Board of Health Expenses
9. Police Detail Expenses to Highway and Elections
10. Zoning Change related to GB/A to C/I
11. Zoning Change related to Marijuana Overlay District
12. Zoning Change related to 150-156 Hartford Avenue from GB/A to C

More details and the final warrant can be found at [www.hopedale-ma.gov/](http://www.hopedale-ma.gov/).

# Early voting continues through Nov. 4

Residents can vote early in this year's state election by visiting the Office of the Town Clerk, 78 Hopedale Street, through Nov. 4 during these times:

Nov. 1 to Nov. 3 from 9 a.m. to 3 p.m., and

Nov. 4 from 9 a.m. to noon.

Election day is Tuesday, Nov. 8, at which time residents can vote in person from 7 a.m. to 8 p.m. at the Draper Gym, 13 Dutcher Street.



Check out the Ballot on page 15.

Image credit: [www.hopedale-ma.gov/](http://www.hopedale-ma.gov/)

# Leaf Collection Program to start in November

The Town of Hopedale Highway Department will start up this year's leaf collection program during the first week of November and will continue through the second week of December, weather permitting.

To have the town pick up your leaves curbside, you must:

- Keep sidewalks clear of leaves.
- Keep piles away from storm-water catch basins.
- Rake leaves to edge of property line.
- Don't include sticks, stones, and grass clippings - they will not be collected.
- Keep piles at a distance from parked cars, trees, mailboxes, or utility poles.
- If collection period is over, please use other options.

For more information, visit [www.hopedale-ma.gov/home/news/leaf-collection-program](http://www.hopedale-ma.gov/home/news/leaf-collection-program)



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# Select Board makes appointments, accepts resignations and donation

By Theresa Knapp

At its meetings on Sept. 26 and Oct. 11, the Hopedale Select Board made the following appointments:

Martha White, Interim Executive Assistant, effective 10/12/2022 (18 hours a week, for 30-60 days);

Joseph Knight, Call Fire-fighter Candidate, effective 10/03/2022; and

Tianna Lasorsa, Call fire-fighter Candidate, effective 10/03/2022.

The board also:

Accepted the resignation of Reserve Police Officer Russell Poissant, effective 9/12/22; and

Accepted the resignation of Patrick Maloney from the Finance Committee, submitted 10/8/2022.

The board also accepted a donation of \$2,000 to be used by the Council on Aging for instructor fees for programming at the Senior Center.

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# Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT  
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends



when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what

## Business spotlight

I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Hopedale in particular, Schadler says they are proud to have many repeat customers and friends in the area. The Schadlers live in nearby Milford and have coached and sponsored many youth sports activities in both Hopedale and Milford.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit [affordablejunkremoval.com](http://affordablejunkremoval.com).

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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# Bancroft Memorial Library News

50 Hopedale Street, Hopedale MA 01747

Contact: Tricia Perry, Library Director  
508-634-2209 [tperry@cwmares.org](mailto:tperry@cwmares.org)

## Veterans Day

The Bancroft Memorial Library will be closed on Friday, November 11 in observance of

Veterans Day.

## Thanksgiving Hours

Wednesday, November 23 open 10am-2pm  
Thursday, November 24 (Thanksgiving Day) CLOSED  
Friday, November 25 (open regular hours) 1pm-5pm  
Saturday, November 26 (open regular hours) 10am-2pm

## 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 November 2 at 1pm 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

Join the Helen Symonds Book Discussion Group to discuss *A Christmas Carol* by Charles Dickens on December 7, 2022 at 1:00 pm. We will get ready for the holiday season, by exploring this Christmas classic. Why did Dickens write this story and what are the messages for us in this book written in 1843?

### 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

After a several year hiatus, The Friends of the Hopedale Library are excited to host a wine tasting on Saturday, November 19 from 7-9pm at the Hopedale Country Club. Hopedale Country Club is located at 90 Mill Street in Hopedale. Come and enjoy an evening out with specially selected wines, hors d'oeuvres, and friends. Enjoy the latest wines from Terroir Wines and the Hopedale Package Store. We will even have some Thanksgiving Day theme wines! The Friends of the Hopedale Library will hold a 50/50 raffle as well. Proceeds of this event help fund year-round adult and children's library programming, including the popular summer reading program. A suggested donation of \$20 may be paid at the library or at the door on the night of the event. You must be 21 or older to attend. ID is required.

Come hear the sounds of the season on Saturday, December 3rd at 2 pm with the local a cappella group Holiday Harmony Quartet. This free event will take place in the upstairs Reading Room. To register, please sign up at the upstairs registration desk

or call 508-634-2209.

Interested in joining the group? 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

### 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

Story Hour begins again on Tuesdays at 3:30pm. Join Mrs. Kraimer for stories, flannel boards, music, and crafts (Nov 1, 8, 15, 29, Dec 6 & 13)! 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 (Nov 3, 10, 17, Dec 1, 8, & 15). Please call Mrs. Kraimer to register at (508)634-2209. Ages 2+

### Spend a Little Time with Me!

Join us in the fascinating world of Miniatures on Saturday, November 12 at 10:30am! Learn how to create a dollhouse-size room. Create a dining area of your own. All materials are provided. Let us know your favorite color when you register. Call Mrs. Kraimer to register at (508)634-2209. Ages 10+

For updates throughout the month, Friend us on Facebook and sign up at [www.wowbrary.org](http://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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**Your Money, Your Independence****When Markets Give You Lemons, Make Roth Conversion**

Glenn Brown

US equities markets are down considerably in 2022 with S&P 500 Index -23.9% and tech-laden Nasdaq -34.0% year-to-date through October 16 (YTD 10/16).

At least there's the US bond market to help protect. Oh wait... given rampant inflation, the Fed's blunt instrument

of raising rates is making bond values fall. Thus, the US Aggregate Bond Index is down -15.8% YTD 10/16.

Put it all together, a basic 60/40 stock/bond index portfolio is -20.5% YTD 10/16.

What's one to do?

Go to cash until you die?

Well, inflation would be an issue. Consider the tales of lore from parents sharing how much they paid for their first house.

As painful as it has been, step back and view annualized returns of last 3-year period (10/17/19 to 10/16/22), S&P 500 Index is +8.25% and Nasdaq is +8.62%... in line with their 15-year and 25-year averages.

There are many aspects to successful financial planning, including being proactive to change, vetting all options for opportunity and giving yourself time to reflect prior to execution.

A year-end strategy to consider for turning lemons into

lemonade is Roth Conversion.

Recall Roth Conversion is the taxable act of converting Traditional IRA assets into a Roth IRA. It increases your taxable income (MAGI) the year you convert and you should pay taxes with non-IRA funds. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free.

An added bonus is Roth IRAs are not subject to Required Minimum Distributions (RMDs) nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts. In short, you'll decrease your tax liability for years in retirement.

Anyone, regardless of income levels, can convert to a Roth IRA. With portfolios down -20% (or more), market corrections provide an opportunity to convert IRA investments over to Roth, pay less in taxes (as values are depressed) and let the asset rebound inside the Roth over time.

There are complexities and

variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not". Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

**The pro-rata rule and taxes.**

When converting, the IRS considers all traditional IRA account balances combined and you must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

**Not all-or-nothing.** You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay

taxes with non-IRA assets.

**What's done is done.** Given that tax law changes now prohibit conversion reversals ("re-characterization"), it is important to be measured, give yourself time to reflect and re-run the latest data before execution.

More to consider beyond this limited space, 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](http://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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**Police Raising Money For Scarlet In 'No Shave November'**

No Shave November is almost here and this year the Hopedale Police Department and other town employees will be joining us in raising money for Scarlett's Tribe.

Scarlett suffers from a disease called Batten disease (CLN2), a

neurodegenerative disease. This disease is not curable but is the only form of Batten disease that currently has a treatment.

All money raised will be given to Scarlett and her family to continue the treatment needed to slow

the progression of the disease. There is a donation box in

the station lobby for anyone who would like to support this cause in No Shave November.

Courtesy photos from Hopedale Police Department Facebook page

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# WE WANT TO HEAR FROM YOU!

Have an upcoming event? Do you have a concern about things happening around town? Email us at [editor@hopedaletownnews.com](mailto:editor@hopedaletownnews.com) and let us know!

# On Nov. 6, set clocks back and check smoke detectors

### Remember to check the batteries in smoke and carbon monoxide detectors

By THERESA KNAPP

Daylight Saving Time will end on Nov. 6 (at 2:00 a.m.) so, before you go to bed on Nov. 5, be sure to set your clocks back, and also replace the batteries in your smoke detectors and carbon monoxide detectors.

### How do I test my smoke detector?

On most smoke detectors, you press and hold the TEST button on the smoke detector. It can take a few seconds to begin, but you will hear a loud, ear-piercing siren while the button is pressed. If the sound is weak or nonexistent, replace



your batteries. Visit <https://bit.ly/3TocGAg> for a video tutorial from the National Fire Protection Association, and [www.firstalert.com](http://www.firstalert.com) for more information.

### What is carbon monoxide?

According to the United States Fire Administration, carbon monoxide is called the "Invisible Killer" because it is a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental non fire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. Beware of symptoms

such as headache, fatigue, shortness of breath, nausea, dizziness, mental confusion, vomiting, loss of muscular coordination, and loss of consciousness. [[www.usfa.fema.gov/](http://www.usfa.fema.gov/)]

### How do I test my carbon monoxide detector?

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

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

### According to the United States Fire Administration, smoke detectors save lives:

Three out of five home fire deaths result from fires in properties without working smoke alarms.

More than one-third (38 percent) of home fire deaths result from fires in which no smoke alarms are present.

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

Source: [www.usfa.fema.gov/](http://www.usfa.fema.gov/)

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# Scarecrow Fest

We're taking the Scarecrow Fest town wide this year!

Scarecrows are on display until Nov. 2.

Vote for your favorite at: <https://friendsofthis-torichopedale.com>

The Hopedale Scarecrow Fest will get wacky, creative and fun, with a little bit of scary!



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And as always, find us online at [hopedaletownnews.com](http://hopedaletownnews.com)



# Senior Center notes

## The Hopedale Sr. Center is Open!

Masks not required to enter the Sr. Center however, we encourage anyone who is not vaccinated to wear a mask in consideration of the health and well-being of themselves and others. Masks will continue to be required for all individuals who use our transportation services. In addition, the Sr. Center will continue to have plenty of hand sanitizer available throughout the building. Need a mask...we have those too!

Open Monday - Thursday 9 am to 3 pm and Friday 9 am to 12:30 pm

## It's Medicare Open Enrollment Time!

OCTOBER 15, - December 7, 2022

## Honoring Hopedale Veterans



The Hopedale Veteran's Day Ceremony will take place on Thursday, Nov. 10 at 9 a.m. at the Hopedale Senior Center. The Hopedale Sr. Center invites the community to our outside ceremony (weather permitting) honoring our deceased and living veterans. Please join us for coffee and pastries following the ceremony.

## 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 training 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. Cen-

ter continue this valued service, please contact Carole Mullen 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 Center 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](http://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.

## Tax Credit Program Applications Available

Effective November 1, 2022 applications are available for the Sr. Citizen Real Estate Tax Credit Program. This highly successful program is open to seniors age sixty (60) and older who reside in their Hopedale homes and pay real estate taxes to the town of Hopedale.

Qualified program participants work in various town departments. In lieu of pay, seniors who complete the required 84 hours of service will receive a \$1000.00 real estate tax credit (minus required taxes and withholdings). Please note that there are a limited number of positions. The Tax Credit Policy can be found online on the Town of Hopedale's Council on Aging Department Webpage. Applications are available at the Hopedale Senior Center.

Deadline for applications is December 19, 2022.

## Volunteer Opportunities

Become a "Grandfriend" at the Bright Beginnings Center Preschool in Hopedale

Become a "Reading Buddy" at the Bancroft Library (Summer Program)

Call BINGO (Monday afternoon)

Assist in preparing the monthly Newsletter for mailing

Deliver Meals on Wheels (Meals are delivered on weekdays only around 11:30 am.

Teach a Class at the Sr. Center Escort Grocery Bus or Help Us Serve Meals at Our Monthly Lunches

Train to be an AARP Tax Preparer

Call the Sr. Center at 634-2208 for Details

## Council On Aging Board

The Board meets on the 3rd Thursday of the month at 1:00pm at the Senior Center located inside The Community House. Check COA Calendar for changes. No meetings in December or July.

## Having trouble getting a COVID-19 Booster shot?

Please call us at (508)-634-2208 for assistance.

## Massachusetts Homebound Vaccination Program

Homebound Individuals may call the State's Central Intake Line at 1-883-983-0485

Please note there are guidelines for qualification for the Homebound Program. You can discuss the guidelines with the Intake Worker.

Still haven't received a COVID-19 vaccine? Please call the Sr. Center at (508)634-2208 if you need assistance locating a vaccine clinic or scheduling an appointment.

## Food Stamp Application Assistance

The Hopedale Council on Aging will assist town residents with Food Stamp Applications.

Please call (508)634-2208 for a confidential meeting. Appointments are required.

## Literature Class

Wed. 12:30 pm to 2:00 pm

Free of Charge

Taught by Deb McGonnell, certified, retired high school teacher with over 35 years of experience.

In this class, we examine short pieces of literature from a variety of genres, to help us to better understand what we read and increase our enjoyment of reading, itself. This is for adults of all ages and all work will be done in class with no prior preparation or homework. This is not a book club, but rather, a deep dive into writing and discussion of our challenges and insights.

## S.A.F.E. Program

Smoke Detector Replacement (Battery Powered)

The Hopedale Fire Department with the support of the Hopedale Council on Aging is happy to offer smoke detector replacement for qualified Hopedale residents who have battery-powered smoke detectors in their home.

This typically applies to homes built prior to 1975 without significant changes. Unfortunately, the department cannot replace or install hard-wired detectors. We can assist with seasonal backup battery replacement for these devices. We are available to assess the detectors in your home and provide guidance on appropriate assistance. Battery-powered detector and battery replacements are offered on a first-come first served basis.

Smoke alarms should be replaced 10 years after manufacture, and carbon monoxide alarms 5-7 years after manufacture.

The manufacture dates printed on the back of your smoke alarms can be used to determine if it is time to replace them.

Seniors who need help testing, maintaining, or replacing smoke alarms are encouraged to contact the Hopedale Fire Department for assistance. This service is offered to ensure the safety of our community and is supported by the Senior S.A.F.E. program.

To request an assessment or discuss questions about your home's smoke detectors, please contact FF Cote at 508-473-1050 x227 -or- email [jcote@hopedale-fire.org](mailto:jcote@hopedale-fire.org). Expect a response within 48 hours to schedule a visit.

## Veterans' Services

Veterans' Services are Available through the Senior Center

The Vets.' Agent can help with many different services. Assistance ranges from addressing issues and questions on medical or prescription drug assistance, exploring questions regarding service-connected disability, or searching for missing awards and

# Fire Department Open House A Success

Last month's open house was a success. The fire department thanked everyone who joined them and hoped everyone had fun. Special thanks to Firefighter Jeff Cote for putting this event together.



Courtesy photo by Jill Ober Krauss from the Hopedale Fire Department Facebook page

## SENIOR CENTER

*continued from page 30*

medals. Vets.?

Agents can also help determine whether an individual is eligible for broadened financial assistance for medical care, prescriptions, real estate tax abatement, obtaining Veterans' license plates, and or burial benefits. Agents can sometimes help individuals decide how to plan for their funerals and whether the veteran is due full military honors. Agents can obtain grave markers for Veterans' final resting place either locally, or in a state or federal Veteran's cemetery.

## DROP-IN EXERCISE PROGRAMS

**GENTLE YOGA**  
Meets at the Sr. Center  
Tuesdays  
9:00 am to 10:00 am  
Crystal Lee - Instructor  
\$5.00 p.p.

You may be seated in a chair or on a mat. Try this wonderful movement class.

Tai Chi  
Meets at Sr. Center

Thursdays  
1:00 pm to 2:00 pm  
Faith Kennedy - Instructor  
\$5.00 p.p.

Gentle movement class that incorporates breathing and meditation.

**MOVE,GROOVE, SCULPT**  
Meets at Sr. Center  
Thursdays

10:00 am  
Ann Lynch-Masse  
\$5.00 p.p.

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**MEDITATION** (Seated in Chair)

Meets at Sr. Center  
Wednesdays  
11:00 am to 12:00 pm  
Deb McGonnell Instructor/\$5.00 p.p.

Low Impact Exercise  
This is not a Sr. Center class.  
This is a Community House Class.

Monday, Wednesday & Friday  
10:00 am - 11:00 am  
Instructors: Shirley Areano  
Christine Bositis (Fridays)  
Membership and registration required for this class. See Tara Chambers.

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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 (de-



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.

modex 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 stye?

A stye 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 stye, 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.

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, 4 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 8 providers we can help you manage this problem and continue our mission to provide world class eye care for the entire family.

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# Senate Enacts Bill to Limit the Use of Step Therapy

(BOSTON – 10/24/2022) The Massachusetts State Senate on Monday enacted legislation to limit the use of step therapy, or ‘fail first’ protocols that too often direct patients to cheaper medications rather than those more suitable to treat their condition. The bill, An Act relative to step therapy and patient safety, gives health care providers more leverage in determining the most effective treatment options for patients, saving patients expensive and painful regimens on medications they know to be ineffective or harmful. This bill builds on similar legislation passed by the Senate in 2020.

“Today, the Senate has taken action to reinforce its belief that health care decisions should be made by patients and their providers,” stated Senate President Karen E. Spilka (D-Ashland). “I’m proud that the Senate has consistently led on the issue of limiting the use of step therapy as part of a wider strategy to shift the balance of health care back in the direction of the patient. I want to thank Senators Cyr, Friedman, and Rodrigues for continuing to work to get this important legislation onto the Governor’s desk.”

“Providing access to groundbreaking treatments that help improve the quality of life for those fighting cancer, debilitating diseases and a wide range of other medical conditions is a vitally important step we need to take, which is why the Senate acted again today to pass this critically important legislation,” said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. “I applaud Senate President Spilka for her continued leadership, Senator Cyr, Senator Friedman, our colleagues in the Senate and the coalition of patient advocates for their dedication, desire and hard work to help us enact legislation that provides necessary guardrails around the use of step therapy, ensuring the safety and

wellbeing of patients in need.”

“Today, we are taking action to ensure that patients with complicated illnesses receive the medications that their doctors know they need—not repeatedly taking medications that are ineffective,” said state Senator Julian Cyr (D-Truro), Senate Chair of the Joint Committee on Mental Health, Substance Abuse, and Recovery, who sponsored the legislation. “Waiting for treatment to fail first before utilizing a preferred medication often leads to worsening symptoms that cause complications and needless suffering for patients; it is a shortsighted practice that puts patients at unnecessary risk. I am grateful to Senate President Karen Spilka for her leadership and vision on health equity. Thank you to Senator Friedman, Senator Rodrigues, and our colleagues in the House, Representative Roy, Representative Decker, and Representative Lawn, for their partnership in advancing this legislation to the Governor’s desk.”

“This bill is a major step forward in ensuring patients and doctors have access to the right medication at the right time,” said Senator Cindy F. Friedman (D-Arlington), Senate Chair of the Joint Committee on Health Care Financing. “We are finally joining over half the states in the nation in reforming step therapy practices, putting the focus back on health care providers working with patients to offer the best treatment possible.”

Step therapy serves as a cost-saving mechanism that can limit a patient’s ability to access the medication that is most suitable for treating their condition. Insurers that utilize step therapy protocols require medical providers to prescribe lower-cost medications to patients first, and only grant approval for alternative medications when the cheaper options have failed to improve a patient’s condition. In practice, this results

in insurers effectively choosing medications for the patient, even in cases where their providers have recommended an alternative. When patients change insurers, they are often forced to start at the beginning of the step therapy protocol again, which results in wasteful health care expenditures, lost time for patients, and potentially devastating health care impacts on the patient.

Step therapy is not limited to specific diseases. It affects patients across the healthcare spectrum, with particularly dramatic impacts on the allergy and asthma, antipsychotic, arthritis, cancer, coronary artery, depression, diabetes, HIV/AIDS, multiple sclerosis, and Parkinson’s patient communities.

To address this, the bill establishes guardrails to protect patients in circumstances in which following step therapy protocols are counterproductive or harmful. The bill

prohibits insurance providers from establishing a step therapy protocol that requires an insured individual to utilize a medication that is not likely to be clinically effective for the prescribed purpose. When establishing clinical criteria for step therapy protocols, the bill would ensure that insurance providers determine effectiveness through clinical review and take into account the needs of typical patient populations with similar diagnoses.

The bill provides patients who are subjected to step therapy sequences with an accessible exemption request process whenever coverage is restricted. The legislation enumerates specific timelines for insurers to review requests and grant exceptions, and in cases where interruptions in the patient’s medication schedule puts them at considerable risk, the turnaround time is faster. Under the bill, providers would accept or deny a

request within 3 business days or within 24 hours if additional delay would significantly risk the insured individual’s health or well-being. If an exception to step therapy is denied, the bill includes a process for the decision to be appealed. Upon granting exemptions, MassHealth and private insurers would be required to provide coverage for the drug recommended by the patient’s provider.

To assist in future reforms, the bill would create a commission on step therapy protocols within MassHealth to study and assess the implementation of this bill and any future step therapy reforms.

If passed, Massachusetts would join 28 other states in curbing unfair step therapy practices. The bill, An Act relative to step therapy and patient safety, is now before the Governor for his consideration.



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## localtownpages

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Commonwealth of Massachusetts  
**STATE ELECTION**  
**OFFICIAL**  
**EARLY / ABSENTEE**  
**BALLOT**  
**Tuesday, November 8, 2022**  
**231**

To vote for a candidate in the oval ● to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

**GOVERNOR and LIEUTENANT GOVERNOR**  
 Vote for ONE

**DIEHL and ALLEN** Republican

**HEALEY and DRISCOLL** Democratic

**REED and EVERETT** Libertarian

DO NOT VOTE IN THIS SPACE.  
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WRITE-IN SPACE ONLY

**ATTORNEY GENERAL**  
 Vote for ONE

**ANDREA JOY CAMPBELL** Democratic

**JAMES R. McMAHON, III** Republican

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WRITE-IN SPACE ONLY

**SECRETARY OF STATE**  
 Vote for ONE

**WILLIAM FRANCIS GALVIN** Democratic

**RAYLA CAMPBELL** Republican

**JUAN SANCHEZ** Green-Rainbow Party

DO NOT VOTE IN THIS SPACE.  
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**TREASURER**  
 Vote for ONE

**DEBORAH B. GOLDBERG** Democratic

**CHRISTINA CRAWFORD** Libertarian

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**AUDITOR**  
 Vote for ONE

**ANTHONY AMORE** Republican

**DIANA DIZOGILIO** Democratic

**GLORIA A. CABALLERO-ROCA** Green-Rainbow Party

**DOMINIC GIANNONE, III** Workers Party

**DANIEL RIEK** Libertarian

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WRITE-IN SPACE ONLY

**REPRESENTATIVE IN CONGRESS**  
 FOURTH DISTRICT  
 Vote for ONE

**JAKE AUCHINCLOSS** Democratic

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**COUNCILLOR**  
 SEVENTH DISTRICT  
 Vote for ONE

**PAUL M. DePALO** Democratic

**GARY GALONEK** Republican

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WRITE-IN SPACE ONLY

**SENATOR IN GENERAL COURT**  
 WORCESTER & HAMPDEN DISTRICT  
 Vote for ONE

**RYAN C. FATTMAN** Republican

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**REPRESENTATIVE IN GENERAL COURT**  
 TENTH WORCESTER DISTRICT  
 Vote for ONE

**BRIAN WILLIAM MURRAY** Democratic

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**DISTRICT ATTORNEY**  
 MIDDLE DISTRICT  
 Vote for ONE

**JOSEPH D. EARLY, JR.** Democratic

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**SHERIFF**  
 WORCESTER COUNTY  
 Vote for ONE

**LEWIS G. EVANGELIDIS** Republican

**DAVID M. FONTAINE** Democratic

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WRITE-IN SPACE ONLY

**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) BELLEVILLE  
 Vote for not more than ONE

**JOSEPH M. HALL**

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WRITE-IN SPACE ONLY

**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) DOUGLAS  
 Vote for not more than ONE

**JOSEPH A. BRODERICK**

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WRITE-IN SPACE ONLY

**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) DUBLIN  
 Vote for not more than ONE

**MARK J. POTTER**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) GRAFTON  
 Vote for not more than ONE

**ANTHONY M. YITTS**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) HOPEDALE  
 Vote for not more than ONE

**MITCHELL A. INTINARELLI**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) MIDDLETOWN  
 Vote for not more than ONE

**EDWARD D. CRAY, III**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) MILLBURY  
 Vote for not more than ONE

**CHESTER P. HANRATTY, JR.**

**FRANK J. PISCITELLI, III**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) MILLVILLE  
 Vote for not more than ONE

**GERALD M. FINN**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) NORTH BERG  
 Vote for not more than ONE

**JEFF T. KOOPMAN**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) SUTTON  
 Vote for not more than ONE

**TYLER BARTLETT**

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**REGIONAL SCHOOL COMMITTEE**  
 BLACKSTONE VALLEY (4 YEARS) UXBIDGE  
 Vote for not more than ONE

**JAMES H. EBBELING**

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# Real Estate Corner

## Recent Home Sales

Date	Hopedale	Amount
10/19/2022	55 Jones Road	\$470,000
10/17/2022	124 Plain Street	\$610,000
10/14/2022	2 Briarcliff Road	\$519,000
10/14/2022	77 Mill Street	\$510,000
10/12/2022	17 Moore Road	\$910,000
10/07/2022	118 Plain Street	\$670,000
10/06/2022	10 Gannett Way	\$698,000
09/30/2022	336 S Main Street, #R	\$580,000
09/16/2022	5 Daniels Street	\$492,500
09/15/2022	3 Jackson Way	\$679,900
09/15/2022	79 Dutcher Street	\$361,000

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



2 Briarcliff Road in Hopedale recently sold for \$519,000. Image credit: www.zillow.com

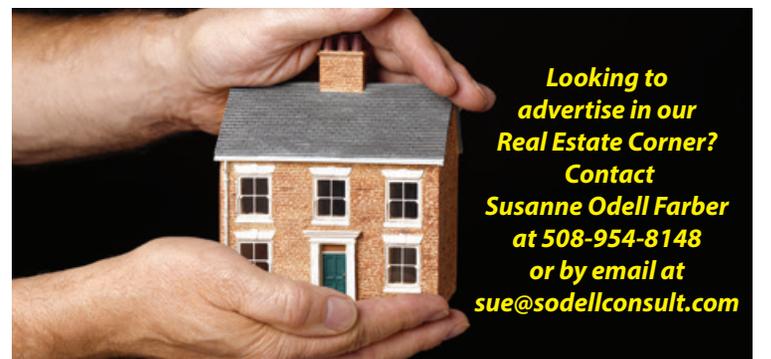


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Looking to advertise in our Real Estate Corner? Contact Susanne Odell Farber at 508-954-8148 or by email at sue@sodellconsult.com

# SAMPLE

**NOVEMBER 2022 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208**

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	10:00 am Move, Groove & Sculpt 10:00 am Watercolor Class 1:00 pm Tai Chi	10:00 am Low Impact Exercise w/Christine  <b>Sr. Center Closes at 12:00 pm</b>
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge  <b>ELECTION DAY</b> 	10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	9:00 am <b>Veterans' Day Ceremony</b> 10:00 am Move, Groove & Sculpt 10:00 am Watercolor Class 1:00 pm Tai Chi 1:00 pm <b>Legal Seminar w/ Paula Nedder "Legal Check-up"</b>	<b>CLOSED FOR VETERANS' DAY HOLIDAY</b>  
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	10:00 am Move, Groove & Sculpt 10:00 am Watercolor Class 10:00 am Knitter's Group 1:00 pm <b>COA Board Meeting</b> 1:00 pm Tai Chi	10:00 am Low Impact Exercise w/Christine  <b>Sr. Center Closes at 12:00 pm</b>
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:00 pm <b>Turkey Dinner at Sr. Center</b> 12:30 pm Mah-Jongg 12:30 pm Bridge	10:00 am Low Impact Exercise <b>No Meditation or Literatures Classes</b>  1:00 pm Cribbage	<b>CLOSED FOR THANKSGIVING HOLIDAY</b>  	<b>CLOSED FOR THANKSGIVING HOLIDAY</b>  
9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage		

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