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March 2023



Town Administrator applications due March 10

By THERESA KNAPP

At its meeting on Feb. 16, the Select Board finalized and accepted the “position statement” for the new Town Administrator.

The statement reads in part...



Hopedale is seeking an experienced, approachable, and community-focused leader with excellent economic development and financial management skills to serve as its next Town Administrator. Preferred candidates should have a bachelor’s degree (master’s preferred) in public administration or a related field and experience as a town administrator/manager or assistant town administrator/manager or equivalent, with demonstrated skills and abilities in municipal finance, economic development, procurement, grant writing, and communications. Candidates should be self-starters, instill confidence and trust, and

be able to build cooperative relationships with appointed/elected officials, residents, employees, and businesses. Candidates should be team players who are level-headed, enthusiastic, and have strong communication skills. Hopedale has skilled department heads who will assist the next Town Administrator in achieving goals.

The annual salary range is \$130,000 to \$140,000.

The position is now posted on

ADMINISTRATOR

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High School Innovation

Hopedale Jr.-Sr. High School successfully held their first Open House of the new Innovation Pathways (IP) program on Wednesday Feb. 15.

The event, at the Dennis Breen Academic Center, recognized students and businesses who have contributed to the program this school year. In addition, information about the Innovation Path-

ways program was shared with the entire community which included local legislators, families, school leadership, school committee, and business partners.

One of the many highlights of this year’s Innovation Pathways in Business and Biomedical Science was the \$85,000 grant from the Massachusetts Department

of Elementary & Secondary Education (DESE). The grant application was submitted by the IP Team Planning Committee comprised of teachers and administrators: Derek Atherton (Principal), Anthony Beaudry (Unified Arts Department Head), Laura Ingemi

INNOVATION

continued on page 2

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INNOVATION

continued from page 1

(Internship & Capstone Coordinator and the new IP Coordinator), Tim Maguire (Science Teacher), Jill St. Martin (School Counselor), Talitha Oliveri (Business Teacher), and Kate Raspall (Science Department Head). Kate Raspallo applied and was awarded a Massachusetts Capital Skills grant upon successful IP Designation for funding towards an Anatomage (virtual dissection) Table for additional \$75,000.

Guests of the Open House were able to participate in table demonstrations led by students in the Biomedical Science IP program and Science Teacher Maguire.

Juniors Kelsey Evans and William Adamski, who both plan on going into the medical field, demonstrated the new 3D Anatomage Table, which is regarded as the most technically advanced anatomy visualization system. It



Juniors, Kelsey Evans and William Adamski who both plan on going into the medical field demonstrated the new 3d Anatomage Table, the most technically advanced anatomy visualization system and both a virtual library of human and animal cadavers. This table will be used as a clinical diagnostic tool and dissection platform for the school's biology and physiology classes.



Left Sophomore Maddie DiMaio who plans on going into the endocrinology field of medicine, demonstrated the human heart cardiac simulation to parent Becky Chan, a parent and physical therapist, who was very excited for the new Biomedical program .

Courtesy photos by Laura Ingemi and Monica Phillips

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is also a virtual library of human and animal cadavers. This table will be used as a clinical diagnostic tool and dissection platform for the school's biology, physiology, and psychology classes.

Sophomore Maddie DiMaio, who plans on going into the endocrinology field of medicine, demonstrated the human heart cardiac simulation to Becky Chan, a parent and physical therapist, who was very excited for the new Biomedical program.

Biology teacher Maguire stated the device, worth \$100,000, was funded by a grant from the Capital Skills grant program as well as a generous donation from the Hopedale Alumni Foundation.

Both Atherton and Ingemi shared information about Innovation Pathways with those in

attendance (see picture). Hopedale's new Innovation Pathways in Business and Biomedical Science will offer students a transformative experience, enabling them to develop essential skills, gain awareness of future career opportunities, and make informed choices about post-secondary education in promising fields.

IP funding awarded will include many opportunities for students: academic advising, expansion of the MyCAP, career

talks, job shadow days, field trips, networking, project-based learning, and work-based learning. In addition, monies from the grant will help to pay for curriculum, supplies, dual-enrollment courses with our local community college partners, costs associated with Advanced Placement coursework, and allow for some paid internships.

Ingemi also thanked the support of Hopedale's current business partners: MassHireCentral, the Blackstone Valley Education Foundation, the Blackstone Valley Chamber of Commerce, the Tri County Regional Chamber, Boston Children's Hospital, and others. Families and students who are interested in learning more about Hopedale's Innovation Pathways should contact Ingemi at lingemi@hopedaleschools.org or visit Hopedale's website.

In addition, businesses who are interested in partnering with the school and students in this program should reach out to her as well.

Submitted by Laura Ingemi

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ADMINISTRATOR

continued from page 1

the Massachusetts Municipal Association website and others, and can be found at <https://bit.ly/3KeyYCD>. It can also be found on the Community Paradigm website at <https://bit.ly/3I7eRUy>. Applications are due by March 10 at 3 p.m.

The former Town Administrator vacated the position in November and Interim Town Administrator Jeffrey Nutting has been in the position since December.

The Ideal Candidate

- Bachelor's degree in field related to public management with a Master's degree in public administration preferred
- Minimum of 2-3 years of experience as a town administrator/manager, assistant town administrator/manager, or equivalent experience.
- Skilled in economic development, financial management, community planning, grant

writing, communications and procurement.

- Able to implement effective processes and procedures; strategic thinking.
- Knowledgeable of best practices.
- A self-starter and team player.
- Collaborative, enthusiastic, transparent, innovative and decisive.
- Ability to develop a friendly and professional rapport with department heads.
- Skilled in use of traditional and modern communication tools.
- Community-focused, moral-builder, analytical, creative problem solver, professional and organized.
- Approachable, have an open-door policy, and be open to exploring new ideas.
- Strong work ethic, inspire trust and confidence, empower others, and enjoy working with people.

Source: Community Paradigm Associates, LLC

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Volunteers needed for Community Preservation Committee

The Select Board is seeking four residents to serve as volunteers on the Community Preservation Committee. Per the by-law adopted by Town Meeting, Town employees and individuals currently holding elected or appointed positions are not eligible to serve.

At the Nov. 3, 2020 Town Election, the Town adopted the Community Preservation Act. Subsequently, Town Meeting voted to establish a Community Preservation Committee.

The objective of the CPC is to study the needs, possibilities and resources of the Town, specifically with respect to recreational

uses, historic resources, community housing and open space and to make recommendations to Town Meeting to fund projects in support of these objectives.

If you are interested in joining the committee, please fill out the talent bank form at <https://bit.ly/3YJJC9e>

If you have any questions regarding the committee, please contact the Town Administrator's Office at 508-634-2203 X210 or email mwhite@hopedale-ma.gov and lpeterman@hopedale-ma.gov

Source: www.hopedale-ma.gov

Alumni Scholarship Applications Now Available for Hopedale High School Classes of 2023 and 2022

Class of 2023: The Hopedale High School Alumni Association is pleased to once again offer Alumni and Horne Scholarships to this year's graduating class. Two Alumni Scholarships of \$2,000 each and six of \$1,000 each are available, as are two Horne Memorial Scholarships of \$3,000 each and six of \$5,000 each.

Criteria for these scholarships are:

- Academic achievement and potential for future success.
- Demonstrated leadership in school government, extracurricular activities, sports, or other facets of school or community life.

- Contributions to the school and/or the community that demonstrate a commitment to service.
- Demonstrated character qualities to include respect for others, teamwork and reliability.
- Significant achievements in some facet of school or community life.
- Financial need.

These criteria will be considered together in order to arrive at the most complete and accurate assessment of each student's qualifications to receive Alumni scholarships. The selection committee will meet in April and recipients will be notified at graduation.

Scholarship application forms are available on the Alumni website hopedalealumni@gmail.com, or at the high school office. One application covers all.

Class of 2022: Ten scholarships of \$3,000 each are available. Any member of this class who is currently attending college may apply online by visiting: hopedalealumni@gmail.com

Application letters and related material for all 2023/2022 scholarships must be received by the Alumni Association by Saturday, April 1, 2023. Applications received after April 1st will be ineligible.

Highway Superintendent says lack of snow helps in many ways

By THERESA KNAPP

Hopedale Highway Superintendent Chris Nadeau says the lack of snow this winter is helping the department to stay on budget and get a jump on spring projects.

"Obviously, it hasn't been a bad winter so far so that's great,

the budget's looking pretty good," Nadeau told the Select Board at its Feb. 13 meeting.

He said the town has a full salt shed and the department has only had to plow after one snowstorm, on Jan. 23, for which he utilized DPW employees only and did not need to hire additional contractors.

He said the lack of snow has also made it possible to do road repairs and maintenance, including culvert cleaning and litter pickup, which they typically cannot do in the winter.

"We're definitely ahead of the game," said Nadeau. "Last week and this week, I've had the sweeper out so that's going to re-

ally speed up the spring cleaning, it definitely makes a difference."

He also reported the Route 16 intersection project was nearly complete and they were working on signage.

"We're pretty much right on budget with that...we're under the million dollars so far."

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

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

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

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

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

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a sin-

Business spotlight

gle item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anony-



mous call center. Your phone call goes right to Jay.

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

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

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in

Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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Hopedale Brewer to participate in

Meet the Brewers: Freshman Class of 2023

Hopedale local Dave Hughes, Owner and Brewmaster of Strong Side Brewing, will help

kick-off Mass Beer Week as a part of a round-table style beer tasting event, "Meet the Brewers:

Freshman Class 2023," set for Saturday, March 4, from noon to 3 p.m. at Lookout Farm in Natick.

The event brings together seven of the state's newly launched breweries for an intimate tasting event with unique access to brewers. The lineup includes: Break Rock Brewing Co., Dirigible

Brewing Co., Hopothecary Ales & Kitchen, Hot Plate Brewing Co. Strong Side Brewing Co., The Girls Brewery and Twisted Fate Brewing Co.

Hughes is one of many brewers who have been inspired by the annual event. In 2018, he attended the "Meet the Brewers:



packaging their beers at Start

Line Brewing Company in Hopkinton. This is just the beginning as Hughes searches for a taproom location of his own.

Tickets are \$50 and all proceeds will benefit the Mass Brewers Guild, the state's trade

association that exists to protect and promote the interests of craft brewers across the Commonwealth. The fundraiser aims to foster learning and edu-

Freshman Class" tasting, then as a wide-eyed homebrewer.

While moving from table to table, meeting the featured brewers who were realizing their dreams, Hughes made a pact with himself to one day host a table of his own. Strong Side

Brewing is now operating as a contract brewery, producing and

cation of the brewing process and inspire deeper connections between brewers and craft beer lovers.

"This is a full circle moment for some of the breweries that are being featured this year – many who attended this event as a craft beer fan, picking the brains of the brewer across the

table to learn what it takes to open their own operation. Now, they'll be the ones dispensing advice, sharing their start-up story and brewing history," says Katie Stinchon, executive director of the Mass Brewers Guild. "This is the first-time that we've had this event live and in-person since 2020. It's one of our most anticipated beer tasting events and we are so glad to bring it back."

How does the event work?

Upon arrival, guests are broken up into groups of eight. Each group will then have twelve minutes with each brewer to enjoy up to three samples, ask questions, and hear the story behind the beer before rotating to the next brewer. Attendees will also

receive a souvenir MBG tasting glass, a gourmet soft pretzel from Eastern Standard Provisions and additional refreshments throughout the afternoon.

Meet the Brewers: Freshman Class of 2023 will take place in the Lookout Farm Brewing Co. taproom located at 89 Pleasant Street South, Natick, Mass. For more information about the Mass Brewers Guild, or the state's breweries, visit massbrewersguild.org.

To purchase tickets to Meet the Brewers: Freshman Class of 2023, visit <https://events.beer-fests.com/e/meet-the-brewers-freshman-class-2023/tickets>

8th Annual Spring Egg Hunt With Special Guest

Sunday, April 2, 2023
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1-2 PM hunting will begin at 1:15PM

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Pictures with Easter Bunny

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Glenn Brown

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2 High Yields: A Bird In Hand Is Worth Two In The Bush.

4 High-Yield Dividend Aristocrat Retirement Dream Buys.

Is _____ Stock's 5.25% Dividend Yield Safe?

With headlines like these, who needs enemies?

Dividend stocks are getting a lot of attention given how as a group they outperformed the S&P 500 Index which declined -18.1% in 2022. Witness leading dividend ETFs (exchange traded

funds) from Schwab, Vanguard and iShares (BlackRock) ranging from -3% to -9% for the year, keeping 10-year annualized returns still above 10%. Add US bond market index down -13.1% due to rising rates, you can see the attraction on a relative basis.

Unfortunately, due diligence by many investors buying or selling dividend stocks is based on yield and a story with a catchy headline. They ignore a company's business model, free cash flows, payout ratios, dividend growth, stock appreciation and other key factors.

Even worse is mantra of "I don't care about the stock price, as long as I get my dividend".

Here's a few considerations I use to avoid pitfalls and manage a Dividend Growth & Income portfolio.

1. Be diversified across industries. Far too often see self-directed investors own 20 companies and think they're diversified. Problem is 15 are in the same sector (i.e. today it's energy, 5 years ago REITs, 17 years ago financials). Be across at least 5-6 sectors to reduce portfolio volatility throughout economic cycles.

2. Seek total return approach. Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

3. Growth of dividends. Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less today. Given this, these are ignored by income investors. Huge mistake, let me explain via concept of Yield-On-Cost (YOC).

4. Yield-On-Cost (YOC). Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example. Five years ago software company is yielding 1.0%, today

through dividend increases YOC is 2.8%. Meaning your initial investment 5 years ago now pays out 2.8% annually even though current yield still ~1%. Bonds can't do this, they're fixed. But there's more... add 216% stock appreciation and you see the mistake of only selecting high dividend yields.

Other examples:

- Managed Care: 1.3% yield, 5-year YOC 3.9% + 131% total return.
- Environmental Industrial: 1.7% yield, 5-year YOC 3.9% + 134% total return.
- Semiconductor: 0.8% yield, 5-year YOC 3.8% + 380% total return.
- Pharmaceutical: 1.3% yield, 5-year YOC 5.3% + 394% total return.

5. Balance with consistently boring. Boring is reliable. Boring is necessary. This can include companies increasing dividends each year for 25 years (just 64) or 50 years (only 37). Additionally, this is also where

you can add some slow growth, high-yield opportunities to help increase overall portfolio income. Again business model matters, debt matters, visibility matters.

Dividend investing can play a part in your investment and/or income distribution strategy, but it's more than yield with a story if you want results to stay invested over economic cycles.

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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Select Board makes appointments, accepts resignations

BY THERESA KNAPP

At its meetings on Jan. 23, Feb. 13, and Feb. 16, the Hopedale Select Board made the following appointments:

Town Administrator Search Committee members, effective 1/23/2023:

- Cheryl Moreci – Citizen-at-Large
- Len Guertin - Citizen-at-Large
- Mark Giovanella – Chief of Police
- Karen Crebase – Superintendent of Schools
- Lisa Pedroli – Town Clerk

- Jayme Solomon-Zissu – Personnel Board vacant– Finance Committee representative
- McKealy Locklin, part-time dispatcher, effective 2/14/2023

The board also accepted the following resignations:

- Nicholas Walker, part-time dispatcher, effective immediately
- Catherine D'Alessandro, Call Firefighter effective 2/17/2023

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Unique Opportunities Toward Future Careers At Hopedale Junior Senior High School

Hopedale Junior-Senior High School is proud of the innovative approach we have taken in preparing our students for future careers.

Although it would be impossible for such a small district to develop full courses in major career pathways, Hopedale has taken the lead in collaborating with other schools to offer our students unique opportunities. With Hopedale leading the way, the Blackstone Valley Superintendents Consortium applied for and received a \$450,000.00 grant from American Student Assistance, a Boston based non-profit organization to focus on 21st Century Workplace training.

Hopedale is proud of the work we have accomplished throughout the first two years of our three year grant.

We hired a BVExcel coordinator who worked to streamline our program and enrollment



Field trip during the Manufacturing Course

process, recruited new teachers, developed new courses, and ensured job shadow experiences and hands-on learning for all of our students.

We ran many after school courses throughout the year which included Manufacturing I, Manufacturing II, Robotics, Video Lab, Cybersecurity, Welding, Food for Thought, and Introduction to Health Careers and Care Essentials.

We had students from across the Blackstone Valley enroll in our BVExcel courses including many students from Hopedale Junior-Senior High School.

Students who attended these courses had opportunities to connect with students across the Blackstone Valley who have similar career interests, connect with our business community through a virtual Job shadow at Waters, a field trip to Algonquin Industries, a virtual job shadow at Staples, a field trip to WPI, and a virtual STEM Workshop at Waters. Because of the hard work of our Hopedale staff members and the generous support from Amer-

ican Student Assistance, our students are gaining workforce skills through high school credit bearing evening courses, field trips, job shadowing, and internships.

We are proud of the incredible opportunities that our 21st Century Workplace Training Grant has allowed us to develop and offer to our students. We have been invited to present at conferences locally and nationally to share our innovative approach to meeting the needs of all of our Hopedale students.»

Testimonial from a 2022 graduating senior from Hopedale JSHS, Kara Stewardson

My name is Kara Stewardson, and am a senior at Hopedale High School. I was so excited when I heard of the BVExcel program and all of the unique opportunities they have to offer. I enrolled in the fall Manufacturing I course. Through this class I was given the chance to go on a field trip to Algonquin Industries and get a tour of the manufactur-

ing plant. This tour was one of the best I've experienced in my School career. It was amazing to see all that I have been learning in class with BVExcel actually in use! Algonquin Industries is partnered with Hi-Tech Metals allowing them to create and produce the desired amount of custom metallic parts for their clientele. We received a tour of the whole facility including the milling, sanding, polishing, laser and pressure cutter, the machines that bent the metal sheets, the engineering room, the high-tech measuring devices, the welding stations, and the packaging section where they get all of the products ready for send-off. The two companies work hand and hand in the same building to create their products. This was such a unique experience and interesting to see in action.

Submitted by Superintendent Karen Crebase

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Bancroft Memorial Library - March Events

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 Contact: Tricia Perry, Library Director tperry@cwmars.org

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Massachusetts Library Collaborative 50+ Job Seekers Networking Group

The free, biweekly skillbuilding and networking group meetings for people 50 years and older looking for a new job, a new career direction, or a Second Act career continue this month on Zoom. Topics this month: March 1/8 Developing a Resume Pt. 1 and March 15/22 Developing a Resume Pt.2. Please check our website for more information. This program is sponsored by the Friends of the Hopedale Library.

Free Seed Library

Stop by the Bancroft Memorial Library and get free seeds from our new Seed Library. There is no limit! If you don't need a full packet, there are smaller envelopes available. Just take what you need. Special thanks to W. Atlee Burpee & Co., Fedco Seeds, Seed Savers Exchange, and a Friend of the Library.

Capron Park Zoo Pass

The Bancroft Memorial Library has a new pass available! The Capron Park Zoo pass is sponsored by Dewey Pest and Wildlife. This pass admits 2 adults and 2 children free of charge. You must be a Hopedale resident. Capron Park requires an ID for proof of Hopedale address.

Clothing Drive

From March 20-31, students from Hopedale Jr. Sr. High School

will be collecting new and gently used clothing for newborns to age 12 in different locations throughout Hopedale. They are a part of Project 351, a MA service leadership organization to motivate 8th graders to help in their communities. This spring they will be working with Cradles to Crayons to battle clothing insecurity across MA and the U.S. The Bancroft Memorial Library will be a drop off location for this project. There will be a bin upstairs and downstairs.

Helen Symonds Book Group

Join the Helen Symonds Book Group on Wednesday, March 1 at 1:00 pm, as we host local poet Lynne Viti. Lynne Viti is the author of *The Walk to Cefalù* (2022), *Dancing at Lake Montebello: Poems* (2020), *Going Too Fast* (2020), and two poetry chapbooks, *Baltimore Girls* (2017) and *The Glamorganshire Bible* (2018), as well as *Punting* (2018), *Dreaming Must Be Done in the Daytime* (2018) and *In Louisburgh, County Mayo* (2019). Copies of books will be available for purchase and book signing. Please sign up at the Library's circulation desk for this special event or call us at 508-634-2209.

The Helen Symonds Book



Group will meet on Wednesday, April 5 at 1:00 pm in the Bancroft Memorial Library meeting room to discuss *A Gentleman in Moscow* by Amor Towles. "In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by the Bolsheviks and sentenced to spend the rest of his life on house arrest. Thus the wealthy count is forced to move from his suite at the Metropol, a grand hotel across from the Kremlin, to a servant's room in the attic. Over the ensuing decades, he witnesses Russia's tumultuous history from his window and must ponder what it means to be a man of purpose." —adapted from CWMARS catalog. Books are available at the Library. The book group is open to everyone! Please sign up at the Library circulation desk.

Wednesday Needlework Group

Join us for an evening of needlework.

LIBRARY

continued on page 11

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LIBRARY

continued from page 10

dlework every Wednesday night from 6:00pm until 7:45pm. Bring your latest project. No commitment required – come when you can!

News from The Friends of the Hopedale Library

The Irish in America

The Friends of the Hopedale Library are pleased to present “The Irish in America” on Wednesday, March 1st at 6:30 pm. Come join us as Mary King, Kathy Clasper-Torch, and Dan Lenair share an Irish immigrant’s musical journey. Irish immigrants captured the heart of the nation with their mix of Irish jigs, ballads, folk songs, storytelling, and humor. Their music was influenced by their travels throughout New England, the Midwest, Appalachia, and the West. Celtic traditions were infused with new styles and instruments creating a new voice to their culture, along with the old. Get your green on, warm up your voice and enjoy the warmth, spirit, and hilar-

ity. Mary King often teaches a beginner’s Irish gig before the start of the program. All ages are welcome. There is no charge to attend this program but registration is requested. To register please call the library at 508-634-2209 or stop by the upstairs circulation desk. This program is supported in part by a grant from the Hopedale Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.

DQ Fundraiser

Come support The Friends of the Hopedale Library at a special fundraiser on Thursday, March 16th at the Milford Dairy Queen at 190 West St in Milford. The Friends of the Library will receive 10% of all purchases from 5 pm to 8 pm. All monies raised support library programs, summer reading, museum passes, and expenses not covered by the library budget.

Book Donation Day

The Friends of the Hopedale Library will be collecting book donations on Saturday, March 25th from 10 am - 12 pm in the downstairs program room. Children’s books in good condition of

any age will be accepted. Adult books should be 5 years old or newer due to space constraints. No dusty or yellow books, please! Don’t forget to shop our Ongoing Book Sale. New books are frequently added.

FlowerPower.org Fund-raiser

Help support The Friends of the Library by shopping our FlowerPower.org fundraiser through 5/15! You can order flowers, bulbs, and other plants online and have orders shipped directly to you. The Friends of the Hopedale Library earns 50%. Shop at <http://hopedalelibrary.fpfundraising.com>.

About the Friends of the Library

The Friends of the Hopedale Library, founded in 1983, is an active volunteer, non-profit organization consisting of town-wide membership and a representative executive board. We work with the Library staff and the Trustees to support the Library in providing funds for equipment, materials, and programs not covered by the library’s regular operating budget. The Friends of the Li-

brary meet the second Wednesday of the month, September through June, at 6:30 pm. New members and ideas are always welcome!

News from the Marjorie Hattersley Children’s Room

Registration is encouraged but not required for all events. Please call Mrs. Kraimer at (508)634-2209 to register!

Storytimes with Mrs. Kraimer

Enjoy books and crafts with Mrs. Kraimer all month long!

Storytime - Tuesdays at 10:30am (Ages 3-5)

After School Storytime - Wednesdays at 3:15pm (Ages 5-7)

Mother Goose Rhyme Time - Thursdays at 10:30am (Birth- 3 years)

Homeschool Hangout

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

Lost Mummy Escape Room

Can you find the lost mummy and escape the tomb? Sign up with your friends or family to participate in this exciting escape room on Wednesday, March 29. There are two time slots available, 5:00 and 6:30pm. Up to 4 teams may compete during each time slot. Sign up today! Ages 10+

Pre-Teen Advisory Board

The Pre-Teen Advisory Board will meet on Monday, March 27 at 5pm. Open to ages 10-14. Free pizza!

Wii Fun

We’ve dusted off the Wii and it is ready for use! Stop by on March 10 and 24 from 3-4:30pm to play some games in the program room.

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. Our webpage is <https://www.hopedale-ma.gov/bancroft-memorial-library>.



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Living Healthy

Cataract Surgery in 2023: Questions and Options

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. In many of these referrals



the referring optometrist and surgeons may also be in violation of the STARK law and anti-kickback statutes. Beware referral bias. In our center, we eliminated the middleman. 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.

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.

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.

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.

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-assisted 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!

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.

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.

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



MILFORD - FRANKLIN EYE CENTER



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---------------------------------------------------------	-------------------------------------------------------------	------------------------------------------------------	---------------------------------------------------------------

EYES

continued from page 12

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 have trained local and out-of-state surgeons on how to perform cataract surgery.

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 longer need to travel hours for your cataract surgery! 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 and 2 other locations in Milford and Millis. Over 30 thousand procedures performed and 7 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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Adopting local meals tax could raise much-needed revenue

Article proposed for town meeting warrant

By THERESA KNAPP

Nearly 70 percent of all cities and towns in Massachusetts have a local meals tax; Hopedale does not.

"I've come across the fact that you don't have a meals tax," Interim Town Administrator Jeff Nutting told the Select Board at its meeting on Feb. 16, suggesting the move could bring in an estimated \$20,000 per year with little impact on the customer. "On \$10, it's seven cents."

The "local option meals tax" was adopted by the Commonwealth of Massachusetts in 2009. It adds an additional 0.75 percent tax to meals (and prepared foods) sold in a municipality, and those funds specifically benefit that local municipality.

This local tax is in addition to the state 6.25 percent sales tax on meals, and does not impact a restaurant's bottom line.

To date, the majority of

the cities and towns in Massachusetts - 248 out of 351 - have adopted the local meals tax, including Bellingham, Medway, and Mendon.

The board supported the idea and agreed to put it on the warrant for the annual Town Meeting.

For more information, including the statistics for each municipality, visit <https://bit.ly/41Iijm>

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Sports

Victoria Miranda, Looking To Fill The Void

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Hopedale's Victoria (Tori) Miranda has always found that she was involved in three sports, but when she decided to stop playing basketball she soon found that she had a void in her winter schedule.

Being that she was no longer playing basketball, Miranda drifted toward winter track to keep her busy in between field hockey and softball.

"Last year I stopped playing basketball because I was not the best at it and was not able to give it the proper amount of time due to my spending more time practicing softball, my main sport," she said. "So I decided to try out track and found that I not only liked the people, coaches and meets but it was keeping me well conditioned."

Miranda, who joined the team last year from BMR as they did not have a girls track team, began running sprinting events for the Blue Raiders.

The junior runs the 55-meter dash as well as the 300, but she feels that the later race is not her favorite as she needs to sprint hard for the entire race and believes that she is much more acclimated to the 55 as it's quicker.

According to Hopedale Coach Tim Maquire, Miranda came to Hopedale to run during the winter season and the team was more than happy to have her. This year she transferred to Hopedale and is now in the school on a regular basis.

"She has definitely given us a good boost in her events to help us pick up points, she was a solid pick up for sure," the Coach said. "In addition to the 55, 300 and 4x200 relay, Tori tried the long jump last year and although small picked up the shot put for

us this year and is currently our third best athlete in the event."

Having tried the long jump last year, the junior decided to give it another chance this season, but found that she just wasn't hitting her mark and felt it was best to let it go.

"The shot put wasn't going my way this year and I didn't want to waste my time focusing on an event that I was not doing well in, while taking away time from my sprinting," Miranda said. "I tried the shot put in its place and found that I really enjoyed it and it allowed me to do something else at the meets between my other events instead of just waiting around."

Although she is truly enjoying throwing the shot put and doing it with success, Miranda's main focus has been the 55-meter dash where she has been able to etch her name into Hopedale history. During the Coaches Invitational Meet the junior sprinter was able to eclipse Kyana Farhart's 2014 record pace of 8.07 in the dash putting up a time of 7.97 to break 9-year record at Hopedale.

With a time that was relatively close (her best time was 8.13) to the record Miranda was hoping to top the time at the Coaches Invitational Meet, but she wouldn't find out if she was able to do so for some time after her race.

"I knew that I had the possibility of breaking it, so prior to the race I continually stretched, worked on my breathing and practiced my block starts, but the closer it got to my heat the more nervous I got," she said. "Things changes when I was finally got the blocks. I found myself more relaxed and luckily in a fast heat where I just tried to keep up with the other runners."

Not only was she able to keep pace with the other runners, but she also said she felt really



good during the event. However, despite all that, she would not find out her time right away as the timing boards at the Reggie Lewis Arena were not working that day. So as she awaited her results, the nerves kicked in.

"It was nerve racking, but I was really excited when my coach told me that I had broken the record. It was something that I really wanted to do and being so close it pushed me hard to reach this goal," the new record

holder said. "It means a lot to me as people have told me that I was fast but I never really realized it until I got the record. Now I know that I am actually fast and to be the only one over the last nine years to do it is amazing."

Still with the remainder of the season to still take part in, Miranda is looking to lower her 55-meter time even lower, while looking to put her name in the record books once again, this time in the 300. The record cur-

rently sits at a time of 44.3 seconds while Miranda's time is 3 seconds off at 47.0.

While the junior is eyeing the 300-meter record, her Coach sees her taking part in the District Championships where he believes that she will be able to qualify for the Division 5 State Meet, where she will have a chance to improve upon last year's performance.

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 and let us know!

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Call the Senior Center at (508)634-2208 for full eligibility details. All applications are confidential. We can help you manage high home heating costs.

Active Adult Dance and Stretch for Fun and Fitness

Hopedale's own, Pauline Wright, former professional Dance teacher

and Choreographer will offer active adult dance classes which will

incorporate Ballet and Jazz movements. These classes are for all levels

of experience regardless of abilities. Come dance for fun and personal fitness!

Two free trial classes are being offered on the following dates:

Tuesday March 14 and 28, 2023

Hopedale Senior Center -

3:30 pm 4:30 pm

Registration required. Please call (508)634-2208.

If there is enough interest in classes will continue on a weekly basis starting in April. The cost will be

\$5.00 per class.

Learn how to Take Better Pictures with your Smartphone

Professional photographer, Steve Mc Grath will hold a five (5) class series that will enable you to broaden

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controls as well as show you the best free and low-cost tools for editing

and image managing photographs.

Classes are on : Tues. at the Hopedale Senior Center

10:00 am to 11:30 am

March 14, 21, 28 and April 4 and 11

\$25.00 for series of five (5) classes.

Registration by 2/10/2023.

Call (508)634-2208.

Volunteer opportunities for seniors

Are you a senior citizen looking for a way to volunteer in the community? If so, consider any of these 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

Source: <https://www.hopedale-ma.gov/council-aging>

Real Estate Corner

Recent Home Sales


Date	Hopedale	Amount
01/17/2023	187 Laurelwood Drive	320,000

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



As of press time, only one home had sold in Hopedale in the previous 30 days: 187 Laurelwood Drive sold for \$320,000. Image credit: www.zillow.com

MARCH 2023 - HOPEDALE SR. CENTER ACTIVITIES (508)634-2208

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	2 9:00 am – 2:30 pm AARP Tax Clinic by Appt 10:00 am Watercolor Classes 1:00 pm Tai Chi Errand Van Available	3 10:00 am Re-boot Strength & Balance Senior Center closes at 12:00 pm
6 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	7 9:00 am Yoga with Crystal 12:30 pm Mah-Jongg 12:30 pm Bridge	8 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	9 10:00 am Watercolor Classes 9:00 am – 2:30 pm AARP Tax Clinic by Appt. 1:00 pm Tai Chi	10 10:00 am Re-boot Strength & Balance Senior Center closes at 12:00 pm
13 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm Sr. Center St. Patrick's Day BINGO	14 9:00 am Yoga with Crystal 10:00 am Phone Photography 12:30 pm Mah-Jongg 3:30 pm Dance Class Errand Van Available	15 9:30 am Nurse Clinic 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	16 10:00 am Watercolor Classes 10:00 am Knitters' Group 12:00 pm St. Patrick's Day Lunch 1:00 pm Tai Chi 1:00 pm COA Board Meeting Errand Van Available	17 10:00 am Re-boot Strength & Balance Senior Center closes at 12:00 pm
20 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	21 9:00 am Yoga with Crystal 10:00 am Phone Photography 12:30 pm Mah-Jongg 12:30 pm Bridge	22 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	23 10:00 am Watercolor Classes 1:00 pm Tai Chi	24 10:00 am Re-boot Strength & Balance Senior Center closes at 12:00 pm
27 9:00 am Free Panera 9:00 am Bridge 10:00 am Low Impact Exercise 12:30 pm BINGO	28 9:00 am Yoga with Crystal 10:00 am Phone Photography 12:30 pm Mah-Jongg 3:30 pm Dance Class Errand Van Available	29 10:00 am Low Impact Exercise 11:00 am Meditation 12:30 pm Literature 1:00 pm Cribbage	30 10:00 am Watercolor Classes 1:00 pm Tai Chi Errand Van Available	31 10:00 am Re-boot Strength & Balance Senior Center closes at 12:00 pm





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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

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