

Horse Sense



BY SEAN SULLIVAN

Before we spoke last month, Lindsay Andon and I had been coordinating via email and text messages a good time to chat over the phone.

She is the founder and executive director of Project Comeback, an organization that partners horses with people toward the goal of coming to terms with (and hopefully overcoming) trauma.

Project Comeback sees its mission as helping horses and humans heal, and military veterans coping with post traumatic stress syndrome have made up a large share of the latter group.

Andon has done this work primarily from the organization's cornerstone compound in Holliston, but was unable to meet in person for an interview when I first reached out. She was then busy in South

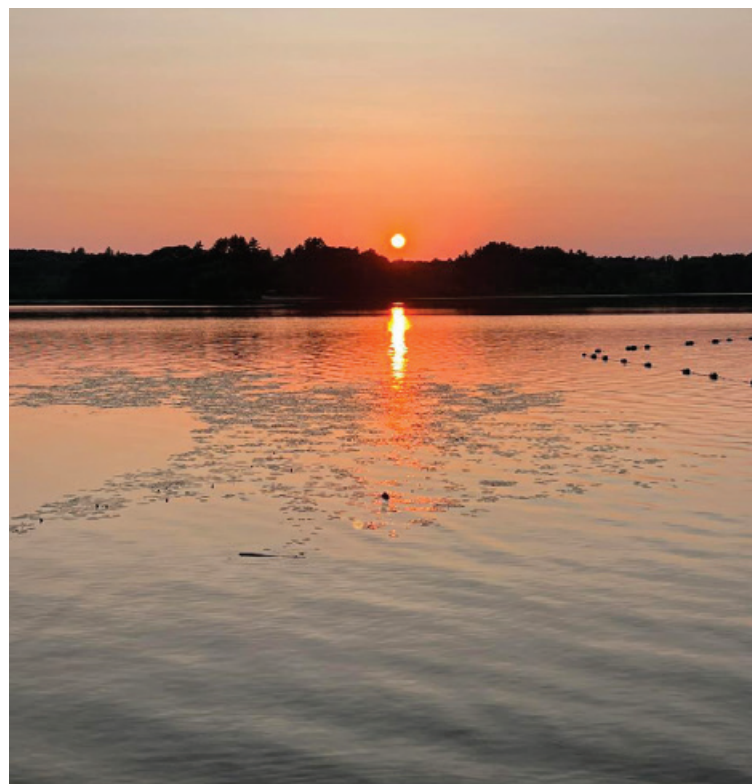
Carolina, working there to set up Project Comeback's new 45-acre southern sister campus.

The morning we were scheduled to chat, I received a text that our conversation might be delayed. It seemed there was a chance to help a neglected dog that Andon had been keeping tabs on, and the

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Vandalism at the Town Beach



BY PATRICIA ROY

In what's become an unwelcome rite of summer, trash cans were toppled and garbage strewn around at Stoddard Park and the Pleasant Point on Lake Winthrop in July.

Public and private and private boats were stolen, playground equipment defaced and watermelons smashed on picnic tables

VANDALISM

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rescue group she'd been in contact with would be there shortly.

"I know my mission isn't to rescue dogs," the message concluded, "but whenever I see an animal in need I can't help myself I have to do something."

Andon's missive about the dog ended with a few photos of a thin and forlorn-looking canine standing along a roadside.



"Trauma is pretty widespread and takes a lot of forms," she would later say when at last we connected over the phone.

To that end, Andon left Project Comeback wide latitude in its literature, so it could help those from all walks of life recovering from trauma – including people who hadn't served in the military.

Mothers working through post-partum depression have also taken part in the program, as have other categories of people who are working through past difficulties.

Andon was also careful in creating a program that was sustainable for all parties involved. From the perspective of the horses, that meant steering clear of a system that would simply trade one life of servitude for another.

The program, as described in its literature, is "Designed with horse and human in mind."

Project Comeback is first and foremost a sanctuary for the four-legged animals, a place they can live out the rest of their days free from the drudgery and utility they'd been born and conscripted into. Their "forever home," as Andon puts it, borrowing from language popular at animal adoption centers.



Since founding the organization in Holliston in 2017, one of Andon's guiding principles has been to make both parties equal participants in the process. She studied psychology and business in college, and had lived around horses from a very early age.

In observing similar animal-therapy programs, Andon saw that the bargain was largely one-sided - the well-being of non-human participants an afterthought if considered at all.



"It just kind of got the wheels turning. You know - how do we make this mutual?"

The first phase of the program focuses on what might be called horse sense - but from the perspective of the humans involved. This includes primers on how to safely interact with horses, instruction on their body language, etc.

Yoga, Tai Chi, and other exercises in mindfulness can also be part of the initial sessions.

"Just to help people get in the moment," said Andon.

The second week becomes more personal, with human participants learning each horse's story, how they might have suffered and at last came to live at Project Comeback. Many participants, said Andon, can see a version of their own trauma reflected in the lives of their equestrian counterparts. That commiseration can start people down a road to healing.

"They can make a connection with these animals."

Andon said her rescues tend to come from any of three categories of occupation in their former lives. First is the thoroughbreds, horses born into the world of competitive racing. That function is particularly injurious to horses, said Andon, as it taxes both body and mind in unique ways.

The physical wear and tear of racing is an obvious toll that's part and parcel of the sport. But a more covert injury endemic to competitive racing is the loneliness that comes along for the ride in that life. Much is invested in and riding on the success of race horses, and thus they live solitary lives, kept separate from their kindred species.

"They live kind of an isolated life," said Andon.

The next category of horses is mustangs, horses that were born and lived wild until some development of human civilization drove them into captivity. Socializing with we bipeds can make for a jarring transition, one that requires years of growing accus-

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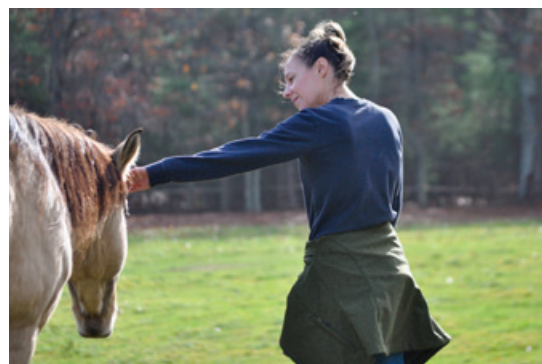
At last there is the “work horse,” creatures that have served a role on a farm or ranch, or some other similar service occupation.

What all these horses have in common is that they’re subjects in a system that ranks their well-being a distant second.

That feeling or reality of being discarded after they’ve served, is something veterans and these horses might also find they have in common.

“I realized that these people had a lot to offer the horses,” said Andon, adding that some human participants in the program are skeptical at the outset, wary of the stigma they see attached to anything having to do with therapy. Though by the end, most are among the converted.

“Our biggest feedback is that the veterans wish it was longer.”



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Holliston Residents Ride In PMC

By SUSAN MANNING

The Pan-Mass Challenge (PMC) is a bike-a-thon that today raises more money for charity than any other single athletic fundraising event in the country. The PMC pioneered the \$5 billion athletic fundraising industry and donates 100 percent of every rider-raised dollar directly to adult and pediatric cancer care and research at Dana-Farber Cancer Institute..

There are 16 Holliston residents participating:

- Darryl Abbey
- Richard Boylan
- Matt Buckley
- Michael Cote
- John Denman
- Bud Dodge
- Paul Gillespie
- Brendan Hines
- Jimmy Hunter
- Nicole Inkpen
- Justin McManus
- Kevin O'Connell
- Joanne O'Connell



- Joey Pirelli
- Cameron Rockett
- Stephanie Vail

For Vail, this journey toward a cure is not a new one. Her son, Declan, was three when he was diagnosed with a brain tumor.

“He really doesn’t know any other life. He does know he is different in some way, and he knows that he is a strong little man,”

said Vail.

She said he suffers from seizures and has had to miss school here in there.

“He has been upset to miss field, trips or field day, but we always make sure to allow him to do all the things that little kids should experience,” said Vail.

Having gone through so much at such a young age, how does Declan’s family keep his spirits up?

“We don’t have to keep Declan’s spirits up. He does the opposite and keeps our spirits up. He is fierce and his grit shines through with everything he puts his mind to. His smile can light up a room. Even on the hard days, he is always the one to ask if you need a hug,” said his mother, a nurse herself at Dana-Farber.

She doesn’t have to look far for motivation to continue her PMC journey. Last year, she said, Declan couldn’t hold himself up on a bicycle.

“This year he rode 6 miles on his own at the kids, PMC in Natick,” she said.



Courtesy photos by 13 Photography
Seven-year-old Declan Vail participated in PMC night at Fenway Park last month. His mother Stephanie is riding in the event.

This effort, she said, is not a one-person experience.

“As a family, we all do our part to help the PMC raise money for a cure. We ride, we volunteer, we advocate. One wheel rotation at a time, we will beat this,” she said.

For Kevin and Joanne O’Connell, the PMC journey is equally personal.

Their son, Tim was 8 when he was diagnosed with acute myeloid leukemia. despite 16

months of chemotherapy and other treatments, he died two days after he turned 10.

For Joanne, who had always been a recreational runner, running in the Boston, Marathon and the PMC seemed like a natural fit to raise awareness around cancer.

PMC

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“When our son Tim died of cancer, and I saw that by getting a charity bib and running in the Boston Marathon, and by signing up for and riding in the PMC, I could raise awareness of the fact that there are not yet cures for his and many pediatric cancers, Andrea’s funds, I figured I’d try to do both so long, as I was physically able,” she said.

What’s the most challenging part of the PMC for Joanne?

“The heat, usually. It’s an August event and summers have been brutal. But the crowds and the volunteers and our fellow riders make it tolerable.

What’s the most challenging part of the PMC?



The heat, usually. It’s an August event, and some years have been brutal. But the crowds and the volunteers and our fellow riders make it tolerable. ... It’s a challenge, not a race, so I pace

myself, stay on plan, and try to enjoy the views, the vibe, and the company of my fellow riders,” Joanne said.

How does she stay motivated?

“That’s easy. I’ll stay motivated at least so long as a cure for cancer remains to be found. I think of my son Tim every mile of every run or ride I take, and I feel he is with me throughout every training run or ride,” she said.

PMC 2023 will take place on Saturday, Aug. 5, and Sunday, Aug. 6, with riders choosing from 16 different one and two-day routes varying in distance from 25 to 211 miles.

To donate, visit donate.pmc.org and search by name.



VANDALISM

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“They’ve done it in the past with things from time to time, but this was probably the first time this season,” Town Administrator Travis Ahern said.

He wanted to make residents aware this was happening and while the damage was not extensive, it is a pain in the neck for Parks and Recreation employees who get stuck with the clean-up and shows a lack of respect for the community, he said.

The plan is to have police stop by to take a look when Parks employees are not there, he said.

“We do have cameras in there, so we’re obviously going to be checking those as well to see who’s causing the issue,” Ahern said, but making no guesses himself as to whom the culprits may be.

“Nothing was permanently ruined, but obviously, this is not how we want our Parks people to be spending their time,” he said.

Each summer, the Parks and Recreation Department runs Camp Patoma at Stoddard Park using the lake for water activities and swimming lessons. This includes a roped off swimming area, playground, picnic tables and portable restrooms during the summer.

Elsewhere on the lake, Stoddard Park also includes a swimming area, playground, covered pavilion, picnic tables, two volleyball courts and restrooms. Lifeguards staff the beach during operating hours.

During daylight hours Pleasure Point is accessible to residents only and Stoddard Park can be used by residents and non-residents who have paid for day passes.

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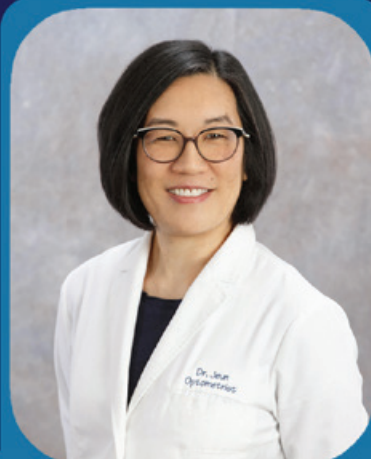
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Exsultet! has openings for Soprano 1 singers for the 2023-2024 season. Auditions will take place on Monday, August 28th at 7:30 p.m. at First Congregational Church, 725 Washington Street, Holliston, MA.

- Exsultet! rehearsals for the 2023-2024 Season will be on Monday nights from 7:00-9:00pm in preparation for our two concert week-

ends this year. We typically perform our Holiday Concert in early December and our Spring Concert in early May.

- To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!
- Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.
- Visit www.exsultet.us to learn more about the audition process.



New Members Welcome to Charles River Chorale Open Rehearsals in September

The Charles River Chorale will begin rehearsals for its Fall 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, Sept. 19, from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis. Two additional open rehearsals will take place on Sept. 26, and Oct. 3, to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director and Holliston resident Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a nonprofit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is "focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this."

Charles River Chorale members hail from many area communities, with several from Holliston, Natick, Ashland and Hopedale, among others. Members range in age from teenager to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, Dec. 10, 2023, at 2pm, at Medway High School. The theme of the Winter 2023 concert is *Joy to*



the World, Celebrations from around the Globe. This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the nonprofit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children's choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Those who are interested in joining the chorale for the start of the season on Sept. 17, are asked to complete a short sign-up document via the attached QR code. Sponsorships and advertising opportunities are also available.

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Retirees: Talk finances with your grown children



Mark Freeman

FINANCIAL FOCUS

When you're retired, you'll likely have some financial concerns — just like all retirees. However, if you've invested regularly and followed a long-term financial strategy, you should be able to address most issues that come your way. But there's one important action that's sometimes overlooked by retirees: sharing their financial situation with their grown children. And

this knowledge can benefit everyone in your family.

You might be surprised by the concern your children have for your financial well-being. Consider these findings from a 2023 study by Age Wave and Edward Jones:

- 66% of millennials (generally defined as ranging from 27 to 42) worry that their parents or in-laws may not have enough money to live comfortably in retirement.
- 83% of millennials would rather know their parents are financially secure in their retirement, even if it means their parents pass on less money to them.

If you have children in this age range or older, or who soon will be, how can you address their concerns and potentially improve your financial outlook? Communication is the key. By openly communicating with your family about your financial status, you can reduce

anxieties and misperceptions. If you're in good financial shape, your adult children may be reassured that you won't be needing their assistance. And if you are feeling some financial pressures, you can inform your children of the steps you are taking to improve your situation.

One such step may be to reduce your cost of living — the less you spend day to day, the better your ability to preserve your investment and retirement accounts. You may be able to reduce costs in many small ways, such as ending streaming services you no longer use, but you could make an even bigger impact by downsizing your living arrangements. In fact, 72% of today's retirees have downsized or are willing to downsize to reduce their housing costs, according to the Age Wave/Edward Jones survey. Downsizing isn't for everyone, but if it's a possibility for you, it may be worth considering because the savings could be significant.

You may also be able to reduce or consolidate your debts. Start by understanding how much and what kinds of debt you have. Then, consider ways to lower your payments, such as refinancing. For example, if you're carrying a balance on multiple credit cards, you might be able to transfer the amounts you owe onto a single card with a more favorable interest rate.

Here's another move to consider: Adjust your investment mix to possibly provide you with more income in retirement. During your working years, you may have invested primarily for growth — after all, you could be retired for two or more decades, so you'll need to draw on as many financial assets as possible. But once you're retired, your investment focus may need to shift somewhat toward income-producing opportunities. Keep in mind, though, that you'll still need some growth potential to help keep ahead of inflation.

One final suggestion: Let your children know if you already have a strategy in place to meet the potentially high costs of long-term care, such as a nursing home stay. This burden is certainly something you won't want your children to take on.

By informing your children about your financial picture, and how you're trying to improve it, you can ease everyone's minds — so keep the lines of communication open.

If you would like to discuss your personal situation with a financial advisor contact:

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In this picture Michael Shain is donating to Mr. Pilla, gift cards from Big Y supermarket, these

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Graduates of Call/Volunteer Class #105 Represent 19 Communities

State Fire Marshal Peter J. Ostroskey and Massachusetts Firefighting Academy Director Jeffrey P. Winn announced the graduation of 32 recruits from the MFA Call/Volunteer Recruit Firefighter Training Program this evening. The graduates received certificates of completion at a ceremony held at Department of Fire Services' Springfield campus.

The graduating firefighters represent the fire departments of Blackstone, Bolton, Carlisle, Dover, Grafton, Harvard, Holliston, Hubbardston, Merri-

mac, Millbury, Millis, Millville, Paxton, Pepperell, Sherborn, Somerville, Townsend, Tyngsborough, and Weston.

Holliston Firefighter Alan Greendale Jr. and Firefighter Nicholas Micelotti graduated from the Call/Vol program at the Fire Academy.

Both gentlemen are on-call firefighters assigned to Engine 4.

"First responders are on the front lines of any crisis and these newest firefighters are needed now more than ever," said Academy Director Winn. "The rigorous training they've completed



Massachusetts Firefighting Academy
Call/Volunteer Recruit Class #105 Graduation • June 29, 2023

provides them with the fundamental skills and knowledge necessary to protect their communities safely and effectively."

Video of the ceremony will be posted tomorrow at the Department of Fire Services' YouTube channel, www.youtube.com/dfsosfm.

The Call/Volunteer Firefighter Recruit Training Program is unique in that it delivers a standard recruit training curriculum, meeting national standards, on nights and weekends to accommodate the schedule of firefighters in suburban and rural areas. Making the training more accessible means more firefighters can participate and allows them more time to practice training skills with instructors.

The MFA, a division of the Department of Fire Services, has offered the program since 2003. About 3,000 call and volunteer recruits have graduated since then.

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Today's firefighters train for all types of hazards and emergencies. They are the first ones called to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to Fentanyl overdoses or a gas leak. They may be called to rescue children who have fallen through the ice or locked themselves in a bathroom. They rescue people from stalled elevators and crashed vehicles. They must test, maintain, and utilize equipment such as self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, they learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive program involves classroom instruction, physical fitness train-

ing, firefighter skills training, and live firefighting practice.


Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple room structural fires.

Graduates have completed 240 hours of training on nights and weekends. Upon successful completion of this program, all students have met the standards of National Fire Protection Association 1001. In addition, they have the ability to become certified to the level of Firefighter I and II and Hazardous Materials First Responder Operations Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

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On July 24th a special rebalance was held to reduce the Nasdaq 100 Index's concentration in its largest holdings.

This is the third such special rebalancing (1998, 2011) as part of the methodology that states:

"A special rebalance may be conducted at any time based on the weighting restrictions described in the index rebalance procedure if it is determined to be necessary to maintain the integrity of the Index".

Some questions to consider:

- What is the potential impact to you as an index investor?
- Do you practice a similar rebalance process for individual holdings and asset classes?

How did we get here?

The performance of a small group of mega-cap stocks drove returns for the index and the broader market. These stocks include:

- Microsoft (Year-to-date return as of 7/17/23 is 38.9%)
- Apple (45.5%)
- NVIDIA (188.7%)



Glenn Brown

- Amazon (51.4%)
- Tesla (118.9%)
- Meta Platforms (144.4%)
- Alphabet Class A (32.0%) and Class C (31.7%).

These seven companies (combining Alphabet's share classes) represented over 55% weighting of the index and will reduce to 38% with smaller companies within the index being purchased.

Potential impact to index investors.

Selling high-performing stocks comes with the potential for a tax bill for funds.

Per Morningstar, "Mutual funds may be especially susceptible to capital gains distributions. An ETF like QQQ is among the most heavily traded securities in the United States, which results in plenty of opportunities for it to utilize in-kind creations and redemptions to purge low tax-basis securities, making capital gains distributions unlikely."

The importance of rebalancing.

A challenge investors have with rebalancing is selling or trimming winners and reallocating proceeds to other areas of a portfolio, including underperformers.

Some envision these 7 companies to continue their dominance, but consider Top 5 Nasdaq-100 holdings in 1998: Microsoft, Cisco Systems, Intel, Dell and Worldcom, yes that Worldcom. By 2008, only Microsoft was still in Top 5 and it had a total 10-year return of -33%. Again, negative 33%.

In ten years the leadership will look different, so will returns.

Rebalancing asset classes within diversified portfolios.

Given S&P 500 Index 15 year outperformance over other asset classes and recency bias toward 4% money markets, many avoid rebalancing or other asset classes entirely like bonds, small company stocks, international stocks, REITs, commodities, gold, etc.

Again, the next 10 years will not look like the past 10 years.

For example, on January 1, 2000 a diversified portfolio of index funds may have included S&P 500 Index, US Bonds (Barclays US Aggregate Bond Index), International Stocks (MSCI EAFE Index) and Gold.

By start of 2010, total returns were Gold 274%, US Bonds 84%, International Stocks 12% and S&P 500 Index -9%, aka "The Lost Decade".

Go out to January 1, 2017, US Bonds 137% are still outperforming S&P 500 Index 112%.

Some would argue it made sense not to rebalance, until see a rebalance to "out of favor" S&P 500 Index to start 2010 would lead 7 years later US Bonds 30% and S&P 500 133%. As for top performer during 2000's Gold, it was the worst at 5%.

There's more to consider that allowed in this space, consider reaching out to your Certified Financial Planner to discuss further.

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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Planning Board prepares to deliberate in August

Board to make final decision in September

By THERESA KNAPP

At its meeting on July 13, the Holliston Planning Board created a timeline with which to make its final decision on a special permit proposed by CRG Integrated Real Estate Solutions which seeks to build a 550,000 square foot warehouse at 555 Hopping Brook Park.

In their first meeting since they closed the public hearing on June 22, board members agreed to individually compile a list of outstanding questions or issues they have regarding the application. They will then forward those concerns to Town Planner Karen Sher-

man who will work with town counsel to create an outline to streamline formal deliberations at the board's next meeting on Aug. 31.

"We will have a full-on deliberation on the [Aug.] 31st where then we will probably, after our conversations with each other, do a poll and then we will be back again on the [Sept.] 14th to finalize," said Planning Board Chairperson Karen Apuzzo-Langton.

The board has until Sept. 20 to issue a final decision.

All town documents related to the project can be found at bit.ly/HollistonPlanning-Board555

Last information session on Aug. 14 for downtown sewer feasibility project

By THERESA KNAPP

The final project status discussion regarding the downtown sewer feasibility project will take place on Aug. 14 from 9:30 a.m. to 11 a.m. in Upper Town Hall.

This is the third in a series of events held by Lombardo Associates who discuss the project's concept; schedule; and specifics regarding the study area, flow data, layout and cost. The formal presentation will be followed

by an open discussion. RSVPs are encouraged, but not required, by emailing keastj@holliston.k12.ma.us Documents and maps related to the project can be found at bit.ly/HollistonSewerProject

Holliston Lions donate \$4,500 to town tax relief fund

Donation can help residents struggling to pay taxes

By THERESA KNAPP

The Holliston Lions has made a donation of \$4,500 to the Holliston Tax Relief Fund.

On July 10, Mike McKenna, Immediate Past President of the Holliston Lions, presented a bank check to the Select Board.

"Everything we make gives back to the community so I have a check tonight for the Holliston Tax Relief Fund for \$4,500," said McKenna, not-

ing that amount included proceeds from the club's annual golf tournament, carnival, and other events.

Select Board Chair John Cronin, a former assessor, thanked the Lions for the donation.

"The Holliston Tax Relief Fund is sort of a safety net for individuals who are having difficulty making their tax payments," said Cronin, noting there are tax exemptions and relief available to taxpayers if

they meet certain criteria, but this specific fund is for people who do not meet those specific requirements.

For more information on the tax relief programs, visit www.townofholliston.us/assessors.

The Holliston Lions raises money for many local causes including the food pantry, public library, scholarships, etc., and supports national causes related to diabetes and eye health.



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Monthly Programs at the Senior Center

Coffee and Coloring
Mondays, 9:30-11:00 am
Join us for relaxing adult coloring. This is a great way to unwind. All supplies are provided.

Games Day
Mondays, 1:30-4:00 pm
Join us for a fun time playing cribbage, dominoes and more! No experience required.

Legal Advice w/Atty. Bergeron
Fourth Monday of the Month
10:00 — 12:00 pm
Attorney Bergeron continues to offer free 15-minute legal advice through the Senior Center. You have the option of either talking with him over the phone or meeting in person at the Center. Call the Senior Center to sign up.

Monthly Breakfast
Second Tuesday of the Month
9:00 am
(\$4.00 Donation Requested)
VETERANS EAT FREE
Start your day with a smile and a hot cup of coffee while enjoying classic breakfast favorites. You must sign up 2 business days in advance by calling the Center.

Writers' Group
First Tuesday of the Month
10:00 am—12:00 pm
Instructor: Lois Hosmer
All pieces are welcome. Enjoy a morning of listening, writing, and camaraderie. Hope to see you there. Monthly topics are on page 5.

Legal Hour w/Marsden Law PC
Every Tuesday June 6—August 8
10:00 — 12:00 pm
A representative will meet with individuals for a complimentary 30 min consultation. You must call the Senior Center in advance to schedule your consultation.

Podiatry Clinic
Wednesday, August 16
9:00 am
Dr. William Cooper will be at the Senior Center with appointments starting at 10am. Reserve your time by calling the Center. A fee of \$40.00 is due at the time of your appointment and checks must be made out to Dr. Cooper.

BINGO
1st and 3rd Wednesday
1:00—3:00 pm
Come for lunch and stay for BINGO! Have some fun playing and making new friends.

Veterans Coffee Hour
Third Thursday at 9:30 am
Metro West Director of Veterans Services, Sarah Bateman, will be hosting a Coffee Hour the 3rd Thursday every month at the Senior Center. All are welcome!

Photography
Thursdays, 12:30 pm-2:00 pm
Instructor: Carmen Chiango
Join the class as they share photos and learn how to improve techniques. Beginner to advanced photographers are welcome.

Friday Crafters
Fridays 9:30-11:30 pm
Open to all types of sewing, knitting and crafts! Our craft group is happy to help you with your personal projects. They will also teach you a new craft project once a month. A great time to chat and learn from each other.

Book Club
Second Friday of the Month
1:30 pm
Join us for great books and thought-provoking conversation! Books are listed on the next page. The Holliston Public Library can assist with getting books and can be reached at 508-429-0617. New members are always welcome.

Tune Timers Band
Fridays, 1:00-3:30 pm
Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing and singing. A fun-filled afternoon is guaranteed.

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Whether you are interested in a good romance novel, mystery, or biography, our **Book Store** has a great selection of gently-used books at very reasonable prices. While you are shopping for books, stop by the **Good-As-New Shoppe** for household items, puzzles, dishes and other novelty items. Sponsored by the Senior Support Foundation, all monies raised help fund programs and events held at the Senior Center.

Lunch and a Movie
Fourth Thursday of the Month
12:00
(\$3.00 Donation Requested)
Join us for a good movie, paired with a variety of delicious; soups, salads, sandwiches AND movie snacks.



Holliston Senior Center Monday And Wednesday Lunch Menu

Wednesday, August 2

MEATLOAF, mashed potatoes, steamed broccoli, fresh grapes and Frozen Fruit bar

Monday, August 7

CHICKEN KABOBS over rice with grilled vegetables, cream of mushroom soup, vanilla ice cream with fresh blueberries.

Wednesday, August 9

PULLED PORK, coleslaw, corn bread, baked beans, cantaloupe, vanilla cookies

Monday, August 14

ASSORTED FINGER SANDWICHES, carrot/raisin salad, macaroni salad, blueberry pie

Wednesday, August 16

SPINACH & CHICKEN FETTUCINI ALFREDO with Toma- to-Mozzarella Salad, Tapioca Pudding

Monday, August 21

TURKEY BURGERS with lettuce and tomato on whole grain bun, roasted cauliflower, carrot sticks and strawberry-rhubarb pie

Wednesday, August 23

PASTA WITH MEAT SAUCE, Tossed green salad and Fresh fruit salad and an Italian cookie

Monday, August 28

PORK CUTLETS, mashed potatoes, steamed zucchini, honey- dew melon and sorbet

Wednesday, August 30

COBB SALAD - Lettuce, Tomatoes, Avocado Chicken, Bacon and Blue Cheese, Cornbread with oatmeal cookies and vanilla ice cream.

PLEASE SIGN UP AT LEAST 2 BUSINESS DAYS IN ADVANCE -

Call the Center at 508-429-0622 for reservations. Monday & Wednesday meals are a \$3 donation and includes a drink and dessert



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<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>	<p>1</p> <p>10:00 Legal Advice with Marsden Law PC 10:00 Writing Group 10:30 Energy Focus Mvmt 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>2</p> <p>11:00 Yoga (Christ The King) 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>3</p> <p>10:30 Energy Focus Movement 12:30 Photography</p>	<p>9:30 Select Chat *** 9:30 Friday Crafters "Wildcats" 1:00 Tune Timers</p>
<p>7</p> <p>9:30 Coloring and Coffee 11:00 Yoga (CTK) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Games Day</p>	<p>8</p> <p>9:00 Monthly Breakfast*** 10:00 Legal Advice with Marsden Law PC 10:30 Energy Focus Mvmt 12:30 Zumba Gold</p>	<p>9</p> <p>10:00 Hopkinton Audiology *** 11:00 Yoga (CTK) 12:00 Weekly Lunch***</p>	<p>10</p> <p>10:30 Energy Focus Movement 12:30 Photography</p>	<p>11</p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club—"State of Terror" Penny and Clinton</p> 
<p>14</p> <p>9:30 Coloring and Coffee 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Games Day</p>	<p>15</p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>16</p> <p>9:00 Podiatry*** 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>17</p> <p>9:30 Veterans Coffee Hour*** 9:30 SSF 10:30 Energy Focus Movement 12:30 Photography 1:00 2nd Annual Karaoke Party ***</p> 	<p>18</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>21</p> <p>9:30 Coloring and Coffee 11:00 Yoga (Zoom only) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Games Day</p>	<p>22</p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>23</p> <p>11:00 Yoga (Zoom only) 12:00 Weekly Lunch***</p>	<p>24</p> <p>10:30 Energy Focus Movement 12:00 Lunch and a Movie*** "Big Fish" 12:30 Photography</p>	<p>25</p> <p>9:30 Friday Crafters 1:00 Tune Timers</p>
<p>28</p> <p>9:30 Coloring and Coffee 10:00 Legal Advice w/ Attorney Bergeron*** 11:00 Yoga (Zoom only) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Games Day</p>	<p>29</p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>30</p> <p>11:00 Yoga (Zoom only) 12:00 Weekly Lunch***</p>	<p>31</p> <p>9:30 Java with Jay *** 10:30 Energy Focus Movement 12:30 Photography</p>	

The b.LUXE *beauty beat*

End of Summer Facial - Why you need it!

BY GINA WOELFEL

Did you know that your skin cells regenerate every month? Cell turnover is the continuous process of shedding dead skin cells and subsequently replacing them with younger ones.

On average, we naturally shed our older skin cells every 28-40 days. New cells are “born” in the deepest layer of the epidermis and gradually make their way to the surface of the skin. By the time these new cells emerge, the outermost layer of cells have turned rough, dry, and flaky. These are what we often refer to as “dead” skin cells.

An uninterrupted assembly line of ascending skin cells is key for achieving a healthy complexion. Cell renewal firms skin and rids the face of fine lines and wrinkles. When this regenerative process is hindered in any way, you get buildup, and just like a traffic jam, clogging and congestion set in. This type of stagnation can't simply be washed away and oftentimes leads to issues like acne, hyperpigmentation, milia, and dry, uneven texture (aka - wrinkles.)

Now, if you're wondering how your favorite sunny season plays a part in premature aging, here's the skinny; harmful UV rays, heat and humidity create the perfect condition for bacteria to take up residence in your pores and when bacteria's trapped under a tough layer of dry, damaged skin cells, irritation and breakouts develop.

An end-of-summer facial jump starts the cell-renewal process by removing spent skin cells, decongesting pores, brightening tone and eliminating stubborn

buildup on the surface of the skin, clearing the way for your targeted skin care products to do what they do best!

WHY AN END-OF-SUMMER-FACIAL IS JUST WHAT YOU NEED

DEEP CLEANS

Although we like to think our daily cleaners reach the depths of our pores, the truth is, they can only go so deep. A targeted, clarifying facial deeply exfoliates and helps eliminate the stubborn buildup that an everyday cleanser can miss. To elevate your facial experience, try adding a dermaplaning treatment for the deepest level of exfoliation. Using a specialized, surgical blade, dermaplaning carefully scrapes away the top layer of dry, dead skin cells, freeing the face of debris and (BONUS) fine velvety hair (aka peach fuzz.) Skin is left remarkably smooth without harsh chemicals, excessive downtime, or pain. Paired with a customized peel, these services pack the one-two punch to revitalize fatigued, summer skin.

CIRCULATION BOOST

Facials help to circulate blood flow under the skin's surface, stimulating our lymphatic drainage system to decrease puffiness and fluid buildup in the face. Good circulation brings oxygen, proteins and nutrition to the skin, while ridding it of harmful toxins.

ANTI-AGING

As we mentioned before, facials aid in cell turnover and cell turnover stimulates collagen production. Collagen, the primary building block of your body's skin, muscles, bones, and connective tissue, is naturally produced, but unfortunately starts to

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decline at about age 25. It plays a key role in strengthening skin, as well as preserving its elasticity and hydration. Facials and clarifying treatments like dermaplaning and chemical peels boost cell turnover and step-up your body's collagen production. The result is smoother, softer skin with fewer fine lines and wrinkles. For an even bigger beauty boost, incorporate foods that contain vitamin C and antioxidants in your diet, avoid smoking, limit caffeine, and protect your skin from the harmful rays of the sun with a high-quality, non-comedogenic SPF.

RELAXATION

Getting a facial is not only relaxing to the face, but also the mind. Facials allow you to focus on your breathing and regain your confidence with a healthy, glowing complexion. We all know that taking care of your skin is important, but taking a little downtime for yourself is



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just as important and an essential part of finding your balance.

As we transition from summer to fall, remember, your skincare routine should adapt, as well.

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Police Chief contract extended through FY26

Chief Matt Stone agrees to another three years

By THERESA KNAPP

The employment contract for Holliston Police Chief Matthew Stone has been extended for another three years.

At its meeting on June 20, the Holliston Select Board announced that Chief Stone had agreed to remain in his position for FY24 to FY26.

“We’re proud and pleased this evening to announce the contract extension with the chief through June 30, 2026,” said Select Board Chair John Cronin.

Stone was appointed chief in 2017 after serving several years with the department.

The contract includes an evergreen clause which means the agreement automatically renews, without renegotiation, for a set period of time unless one party indicates it does not want to renew.

Cronin said the clause “seamlessly allows us to keep, in this

case, Chief Stone around,” and thanked Stone for his service.

Select Board member Ben Sparrell said Stone was an asset to the community, and member Tina Hein also had high praise for him.

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Sports

Healey Knows The Importance Of Preseason Practice

Holliston's Field Hockey Coach For 9 Years

By KEN HAMWEY
STAFF SPORTS WRITER

High school athletes will be reporting for pre-season practice later this month eager to prove that they're in tip-top physical shape, they've sharpened their skills and are fully prepared to study playbooks. Their goals — to earn a spot on a varsity roster or to earn a meaningful role.

Coaches, however, are the ones who really must be prepared. Pre-season practice is a time for them to emphasize their team goals, to assess if prospective players are leaders, have passion for their sport, and are willing to sacrifice individual statistics for team success. Pre-season practice also enables coaches to detect early on if team chemistry can be built quickly and be maintained throughout a full season.

One coach, for example, who's intensely tuned in to the importance of pre-season preparedness is Alyssa Healey, who'll be entering her ninth year as Holliston High's field hockey coach. Last year, her team finished 3-15 but qualified for the state tourney where it split a pair of games.

"We'll have basically a new team in pre-season," she said. "We lost 10 seniors from last year's team and 10 more the previous season when we compiled a 15-3-2 record. We'll be

young, we'll have to battle inexperience and we'll strive to develop our skills. When we start pre-season practice, we'll have only five returnees with experience."

The 34-year-old Healey believes the keys to having a good pre-season are linked to leadership, attitude and passion for field hockey.

"It's always a plus to have players with leadership ability," she noted. "We'll have three captains this fall and they will lead in different ways. Our younger players, hopefully, have done their homework in the off-season and are all in when it comes to physical conditioning and sharpening their skills. I know our younger players are more hungry to return to the kind of season we had two years ago when we won 15 games."

Healey said she will not mention the Tri Valley League title or the state tourney in her remarks to kick off practice.

"I'll be emphasizing a reliance on fundamentals," she said. "And, I'll also focus on the need to be gritty competitors who are coachable, pay attention to little things, and have a strong work ethic. By mid-season, I'll evaluate our progress and likely mention contending for the TVL crown and qualifying for the playoffs."



Alyssa Healey says that building team chemistry is the most important aspect of pre-season practice.

Healey says she visualizes a diagram of the field in pre-season workouts with players at various positions. As the days pass by, she might change some of the names. "It all depends on who's showing the best skills," Healey offered.

As for altering her offensive and defensive patterns, Healey says: "I'll use the entire pre-season as a trial-and-error period to figure out what our style will be. Any changes I make will be based on the current personnel." In previous seasons, Healey has limited her offensive plays to five, aiming to keep the Panthers' attack basic.

The personable Healey puts a high priority on making sure her prospective players know the value of team chemistry.

"I regard team chemistry as the most important aspect of pre-season," she stressed. "That's where you determine if

players are building trust with their teammates. Team chemistry often has to be reset and it's best to develop it before the regular season."

Two other reasons why pre-season practice is important, not only to Healey, but also for the players, are roster size and junior-varsity call-ups. "Pre-season is a good gauge in determining the size of my roster," she said. "And, it can provide insight into which jayvees are working towards getting called up to the varsity. Added competition is always healthy."

What's also healthy is for a coach to take time off from athletics during the summer. Healey is a proponent of taking a break and she also wants her prospective players to balance their workouts.

"I have a husband and two young daughters, so I've spent much of the summer with the

family," she said. "I like seeing my players compete in the Franklin Summer League (Monday nights) and it's great when they go to camps, but it's optional. And, when they're training, I don't want them over-working. It's important to prevent injuries. I do like it when our girls volunteer at the field hockey youth camp at the high school. It provides a way for them to give back and to get involved with their community."

The Panthers will change divisions for the 2023 season, going from Division 2 to Division 3. "Our enrollment now matches up with Division 3 schools but it doesn't mean the competition will be easier," Healey admonished. "We'll be included with Watertown and Dover-Sherborn."

One thing that won't change is the strengths of Holliston's captains — seniors Maya Kirstein (midfielder) and Phoebe Wernborg (defense), and junior Anderson Hastings (midfielder).

"Our captains have an excellent work ethic, they want to excel and their techniques and skills are strong," Healey said. "And, they all have different leadership styles. Maya is vocal, efficient and organized; Phoebe is supportive and always encouraging her teammates; and Anderson leads by example."

Healey was a two-time captain and a two-time all-star in field hockey and basketball at Lewis Mills High School in Burlington, Conn. She led the school to a state crown in field hockey her senior year and was the school's MVP in field hockey. She later played four varsity seasons at Westfield State where she was a league all-star in field hockey.

In her first eight seasons as the Panthers' head coach, she's guided her forces to seven playoff appearances.

Alyssa Healey knows field hockey inside and out. She also knows what the top priorities are in pre-season practice.

And, she's acutely aware that those days are just around the corner.

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Have you read the new Town Administrator's newsletter?

The Town Administrator Newsletter recently debuted under the moniker, "Holliston Hometown Newsletter."

Town Administrator Travis Ahern told the Select Board at its March 7 meeting that the quarterly newsletter already had 857 people subscribe as of that date.

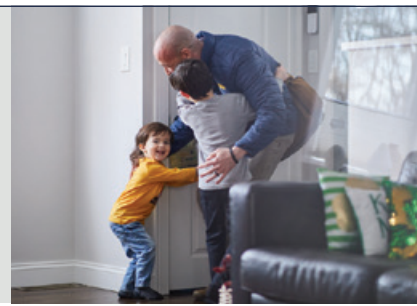
The eight-page electronic document includes information for town meeting, updates on town projects, important deadlines, lists seasonal jobs, and much more.

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Conservation Commission Board Member Needed!

The Holliston Conservation Commission, a seven-member volunteer board, currently has an opening. If you are a Holliston resident with an interest in wetland and conservation issues, and would like to serve your town on a volunteer board, then the Commission encourages you to apply for this position. No experience is necessary, however, experience in a field such as science, engineering, or regulatory

matters is helpful.

The Conservation Commission has the statutory responsibility to protect Holliston's natural assets, including Holliston's wetlands, watershed resources, and conservation lands. Please note that this position requires a significant time commitment: the Conservation Commission meets every other Tuesday evening in the Town Hall, or, during current conditions, remotely, to hold

wetland application hearings and issue decisions regarding these applications, review potential wetland violations, discuss further land acquisitions or management efforts, plan future events, review legal matters, answer inquiries from other municipal boards, review complains, discuss budgetary matters, and other related affairs.

Please send your letter of interest and resume to conservation@holliston.k12.ma.us

or Holliston Conservation Commission, 703 Washington St. If you have any questions regarding this position, please call Ryan Clapp (Conservation Agent) at 508-429-0607.

Other committees need volunteers as well. For a full list, visit bit.ly/HollistonVolunteersNeeded

Source: www.townofholliston.us/



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Real Estate Corner



The house at 41 Church Street in Holliston recently sold for \$1.21 million.
Source: www.zillow.com / Compiled by Local Town Pages

Recent Home Sales

Date	Holliston	Amount
07/17/2023	105 Johnson Drive	\$1.18 mil
07/14/2023	136 Marked Tree Road	\$515,000
07/12/2023	20 Foxwood Cove	\$950,000
07/11/2023	66 Mohawk Path	\$1.28 mil
07/10/2023	103 Stagecoach Road	\$658,000
07/06/2023	423 South Street	\$690,000
07/06/2023	228 Norfolk Street	\$680,000
07/05/2023	8 Travis Road	\$400,000
06/30/2023	4 Rolling Meadow Drive	\$925,000
06/30/2023	472 Chamberlain Street	\$530,000
06/29/2023	60 Johnson Drive	\$1.20 mil
06/29/2023	394 Gorwin Drive	\$745,000
06/29/2023	54 Norfolk Street	\$560,000
06/28/2023	2318 Washington Street	\$680,000
06/28/2023	135 Oak Street	\$625,000
06/28/2023	364 Central Street	\$650,000
06/28/2023	30 Country Road	\$1.23 mil
06/28/2023	147 Turner Road #79	\$175,000
06/23/2023	127 Union Street	\$560,000
06/23/2023	21 Brooksmont Drive #3	\$700,000
06/22/2023	11 Howard Street	\$710,000
06/21/2023	41 Church Street	\$1.21 mil
06/20/2023	20 Rolling Meadow Drive	\$995,000

MERCURY RECOVERY PROGRAM

Mercury is an element that can be harmful to human health and the environment if not disposed of properly.

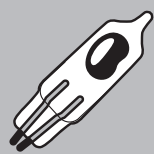
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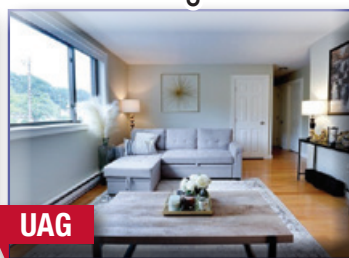
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Natick and Holliston Residents Starring in *Pippin*, Aug. 4-13 in Framingham

Tickets are now on sale for A Common Thread Theatre Company's summer production of *Pippin*, playing Dennison Memorial Hall at Boston Church of Christ in Framingham Aug. 4-13.

Pippin is a young prince looking to carve out his own corner

of the sky. A group of traveling players puts on a show about Pippin's search for meaning while trying to influence his decisions about war and love along the way. *Pippin* features music and lyrics by the same composer as *Wicked* and *Godspell*, Stephen Schwartz. Bob Fosse

directed the original 1972 production, which made a star out of the original Leading Player, Ben Vereen. Songs include "Magic to Do," "Corner of the Sky" and "No Time at All."

The title role in the Framingham production is played by Tim Caron of Natick. Juliana Buckler of Holliston plays Pippin's love interest, Catherine.

Tickets are \$25 (\$20 for students and seniors with valid ID) and can be purchased online at <https://www.acommonthreadtheatre.org/box-office>. The Friday and Saturday performances start at 7:30 p.m. and the Sunday matinees start at 3 p.m. The venue is located at 214 Concord Street in Framingham. For more information, email info@acommonthreadtheatre.org.



Abby White as the Leading Player and the cast of *Pippin* in rehearsal. Photos by Colleen Locke, A Common Thread Theatre Company.



Tim Caron (Pippin) and Juliana Buckler (Catherine) in rehearsal for A Common Thread Theatre Company's production of *Pippin*.



Tim Caron



Juliana Buckler







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