

## Select Board denies request to place Spencer statue at Ashland Community Center



**A 3-2 vote of the Ashland Select Board denied a request to place a bronze statue of Spencer, the official dog of the 126th Boston Marathon, near the spot where he sat for many years cheering on Marathon runners.** Source: [bit.ly/GoFundMe\\_SpencerStatue](https://bit.ly/GoFundMe_SpencerStatue)

By THERESA KNAPP

The Ashland Select Board has denied a request to place a statue of Spencer, the official dog of the 126th Boston

Marathon, on the lawn of the Community Center, just a stick's throw away from where he used to cheer on Marathon runners.

After an hour-long discussion at a meeting on July 12,

**SPENCER**

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## Car Show for a Cause

Tenth Annual Kidde-Fenwal Relay for Life Car Show Sept. 9

It might be a 1966 Mustang convertible, or a 1941 Chevrolet pick-up, or maybe it will be a rebuilt hot-rod.

One thing's for certain, on Sept. 9, from 9 a.m. – 2 p.m. on the grassy grounds of Kidde-Fenwal at 400 Main St. in Ashland, is that you'll see lots of love, care and detailing that went into a host of participating vehicles at the Kidde-Fenwal's Relay for Life Car Show. The event is held to raise funds for the Relay for Life of Ashland and Holliston.

"The first year we had 60 cars, last year we had 280 cars, and we will probably break 300 this year. We have a huge lawn area, and these guys love having grass as opposed to parking on a paved parking lot" said Peter Kamitian, Relay for Life Team Captain for Kidde-Fenwal.

When it comes to raising



money for the American Cancer Society, Kidde-Fenwal, which produces fire detection, suppression and temperature controls equipment for commercial, industrial applications for over eight decades, doesn't play around. They've been the top fundraising team for the Ashland/Holliston Relay for the last nine years. The Company Relay for Life Team has raised over \$280K over the past 10 years.

The car show, said Kamitian, is one of the team's biggest fundraisers. Participating vehicle

**RELAY**

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**SPENCER**

*continued from page 1*

the measure was supported by members Robert Scherer and Yolanda Greaves, but denied by Joseph Magnani Jr., Brandi Kinsman, and Claudia Bennett.

Spencer was a local therapy dog who cheered on Marathon runners from 2015 to 2022 at Ashland State Park. When he died in February, he had a worldwide following, and his death was covered by many news outlets including the Boston Globe, New York Times, and People Magazine.

Spencer's owner, Rich Powers of Holliston, made a presentation to the Select Board and requested that specific spot for the 40-inch bronze statue because of the dog's unique connection to that area of Ashland. He said runners looked forward to seeing Spencer in Ashland, and he knows runners will stop to take photos with the statue.

Powers said, "Spencer had been cheering on the Marathon since about 2015 out there, and

runners would stop. He had quite the modest following until 2018 when it was the most disgusting weather out there...but Spencer and I were out there and he was wearing my raincoat and we stood and cheered the runners and the reaction from the runners was incredible...and he became like an icon right after that, he was definitely a symbol of perseverance."

Powers is in the process of raising the \$50,000 (with a GoFundMe account) needed to build the statue, and said "I would love to say 'the Town of Ashland graciously donated this spot so Spencer could have his forever home.'" He said there is a retail location in Ashland that has agreed to host the statue if the town denies his request.

Select Board member Yolanda Greaves supported the proposal and said, "I remember when he passed away, they're like 'the dog from Ashland,' and I remember telling a reporter, 'No, no, he doesn't live in Ashland, he just sat in Ashland; but that was his connection to the Marathon, was Ashland.'"

"This is something unique to that spot and linked to the Marathon," Select Board Chair Robert Scherer said in support. "I think it's one of those little local, I won't call it 'quirky,' but it's kind of like there's a statue of a dog

**About the Spencer statue**

Rich Powers and a small team of volunteers have selected a sculptor to create the statue of Spencer. Buccacio Sculpture Services is based in Canton and currently has other statues along the marathon route that he maintains, according to Powers.

A GoFundMe to raise \$50,000 needed for the project can be found at [www.gofundme.com/f/statue-of-spencer-boston-marathonofficial-dog](http://www.gofundme.com/f/statue-of-spencer-boston-marathonofficial-dog)

on the Marathon route in Ashland based on these events and it's important to people; I kind of look at it as a bit of an opportunity for us, frankly."

Resident Helen Nickole expressed her support during the meeting. "I think it's totally appropriate to have the statue exactly where the dog was because it's a remembrance...I really think that the statue of the dog who sat there supporting the runners is a wonderful tribute not only to the dog but for the runners to see when they go by."

But the majority of the board was against the proposal for various reasons.

Brandi Kinsman said, "I'm not against statues but what I do feel, very strongly, is that if we are going to put a statue on town property, it needs to have a deep connection to the community, not the Marathon but to the community. And this is not a canine that served in the Ash-

land Police Department; this is not a dog - and I know that he was at a vaccination clinic but it wasn't like he was at the Community Center working with our seniors; he wasn't in the schools; this wasn't a dog that was part of our community. So I personally feel like it is not appropriate for us to put a Spencer statue on town property."

Kinsman suggested the statue would be more appropriate on private property or at the International Marathon Complex that is being built in Hopkinton. She also suggested Ashland could honor Spencer in the way "we generally honor volunteers and people in the community" with a proclamation or a plaque.

"I think what he is and how his memory is preserved is important, I don't think a statue is an appropriate way on town property to do that."

Board members Magnani and Bennett also opposed the request.

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RELAY

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owners pay \$10 to enter the show. People who want to see the cars can get in free, and they can enjoy music by DJ, Bryan Rivas Depaz, as well as a 50/50 raffle, breakfast and lunch items cooked up by the Ashland Lions, as well as ice cream from an ice cream truck.

"100% of the proceeds is going to go to the American Cancer Society, our DJ donates his time, the band donates their

time, and the company pays for other expenses. You can bring your whole family to it. The atmosphere is positive, because the folks who bring their vehicles to show are the most down to earth people, so friendly" said Kamitian.

Over 100 Trophies / Awards will be given for some of the outstanding vehicles.

"So many people have been impacted by cancer," said Kamitian, who said employees and others seem eager to help raise funds for this cause.

"We're making a difference, and I'm absolutely amazed," he added.

Anyone with questions can contact Peter Kamitian at 774-279-0497 or email pkpk77@yahoo.com.



**Sat., September 9<sup>th</sup>**  
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# Historic cemetery restoration work to begin next month

## Work to be complete before 300th anniversary celebration

By THERESA KNAPP

Restoration work will soon begin in five of the town's historic cemeteries.

At its meeting on July 10, the Holliston Select Board approved a contract with Village Green Restoration of East Falmouth to perform restoration work in five historic cemeteries: Central Burying Ground, South Cemetery, East Holliston Cemetery, Old North Cemetery, and West Cemetery - in that order.

Holliston Facilities Director James Keast said the work will start in September in the Central Burial Ground and will progress as weather permits in the hope of completing all work by Dec. 2024 for the town's tercentennial celebration.

"A number of the stones are either leaning, are bent or completely fallen over, or cracked...and some stones have actually been entrenched in trees and roots [so] if they can be removed, they will be brought forward of the tree," said Keast, who is also a member of the Historical Commission. "The sunken graves in those areas will be filled in, and a number of the trees that are dead will be taken out. So it's a big project."

The contract is in the amount of \$302,960 and was approved at May 2023 Annual Town Meeting to be funded by the Community Preservation Fund. According to the May warrant, the total balance of Holliston's Community Preservation Fund was approximately \$4.47 million before any expenditures approved at that meeting.

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# Holliston Newcomers & Neighbors Start a New Year

It's September! And that means a new membership year for Holliston Newcomers & Neighbors (HNN). HNN is a not-for-profit civic and social organization that brings friends & neighbors from Holliston and the surrounding communities together. We were back up to full speed last year and were able to not only give back to our community but also get together with many social events.

Through our donation drives, we were able to contribute to gift cards for Thanksgiving and Easter Baskets for the Holliston Pantry Shelf as well as providing Thanksgiving meals to close to 70 seniors delivered right to their door. Our fundraising efforts ramped back up as well. With our Great Pumpkin Rail Walk, Gingerbread House Decorating, Prize A Day Calendar Raffle and Touch-A-Truck Fundraisers, we were able to support the Parks & Recreation's Summer Concerts



at Goodwill Park, four museum passes at the Holliston Public Library and one Automated External Defibrillator (AED) for the Holliston Police Department.

But HNN is not all work and no play! The books read through our monthly Book Club were not only interesting but it is fun just to get together for an evening with friends and great conversation. Other events throughout the year included a trip to a trampoline park and trick-or-treating with the residents of Mission Springs for the young ones. And for the adults - there were din-

ners at Mexico City Taqueria and Yama Fuji, get-togethers for Halloween, the Holidays and a Kentucky Derby Party, plus visits to local businesses like Bird and Bear Collective and Ocean Dreams Market Place for informative workshops.

HNN is a great way to connect with your community so check us out and become a member at [hollistonnewcomers.org/members](http://hollistonnewcomers.org/members). We look forward to more get-togethers, giving back and fundraising this coming year so join us and join the fun!

Holliston Newcomers & Neighbors - Building Friendships, Building Community



## Riding for a cause

Lisa Morrissey, Captain of the PMC Pedals For Pediatrics Team, 14-year rider Kevin O'Connell, and 9-year rider Joanne O'Connell at the start of the Pan Mass Challenge.

*Courtesy photo, Joanne O'Connell*



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# Timmy Cakes Fundraiser

We're rapidly approaching Timmy Cake Week 2023!

The Timothy O'Connell Foundation will be celebrating Tim's life again this year as it bakes his favorite chocolate cake, now called Timmy Cake. Baking Timmy Cakes was the first fundraiser - and is now the longest lasting fundraiser - for the Foundation.

The O'Connell Family came up with the idea to start a cake fundraiser because this particular cake was a mainstay of Tim's "diet" during his treatments.

The O'Connells hoped that others would love the cake as much as Tim did - and they have!

This is the 13th (!) year of the Foundation's Timmy Cakes tradition. (The Foundation was not able to bake in 2020 due to COVID.) Over the last 12 years of baking, more than 3,200 Timmy Cakes have been baked, sold, and enjoyed!

When young Tim O'Connell passed away in 2008, The Timothy O'Connell Foundation was founded. Funds raised by the Foundation over the last 15 years have supported scholarships to Holliston students, donations to Make-A-Wish, Camp Sunshine, Children's Hospital Boston, The Jimmy Fund, Be the Match (the



national bone marrow registry), and to many other organizations that help children and families through pediatric cancer treatment and bereavement.

In addition, since 2014, Timmy Cakes and the Foundation have helped support a research laboratory at the University of Minnesota. This research project is named for Tim and researches acute myeloid leukemia with the FLT-3 mutation - the disease that took Tim's life.

The research at the lab is led by Timmy's doctor from Children's Hospital, Doctor Peter Gordon. The O'Connells are honored by Dr. Gordon's dedication to Tim's memory and they are very happy to help further research of AML.

Timmy Cakes are baked each year during the days after Labor Day. This week each year is very



significant to the O'Connells. Tim was born on Labor Day Monday, Sept. 7, 1998. He passed away on Tuesday, Sept. 9, 2008, just 2 days after his 10th birthday. Baking during this week is a positive way to honor each date.

As in past years, Timmy Cakes will be available in Saint Mary's lobby on Saturday and Sunday, Sept. 9 and 10. Everyone is welcome to come to the lobby from 5 pm to 8 pm on Saturday evening and from 8 am to 1 pm on Sunday.

Because of the increasing costs of ingredients, a \$70 donation is requested for each Timmy Cake. This is just the second price increase in 14 years.

The O'Connell Family thanks everyone for your continued support of the Foundation's fundraising in Tim's memory - and for your great efforts to help make Timmy Cakes successful each year!

If you would like to volunteer to help bake Timmy Cakes, please contact Joanne O'Connell at joanneoconnell@comcast.net.

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## Prescription Drugs... Are They Necessary for Acne?

By LISA MASSIMIANO, LICENSED ESTHETICIAN, CERTIFIED ACNE SPECIALIST, OWNER SKIN SMART SALON

Going to a dermatologist and getting prescription drugs is often the first option for many acne sufferers. Patients are usually given antibiotics and a prescription retinoid to use. When this approach fails, the dermatologist will often prescribe a different or stronger drug.

### Antibiotics for Acne

While oral antibiotics may suppress inflammation, a common symptom of acne, they don't treat the root cause of acne, hyperkeratosis, an inherited condition of excessive shedding of skin cells inside the pores. When acne sufferers stop the antibiotics, the inflamed acne often returns. So, they go back on the drug, creating a constant cycle of antibiotic use.

### Retin-A

Prescription strength topical Retin-A is commonly prescribed for acne. However, this topical drug can be very drying on the skin. Since many people who struggle with chronic acne don't

have oily skin, it often makes their skin so dry and irritated that they stop using it before it can become effective.

### Isotretinoin

Accutane is an oral medication often prescribed for acne. Although Accutane can work well for some people, it is not a magic treatment, and it comes with a lot of potential side effects.

### Treating Acne Without Drugs

There is no quick fix for acne. For acne sufferers seeking an alternative approach to clear skin, consider going to an Acne Specialist. A licensed skin care professional who is specifically trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Questions about acne? Email me at [SkinSmartsalon@aol.com](mailto:SkinSmartsalon@aol.com) or call me at 508 881-1180. Visit my website [SkinSmartsalon.com](http://SkinSmartsalon.com) for information about Skin Smart's acne program and other services.

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## HPD's 2023 Junior Police Academy has concluded

According to the Holliston Police Department's Facebook page, the HPD's 2023 Junior Police Academy has concluded, leaving the cadets with newfound skills in team-building and leadership. Over the course of a week,

the cadets were exposed to various facets of law enforcement, including the different types of jobs involved in it. They stood tall and proud as the sun set on the last day of the academy, ready to take on the world. A graduation cere-

mony was held to commemorate their achievements, which were many. Source: [www.facebook.com/HollistonPolice](http://www.facebook.com/HollistonPolice)

For more information, photos and a video, visit HPD on Facebook page [@HollistonPolice](https://www.facebook.com/HollistonPolice)



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

By CHRISTIE VOGT  
CONTRIBUTING WRITER

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

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

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

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we



hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

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

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the backend while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward

## Business spotlight

17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place in Holliston, The Corner Market."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Holliston in particular, Schadler says they are proud to have many repeat customers and friends in the area. "In addition



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

to our junk removal business, Holliston residents have been so important to The Corner Market, especially during the pandemic," Schadler says. "We have really appreciated their support." The Schadlers have also sponsored and hosted monthly fundraisers for several sports teams and organizations in Holliston.

One of the best parts of his job, Schadler says, is meeting

and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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# Financial Aid Changes to Impact This Fall's College Applications

We've come to expect Congress naming new legislation that exaggerates impact but does little to be true to its name.

Inflation Reduction Act. Secure Act. American Rescue Plan Act.

Now add "FAFSA Simplification Act," which makes the upcoming 2024-2025 college admissions process a complicated mess.

To be balanced, here are the benefits per advocates:

- Easier FAFSA application process with a reduced number of questions.
- The Federal Pell Grant expands to more students and will link eligibility to family size and the federal poverty level.
- The Estimated Family Contribution (EFC) has been replaced by the Student Aid Index (SAI).

This last one is interesting because SAI is based on a comprehensive database of education costs that includes tuition and fees, room and board, and other living expenses. The index also includes data on financial



Glenn Brown, CFP

aid awarded to students, such as grants, scholarships, and loans.

By calculating the average cost of college for a given school and comparing it to the average amount of financial aid awarded, the index can provide a more accurate estimate of the student's EFC and help make more informed decisions about which school to attend.

Ok, enough of the accolades, let's get to the complications and impact.

**Two Different Views.** Both students and parents must create a

Student Aid Account to get an FSA ID before completing the form. Previously a shared sign-on allowed for a singular view, now each completes their respective sections and continuity becomes more challenging.

**No longer does the most capable parent complete.** For divorced or separated parents, the one providing greater financial support over past calendar year must now complete the FAFSA. Yes, not the parent most engaged to ensure accuracy and meet deadlines, but the one who provides the most money. So much for a fiduciary process.

**Paying for two or more kids in college at same time? Who cares.** The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.

**You aren't selling the farm or small business you've built, but if you had to...?** The net worth of family farms and small businesses with under 100 employees will now be required as part of the application. Maybe having to sell is a strong ask, but borrowing against isn't - otherwise, why ask now?

**All applicants, especially Early Action / Early Decision (EA/ED), your school's deadlines will be before FAFSA opens.** Historically, FAFSA opens October 1 and EA/ED deadlines followed in mid-October through November. Per the federal government, this year FAFSA has "an anticipated December 2023 launch date." The colleges aren't waiting around, they're keeping October and November EA/ED application deadlines, including CSS Profile schools.

For example, state university UMass-Amherst has a Early Action deadline of November 5 and Regular Decision of January 15, but the FAFSA priority deadline is March 1 and state deadline for Massachusetts is May 1.

CSS Profile school Williams College states, "The FAFSA is not an initial requirement for the 2024-2025 academic year, given the uncertainty of the FAFSA Simplification Act application timeline. Enrolled students will be required to complete the

FAFSA by May 15th."

So don't prioritize completing the FAFSA before submitting your college applications this year.

Instead work on the admissions application now, continue your student's building of a relationship with the university's local academic recruiter and stay focused on Return On Investment (ROI) during the selection process.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, [www.PlanDynamic.com](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# Keep an Eye Out For Signs of a Rodent Infestation This Fall

**WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home**

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on

the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

“Disgusting odors that per-

miate from insulation in attic's and basement's are a sure sign that rodents are present”, said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly troublesome as colder weather arrives

and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.
- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.
- **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any

materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.

- **Tracks or rub marks:** As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.
- **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawl-spaces.
- **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen babies every three weeks or up to 35 young per year. Chances are, if you see one mouse in the house, there are more hidden behind the walls!
- **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

*For more information about rodent infestations, visit [www.nobugsnopests.com](http://www.nobugsnopests.com) or contact a licensed pest control professional.*

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# Failure to plan: Is it planning to fail?



Mark Freeman

## FINANCIAL FOCUS

Benjamin Franklin once said, “If you fail to plan, you are planning to fail.” But as you chart your financial course, what steps should you take to help you keep moving forward to where you want to go?

**Consider these suggestions:**

- **Establish and quantify your goals.** Throughout your life, you’ll have short-term goals,

such as an overseas vacation or a home renovation, and long-term goals, the most important of which may be a comfortable retirement. You’ll want to identify all your goals and put a “price tag” on them. Of course, it’s not always possible to know exactly how much it will cost to achieve each goal, but you can develop reasonably good estimates, revising them as needed.

- **Create an investment strategy to achieve your goals.** Once you know how much your goals will cost, you can create the appropriate savings and investment strategies to potentially help you reach the needed amounts. For your retirement goal, you will likely need to contribute regularly to your IRA and 401(k) or other employer-sponsored retirement plan. But for shorter-term goals, you may need to explore other types of

investments. For all your investment moves, though, you’ll need to consider your risk tolerance. You won’t want your portfolio to have such a high-risk level that you’re constantly uncomfortable with the inevitable fluctuations of the financial markets. On the other hand, you won’t want to invest so conservatively that you jeopardize your chances of achieving the growth you need to reach your goals.

- **Control your debts.** We live in an expensive world, so it’s not easy to live debt-free. And some debts, such as your mortgage, obviously have value. But if you can control other debts, especially those that carry high interest rates, you can possibly free up money you can use to boost your savings and investments.
- **Prepare for obstacles.** No matter how carefully you follow the strategies you’ve cre-

ated to achieve your goals, you will, sooner or later, run into obstacles, or at least temporary challenges. What if you incur a large, unexpected expense, such as the sudden need for a new car or a major home repair? If you aren’t prepared for these costs, you might be forced to dip into your long-term investments – and every time you do that, you might slow your progress toward achieving your goals. To help prevent this, you should build an emergency fund containing several months’ worth of living expenses.

- **Review your strategy.** When you first created your financial strategy, you might have planned to retire at a certain age. But what if you eventually decide to retire earlier or later? Such a choice can have a big impact on what you need from your investment portfolio — and when. And your circumstances

may change in other ways, too. That’s why it’s a good idea to review your strategy periodically to make sure it still aligns with your up-to-date objectives.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances.

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

Edward Jones Financial Advisor  
77 West Main Street,  
Hopkinton, MA  
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# Annual Harvest Fair Sept. 17

## 42<sup>nd</sup> Annual Country Harvest Fair

Presented by the Holliston Historical Society

# Sunday, September 17, 2023\*

## 10:00 am - 4:00 pm

Holliston Historical Society Grounds  
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Tractor Touch!  
Games!

Music by *Always in Season* 12:00 - 3:00pm  
*Asa Whiting House* open from 11:30am - 2:30pm



Rain date: Sunday, September 24, 2023

The Holliston Historical Society is getting ready for our annual Harvest Fair. Here is a preview of some of the great buys you can purchase from our vendor.

Handcrafted and refurbished wood items, unique tableware, wreaths, candy, fudge and popcorn, candles, soaps, body creams and lotions, knitted and crocheted items, homemade dog treats, quilted pieces, jewelry, and, of course, alpacas! (Alas, Not for purchase)

Usher in autumn at the Holliston Historical Society on Sept. 17 (rain date September 23th).



Credit: Theresa Knapp

## 555 Hopping Brook deliberations started Aug. 31

### Watch Holliston Town News for updates

BY THERESA KNAPP

In July, the Holliston Planning Board closed the public hearing on a special permit proposed by CRG Integrated Real Estate Solutions to build a 550,000 square foot warehouse at 555 Hopping Brook Park.

The board was scheduled to

start its deliberations on Aug. 31, which was after press time. Holliston Town News attended the hearing and will share its reporting as soon as possible at [www.hollistontownnews.com](http://www.hollistontownnews.com) and on Facebook @ HollistonTownNews

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

All town documents related to the project can be found at [bit.ly/HollistonPlanningBoard555](http://bit.ly/HollistonPlanningBoard555)

## Select Board opens warrant for Oct. 16 town meeting

### Warrant to be shared by postcard with QR code

BY THERESA KNAPP

At its meeting on Aug. 7, the Holliston Select Board opened the warrant for the fall town meeting to be held on Oct. 16.

The warrant will close on Sept. 15 at noon. All articles should be submitted to the town by that date.

This year, Town Hall will send out a postcard reminder to all households. On that postcard will be a QR code and link to view the warrant electronically, as well as information on where to pick up a paper copy.

“We think it’s a great idea to get people engaged and to get people to come to town meeting,” said Assistant Town Administrator Kathleen Buckley, regarding the QR code. “The QR code and the link would have the warrant easily accessible online so we thought it would be a good idea.”

Select Board Chair John Cronin noted that, in the past, the town had mailed a paper copy of the warrant to every household but “that was eventually deemed to be an expense we could move on to with technology being what it is.”

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Roselyn Jeun O.D.

# The b.LUXE *beauty beat*

## More Beauty For Your Buck

BY GINA WOELFEL

Nowadays, it's essential for beauty products to be worth the money we spend on them and to last as long as possible. That's why b.LUXE Hair and Makeup Studio is so excited to introduce you to the three treatment products we've formulated to target today's most common beauty concerns. We make our **BEFORE BRAND** and **NUTRIR** products from only natural, vegetarian ingredients, and to help you get the most from these beauties, we've put together three alternative ways to use them effectively. How's that for multitasking?

Allow me to introduce you to our three unique products.

- **b.LUXE BEFORE OIL** - Preventative, pre-shampoo treatment oil designed to be your first line of defense against hair damage. Applying **BEFORE OIL** just 10 minutes before shampooing allows you to wash and clean your hair without drying it out. It penetrates the hair shaft, depositing just the right amount of hydration to keep hair smooth, healthy, and well-protected. It can also help with hair color retention and is safe for all hair types. This formula includes organic sunflower oil, prickly pear seed oil, and our powerhouse ingredient - broccoli seed oil.
- **NUTRIR HIGH-IMPACT FACIAL SERUM** - Antioxidant-rich serum formulated with an ideal blend of 2% Bakuchiol extract, hyaluronic acid, tetrapeptides, Coenzyme Q10, and niacinamide to target fine lines, discoloration, and enlarged pores. Bakuchiol is an all-natural, non-irritating alternative to retinol (which can often have unpleasant side effects.) When used regularly, our high-impact serum leaves skin visibly smoother and firmer with a more radiant-looking appearance.
- **NUTRIR HYDRATING MIST & BODY OIL DUO** - Moisture-rich body hydration set packed with some of nature's most potent ingredients. Its unique blend of therapeutic

emollients instantly plumps, soothes, and revives dry, fatigued skin. Start with the all-over body mist for a blast of aloe vera, silk amino acids, and hyaluronic acid. Next, seal in those hard-working ingredients with our **NUTRIR Body Oil**, blended with nourishing coconut, sunflower, avocado, argan, rice bran, and broccoli seed oils.

If those products weren't already good enough, let's make them work double time! Finding ways to cut time and spending is always good, right? So, here are three easy and effective beauty hacks to get more beauty for your buck!

### b.LUXE Beauty Hack #1 - DIY Scalp Spa Treatment.

Fun fact about this product: every element of our **BEFORE OIL** is just as healthy for your hair as it is for your skin (and remember, your scalp is still your skin!) In a small dish, combine two tbsp of natural sugar, two droppers of **BEFORE OIL**, one tsp of apple cider vinegar, and one tsp of quality honey. Whisk with a fork until scrub forms. Cover shoulders with a towel, and part dry hair down the middle. Gently buff a small amount of scrub into the exposed scalp area. Continue working in sections over your scalp until you've exfoliated every part. Now, take two more droppers of **BEFORE OIL** and work it through the ends of your hair. This is a great time to indulge in a relaxing scalp massage and remember, **BEFORE OIL** is beneficial for your skin and scalp, so feel free to move about the cabin and massage your temples, neck, and shoulders. Now, wrap your hair for one hour. Proceed with your regular shampoo and styling routine, and relish the nourishing effects of this easy DIY. Scan the QR code for a video tutorial.

### b.LUXE Beauty Hack #2 - DIY Facial Lymphatic Drainage Massage.

If you've yet to hear about the benefits of Facial Lymphatic Drainage Massage, you don't know what you're missing! Your lymphatic system collects and eliminates your body's excess

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fluid, toxins, and waste. Facial lymphatic drainage (or FLD) is becoming incredibly popular because of its multiple benefits to your skin, appearance, and general wellness. When done daily, this gentle massage technique drains the buildup of lymphatic fluid trapped within your face, enhancing and improving blood flow, circulation, muscle tone, and cell renewal. This DIY superhero is an all-natural face-lift you didn't know you had in your back pocket. When applying your **NUTRIR High Impact Serum**, incorporate this gentle massage into your nightly skincare routine or anytime you'd like to de-puff and sculpt your face.

Scan the QR code for an FLD video demonstration.

### b.LUXE Beauty Hack #3 - DIY NUTRIR Bath Fizz

Is there anything like a hot bath at the end of the day? It's the ultimate way to relax and ease your body of stress and fatigue. Our bath fizz recipe combines the nourishing power of our **NUTRIR Duo** with soothing effervescence. It's also a great way to revive dry, tired skin. This treatment is b.LUXE owner Heather Cohen's favorite DIY beauty boost! Just sprinkle over a warm water tub for a fun and fizzy experience.

Scan the QR code for the recipe and video tutorial.

We hope you found our beauty hacks and video tutorials helpful. Your beauty routine should be fun and flexible. Many of the beauty products that live on your shelves are just waiting to



be repurposed. Be creative, save money, and see how many uses you can get from one product!

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# Parole granted for man who killed HPD officer in 1981

## Officer John Johnson was murdered after stopping a stolen vehicle

By THERESA KNAPP

On Aug. 13, 1981, Rolando Jimenez, age 22, shot and killed Holliston Police Officer John Johnson, age 31, who had been on the job for six years. In 1982, Jimenez was convicted of second-degree murder and sentenced to “life imprisonment with the possibility of parole.” On July 31, 2023, Jimenez was granted parole after his 6th request.

The decision by the Massachusetts State Parole Board was announced at a meeting of the Holliston Select Board on Aug. 7.

Select Board Chair John Cronin said the judgement “hits hard, hits personally,” and opens old wounds.

“This decision has rocked our law enforcement community here in Holliston who have obviously a lot of emotional



Holliston Police Officer John Johnson, 31, was killed in the line of duty on Aug. 13, 1981. His murderer was granted parole in July, 42 years after the crime. Source: www.facebook.com/HollistonPolice

Patrolman Johnny Johnson was shot and killed with his own service weapon after stopping a stolen vehicle at 10:50 pm.

Patrolman Johnson was on patrol when he observed the vehicle. He began following the vehicle and was waiting for backup before attempting to stop the vehicle. The driver of the car suddenly pulled into a parking lot and stopped the car on Route 16 west of the Route 126 intersection, forcing Patrolman Johnson to initiate a felony traffic stop before his backup arrived. When he ordered both occupants out of the vehicle, the passenger fled on foot. Patrolman Johnson stayed with the driver, who then also attempted to flee.

Patrolman Johnson was able to catch one of the suspects, but during the ensuing struggle, the man was able to gain control of his service weapon and shot him. The suspect then shot him twice more as he lay on the ground. He died from his wounds during surgery at Framingham Union Hospital.

The 22-year-old shooter, who had outstanding warrants for assault and battery and armed robbery, was apprehended three hours later following a massive manhunt. Patrolman Johnson’s service weapon was never located. Patrolman Johnson’s killer was found guilty of second-degree murder and sentenced to life. He was denied parole for the fourth time in April of 2009.

Patrolman Johnson was a United States Air Force veteran and had served with the Holliston Police Department for six years.

To read the full entry, visit www.odmp.org/officer/7177-patrolman-john-e-johnson

connections to the events 42 years ago to the loss of Officer Johnson. It’s a heartbreaking judgment that I think is safe to say is reaching some corners of our lives here in Holliston. I just wanted to acknowledge this evening the hard work that our law enforcement members do every day, the risks they take to protect us every single day.”

Cronin said he did not know Officer Johnson personally but noted that “John Johnson’s sacrifice will never be forgotten.”

HPD Chief of Police Matthew J. Stone issued a statement shortly after the meeting.

“As a police officer, as a human being, and as your Police Chief, I am disgusted with the Parole Board’s decision to grant Inmate Jimenez parole,” Stone said in a press release posted on Facebook on Aug. 9. “The deci-

sion by the Parole Board to release the murdered of a police officer back into the society in which he once terrorized, goes against every moral that is right and that is just.”

Officer Johnson was survived by his wife, Gerry, and children Jessica and Brian.

Chief Stone said, “The murder of Officer John Johnson was not an accident. It was not a mistake. And it was not a lapse in judgment by Rolando Jimenez. This was an ambush. This was violent. And this was a murder of a police officer. No time in prison, no educational classes, and no rehabilitation program can undo what Rolando Jimenez did on that dreadful August evening nearly 42 years ago. Inmate Jimenez not only murdered the patriarch of the Johnson family, but he terrified a community that still affects many of us today.”

According to the “Officer Down Memorial Page” (www.odmp.org), these are the events that happened that night...

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# Draft Town-Wide Strategic Plan ready for public input

Community forums to be held on Sept. 18 and Sept. 19

By THERESA KNAPP

A draft five-year Town-Wide Strategic Plan is now ready for public feedback, and town officials are hoping residents and businesses take the time to review the plan and leave public comment online or at one of the public forums to be held in mid-September.

The plan can be found at <https://berrydunn.mysocialpinpoint.com/holliston-strategic-plan>

According to the website, “The plan provides out a vision for the future of Holliston, strategic priorities, and performance measures...The Plan has been

developed based on input from the community, Town staff, and the Envisioning Future Holliston Committee throughout the process.”

At a meeting of the Select Board on Aug. 7, Assistant Town Administrator Kathleen Buckley said that residents and businesses are encouraged to provide feedback on the site or by contacting Town Hall.

Also on the website is a separate follow-up “Draft Strategic Plan Survey” that seeks feedback on a draft mission statement, vision statement, and guiding principles. There is an additional box where residents can provide feedback on Strategic Priorities.

**Community Forums for final public comment will be held on:**

- Sept. 18 from noon to 1:30 p.m., in person at Upper Town Hall
- Sept. 18 from 6 p.m. to 7:30 p.m., in person at Upper Town Hall
- Sept. 19 from noon, virtual

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## Sports

# Suhajda: A Captain For All Seasons At Holliston High

## Senior Forward Steady Scorer In Soccer

By KEN HAMWEY  
STAFF SPORTS WRITER

Alex Suhajda will be a captain in three sports at Holliston High this year and it's obvious why his teammates and coaches want him in a leadership role.

The 17-year-old senior, who plays soccer and runs track, not only is a terrific student-athlete, but he also has a very mature outlook and approach to what makes a captain effective and what attributes are needed for success in that role.

"Alex is willing to help our team succeed in any way possible and that's what you look for in a great team leader," said Jay Dupuis, who's in his 13th year as the Panthers' soccer coach. "If we can put 10 other players on the field with the same effort and determination Alex has, we will have a very successful year."

The 6-foot, 175-pound Suhajda is acutely aware of the responsibilities that a captain must deal with and he's ready and willing to roll up his sleeves to sharpen his leadership skills.

"I'm very honored and grateful that I've been given the opportunity to be a leader for all three seasons," Suhajda said. "I look forward to being with new teammates and I want to live up to and exceed their expectations for me."

A four-year veteran in soccer, Suhajda says that one of

his personal goals this fall is "to be the best captain I can be and to keep improving in that role." He also emphasizes that his top thrill in soccer was his selection as the team's sole captain. "It's exciting to be a captain in three programs," he said. "Leading different people towards a common goal is an honor and I like working with all different types of competitors."

Suhajda plans on being a versatile captain. "I'll strive to lead by example, by being vocal and communicative and to be supportive," he stressed. "I know there'll be learning curve, but over time I'll develop better methods for leadership. There'll be many responsibilities but I'll come up with a strategy on how best to handle the tasks."

His first test will be on Sept. 5 when the Panthers open their soccer season at Norwood.

A forward, Suhajda scored 10 goals and had seven assists last year, helping Holliston post a 9-5-2 record and qualify for the tournament where the Panthers defeated Falmouth, 5-0, then bowed to Plymouth North, 2-1, in a shootout.

The only starter returning from last year, Suhajda knows the Panthers will be young but he's confident the sophomore-junior squad can achieve the three goals he's set for the team.

"We want to qualify for the playoffs and improve on last



**Alex Suhajda is a forward who has the ability to score goals with either foot.**

year's results," he said. "I'd also like to see us finish in the top three in the Tri Valley League Large Division and for all of us to improve over the course of the season. My personal goals are to be a strong captain and I'd like to surpass the 10 goals I had last year. Stats, however, don't drive me. It's the team's welfare that matters."

"Alex was second in goals on our squad," Dupuis said. "I expect him to be one of the top goal scorers in the league this year."

But, what matters most for Suhajda is to lean on the attributes that make him a high-caliber competitor. He's got a high soccer IQ, he's mentally tough, athletic and coachable. He's also an instinctive player whose technical skills are good enough for him to draw interest from Brian Kelly, the coach at Worcester Polytech. Suhajda 's academic skills will be a plus, too. He's a National Honor Society student with a GPA of 3.99.

"WPI is high on my list of colleges," Suhajda said. "I'd like to continue playing soccer there and I'll either major in bio-medical engineering or computer science."

Blending an aggressive nature going for the ball with a finesse style when he's attacking, Suhajda likes playing forward for two reasons. "There's lee-



**Alex Suhajda's endurance is strong because he also competes in sprints, middle distance events and the relays in track.**

way if a mistake is made," he offered. "It may not be costly. I also like being creative when I take on a defender. There's a variety of ways to score or to deliver a key pass."

Suhajda, who competes in sprints, middle distance events and relays in indoor and outdoor track, labels "explosiveness" as his prime strength in soccer. "Speed and agility help a forward to change direction quickly," he said. "That's a big plus on offense."

Suhajda is quick to single out senior midfielder Nathan Arujo and junior wing Owen Montalto as two teammates who'll be major contributors for the Panthers this year. "Nathan dribbles well and passes effectively," he said. "And, when it comes to technique, Nathan is exceptional. Owen's athleticism makes him a threat. He's also quick and very agile."

A fan of Dupuis, Suhajda likes his commitment to the team. "Coach Dupuis is a fine motivator who's got a great approach to the game, builds good team chemistry and is considerate toward his players," he said.

Suhajda rates scoring a goal late in the playoff loss to Plymouth North as his best game. "Our goalie punted the ball

and I was one-on-one with a defender," he recalled. "I made contact with the ball while it was in the air and scored from 12 yards out. The kick was with my left foot but I usually use my right foot."

Calling his parents (Jenn and Dan) role models for their support and encouragement, Suhajda relies on an athletic philosophy of winning, reaching one's potential and having fun. "I put improving on par with winning," Suhajda noted. "And, some life lessons I've learned from sports are overcoming adversity, how to lead and interact with teammates, and to rely on a strong work ethic."

Suhajda has overcome a condition called Osgood-Schlatter Disease that's created knee pain for the last three years. "Rest is what helps to alleviate the pain," he said. "It's helped and no surgery is needed."

That's good news for the Holliston boys soccer team and its veteran coach. Because Suhajda is a talented player who's bound for success as a captain.

"Alex is a great player and a terrific leader," says his coach.

And here's what makes him a rare breed — he's a captain for all seasons.

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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.

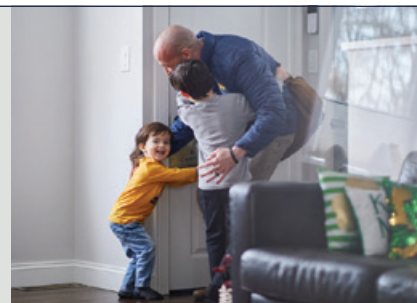
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# New Members Welcome to Charles River Chorale Open Rehearsals in September

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 non-profit 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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# Real Estate Corner



The house at 29 Concord St. in Holliston recently sold for \$825,000.  
Image credit: www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

## Recent Home Sales

Date	Holliston	Amount
08/08/2023	62 Railroad Street	\$745,000
08/08/2023	33 Norfolk Street	\$280,000
08/07/2023	6 Indian Ridge Road	\$931,000
08/03/2023	62 Wingate Road	\$728,000
08/02/2023	236 High Street	\$516,000
08/02/2023	62 Cedar Street	\$535,000
08/02/2023	159 Pinecrest Road	\$1.10 mil
07/31/2023	3 Tea Party Lane	\$1.05 mil
07/31/2023	14 Pond View Road	\$1.05 mil
07/28/2023	138 Fairview Street	\$1.08 mil
07/26/2023	211 Dalton Road	\$925,000
07/24/2023	474 Gorwin Drive	\$320,000
07/21/2023	1084 Washington Street	\$605,000
07/21/2023	29 Concord Street	\$825,000
07/18/2023	0 Washington Street (3 acres)	\$208,000

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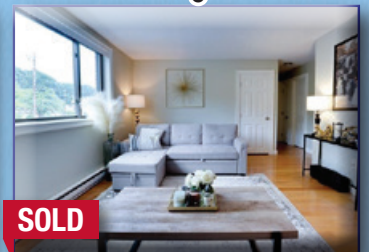
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