

Finishing Another PMC on High Note

According to Holliston resident Stephanie Vail, this year's Pan Mass Challenge was as successful as her previous ones.

"The PMC was absolutely amazing. I finished the whole Wellesley-PTown two-day ride," she said.

Vail, whose son Declan is her main inspiration for the annual ride, said no matter how many times she rides the PMC, she always feels emotional.

"Emotions ran high as we pedaled across the state to fund a cure. As a team we have raised over \$90,000 during this year's PMC. We will be doing the PMC for many years to come," said Vail.

A few pictures from the ride, as well as some pictures of Declan at the pedal partner rest stop, where pediatric cancer patients gather to cheer on their teams



Even a 1971 Harley Davidson Golf Cart driven by Richard Hurst son of Skip and June Hurst who donated the cart to the car show, sporting Relay for Life colors thanks to Mike's Collision of Ashland.

PMC

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Cars started pulling in early to get a prime spot at the Kidde Fenwal Car Show on September 9.

Classic and Antique Cars Roll in to Ashland for Car Show to benefit Holliston Ashland Relay For Life

Despite an overcast day and potential rain in the forecast, Ed Rose and Peter Kamitian decided at 5 AM that the car show must go on as planned.

"Luckily the rain held up and although our numbers were impacted by the weather, we still had 225 cars and trucks attend the event," said Kamitian.

The show raised about \$18,000 for American Cancer Society, through car entrance fees, donations from spectators and a record 60 sponsors, comprised of mostly local businesses.

"I would like to thank each

CAR SHOW

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PMC

continued from page 1



St. Mary's KofC 2nd Annual Road Rallye

Last year, St. Mary's Knights of Columbus sent drivers on a History-Mystery Road Rallye to find historical sites around town which many people didn't know existed.

It was such a success that they came up with a new theme for their Second Annual Road Rallye.

Did you know that Holliston has Memorials distributed around town to help us remember our war heroes?

Join the Knights on Sunday, Oct. 15, for their Second Annual Road Rallye – this year's theme is a **VETERANS MEMORIAL RALLYE.**

You and your teammate(s) will follow directions which will guide you around Holliston to find the memorial sites. You will be able to identify and learn more about some of our heroes of WWI, WWII, Viet Nam, Iraq, and Afghanistan.

You will need at least two people in your car (driver and navigator), but bring as many as you like! The fee is only \$20 per car, with the net proceeds being donated to the Holliston American Legion.

Registration at St. Mary's parking lot begins at 12:30 with cars lining up to leave on their adventure at intervals beginning at 1.

You will record the answers to the map questions about these outstanding heroes and turn them back in when you return from your trip.

There will be different routes so you won't be following each other, and you should arrive back at St. Mary's within an hour.

Then, join them in St. Mary's Father Haley Hall for refreshments and to witness their 15th Annual Charity Raffle drawing while Rallye winners are determined. Prizes will be awarded to the top Rallye contestants!

Perhaps you'll be a Rallye winner – or a Raffle winner – or both! That's Sunday, Oct. 15, with registration starting at 12:30 and the Rallye kicking off at 1:00 PM. It's going to be another enjoyable afternoon. They hope you will be able to join them for another fascinating tour of "hidden Holliston"!

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Published Monthly
Mailed FREE to the
Community of Holliston
Circulation: 5,967
households & businesses

Publisher
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Send Editorial to:
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Ad Deadline is the
15th of each month.

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CAR SHOW

continued from page 1

and every sponsor and especially our top three sponsors; Mike's Collision, Stanley Black and Decker and Middlesex Savings Bank, without whom we would not have raised \$18,000, our highest total ever" said Kamitman.



Cars of all types filled the grounds in support of American Cancer Society.

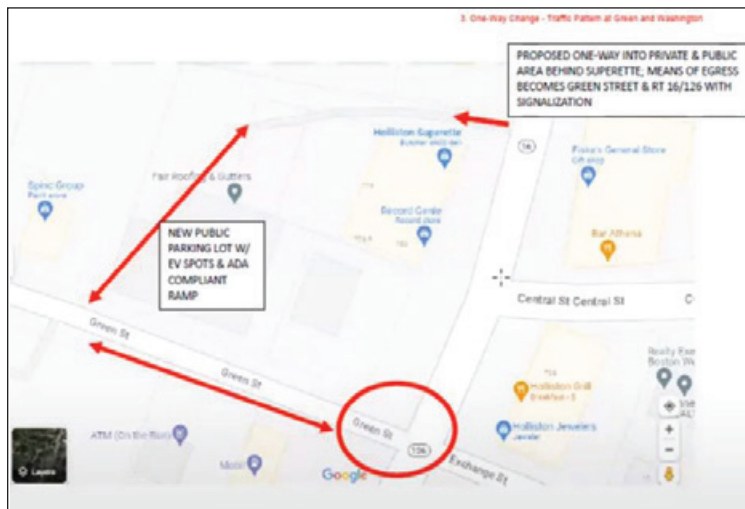
Select Board approves one-way entrance from Washington St. to parking area behind buildings at Green St. and Washington St.

BY THERESA KNAPP

At its meeting on Aug. 28, the Select Board voted to accept the recommendation of the PARE Corporation and Public Safety to "create a one-way entrance from Washington Street, adjacent to the Superette #777, to the parking area behind the businesses at the corner of Green Street and Washington Street (Route 16/126) to be an egress to the Green Street traffic signal and Washington Street where traffic may turn in either direction."

Holliston Facilities Manager James Keast said, with this change, traffic heading west-bound on Washington Street can turn right into the Superette parking lot, or they could also access the new municipal parking lot (the former 9 Green St. building) which is in the same area.

When leaving the parking lot, they would exit onto Green Street and when at the signal at Washington Street, could turn in either direction.



The Holliston Select Board has approved a one-way entrance near 777 Washington Street to the parking lot behind businesses at the corner of Washington and Green Streets. Source: www.townofholliston.us

"It really is the safest way to exit that lot," said Town Administrator Travis Ahern.

The one-way pattern will go into effect with the substantial completion of the municipal parking lot located at 9 Green Street which is in a holding pattern as it waits for Eversource to complete its work.

Town officials, including Holliston Police Department, will work with area businesses to mitigate impacts to deliveries of goods and materials; and

the town will "revisit the success or potential needs for change to the traffic pattern within two years, if not requested sooner by the impacted parties, and solicit feedback from the businesses in the area prior to this reevaluation," according to the motion read by board clerk Ben Sparrell.

The town will assume regular maintenance of the area and will be responsible for snow and ice removal.



Proposed one-way entrance at 777 Washington Street.



View from Green Street.



Courtesy photos

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Lowland Street traffic study recommends closing Lowland Street at rail trail, residents encouraged to send comments to Select Board

By THERESA KNAPP

In an attempt to control heavy commercial vehicle traffic on local roadways, specifically Lowland Street, traffic engineers have recommended the closure of Lowland Street at the rail trail crossing (with a pipe gate or remote control gate that would allow emergency vehicle access) and improved signage throughout town.

On Aug. 28, the Select Board accepted a report by McMahon Associates which laid out its recommendations. The report can be found at [www.townof-holliston.us/home/news/low-](http://www.townof-holliston.us/home/news/lowland-street-truck-traffic-report)

land-street-truck-traffic-report. Residents are encouraged to review the document and send comments to the board. If a public hearing is warranted, it would be held sometime after the Oct. 16 special town meeting.

At the August meeting, Chairperson John Cronin said, “This board, several months ago, had begun the process of examining circumstances up at the Lowland area of Lowland Industrial Park. There were some complaints about property damage and accidents and repeated abuse of the heavy commercial vehicle exclusion in that



area. After several public meetings, we discussed some options and one of them was to hire a traffic engineer to perform a study with some recommendations.”

At the meeting, the board heard from traffic engineer Michael Pompili of McMahon Associates, a firm that previously worked with the town on the heavy commercial vehicle restriction that is currently on Woodland Street; the firm also helped the town to apply to MassDOT for a restriction on Lowland Street that was ultimately not approved.

Pompili said that, when they took traffic counts in that area in 2021, “There were about 230 trucks per day on Lowland Street, and 260 on Woodland... With the closure of the bridge on Woodland Street, now Lowland has become the de facto detour route for that traffic and trucks have been ignoring the heavy commercial vehicle exclusion on Woodland Street and truck traffic has increased on Lowland causing property damage.”

Pompili said they did not collect traffic counts for this effort, but it was suggested for the future.



Photograph 10: Temporary Traffic Signals (Trailer Mounted)



Photograph 11: temporary Traffic Signals (Span Wire Mounted)

Image source: www.townofholliston.us

McMahon Associates’ recommendations included:

- Close Lowland Street at the rail trail crossing with a pipe gate or remote control gate (which would allow emergency vehicle access)
- Install detour signage for the Woodland Street bridge closure to be updated to route detoured traffic via Whitney Street
- Collect traffic counts at Washington Street at Whitney Street, and perform traffic operations and signal warrant analysis
- If a signal is warranted, install temporary traffic signals

If traffic lights are needed, Pompili recommended “the town could implement temporary traffic signals such as trailer mounted traffic signals on an extendable arm, or temporary wooden poles with wire-

mounted signals spanning above the intersection.”

In addition, the firm recommended changing ‘no truck’ signs from “except local deliveries,” which can have several interpretations, to “no trucks over 2 1/2 tons.”

“But that’s probably not enough to correct the issue,” said Pompili, noting trucks could continue to ignore the signs, especially if there is no enforcement, and could view any imposed penalty as “the cost of doing business.”

Other considerations included overhead height barriers (similar to the deterrents on Storrow Drive) like hanging tubes; narrowing the road with curb extensions or chicanes (curb extensions that alternate sides of the road); and dead-ending the roadway at the rail trail.

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Ashland Family & Implant Dentistry Pairs Comfort and Excellence

By CHRISTIE VOGT
CONTRIBUTING WRITER

“I fell in love with dentistry because dentistry is an art and science,” Dr. Ali Almaawi shares. “When you combine art and science together, you get medicine.” Almaawi, the owner of Ashland Family & Implant Dentistry on 37 Main Street, speaks with passion about his craft and his team, noting that their shared goal is to “provide the finest quality dentistry possible in the most comfortable, caring environment.”

After years of practicing as an associate and gaining extensive clinical knowledge, Almaawi felt ready to set off on his own. “There’s a side of me that really likes to grow things and bring ideas to fruition, and I felt that owning a business would allow me to do that. I’ve been able to create a vision and grow the practice with my team.”

Ashland Family & Implant Dentistry, which Almaawi acquired in 2021, offers more than 30 services, including dental cleaning, whitening, implants, veneers, dentures, sealants, Invisalign, bite guards, bonding, root canals, tooth extractions, crowns, bridges and more.

The practice places a strong emphasis on continuing education, Almaawi says, to ensure the team stays up-to-date on new techniques and the latest developments in the field.

The office’s use of advanced technology and equipment is one of the things that sets it apart, Almaawi adds. Such tools include the CEREC machine (same-day crowns), CBCT (3D imaging for computer-guided implants), digital panoramic radiographs, diagnostic photographs, digital radiography and ZOOM! teeth whitening. The CEREC machine, for example, “allows us to create crowns and bridges at the office, so there’s no second visit needed for the patient,” Almaawi explains.

In addition to its cutting-edge technology, Almaawi says his staff is key to providing an exceptional and comfortable experience for patients. “Our office has a great reputation because of our entire staff, not just my work,” he says. “What we have here is true teamwork; from our front desk team to our dental assistants, we work as one team focusing on one patient at a time.”

“Coming to the dentist can be challenging,” Almaawi ac-



**Business
spotlight**



Dr. Ali Almaawi is the owner of Ashland Family & Implant Dentistry.

knowledges. “It could be the cost, it could be fear, it could be because of a previous experience a patient has had, but a lot has changed in dentistry in recent years,” Almaawi explains. He says new techniques have “nearly eliminated” the pain of many dental procedures.

As for the cost of dental care, Almaawi says the team “works to find ways to take care of patients without breaking the bank” by exploring payment plans and working within patients’ budgets to make treatments as affordable as possible. He also notes that regular, twice-yearly visits are a way to save money because proactively maintaining oral health

is more cost-efficient than remedying unattended dental issues.

Referring to the artistic side of dentistry, Almaawi says: “When a patient comes to me for a smile makeover, I have to have a vision of the end result. In this profession, you have to have an artistic capability.” He recalls one patient, a college professor, whose teeth positioning was affecting her pronunciation and confidence — and hence her job performance as a lecturer.

“She came to us and said, ‘I need to get my smile and pronunciation back,’ and over the course of eight months, we

were able to get her where she wanted,” Almaawi shares. “At her final appointment, she sat in the chair crying and gave hugs to everybody in the office because of how happy she was with the results.”

Almaawi says that “at the end of the day, that’s what makes us happy — changing and improving lives. It’s life-changing work we do here.”

To make an appointment at Ashland Family & Implant Dentistry, call 508-881-7700 or visit familydentistryinc.com.

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Holliston fall town meeting will be held Oct. 16, warrant online

By THERESA KNAPP

Holliston will hold a fall town meeting on Oct. 16 at 7 p.m. in the high school auditorium.

The warrant closed on Sept. 15 but was not available at press time. Articles are expected to be related to:

- 15 Winthrop Street (to declare no valid municipal purpose of two foot section of Winthrop Street)
- Capital Budget Article based on draft 5-year Capital Plan update (FY24-28)
- Council on Aging request
- Historical Commission request
- Parks Commission request
- School Committee request

The warrant will be available at www.townofholliston.us/home/news/town-meeting-october-16th

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Teeing Off Against Cancer

For the second year, the Holliston Lions Club will be sponsoring a golf tournament to be held at Pinecrest Golf Club on Friday, October 6th.. As we do with many of our fundraising events, we are raising money not only for our general Lions charities but for a cause. This year, we have teamed up with Dana Farber, Milford and the Jimmy Fund who will be a major beneficiary of this year's tournament.

Ways You Can Help

The American Cancer Society estimates that 42,880 residents in Massachusetts will be diagnosed with some form of cancer this year. Chances are, you know someone who has had their life disrupted by a diagnosis of cancer. This year, you can help us fight back in some of the following ways:

- **Register to Golf** — whether you are a seasoned golfer or a beginner, it makes no difference! The cost to golf includes cart, greens fees, practice, goodie bag, and lunch! \$125 per golfer. Grab a friend or create a team! ALL AGES AND ABILITIES WELCOME!
- **Join us for lunch** — if you don't golf and you want to support our efforts, please consider joining us for lunch. \$35 per person buffet lunch, cash bar. Raffles and awards!
- **Donations** — if you donate \$100 to the Jimmy Fund, or to the Holliston Lions Club Charity Golf Tournament, we'll make a sign recognizing your donation in honor/

or memoriam of a friend or loved one. All donations of \$25 or more will be scrolled at the Golf Club during lunch. We're also looking for raffle prizes and items for the goodie bags if you can help.

You can mail a check payable to the Holliston Lions Club to Lion Doreen Martel, 12 Appleyard Lane, Holliston MA 01746 or you can use one of the following QR codes to register for golf, make a donation as a sponsor, or make a tax-deductible donation to the Jimmy Fund.

If you have any questions, please contact us through our online contact form or you can email Lion Kevin McAteer at kjmcateer20@gmail.com

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Holliston's Mudville Madrigal Singers Seeks Tenor



The Mudville Madrigal Singers, a longtime Holliston-based singing group, are looking for a tenor to join the group.

We are a nonprofit, 10-voice chamber choir, now in our 30th year.

Our rehearsals take place weekly in Holliston or Wayland. We perform concerts in December and May, primarily in Holliston and Wayland, though we have also performed in South Natick, Arlington, Needham and as far away as Granby and Martha's Vineyard.

We're known for our eclectic programs, featuring unaccompanied music of many genres and eras, from Renaissance madrigals to pop tunes and all points in between.

We are looking for a tenor with the ability to read music and blend well with other voices. If you're interested, we would love to hear from you! Please contact Leslie at MudvilleMadrigalSingers@gmail.com for more information. Or visit The Mudville Madrigal Singers on Facebook.



Own a business? Consider these retirement plans



Mark Freeman

FINANCIAL FOCUS

If you own a small business or are self-employed, you've always got plenty to do, but you can't forget about the days when you'll be less busy — that is, when you're retired. How can you prepare for that time of your life?

One key step is establishing a retirement plan for your business or yourself. And thanks to

the 2022 SECURE 2.0 Act, you can now receive tax credits for opening and administering a 401(k), SEP-IRA or SIMPLE IRA. These aren't the only plans available for small businesses or sole proprietors, but they are among the most popular.

Let's look at each of them:

• **401(k)** – A 401(k) offers several key benefits: First, any earnings growth is tax deferred, and your contributions can be tax deductible. (Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% penalty.)

If you choose a Roth 401(k), your contributions aren't deductible, but your earnings and withdrawals will be tax free, provided you meet certain conditions. And a 401(k) offers a variety of investment options. If you have workers, you'll need to consider whether to offer matching contributions,

which are tax deductible to you, up to the limit of 25% of compensation paid to eligible employees.

But even if you're self-employed, with no employees other than your spouse, you can establish what's known as a "solo" or "owner-only" 401(k). In 2023, you can put in up to \$22,500 as an employee, plus a catch-up contribution of \$7,500 if you're 50 or older, for a total of \$30,000. Plus, you can contribute an additional 25% of earned income as an employer, up to an overall employee and employer maximum of \$66,000 (or \$73,500 if you're 50 or older).

• **SEP-IRA** – An SEP-IRA may be attractive to you if you're self-employed or if you own a business but have few or no employees. That's because you must contribute an equal percentage of your

own compensation to every eligible employee. In 2023, you can contribute up to \$66,000 or 25% of your income, whichever is less.

• **SIMPLE IRA** – A SIMPLE IRA is easy to establish and administer. As with an SEP-IRA, earnings in a SIMPLE IRA can grow on a tax-deferred basis. If you have employees, they aren't required to contribute to this plan — but you are. You must match up to 3% of employees' contributions or provide 2% of their annual salaries, although you do have some flexibility. If your business goes through a rough patch, you can temporarily decrease SIMPLE IRA contributions to 1% for up to two years out of the previous five. Your contributions to your employees' accounts are tax deductible, but in terms of building resources for your own retirement, a SIMPLE IRA

may be less appealing because of its contribution limits, which are relatively low compared to a 401(k) or SEP IRA. In 2023, you can put in up to \$15,500, or \$19,000 if you're 50 or older.

You should consult with your tax advisor to determine which retirement plan is right for you. Your financial advisor can also help you explore your options. And the sooner you put a plan to work, the better.

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

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Huge warehouse at 555 Hopping Brook Park denied again, appeal expected

Holliston denied special permit for 550,000 square foot warehouse on Medway line

By THERESA KNAPP

At its meeting on Aug. 31, the Holliston Planning Board voted unanimously to deny the Special Permit application for CRG Integrated Real Estate Solutions to build a 550,000 square foot facility in the 555 Hopping Brook Industrial Park.

This decision comes after a similar proposal was denied in 2021 for a 800,400 square foot warehouse in the same location.

In its 14-page decision, the board cited continued concerns

about traffic, lighting, and noise, among other issues.

Town Counsel Jay Talerma said, "There's a significant concern that the warehouse is being constructed in a way that could support something more than just [ITE use code] 150."

The written decision reads, "Supporting this concern is the fact that the proposal includes substantially more loading docks than is typical for a general warehousing operation under ITE use code 150. The Town has insufficient resources



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to effectively monitor whether the use of the project remains under the less intense general warehouse category. If the project evolves into a more intense High Cube or fulfillment center use, the impacts to the Town and the surrounding neighborhood would be substantially greater."

Talerma added, "There's no staff member that I'm aware of that's going to be able to be out there and monitor in real time the activity in the rear of that building."

In addition to adversely affecting the residents of Holliston, this project would have impacted the abutting Medway neighborhoods of Claybrook Farms, Claybrook II and Broad Acre Estates, at a minimum.

Regarding land disturbance, Planning Board Chairperson Karen Apuzzo-Langton said there has already been "massive earth moving" on the site without proper permitting.

She said, "The building size, although changing [decreased from the original proposal], is still quite significant, much larger than any other building within that industrial park and much larger than any other building in the town...and it is a massive earth moving. We are moving like a mountain to put this building in...That also goes back to character and size and scope when it's something that's so much bigger than anything we have in Holliston."

Talerma said, "We acknowledge that it's smaller, but it's still the biggest building in town."

The board had continued concerns about truck traffic, and had specifically asked the applicant for data related to traffic studies at other intersections in town; the board requested that information "multiple times," but it was not produced.

Regarding the lighting impact, the applicant did not produce any expert analysis re-

garding the effects of the project's illumination and how it would impact abutters.

Talerma said, "I don't think that they upped their game [from the first application] on that kind of indirect lighting impact."

The board also unanimously denied the applicant's Site Plan Review and its Stormwater and Land Disturbance Permit.

At the beginning of the 30-minute discussion, Talerma said, "I think we can almost guarantee that, if this decision is a denial, there's going to be an appeal; in fact, their counsel's already said that that would be the case."

Talerma said the board would know about a possible appeal in September or October.

To watch the board's deliberations and review all documents, visit www.townofholliston.us/planning-board

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Roselyn Jeun O.D.

Holliston residents to participate in Boston Marathon® Jimmy Fund Walk presented by Hyundai

Sahasra Enjeeti, Danielle Howland, and Walk Hero Bob Christensen will join thousands in the iconic fundraising walk for Dana-Farber Cancer Institute to support all forms of cancer research and care

Holliston, Mass.—12 residents from Holliston will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

Jackie Rogalski, Nancy Bergeron, Walter Raudonis, Amy Anthony-Doray, Alex Knight, Christine Knight, Pat Hyde, Mahika Sukhvasi, Tom Howland, Audrey Litchfield, and two Holliston residents along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a record-breaking more than \$8.8 million in 2022.

Bob Christensen will participate as a Walk Hero for the Boston Marathon Jimmy Fund Walk. Heroes are matched with Jimmy Fund Walk teams to give participants an opportunity to connect with patients. Bob was diagnosed with colon cancer and is matched with Milford DFCL.

"I am so grateful for the compassion and care I have received at Dana-Farber Milford," Bob writes. "Keeping a positive attitude and following the guidance of my health care team has made a big difference to me."

"Throughout the past 34 years, the Jimmy Fund Walk has continuously supported life-saving research and cancer care at Dana-Farber. The 2023 Walk will be held during the Jimmy Fund's 75th anniversary year and will aim to raise \$9 million in the effort to prevent, treat, and defy cancer," said Zack Blackburn, Director of the Jimmy Fund Walk. "This year also marks the 35th annual Jimmy Fund Walk. We are eager to get out on the course and see all our outstanding walkers and teams come together to support this great cause."

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

Whatever route walkers choose, participants will be treated to 10 refueling stations as well as poster-sized photographs of patients – Jimmy Fund Walk Heroes – displayed at each mile and half-mile marker as inspiration. All four routes of the Jimmy Fund Walk will culminate at the Jimmy Fund Walk Finish Line Powered by Schneider Electric. Due to construction in Copley Square, the Jimmy Fund Walk Finish Line location has been moved to the Fenway neighborhood for 2023. Walkers should know that distances may be slightly shorter as we finish the walk in front of Fenway Park. The finish line will include a celebration complete with food, music, and a speaking program.

If walkers wish to participate a bit closer to home, the Jimmy Fund Walk has flexible opportunities. Participants can also join the event virtually by "walking their way" from wherever they are most comfortable—in their neighborhood, on a favorite hiking trail, or on a treadmill at home. Materials to support Virtual Walkers are available.

To register to walk or volunteer at the Jimmy Fund Walk, (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

About the Jimmy Fund

The Jimmy Fund, celebrating its 75th anniversary in 2023, is comprised of community-based fundraising events and

other programs that, solely and directly, benefit Dana-Farber Cancer Institute's lifesaving mission to provide compassionate patient care and groundbreaking cancer research for children and adults. The Jimmy Fund is an official charity of the Boston Red Sox, the Massachusetts Chiefs of Police Association, the Pan-Mass Challenge, and the Variety Children's Charity of New England. Since 1948, the generosity of millions of people has helped the Jimmy Fund save countless lives and reduce the burden of cancer for patients and families worldwide. Follow the Jimmy Fund on Facebook, Twitter and Instagram: @The-JimmyFund.



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Dr. Boisvert received her medical degree from UMass Medical School in Worcester, where she also completed her post-graduate training in research and orthopedic surgery.

A sports medicine fellow at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Dr. Boisvert worked as a member of the orthopedic staff for many professional sports teams, including the Philadelphia Phillies, Philadelphia Eagles and the Philadelphia Flyers. She looks forward to taking care of patients with a variety of orthopedic issues.



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Your Money, Your Independence

Update: Changes to 2024 Catch Up 401(k) Contributions

Since 2019, Congress continues to place a growing number changes as well as restrictions on Americans' retirement planning.

Passed in December 2022, Secure Act 2.0, which stands for "Setting Every Community Up for Retirement Enhancement," was designed to further improve retirement-saving opportunities.

One would believe expanding personal choices would be an enhancement.

Think again.

Planned changes for 2024.

For Secure Act 2.0, when lawmakers drafted changes to 401k catch-up provisions (currently \$7,500 additional to 401k plans by those over age 50) they "mistakenly" left out specific language. As a result, under their original Section 603, no participant could make catch-up contributions whether on a pre-tax or Roth basis starting in 2024.

This was a big problem.

Congressional leaders said this was not the intended outcome, but instead to broaden the amount of employers offering a Roth option in their 401k plans.



Glenn Brown, CFP

Interesting, cause simply mandating a Roth option in 401k plans does this and provides more choice for everyone.

Instead, Congress determined it was best to require individuals who earned more than \$145,000 in FICA wages the previous tax year to make all catch-up contributions on a Roth basis only. Meaning, it eliminated the choice of taking upfront tax break on catch-up contributions for "higher earners" by only allowing these deposits in after-tax Roth accounts.

With this as the only catch-up option available, lawmakers know this pressures employers to update both retirement plans to allow the Roth option AND align payroll service capabilities with retirement plans to identify those who earned more than \$145,000 in FICA wages the previous year.

The cynic in me asks:

- Why is this link being established?
- What's in future laws given these new aligned capabilities?
- When did \$145,000 become the new \$400,000 for "high earners"?

It gets complicated.

Beyond employers, plan administrators and plan/payroll service providers having to update capabilities at additional costs, there are several unanswered questions on how to execute.

For example, what's in place to allow an employer to verify a new employee's FICA wages made the previous year at a former employer? Or what of those who don't have FICA wages and

are omitted from the new law, like state and local government employees or partners at a law firm? Ironic or mistakenly omitted?

This led to over 200 entities made up of Fortune 500 companies, firms, and public employers, plus the American Retirement Association and plan administrators including Schwab, Vanguard, and Fidelity to ask Congress for a two-year delay to the Roth catch-up rule to 2026.

IRS delays changes until 2026.

On August 25, 2023, the IRS released Notice 2023-62 which pushed enactment of Section 603 out to January 1, 2026.

Thus, it is business as usual for 2024 and 2025, while stakeholders work behind the scenes to get compliant. It also gives time for revised Congressional legislation.

Your next steps.

If over age 50, you can continue making catch-up contributions to 401k plans based upon your personal choice of what's best for you now and later in retirement, regardless of income.

Now, don't get me wrong, the Roth 401k selection can have tremendous benefits.

Furthermore, I've actively illustrated to clients the potential benefits and drawbacks to switching to the Roth 401k option. But in the end, it should be about choice for the individual to do what is best for them in planning for their retirement.

If you don't know which choice is right for you, talk to your Certified Financial Planner.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. 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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The b.LUXE *beauty beat*

Get To Know The b.LUXE Experience

By GINA WOELFEL

As the team that brings you The Beauty Beat each month, we love writing engaging and informative content for our readers and connecting with you to share the latest trends and hot topics in our industry.

But what many of you may not know is that we often find ourselves inspired by our client conversations at our salon. When you're in our chair, we love chatting about your beauty routines, challenges, and goals and use those insights for our monthly topics.

That's why, this month, we'd love for you to get to know the studio behind The Beauty Beat!

We're your one-stop beauty destination and take pride in being Massachusetts' most highly-rated beauty salon. Check us out on Google.

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Our studio has a bright, vibrant feel, with passionate stylists who genuinely enjoy their

clients. Your appointment should be more than just a task to check off your to-do list. We want every visit to our studio to be a luxury experience.

The "b.LUXE Experience" is our unique approach to beauty and wellness and guarantees your visit will be exceptional. We understand your time is valuable and we respect that. The b.LUXE Experience helps you reset, revive, and leave our studio feeling better than when you walked through our door.

Upon arrival, our friendly front desk staff will check you in and invite you to relax in our comfy waiting area. You can also grab a refreshment from our deluxe coffee bar, where we have a wide variety of refreshments including coffee, teas, seltzers, and snacks.

Your stylist or esthetician will then accompany you to their station or private skin care room for a thorough consultation where you can discuss your beauty goals and budget. They'll evaluate the whole picture to create an individual plan that delivers your desired look and feel.

We offer complimentary "LUXE For Everyone" add-ons to surprise and delight our guests because who doesn't love surprise luxury? We work these mini pop-up services right into your appointment for an extra touch of relaxation.

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healthier hair and scalp. It's a client favorite and offered to all haircut and blowout clients. We apply this right at the sink with a zen-like massage.

- For our color and smoothing clients, we offer our NUTRIR OIL Hand Treatment during your processing time. This therapeutic hand scrub and massage leave your hands feeling soft and supple.
- Our clients who receive luxury facials enjoy a Hot Stone Foot Treatment to alleviate stress and tension.

b.LUXE is a team-based salon. We don't use the words "my client" or "your client," only "our clients." We want you to feel relaxed and at ease with every appointment, and we'll never make you feel uncomfortable if, for any reason, you need to book with another stylist. Be-



cause of this shared client base, we can typically accommodate you with a different hairdresser if your preferred stylist is unavailable or if your beauty budget changes.

We carry many popular hair care products, including Oribe, Kerasilk, DualSenses, and Ouidad. Additionally, our award-winning skincare line from G.M. Collin is an undisputed industry favorite. Our knowledgeable team members are always here to provide product education and helpful recommendations.

For extra convenience, b.LUXE offers complimentary consultations, a private service room for clients requiring social distance, online booking, as well as Monday and evening hours.

Thanks for taking the time to get to know us a little better!

We warmly welcome you to visit our studio located in the historic Medway Mills. It's not just a space. It's a vibrant community of artists where you can connect with like-minded individuals, exchange ideas, unwind, and learn from our seasoned experts. Our main goal is to help you achieve your beauty aspirations because beauty is our business...

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Local Man Pens Book about Adults in Kids' Sports

'Obnoxious Parents and Ruthless Coaches' Details Youth Baseball Gone Awry

BY GRACE ALLEN

A Norfolk resident with years of experience coaching and officiating in youth baseball games has written a book about the damaging role adults often play in kids' sports. Randy Corwin's book, "Obnoxious Parents and Ruthless Coaches" is a compilation of true stories of bad behaviors by parents, fans, and coaches in recreational leagues locally and across the country.

Corwin has coached and umpired Little League and Babe Ruth baseball games for a combined 25 years now. The book took him twelve years to write, plenty of time to gather the stories that deftly illustrate how problematic adult over-involvement in kids' sports can be.

His goal, he said, was to point out that seemingly well-intentioned parents and coaches are ruining a kids' game by competitive, intense behavior and over-complicated organization.

"I found that even in the local recreational baseball league, where winning is supposedly not the priority, so many coaches and parents were taking these games way too seriously," said Corwin. "I saw coaches doing anything to win games, from cheating, to trying to 'stack' their team, to benching the weaker players while the stars played every minute."

The book details instances of parents almost starting a brawl in the bleachers, coaches getting into fights with each other, and adults screaming at Little Leaguers who dropped a fly ball. Corwin himself once needed a police escort to his car after officiating a game.

While some stories might elicit a headshake, others illustrate the earnestness of competitive parents fixating on a child's game in the unspoken hope of a college scholarship or a professional contract for their offspring later on in life. The risk of burnout for the kids is real, says Corwin.

He points out that Little League is geared for boys and girls ages 9-12, and that parents and coaches forget that baseball for his generation used to be a simple pickup game, no adults allowed. It's now evolved into an

almost-unwieldy apparatus that employs a draft, pages of rules, a code of conduct for spectators, and all sorts of political machinations designed to field teams that coaches secretly hope will dominate the league.

The real losers here are the kids, argues Corwin.

"What really bothered me about all the things I saw was that the kids look up to the coaches and parents at this age," he said. "They watch what their coaches do in game situations. They watch how their parents conduct themselves at the games. And that's how they learn to conduct themselves, not just on the field but in real life."

After his own children aged out of youth sports, Corwin turned to umpiring as a way to stay involved with baseball, eventually running the Norfolk youth umpiring program up until two years ago. He himself still umpires close to 150 games a year.

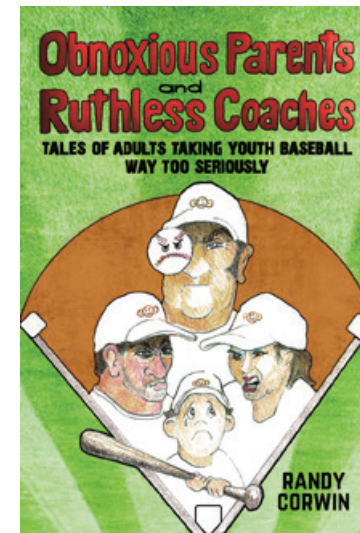
A member of the Central Massachusetts Baseball Umpires Association (CMBUA), Corwin says the bad behavior by adults in youth sports has also impacted the number of officials certified to umpire and referee games. When he first joined the CMBUA in 2011, there were 175 umpires but now there are only 92 members left. Ironically, by badgering officials, parents and coaches are only hurting themselves and the kids, because youth umpires and referees are now quitting in high numbers, says Corwin. And they are the pipeline to patched officials, so high school games get impacted, too.

Earlier this year, umpires in Taunton stopped officiating Little League games because of threats of violence towards them. In May, referees and umpires rallied at the Massachusetts State House, asking for stronger protections from parents and fans at youth sporting events. Several bills are now pending on Beacon Hill that seek to impose strict penalties on anyone verbally or physically harassing sports officials at kids' games.

Corwin, 67, uses humor and sarcasm to deal with the serious situations in the book. The owner of Housework Haters Cleaning Service, Corwin and his family



Randy Corwin's book addresses the insanity he and others have seen in youth baseball.



"Obnoxious Parents and Ruthless Coaches" has been endorsed by Dan Shaughnessy, sportswriter for the Boston Globe, and Dave Wallace, former pitching coach for the Boston Red Sox, among others. It's available online at Amazon and Barnes and Noble, as well as at An Unlikely Story in Plainville.

For more information, or to contact the author, visit <http://www.obnoxiousparentsandruthlesscoaches.com>.

have lived in Norfolk since 1986.

Corwin says he has always enjoyed youth sports because he believes they teach valuable life lessons, including how to handle adversity.

"It's always more fun to win than to lose," he acknowledged. "But you have to learn how to win graciously, lose with dignity,

and when you disagree with something that may happen in a baseball or football game, you have to learn to accept what the authority figure has ruled and move on. Because that's the way it is in life. You can't challenge everyone you disagree with to a fight in the parking lot."



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The event honors and remembers those killed while serving in the military post-9/ 11. The picture of the boots with flag placed inside emotionally represent those killed while in service to our nation.

For information on Thanks to Yanks please follow us on Facebook.



Pictured left to right facing are Pat Rosenthal, Mark Lafountain, Chaplain Bob Markunis, John Milot and Nancy Boates.



HNN is thinking about Thanksgiving!

Fall is upon us and that means that Thanksgiving is right around the corner. Holliston Newcomers & Neighbors is helping to provide gift cards to those in need through the Holliston Pantry Shelf and other local organizations that support the Holliston youth such as Head Start and Wayside Youth & Families. Many families have depended on these gift cards to make their Thanksgiving day a special one so we are once again asking for monetary donations to support these efforts.

Please visit the HNN Donations webpage <http://www.hollistonnewcomers.org/donations> and select Thanksgiving or if you would prefer to mail your donation, please send a check made out to Holliston Newcomers & Neighbors to Katrine Giroux, 147 Mohawk Path, Holliston and note that it is for Thanksgiving.

We are also collecting handmade Thanksgiving Cards which can be dropped off at 922 Highland Street, Holliston - a bin will be at the front door. If



you have any questions, please email thanksgivingbaskets.newcomers@gmail.com.

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Regional Trails Creative Placemaking Workshop

Metropolitan Area Planning Council (MAPC) awarded Holliston a \$10,000 grant to install a public art piece that inspires rail trail users to stop and visit! Residents and business owners are welcome to attend a half-day workshop to learn more about creating Public Art installations on Friday, Oct. 13, from 9 a.m. to 2 p.m. (lunch included) in Upper Town Hall. To find out more, visit this link: <https://www.mapc.org/resource-library/regional-trails-placemaking/>

Source: www.townofholliston.us

Join HNN for a Night of Laughter!

Mark your calendars, get your babysitter, gather your friends and join Holliston Newcomers & Neighbors for our first ever Comedy Night Fundraiser with Cheap Laughs Inc. on November 3rd at Anthony's on the Green, 212 Prentice Street, Holliston. Cheap Laughs, Inc. is owned by Holliston's own Paul Gillespie, who brings Boston & television comics out to the 'burbs!

HNN fundraiser proceeds go to the HNN Community Grant Fund which gives back to our community. Past Grant recipients include Holliston Public Library Museum Passes, Holliston Parks & Recreations Summer Concerts, Holliston Police and Fire Departments.

Tickets are \$35 per person and includes entrance to the show and hor'dourves. A cash

bar will also be available. Doors will open at 7:00pm so grab your tickets at hollistonnewcomers.org for a night of fun and laughter while giving back to our community.

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SCAN FOR TICKETS!

HNN Great Pumpkin Rail Trail Walk October 29th

Holliston Newcomers & Neighbors invites you to join us at our Great Pumpkin Trail Walk on Sunday, October 29th from 10:00am-12:00pm at the Holliston Rail Trail starting at our Holliston's newly constructed Blair Square (intersection of Railroad & Central Streets). There are games set up along the first section of the trail up to the first bridge - great for young kids of all ages - and small prizes are distributed. The Great Pumpkin Trail Walk is an allergy-free way to celebrate Fall for the whole family.

The Great Pumpkin Trail Walk is just one of Holliston Newcomers & Neighbors fundraisers with proceeds going to the HNN Community Grant Fund. Recent grant recipients include the Parks & Recreation Summer Concerts, Holliston Public Library Museum passes and the Holliston Police Department.

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outdoor event is a great way to see friends and join in the spirit of the season.

Come in your costumes and enjoy the festivities!

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Sports

Holliston's Harding A Valuable, Versatile Running Back

Gridiron Captain A Team-First Competitor

BY KEN HAMWEY
STAFF SPORTS WRITER

It's difficult to label a football player who gains 1,023 yards rushing and scores 19 touchdowns as "a role player" or "an unsung hero." But, that's how Holliston's Devin Harding was viewed in some circles during his junior year when the Panthers rolled to a 10-1 record before bowing to Duxbury in the state semifinals.

Todd Kiley, who's in his 21st year as Holliston High's football coach, is acutely aware of Harding's ability and knows how valuable the 5-foot-10, 170-pound running back will be this season.

"Devin may be a bit undersized but he just goes about his business," Kiley said. "He does what's asked and he's a team-first guy. He had some terrific statistics last year but he was kind of lost in the shuffle and viewed as a role player. But, not in our eyes."

The Panthers, nevertheless, had lots of talented players on last year's 10-2 team that was one game away from playing in the Super Bowl.

Harding, who averaged 5.9 yards on 174 carries, didn't go unnoticed when it was time to choose the Tri Valley League all-star team. He was a first-team selection and this year he's a tri-captain.

"Getting publicity isn't as important as other aspects of the game," Harding emphasized. "My coaches let me know that I was contributing in a big way and was a key component. I'm more about our team getting noticed."

Three players who often were

lauded for their talent and their efforts were quarterback T.J. Kiley and wide receivers Brady Sweeney and Andrew Dennison.

"All three were great teammates," Harding said. "They all deserved praise because they put us in a position to win. T.J. is an excellent athlete, Brady made key plays, catching many passes, and Andrew scored lots of TDs."

A 17-year-old native of Holliston, Harding enjoys his running-back role because "it's a position where you can control a game."

"I rely on quickness and speed," he noted. "I look for an opening, then turn on the jets. Although I'm still trying to improve my blocking ability, I feel comfortable reading the field. Staying calm is important."

Harding has a variety of strengths. His speed and quickness are assets but he's got some attributes that are crucial to success as a running back. "I'd like to think I've got a high football IQ," he said. "And, I'd rate my instincts as good. Being patient is a key while waiting for my linemen to block and being mentally and resilient are pluses."

Harding's team goals are to win, improve daily, win the TVC Large Division title, and qualify for the playoffs and go deep. "We may be young but we've got the talent and speed to advance in the playoffs and aim for a Super Bowl date. These goals are realistic."

Harding's Individual objectives provide a glimpse into his team-first mentality. "I want to improve my skill level and my



Devin Harding says the Panthers have the talent and speed to qualify and advance in the playoffs.



Devin Harding is an instinctive running back who relies on speed and quickness.

statistics," he said. "I'll strive to be the best captain I can be and I'll work to repeat as a league all-star again. If I achieve that, it really is an indication that I've helped my team."

Personal bests are sometimes difficult to rank but Harding's efforts against Norwood last year were dynamic. Holliston won, 41-0, and he was on his game. "I scored four TDs," he recalled. "Three were on receptions and the other was a rushing TD. I also rushed for 100 yards. Everyone played well that day."

Harding's all-star recognition and his selection as a captain are positive moments but he rates the Panthers' playoff appearance his top thrill "because we were knocking on the door of Gillette Stadium."

"We lost to Duxbury, 42-14, and that was disappointing," he said. "But, it provides motivation for this year. We're hungry for another chance."

Both the team and Harding got off to a slow start in their opener. The Panthers lost a close encounter to Foxboro, 18-15, and Harding ran for 46 yards on 12 carries. He also gained 12 yards on four receptions. "It was a disappointing start," Harding said. "Foxboro shut down our run game, but there's still a lot of football to be played. I need to sharpen my skills."

Harding, who's a midfielder in lacrosse, hopes to lead by example as a captain, but he

no doubt will be communicative and supportive. He's upbeat about the Panthers' two other senior captains. "Jack Schellings, an offensive tackle, and David Villa, a defensive end, are strong leaders who are athletic and technical solid," he offered. "They started last year, have experience and are capable of making big plays."

Crediting his coach for much of the program's success, Harding admires Kiley's approach. "He coached me in youth baseball," he offered. "Coach Kiley is helpful and inspiring. A great motivator, he works hard and wants the best for his players."

A good student, Harding isn't sure whether he'll play football in college or what school he'll attend. Two universities on his list include the University of Maine and UMass-Amherst.

Relying on an athletic philosophy that focuses on reaching his potential, he also likes to win. "Self-improvement is a key but winning also is important," he noted.

Valuable life lessons can be learned from sports, especially in football and lacrosse. Harding has several that should be a plus in the future. "I've learned to strive to improve my work ethic, be a good teammate and to set goals," he said. "Two others are

developing quality relationships and being mentally tough."

Calling his parents (Liz and Dan) role models for their support and encouragement, Harding, who has two older brothers and a sister, also admires his brother David, who excelled at Holliston in football and currently competes for Nichols College. "He's been a good example to follow."

Kiley, who's turned out a plethora of championship teams and top-notch players, likes what Harding brings to the table.

"Devin can catch, run, and block," Kiley offered. "And, he's got good field vision. "He's an old-school, throw-back player. He's the best teammate one can have because he's always positive."

As a sophomore starter, Harding rushed for 247 yards, averaged 5.3 yards per carry and caught four TD passes.

A versatile back, Harding has all the attributes to help the Panthers have another outstanding season. He might have been lost in the shuffle last year, but that won't happen this season.

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Real Estate Corner



The 3-bed, 1-bath, 1,952 sf house at 33 Norfolk Street in Holliston recently sold for \$280,000.
Image credit: www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

Recent Home Sales

Date	Holliston	Amount
09/19/2023	7 Tea Party Lane	\$1.29 mil
09/15/2023	429 Underwood Street	\$655,000
09/13/2023	110 Richard Road	\$790,000
08/31/2023	696 Washington Street	\$678,000
08/31/2023	67 High Street	\$755,000
08/29/2023	1102 Highland Street	\$815,000
08/28/2023	13 Hillside Drive	\$840,000
08/28/2023	30 Foxwood Cove	\$860,000
08/18/2023	346 Gorwin Drive	\$499,900

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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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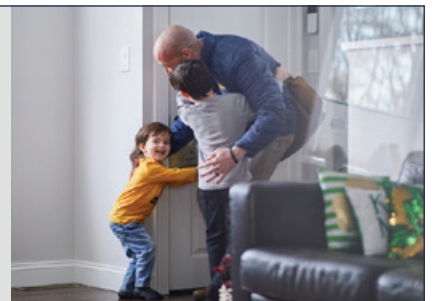


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Royal Conservatory of Music Assessment Results Are In!

Another round of RCM assessments has come and gone! At Encore Music Academy and Recording Studios, students of all ages and musical abilities come throughout the year to perform their exams in front of adjudicators who travel from all across Canada and the U.S. in order to administer the assessments.

In addition to academic assessments in music theory, harmony, analysis and history, students perform practical assessments on their instrument of choice. Instruments represented include piano, voice, classical guitar, flute, clarinet, saxophone, drums, violin, and viola. In August, students from all over the northeast traveled to Encore to take their assessments.

The Royal Conservatory of Music Certificate Program provides a recognized national standard of success in music study from beginner to advanced levels. It inspires excellence through individual student assessments that are central to the program, while also supporting teachers with high-quality and innovative resources. The RCM allows students to measure and celebrate accomplishment and track their progress throughout the country. All students and teachers across the United States are invited to participate, and Encore Music Academy is proud to offer these opportunities at the school and through outreach to the surrounding communities.

Levels of achievement are determined by the following scale:

- **First Class Honors with Distinction:** An assessment score of 90 to 100.
- **First Class Honors:** An assessment score of 80 to 89.
- **Honors:** An assessment score of 70 to 79.
- **Pass:** An assessment score of 60 to 69.

Students are graded on proficiency in the following areas: performance; technical requirements; aural skills; rhythm; and, sight-reading ability. This year, Encore is very proud to recognize the following Encore students for their outstanding achievement in Royal Conservatory of Music assessments:

First Class Honors with Distinction:

AJ Courtright-Lim - Theory Level 5, 13, Franklin

Amelia MacEvoy — Theory Level 7, 15, Medway

Alyssa McGuirl - Theory Level 8, 15, Millis

Aneesha Pathangay - Theory Level 5, 15, Hopkinton

Esmee Perera - Theory Level 8, 16, Holliston

Rishika Pericherla - Theory Level 5, 12, Franklin

Rishita Phanse - Theory Level 7, 15, Mansfield

Aagam Shah - Piano Prep A, 11, Franklin

Sunehri Verma - Theory Level 7, 16, Franklin

First Class Honors:

Michelle Gonzalez - Piano Prep B, 9, Franklin

John Kane - Theory Level 7, 17, Franklin

Grace O'Sullivan - Piano Level 2, 12, Franklin

Danny Pylee - Saxophone Level 4, 15, Medway

Anne Wu - Voice Level 8, 17, Shrewsbury

Honors:

Hope MacEvoy — Piano Level 2, 10, Medway

Aneesha Pathangay — Piano Level 7, 15, Hopkinton

To learn more about Encore Music Academy and Recording Studios and the Royal Conservatory of Music program, please visit: www.encoremusicacademy.net

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Monday, October 2

QUICHE LORRAINE, Cream of Broccoli Soup, Mush-rooms, Tossed Salad, Vanilla Cup-cakes

Wednesday, October 4

PEPPER, STEAK and ONION SUB SANDWICH,
French Fries, Steamed Carrots, Fresh Fruit Cup

Monday, October 9

CLOSED FOR COLUMBUS DAY

Wednesday, October 11

MEATLOAF, macaroni and cheese, steamed spinach,
Sliced fresh tomatoes, Chocolate Cake

Monday, October 16

CHINESE STYLE CHICKEN W/MIXED VEGETABLES, Steamed Rice, Wonton Soup, Fresh Fruit Salad

Wednesday, October 18

MEATBALL SUB, Greek Salad, Roasted red potatoes, lemon sorbet and ginger snaps

Monday, October 23

VEGETABLE LASAGNA, Italian Wedding Soup, Green Bean Salad, Tapioca

Wednesday, October 25

HOMEMADE TUNA NOODLE CASSE-ROLE- Tuna, Mushroom, Peas & Egg Noodles in a creamy sauce with a crumble topping, Tossed Green Salad, Sorbet and Ginger Snap Cookies

Monday, October 30

HALLOWEEN LUNCHEON - Hawaiian Chicken, Rice Pilaf, Green Beans, Dinner Rolls & Macadamia Nut Cookies Sponsored by Mary Ann Morse Healthcare, Corporation

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