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## Sharing The Gift Of Life



Carl Twomey and Janet, his wife of 27 years, are all smiles in the recovery room at Beth Israel Hospital after their live donor kidney transplant in March. *Courtesy photo*

BY PATRICIA ROY

You might say that Carl Twomey won the lottery twice. When the Faith Community Church of Holliston member needed a kidney donor in order to save his live, both times one was there for him.

That's not always the case. At any given time, more than 100,000 people are on the national waiting list for donors.

Diagnosed in his early thirties with IGA Nephropathy,

a condition that in Twomey's case caused his kidney function to deteriorate, he was told by his doctors that he would need a kidney transplant.

"Some people can live for years with the condition," he said, "but in my case it caused my kidneys to deteriorate rapidly. I got my first kidney transplant when I was 36 years old."

Fortunately, his sister was found to be a perfect match and the kidney she donated al-

lowed Twomey to live a normal life for the next 26 years.

About a year ago, Twomey's doctors began to notice that his creatine levels in his blood were rising, an indication that his kidney wasn't filtering waste normally.

"So the doctors put me on alert that sometime in the not too distant future, I would

**GIFT**

*continued on page 3*

## Spencer, official dog of last year's Boston Marathon, honored posthumously at this year's race

BY THERESA KNAPP

This was the first year since 2015, that Spencer, the Golden Retriever therapy dog who last year was named the official dog of the 126th Boston Marathon, was not standing in his usual spot in Ashland to cheer on thousands of runners.

Spencer died of cancer in February at the age of 13. Spencer's niece, Penny, who often shared the spotlight with him, died 8 days later at the age of 10, she also had cancer.

In their regular cheering spot this year was their owner Rich Powers of Holliston who wore Spencer's raincoat and waved Spencer's flags in his stead.


"Spencer & Penny were there [in] Spirit for a rainy Boston Marathon," wrote Powers on their official "Spencer & Penny" Facebook page. "I wore Spencer's rain jacket from 2018 while holding their photo and his flags high.

**SPENCER**

*continued on page 2*



A billboard honoring Spencer & Penny during the Boston Marathon. Source: Facebook @Spencerpows



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SPENCER

continued from page 1

Lots of well wishes, hugs, high fives and many runners yelling their name."

There were numerous tributes to Spencer and Penny during the Marathon festivities including a billboard near the start of the race and a street light flag on Boylston Street near the end of the race.

The day before the race, more than 100 dogs - many wearing "Golden Strong" bandanas - met on the Boston Common during an event organized by MA Golden Meetups to benefit the Morris Animal Foundation. During that event, many of the Golden Retrievers gathered at the finish line to pay tribute to the pair who inspired so many runners over the last several years.



# Fire Chief Takes To The Community

Thanks to Holliston Community Children's Center for inviting fire chief Michael Cassidy in to speak with their Pre-K class. The students are currently doing a unit on clothing. Part of the unit looks at the uniforms that people wear to do their work, and their utility.

The Chief stopped by the early childhood education program last month, to demonstrate the structural firefighting ensemble used by firefighters. He explained each piece of personal protective equipment, and then slowly and systematically put on the gear. After he had taken off the gear, he laid it out on the floor in front of the students so they could closely examine it.

Building on prior lessons, he reminded the students that firefighters are community helpers, who use special clothes to perform specific job functions.

Before he finished his visit, the students had an opportunity for Q&A. They asked some insightful questions about the gear, in-

cluding "is it hot," "is it heavy," and "does your tie get stuck to the Velcro?" According to The National Association for the Education of Young Children (NAEYC), when we ask children questions - especially big, open-ended questions - we support their language development and critical thinking.

Courtesy Photos, Holliston Fire Department Facebook Page



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# Important Dates For Town Election And Town Meeting

The last day to register to vote for Annual Town Meeting and Annual Town Election, is May 5, at 5pm.

Annual Town Meeting commences on May 15, at 7pm, in the high school Auditorium.

Annual Town Election is May 23, from 7am to 8pm, in the High School Field House.

## Plant Sale

The Holliston Garden Club's annual plant sale is Saturday, May 13, from 9 a.m. to noon, at the green in front of First Congregational Church, 725 Washington St.

There will be a wide selection of perennials, container gardens, and hanging baskets. The perennials are from members' gardens.

Purchases may be made by cash, check, or credit card. Proceeds from this event will supplement the club's programs and plantings around town. This is a rain or shine event.



### GIFT

*continued from page 1*

have to go on dialysis or get a kidney transplant," he said.

Twomey was monitored for a time and by the fall, doctors at Boston's Beth Israel Hospital said it was time for a transplant.

His wife Janet, an Advanced Placement history teacher at Ashland High School, was the first donor option; She has the universal donor blood type O but rigorous pre-transplant testing revealed a mild cardiac abnormality, ruling her out. Neither of Twomey's two adult children met the medical criteria either.

Where to turn? Where else but Facebook? In the space where others go to look for a handy man, house painter or landscaper, Twomey carried on his search for a kidney.

As he made the post in January, Twomey knew the odds were stacked heavily against him. The waitlist for even a cadaver kidney is about three to five years long, he said.

There were hopeful moments, though. Twomey is a member of the Faith Community Church in Holliston and the congregation offered their prayers. Two church members went so far as to put their faith in action and put themselves forward as transplant volunteers.

In the meantime, the Beth Israel medical team took another look at Janet Twomey, in order to re-evaluate her cardiac testing.

"They decided the slight [cardiac anomaly] was nothing to be too concerned about," said Twomey.

The family found out in February that the transplant surgery using Janet's kidney was on, seemingly an answer to their prayers.

"The notion of accepting a stranger's kidney is less appealing, though obviously it's a blessing" Twomey said.

The successful surgery took place on March 21. Janet was in the hospital for two days and her husband for three.

Carl Twomey has to return to the hospital for frequent blood work and recently stayed in overnight for an ultrasound and to get some fluid drained from his kidney. The problem along with excessive fatigue after the transplant led to an alteration in his medicine protocol which includes an immunosuppressant that is easier on the system seems to have solved the problem.

"I was sleeping after the transplant 10 - 11 hours a day and taking a nap," he said. "But now I'm back to normal. I have a new lease on life."

Janet, too has recovered from her surgery. She dealt with fatigue and nauseated after her donation, but like her husband, she's on the mend.

Her donation did keep her from accompanying Ashland High School students on a trip to Italy, though.

Pleased that his wife is also on the mend, Twomey said he has a new lease on life. He is able to enjoy golfing including a weekly nine-hole league associated with Raytheon Co., his longtime employer.

Janet told her husband that the kidney donation and acceptance "was almost like a renewal of our vows," said Twomey.

He felt he was lucky that he had so many people cheering for him and praying.

"I just turned it over to God," he said.

Twomey feels for the people who are waiting for a kidney and hopes his story inspires others to donate.

"My heart goes out to the people who are waiting," he said.

On the home front, he's collecting travel brochures to offer a rain-check on Janet's planned trip to Italy.

He went on to thank the medical teams at Beth Israel for their expert care. "I feel luck to live where I was able to get the best care," he said.

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# Knights Of Columbus Holding Swing For Charity Golf Tournament

In 2022, the Holliston K of C held its First **Swing for Charity** Golf Tournament at Pinecrest Golf Club & raised \$9,000 for the Holliston Pantry Shelf.

This was made possible due to the support of 23 sponsors and 87 golfers.

The Holliston K of C will be holding its **2nd Annual Swing for Charity Golf Tournament** on Friday, June 9, at Pinecrest Golf Club.

Just like last year, all proceeds will be donated to the Holliston Pantry Shelf.

Last year's tournament sold out, so register today at [KofC-swingforcharity.com](http://KofC-swingforcharity.com).

You can register as a sponsor, single player or foursome at [KofCswingforcharity.com](http://KofCswingforcharity.com).

Alternately, payment can be made via Venmo @KofC14224, or can be done by check payable to K of C Council 14224 and mailed to Tony Polise at 172 RollingMeadow Dr, Holliston, MA 01746.

In addition to players, sponsors are also needed.

There are four levels ranging from \$125 to \$2000. Those interested, can email [KofCswingforcharity.com](mailto:KofCswingforcharity.com).

Registration on the morning of the event will be at 7 AM. A shotgun start will be held at 8 AM, as long as there are 80 registered players. If that threshold is not met, there will be scheduled tee times. Lunch will follow golf.



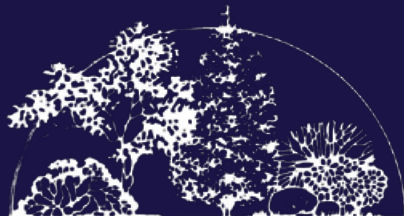
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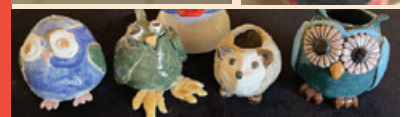
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## Have you read the new Town Administrator's newsletter?

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. To subscribe, visit [www.townofholliston.us/subscribe](http://www.townofholliston.us/subscribe)

## Thanks To Yanks Sends Annual Girl Scout Cookie Care Packages

Pictured is Michael Shain, the founder and president of Thanks To Yanks, a local nonprofit dedicated to serve those who serve.

Recently the charity continued the mission to always remember those deployed by shipping Girl Scout cookies.

Shain said "Nothing is more welcome to those deployed than

delicious Girl Scout cookies, we ship them annually a Taste of Home is always appreciated."

For more information on Thanks To Yanks, visit them on Facebook. If anyone knows of someone deployed that could use a care package, please reach out to us.

## Getting Rid of Ants, The Most Common Home Invader

*WPC Pest and Termite Control reminds families that ants are more than a nuisance pest.*

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest Control is reminding homeowners to be on the lookout for one of the most prevalent pests – ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustration and concern for homeowners.

"Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or inside the home," says Jim Maz-zuchelli, Owner at WPC Pest and Termite Control. "In some

cases, the only way to completely remediate an ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests."

Jim from WPC Pest Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.
- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial

heating sources like baseboard heaters and ovens.

- **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.
- **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit [www.nobugnopests.com](http://www.nobugnopests.com) or call 508-366-1820 to talk with Jim.

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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."

## Business spotlight

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

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



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

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 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.

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

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Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You've had some separation, it's time to return for an honest conversation. Maybe even bring in some outside help.

A CFP's goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

**Exercising Restricted Stock Units (RSUs)** - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

**Adjust your W-4** - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

**Track Your Side Hustle** - Government announced Venmo and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you've always been obligated to report income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

**Revisit Work Benefits** - You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a HSA, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can't happen until open enrollment (and impact 2024), don't forget if you have a life event - new child, spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

**Minimize Taxes In Retirement**

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

**Before Retirement** - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don't exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

**During Retirement** - Distribute funds in certain years that you claim large deductions, such as the breaks for medical expenses or charitable gifts that temporarily lower your tax rate.

**Before or During** - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) market corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn't need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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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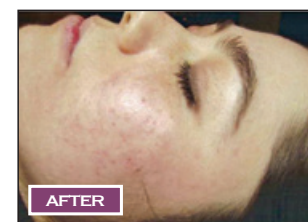
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# Why a Budget Is So Important When Buying a Home



John Szolomayer

## REAL ESTATE INSIGHTS

If you're like most homebuyers, you'll need a mortgage loan to finance the purchase of your home. This means you'll have to pay a monthly mortgage payment, usually for 15 or 30 years depending on the term of your loan.

You don't want to struggle to make this payment each month. Doing so makes you house poor, meaning that you are spending

more on your home than you can comfortably afford. Being house poor can drain the joy out of owning a home.

How to avoid this? Create a budget.

### The power of a budget

It's true: Few people enjoy creating a household budget. But if you have a budget in place before you start looking for a home, you'll know exactly how much of a mortgage payment you can afford each month. And this will reduce future financial stress.

A budget simply tracks your monthly spending and income. When creating your budget, list the money you receive each month, including salary, expected commissions and/or bonuses, payments from investments, Social Security payments, alimony, rewards from legal disputes, and other income sources.

Next, track your monthly spending. This can be a bit more complicated. Include fixed expenses you incur each month, such as your auto loan payment, student loan payment, minimum

required credit card payment and insurance costs.

Next, account for the expenses you incur each month that vary, e.g., utilities, cellphone, cable TV and streaming services, internet, transportation. Calculate what you spend on average on these costs each month. Also include the estimated amount you spend on groceries, eating out, doctors' visits and entertainment.

Compare your monthly income with your monthly debts. This will tell you how much of a mortgage payment you can afford to make each month.

### Don't overspend on a mortgage

Be careful to not overspend on a mortgage. You shouldn't let your mortgage payment consume all your extra income. That will leave too little room to cover financial emergencies. You should always have enough money to create an emergency fund — a pool of money that you use only to cover unexpected expenses. Financial experts recommend that you keep enough

money in this fund to cover three to six or more months of your average monthly expenses.

### Keep your budget in mind when searching for a home

When looking for a home, remember your budget and how much of a mortgage payment you can afford. This will help you avoid overspending.

In fact, you should get preapproved for a mortgage before you even start hunting for a house. In this process, a lender will look at your credit score, income and expenses to determine how much of a mortgage you can afford. Once your lender preapproves

you (which is a free process) your lender will give you a preapproval letter stating how much of a mortgage, and how expensive of a house, you can afford.

Armed with this letter, you can avoid viewing or making offers on homes that could bust your budget and bring you financial stress.

Information provided by John Szolomayer, RE/MAX Executive Realty. For more information, John Szolomayer can be reached at 508-259-4788 or JohnSzolomayer.com

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Asian American & Pacific Islander Heritage Month		May 2023			National Military Appreciation Month
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>1</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p><b>2</b></p> <p>9:00 Walking Club*** 10:00 Writer's Group 10:30 Energy Focus Movement 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p><b>3</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p><b>4</b></p> <p>9:00 Walking Club*** 9:00 Pilates (Zoom) 9:30 Holliston Strategic Plan and Vision Forum *** 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>5</b></p> <p>9:30 Select Chat*** 9:30 Friday Crafters 1:00 Tune Timers 1:00 Libby Training by Holliston Public Library***</p>	
<p><b>8</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p><b>9</b></p> <p>9:00 Walking Club*** 9:00 Monthly Breakfast *** 9:00 Legal Hour w/Atty. Jay Marsden 10:30 Energy Focus Movement 12:30 Zumba Gold 3:00 Drop-in Tech Help</p>	<p><b>10</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Council on Aging Meeting</p>	<p><b>11</b></p> <p>9:00 Walking Club*** 9:00 Garden Club Kick-Off 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>12</b></p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club ("Silent Spring," by Rachel Carson)</p>	
<p><b>15</b></p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p><b>16</b></p> <p>9:00 Walking Club*** <b>Center Open 9—11:30</b> 10:00 Energy Focus Movement*** <b>Special Time 11:30—2:00 Center Closed</b> <b>12:00—2:00pm Volunteer Appreciation Luncheon</b> <b>Center Open 2:15—4 pm</b></p>	<p><b>17</b></p> <p>9:30 Walking Fitness <b>10:00 Hopkinton Audiology ***</b> 11:00 Yoga 12:00 Weekly Lunch*** 12:30 Zumba Gold*** 1:00 BINGO</p>	<p><b>18</b></p> <p>9:00 Walking Club*** 9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 9:30 Senior Support Foundation Meeting 10:30 Energy Focus Movement 12:30 Photography</p>	<p><b>19</b></p> <p>9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers</p>	
<p><b>22</b></p> <p>9:30 Coloring and Coffee <b>10:00 Legal Advice with Atty Bergeron</b> 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p><b>23</b></p> <p>9:00 Walking Club*** 10:30 Energy Focus Mvmt 12:30 Zumba Gold</p>	<p><b>24</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p>	<p><b>25</b></p> <p>9:00 Walking Club*** 9:00 Pilates 9:30 Java with Jay 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** "West Side Story," 2021 12:30 Photography</p>	<p><b>26</b></p> <p>9:00 8th Grade Day of Service 9:30 Friday Crafters— 1:00 Tune Timers</p> <p style="text-align: right;"><i>Lion's Club Free Luncheon; Sunday, May 28th ***</i></p>	
<p><b>29</b></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>30</b></p> <p>9:00 Walking Club 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p><b>31</b></p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***</p> <p><b>National Senior Health and Fitness Day</b> [image]</p>	<p><b>OLDER AMERICANS MONTH</b></p> <p>AGING UNBOUND: MAY 2023</p>	<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>	



# Communicating With Our Children

BY LAURIE MARKOFF

The Holliston Community Education Collaborative (HCEC) hosted a community dialogue on March 7 entitled *How to Have Important Conversations with Our Children for Greater Inclusion in Holliston*.

HCEC is a collaboration of Holliston PTO/Mindshare, Holliston Special Education Parent Advisory Council, Diverse Holliston, Holliston Youth and Fam-

ily Services and Holliston Public Schools.

I have lived in Holliston for more than 30 years. When we moved in, one neighbor brought cookies and another helped put in our mailbox. Recently I realized that not everyone in Holliston has that experience. We entered and participated in this community easily because we looked like everybody else.

What I love about living in Holliston is that it has a real

sense of community. We value our relationships with our neighbors and support each other through difficult times.

As the demographics of Holliston change, I want everyone who moves here to have as good an experience as I have had. For that to happen, we need to learn to engage in positive supportive relationships with people who are different from us. This requires facing and talking about difficult issues in our society, such as racism, ableism, anti-Semitism, heterosexism, and other forms of oppression and discrimination.

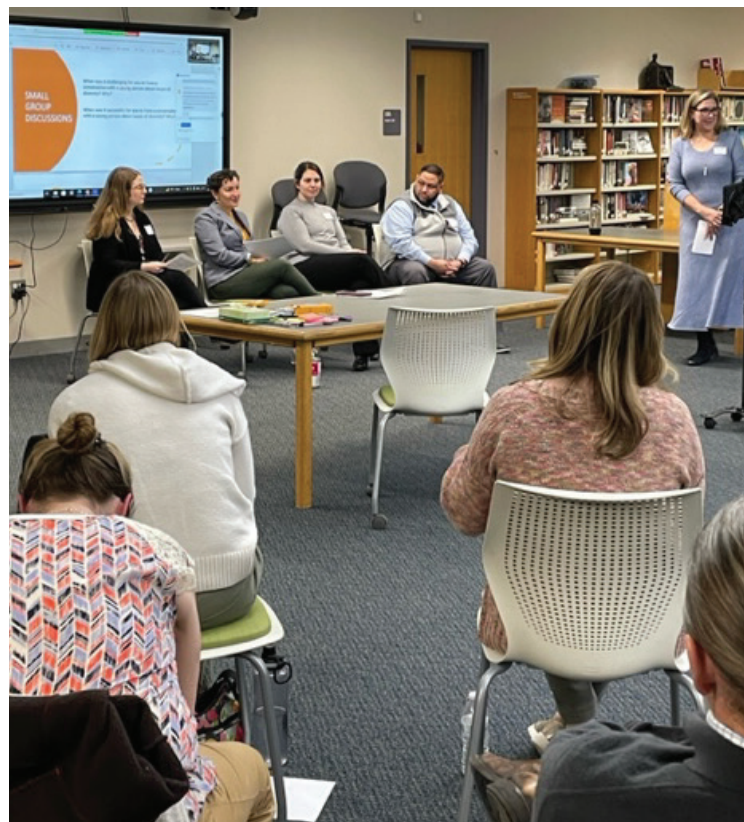
For that reason, I joined Diverse Holliston and participate in HCEC.

At the event on March 7, we met in small groups and shared our experiences of trying to speak with young people about human differences, both those that went well and those that went badly.

It was uncomfortable to share our struggles, but helpful to discover that we are all "in the same boat".

In my group, we realized that one of the problems was wanting the young people to come to agree with us, rather than being satisfied with raising their awareness. It felt like a relief to be talking about this and we would have continued the conversation much longer if we hadn't run out of time. Having pushed through the fear of "getting it wrong" made me feel like it would be easier to talk about these issues in other settings.

Participants shared their thoughts in writing about what made these conversations easier and what made them harder. Then a panel of community members who work with young people reflected on their expe-



riences of speaking with them about human differences and summed up the important takeaways from the evening.

One thing I realized was that learning to have these conversations is an ongoing process. One part is developing relationships with young people over time that are trusting and open and in which you listen to each other. Another is making sure young people have the opportunity to be with, read about or watch media about people who are different from them.

We, as adults, have to keep adding to our own knowledge of what other kinds of people have lived through and how they live, so we have something to share. Since conversations about these kinds of topics can bring up emotions, we have to be able to recognize when our emotions are getting in the way, and step back, breathe, and let ourselves settle before continuing.

The most important thing I heard was the idea that, since things have changed very quickly, we and the young people are both in the process of learning about these things. We don't have to know it all, or be perfect. We can let the young people know that we are also learning about this, and we can learn about it together.

Diverse Holliston will continue to offer monthly Community Labs in which participants practice speaking about human differences. HCEC plans to host a future event in which community members can continue to learn and practice discussing these topics, so that we can become an even more connected and welcoming community.

A handout from the event is available at [https://docs.google.com/document/d/1B4x34zJuY1ZmjQBNA0\\_sBVEMbRdENz0-nFbRr5l8n2o/edit](https://docs.google.com/document/d/1B4x34zJuY1ZmjQBNA0_sBVEMbRdENz0-nFbRr5l8n2o/edit)

## HOW TO HAVE CONVERSATIONS ABOUT INCLUSION AND CREATE A SENSE OF BELONGING

- **REFLECT** and do your own work; challenge your own assumptions; **MODEL** the ability to be a thoughtful, critical thinker
- **MAKE SPACE** for the topic(s) that can feel sensitive or hard - have an openness and make **COMMON CONNECTIONS** to start
- **TRUST** - kids have thoughtful insights and different experiences to share
- **ASK** questions - **RESPECT** different opinions - **LISTEN**
- Practice **EMPATHY** - **BE VULNERABLE** - take a step back, take a deep breath
- **BE OPEN** to other perspectives - **EXPLORE COMMONALITIES** and differences
- Give each other **COURTESY** and **GRACE** - meet children where they are
- **LEARN TOGETHER** by **FINDING JOY** in your own culture and by honoring different cultures - **HIGHLIGHT** the **RESILIENCE** of people who faced adversity, hate, intolerance, unacceptance...
- No one has all the answers nor is fully prepared to have the conversation(s) - know there is **NO "PERFECT" WAY**

**A Holliston youth's reflection:**  
 "I feel like we should be more open about differences and commonalities - talk more as a community - there's so much going on in our world. We need to get together so there is less disagreement - find common ground. I feel like that would be very important."

**RESOURCES:**  
<https://www.holliston.k12.ma.us/district-departments/safeandsupportiveschools/equity-inclusion>  
<https://www.townofholliston.us/youth-and-family-services>

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*Roselyn Jeun O.D.*

# Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 17th to benefit The Angel Fund

*Mike Timlin and family will be on hand for race*

This year marks the 20th year for the Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) which will be held on Saturday, June 17th at Hopkinton High School.

The popular road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Timlin who was diagnosed with ALS (Amyotrophic Lateral Sclerosis,) a disease better known as Lou Gehrig's Disease, in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.



"As a family, we are so thankful to have supported the Angel Fund through the Sharon Timlin Memorial 5K run," Mike and Dawn said. "The support of the town of Hopkinton has meant the world to us and we look forward to seeing you as we continue this fight against ALS. In this time, we have seen the impact of our contributions to Dr. Brown at UMass Chan Medical School in his research. We are just so thankful for all the support we have received over a 20-year period. We hope you will join us on Saturday, June 17th, 2023."

The course is a fully supported USATF certified 5K racecourse, with timed mile markers. The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, and other activities from 8:30 to 12 noon. A Kids Color Run will held as well.

Participants can register at <https://sharontimlinrace.org>. Registration is limited to 1,800 registrants and online registration



closes when capacity is reached, or at 11:59pm on June 16, 2023.

The 5K race fee is \$40 for runners who register on or before May 29, 2023. Registration is \$45 after May 29, 2023. Registration for the virtual option is \$25 plus shipping. The first one thousand race participants will receive a commemorative race T-shirt and can enjoy post-race food and Family Fun Day.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards.

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra mile and fundraise by setting up their own personalized fundraising page.

"Proceeds from this event benefit The Angel Fund for ALS Research and the UMass Chan Medical School, where world-wide groundbreaking research is being done daily," Rich Kennedy, President of The Angel Fund added. "To date, thanks to you, we've raised over \$2 million for critical research for this devastating disease where there is no treatment or cure."

For information about the Sharon Timlin Memorial 5K Race to Cure ALS, visit the website [www.sharontimlinrace.org](http://www.sharontimlinrace.org)

In addition to the Angel Fundraising Challenge, donations in Sharon Timlin's memory are also welcome and would be greatly appreciated. Donations can be made online at <https://sharontimlinrace.org>, at The Angel Fund website at [www.theangelfund.org](http://www.theangelfund.org), or by sending a check made payable to The Angel Fund and mailed to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748.

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# New law may offer financial opportunities



Mark Freeman

## FINANCIAL FOCUS

Your own decisions and actions typically determine your financial strategies. But outside events can affect your choices, too. And that may be the case with the recent passage of the SECURE 2.0 Act.

This piece of legislation covers many areas. But here are some changes that may be of interest to you, depending on your situation:

### If you're a retiree ...

- **Higher age for RMDs** – The age at which you must take withdrawals — known as required minimum distributions, or RMDs — from your traditional IRA and 401(k) has increased from 72 to 73, effective this year. (If you turned 72 in 2022, but still haven't taken your first RMD, you will need to do so this year.) And in 2033, the RMD age will increase again, to 75. You don't have to wait until these ages before taking withdrawals, but the new age limits may affect your withdrawal decisions.

- **Lower penalties for missed RMDs** – If you don't take at least the RMD for a given year, you could face tax penalties. Previously, this penalty was 50% of the amount you were supposed to have taken but now it's reduced to 25%.

- **New options for qualified charitable distributions** – If you're 70½ or older, you can make a one-time qualified charitable distribution (QCD) of up to \$50,000 to en-

titles that previously couldn't receive these QCDs, including charitable remainder annuity trusts, charitable remainder unitrusts and charitable gift annuities that meet certain criteria. Because QCDs are typically excluded from your taxable income and could satisfy some or all of your required RMDs, which are otherwise taxable, these expanded opportunities may prove beneficial from a tax standpoint. Consult with your tax advisor to determine if and how QCDs make sense for your situation.

### If you're still working ...

- **Roth contributions to retirement plans** – Starting this year, if you participate in a 401(k) or similar plan, you can take your employer's matching and other contributions on a Roth basis. While these contributions will count as taxable income, they can ultimately be withdrawn, along with any earnings they generate, tax free, provided you meet certain conditions.

### If you're a business owner ...

- **Increased tax credit for starting a retirement plan** – If you have 50 or fewer employees, you can now claim a startup credit covering 100% — up from 50% — of the administrative costs of opening a 401(k) plan, up to \$5,000 for each of the first three years of the plan.

- **Employer contribution credit** – You may now be able to get a tax credit based on employee matching or profit-sharing contributions. This credit is capped at \$1,000 per employee and phases out gradually over five years.

- **Military spouse tax incentive** – If you have 100 or fewer employees who earn at least \$5,000 annually, you can earn a tax credit of up to \$500 for three years if you make military spouses eligible for a retirement plan, such as a 401(k) or SEP IRA. You can receive the credit for the year in which the military spouse is hired, plus the next two taxable years.

These aren't the only provisions in the SECURE 2.0 Act that may be relevant to you, and some parts of the new law go into effect in the future. You may want to contact your financial and tax advisors to see just how you might ultimately be affected by this legislation, and how you could take advantage of it.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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

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Edward Jones Financial Advisor  
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Hopkinton, MA  
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# Holliston KofC Basketball Free Throw Competition State Winners

Little did they know it at the time, but three youths from Holliston would be among the top winners in the Knights of Columbus 2023 Annual Free Throw Competition.

In January, St. Mary's of Holliston Knights of Columbus Council #14224 hosted the annual local competition at the Holliston High School gymnasium which was open to all girls and boys ages 9 through 14.

54 boys and girls competed here in Holliston, the second highest number of athletes participating in the thirteen years the Council has hosted the event. The top 12 winners (a boy and girl from each age bracket) were awarded trophies and certificates at a celebration here in February.

They then advanced to the District Level competition against the winners from other area towns. Those winners went on to the Regional Competition which whittled down the num-



Katie Joslin - 1st place 14 Yr Old Girls Competition (Katie with her dad and Council Youth Director Don Marden)

ber of competitors even more. The Regional winners advanced to the State Finals held early in April.

Holliston players really showed their skills in the finals. Three of them finished among the very top.

Danika Rosano came in Second in the 10-Year-Old Girls competition.

And two more – Katie Joslin and Jack McDonald both became State Champions in the Age 14 brackets for girls and boys!



Danika Rosano – 2nd place 10 Yr Old Girls Competition (Danika with State Program Director Mike Kerrigan)

Council Youth Coordinator Don Marden praised all the kids who participated, especially Danika, Katie, and Jack for their outstanding shooting and sportsmanship under pressure.

Council Grand Knight Al Scaramella said he was very

proud of all those who played, congratulating everyone who participated, especially the three who finished so well. He hopes even more of our Holliston youths will join in the fun next year.

# Sports

## Six Seniors Aim To Elevate Holliston Baseball Program

By KEN HAMWEY  
STAFF SPORTS WRITER

Joe Santos hopes there'll be plenty of senior moments for his Holliston High baseball team this season. He's been patiently waiting for them.

The 34-year-old Santos, who's in his eighth year as the Panthers' coach, has gone seven years without a team that compiled a plus-.500 record. Last year's squad posted a 10-12 record after splitting a pair of tourney games. Holliston did finish its regular season at 10-10 in 2018 but a playoff loss to Falmouth dropped the Panthers into the sub-.500 club.

Those two contingents have been his only tourney participants.

The personable Santos, however, has remained devoted and dedicated to getting his program on track and to contend for a Tri Valley League championship.

The last time Holliston won a TVL title occurred 32 years ago in 1991. But, the upbeat Santos firmly believes 2023 will be different because six seniors are ready, willing and able to roll up their sleeves and make Holliston baseball a force again.

"Our seniors are committed to be the group that turns our program around," Santos said. "They all started as sophomores, took their lumps, but have remained baseball-first kids. I coached them in travel ball when they were 11 and back then they all talked about winning a league title and a state championship."

Santos' optimism is based on his seniors' ability and leadership, and a capable pitching staff comprised mostly of juniors.

"Our team strengths are experience, depth, and coachable players who are talented and skilled," said Santos, who was a three-sport star at Holliston. "Nine of our players are in their third year as starters and we've got reserves who can fill in when necessary. I've been waiting for the senior group since I became head coach. Three of them have

committed to playing college ball and another is mulling a collegiate offer."

The seniors include captain Owen McCarron, a pitcher-outfielder; third baseman Nick Larche; shortstop TJ Kiley; catcher Joey Gentile; centerfielder Andrew Denison; and Max Israel, a first baseman-outfielder.

Last year, McCarron was a TVL honorable-mention all-star who hit .347, had 20 RBIs and 26 hits. His on-base percentage was .405. He'll play next year at St. Anselm College.

"Owen is a left-handed power hitter," Santos said. "He's got an outstanding work ethic, is a great teammate and is committed to



Holliston coach Joe Santos says he has six seniors who want to "turn the baseball program around." They include, from left, TJ Kiley, Andrew Denison, Nick Larche, Joey Gentile, Max Israel, and Owen McCarron.

the program. A right-handed pitcher, he'll be used in relief."

Larche, who led the Panthers in hitting (.386) last year, was a TVL all-star. He had 27 hits, 11 for extra bases, and his on-base percentage was .500.

"Nick is the most naturally gifted hitter I've coached," Santos offered. "He's got great hand-eye coordination and a high baseball IQ. He's both aggressive and patient at the plate and he's skilled."

Kiley, who will play baseball and football at Westfield State, is a top-notch fielder. "TJ and Nick have played every inning of their high school careers," Santos said. "TJ has improved after one year at shortstop. He's stronger, quick, agile and has good hands. A big plus is his winning mentality."

Gentile, who's got an offer to play at Westfield State, was chosen to play in the Mass. State Sophomore All-star Game in 2021. "Joey is a coach's dream," said Santos. "He's a good listener and he's got good instincts and a high baseball IQ. An easy-going player, he's able to calm a pitcher down if needed, and he always gets quality at-bats."

Denison, who'll play baseball at Anna Maria College, is a speedster, setting a school record in the 55-meter dash (6.71 seconds) during the indoor track season. "Andrew's speed is game-

changing," Santos emphasized. "He's our fastest player, he covers lots of ground and gets a good jump on the ball. Our lead-off hitter, he stole 13 bases in 14 games."

Israel has overcome several injuries but that hasn't dampened his passion for the game. "Max is coachable, works hard and is solid on defense," Santos noted. "He's streaky at the plate but he's got the ability to manufacture hits."

Four juniors and a sophomore form the core of the Panthers' pitching staff. The juniors are right-handers Jake Schoenberg, Teddy Peters, and Nate McAdams, and lefty Albert Savino. Sophomore Arav Trajapati is a righty.

Schoenberg had a 3-3 record last year with an E.R.A. of 2.50. His opposition's batting average was a meager .184. Peters was 2-3 with an E.R.A. of 2.02 and Savino hurled 17 1/3 innings, going 0-1 with one save and an E.R.A. of 2.82. Trajapati was 2-0 with a save.

"Our No. 1 pitcher, Jake is determined, has good velocity on his fastball (86 mph) and his approach is methodical," Santos said. "He also throws a curve, change-up and a slider. An aspiring college player, he competed in the state sophomore all-star game last year. Teddy knows how

to pitch, he has good control and can locate the ball. He's our No. 2 pitcher.

"Albert is fearless in relief. He's a crafty lefty whose assortment includes a fastball (81 mph), change-up and a sweeping slider. A reliever, Nate's control is dependable. He throws strikes and keeps hitters off balance. Arav is a capable reliever who could become a starter. We've also got some underclassmen who could earn roster spots as pitchers."

Santos has three goals that he believes are realistic.

"I want our kids to play the game the right way," he stressed. "That means forget the way the pros play and compete as a team,

not as individuals. I want them to develop and grow as players and citizens and the third goal is to focus on the next opportunity. We want to win the TVL crown and qualify for the playoffs but we must not look too far ahead. All these objectives are realistic because the players and coaches are all on the same page."

Santos knows what's needed to produce a winning program — his playing career says it all.

The Holliston native was a two-time TVL all-star in baseball and hockey. A pitcher and centerfielder, he was a two-time captain in baseball, played center in hockey and was a quarterback/safety in football.

"My philosophy of coaching is to see my players reach their potential and enjoy their athletic experience," he noted. "If that's occurring, then winning will follow. And, life lessons that can be learned in sports are overcoming adversity, being team-first competitors and being mentally tough."

Holliston, which began this season with a 4-2 record, is long overdue to become an elite baseball program. Santos is acutely aware that the time is right for his current cast to climb over .500 and achieve success.

Six seniors will play a key role and, for Joe Santos, it's like the calvary has arrived.

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# The b.LUXE *beauty beat*

## Get Ready to Glow!

BY GINA WOELFEL

Although June 21st is technically the first day of summer, we Bostonians know that Memorial Day Weekend is the true *summah* solstice. If it's sunny and 70°, we're heading to the beach!

Summer in New England is synonymous with fun. Whether you're swimming, biking or gardening, summer is the perfect time of year to relax and bask in the glow of the sun (safely, please).

The b.LUXE esthetics team wants you looking and feeling your best, so let's get your skin warm-weather-ready with these 3 essential tips for feeling confident no matter the temperature.

### Summer Skincare Essentials

1. AM & PM skincare routine
2. Sunscreen (Well, duh)
3. Regular facials

Wait, what? No crazy, cutting-edge treatments? No miracle in a bottle? That's right! Say it with me now - Cleanse, protect, treat and repeat! That's it!

Unfortunately, there's no one treatment that can protect your skin or reverse sun damage, but keeping your skin healthy throughout the warmer months is easier than you think.

Summer's heat and humidity can increase sebum production. Sebum is the sticky, oily substance produced by your sebaceous glands that helps to protect your skin. Although some sebum is essential, an overproduction of it can trap heat and moisture, which leads to congestion, blackheads, and an unhappy complexion.

You wouldn't go an entire day without washing your hands, so why are you ghosting your face? Dust, allergens, sweat and makeup, SHOULD NOT be lingering about when your head hits the pillow. These freeloading particles deserve the boot! Washing your face in the morning and night with a gentle cleanser and mid-temperature water is the foundation for all solid skin care routines. We also recommend a toner, a targeted serum and an AM & PM moisturizer. But more on that in a bit.

Recommendation #2 - Arm your skin with a great **SPF 50 - Broad Spectrum Sunscreen**. The letters SPF stands for Sun Protection Factor and an SPF 50 blocks 98% of the sun's harmful UVA and UVB rays. In general, the SPF number on your sunscreen refers to the amount of time you can stay protected in the sun without burning, compared to unprotected skin. SPF 50 allows you to stay in the sun fifty times longer than you would if you weren't wearing sunscreen.

According to skincancer.org, "Unprotected exposure to UVA and UVB damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging." Yikes! Remember, skin can burn within 15 minutes of sun exposure, with sun being strongest between 10 AM and 4 PM during the summer months. Apply sunscreen 30 minutes before sun exposure and reapply after swimming or strenuous exercise. You'll also need to reapply throughout the day to maintain UV protection. No SPF can offer 100% protection, so for maximum gorgeousness and the ultimate in sun-safety, our esthetics

b.LUXE  
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team also recommends wearing a hat, polarized sunglasses and covering up with UV protective clothing. And if a summer tan is your ultimate goal, try an organic spray tan. They're quick, easy and in as little as 3 hours, your skin will have a natural-looking, bronzy glow.

And lastly, in our opinion, nothing promotes and enhances cell turnover and skin tone quite like a monthly facial. Short of cosmetic surgery, regular, professional facials are the best way to maintain your skin's health.

As if the relaxation of a monthly facial wasn't reason enough, scheduling and prioritizing this service will deeply cleanse and exfoliate your skin. Your esthetician will perform a

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full-skin analysis and determine your problem areas and goals. They'll also recommend products tailored to your specific needs. Picking these with your esthetician allows for the utmost in customization when selecting targeted, high-impact products like serums and moisturizers. The biggest benefit to having a monthly skin care routine: the deep exfoliation of a regular facial allows for those skincare products to actually do their job post-facial and penetrate your

skin for maximum performance. This month, b.LUXE is celebrating healthy skin and of course, Mother's Day with two specials that will get your skin glowing and ready for summer! (See images for details.)

Wishing you a happy Memorial Day with so much sunshine and outdoor fun – you deserve it.

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# Herbert represents Holliston as Project 351 Ambassador

By THERESA KNAPP

Robert Adams Middle School student Sally Herbert is this year's Project 351 Ambassador.

Herbert, age 14, first learned about the program when she was called down to the principal's office last fall.

"I found out I was nominated, and honestly, I was terrified at first that I had done something wrong when I got called down to the office," she recalls. "I was overwhelmed with gratitude and shock when they told me they had chosen me."

Project 351 began in 2011 by then-Governor Deval Patrick as a way to focus on the potential of youth in Massachusetts. The statewide project taps 8th grade students who can be described as "unsung heroes and quiet leaders," one from each of the 351 municipalities in the Commonwealth.

Herbert says she was nominated by her teachers and guid-

ance counselor.

"It honestly took me at least a whole week to process that people actually thought I was an 'unsung hero.' I am, most of the time, blindly unaware of doing anything remotely noticeable to others," she says.

Herbert describes herself as a kind person with a good sense of humor who aspires to be someone people feel they can talk to.

"I have always tried to be there for people, and to do everything in my position that I can do for others. For me, if I can help, I will. I guess I used to think that was true of everybody. Again, blindly, and blissfully, unaware. Looking back, I used to try to see the best in people, because I grew up surrounded by love and kindness, and assumed everyone else was."

The program's annual "Spring Service" is traditionally a clothing drive to benefit Cradles to Crayons, but Herbert recognized that clothing drives histori-



**Sally Herbert, an 8th grade student at Robert Adams Middle School, is this year's Project 351 Ambassador from Holliston.**

*Courtesy photo.*

cally do not do well in her school so she chose a different project.

"Instead, I was approached by one of our amazing school librarians with a new service. We have been working together to conduct a diversity audit on all the fictional books in our school library. We are doing this to make sure our library has books that talk about all current events, socio-political events, races, identities, genders, and much more. We want our library to be an adequate supply of information to students, to make sure that they are always up to speed. We are going to do this by sending boxes of books to every homeroom to collect summaries which they will put into a Google form that is linked to a spreadsheet. If we need to, we will get more books to fill the gaps."

For more information on Project 351, visit [www.project351.org](http://www.project351.org)

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For 2022, all the 21 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to

use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call our Senior Center at 508-429-0622. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

# Would you like to receive your Holliston Senior Center newsletter digitally?

The Senior Center is happy to send you our newsletter to your email inbox, if you prefer. It is good for the environment and you will receive it sooner since you do not need to wait on the mail!

If you would like to join our email list, please email our Assistant Director, Amanda at [borallessaa@holliston.k12.ma.us](mailto:borallessaa@holliston.k12.ma.us) or call us at 508-429-0622



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# Town discusses traffic with CRG at 555 Hopping Brook

By THERESA KNAPP

The Holliston Planning Board held a continued public hearing on April 13 related to CRG Acquisition LLC's application for a Special Permit to build a 550,000 square foot warehouse at 555 Hopping Brook Road.

At the board's April 13 meeting, Scott Thornton with Vanasse and Associates gave an update related to traffic issues.

Thornton said that the decrease from the original proposed project (1.5 million square foot warehouse in two phases) to the current proposal for a 550,000 square foot warehouse "results in a pretty substantial decrease in project traffic." He said CRG has agreed to cap the project trip generation at 958 vehicle trips on a daily basis, and agrees to fund

the installation of a traffic signal and associated improvements at the Hopping Brook and Washington Street intersection.

He noted that the decreased project will result in 94 vehicle trips during the weekday morning peak hours and 105 trips during weekday evening peak hours. He said that equates to "two vehicles every minute or so, so it's not a huge impact during the peak hours." He expects tractor trailer traffic to be "about 12 in the morning and about 16 in the evening, and those are trips so not actual vehicles."

Planning Board Chair Karen Apuzzo Langton asked how the applicant plans to control the route vehicles travel and where drivers will refuel their trucks.

Thornton said he assumes vehicles "would use [truck stop]

facilities that are along the way." Frank Petkunas, a senior vice president and partner at CRG, said the trucks can hold up to 350 gallons of fuel so "the probability of a big truck filling up locally is zero."

Regarding truck routes, Thornton said "We plan to observe the traffic and conduct monitoring studies that would identify the adherence of the prescribed route which involves traffic staying on Washington Street and continuing down to some of the other locations on the west side of 495 to get to the interchanges... We will have routes identified. We expect to have materials ready for regular drivers to the site that will be instructed to use these routes and specifically to stay off of routes such as South Street."

He also said "truck traffic has to stay left out of the site, it has to stay through and not turn onto South Street."

Thornton said CRG has agreed to have a traffic Gridsmart camera at the intersection of Hopping Brook Road and Washington Street "and that will monitor the traffic at all the approaches on a 24-hour basis... We can observe through through cameras, we can do that manually, we can do it from a drone even as well, just watching traffic come out of the site and making sure they stay on the road and don't turn onto South Street."

Thornton said they expect to look at other locations along Washington Street, including Beaver Street, further along in the process.

Residents in attendance, including a professional truck driver, voiced concerns about 24-hour access to the site; deterrents and enforcement of truck traffic on South Street (and elsewhere); intersection of Summer Street and Route 16 needs to be addressed (which can already back up to Sherborn); neighboring towns should be included in this discussion because they too will be affected; who pays for any damage caused to neighboring homes if the water table is impacted; and whether this is the right location for this facility.

The public hearing was continued to June 22 at 7:02 p.m.

For more information, including all documents related to this project, visit [www.townof-holliston.us](http://www.townof-holliston.us) or <https://bit.ly/3jbT2Ku>.

# Washington Street Players Will Perform Comedy "The Porch"

Holliston's Washington Street Players will be performing a comedy called "The Porch" by local playwright, Jack Neary.

The Porch is an endearing, hysterical and heartbreaking play set in a mill town in Massachusetts. It explores the friendship between three older women and their relationships with their husbands.

The three ladies hilariously parse topics of sex, impotency and death and comfort each other after discovering one of them has a long held secret.

The show will be directed by Holliston resident, Karen Dinehart and produced by James Parr. Because so many community theaters have had to cancel shows due to Covid, it was decided to have two separate casts for this show that can cover for each other if need be. Cast one will perform the first and third weekends and cast two will perform the middle weekend.

The show takes place on the front porch of Alma's house, and Nancy Stevenson and Rich Greaves have put together a beautiful and realistic set.

Cast members include: Laura Steele, Cindy Bell, Carolyn Mitchell, Steve Lillis, Julien Lafleur, Johanna Wald, Beth Morrell, Dan Jewett and James Parr.

This show does contain occasional strong language and mature subject matter, so not recommended for kids.

WSP will be spotlighting and encouraging donations for The Holliston Senior Center for this show.

8pm at Town Hall. April 28, 29, May 5,6,12,13

Purchase tickets at [washingtonstreetplayers.org](http://washingtonstreetplayers.org).

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# Pickle Ball is Back



Pickle ball is back at Goodwill Park.

Two new nets are ready to roll. When not in use please move them to the edge of the courts.

With the warmer weather ahead and increased activity at the park, this is a reminder that the courts are for basketball, tennis and pickle ball only. No bikes, skateboards, toys from the playground are allowed.



# Garden Club Offers Free Seeds At Library

Thanks to the Holliston Garden Club, and the library has a display of seeds for those who want to take some. The Seed Library they have is on display on the Arbor Day table on the main level.

Also, worth noting and thanking the garden club for: the gorgeous decorative containers of plants and flowers celebrating spring.



Courtesy Photos, Holliston Public Library Facebook Page

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and let us know!



# Exsultet! receives 2023 Grants

Exsultet! has been awarded three grants for its 2022-23 season.

It recently received a grant from both the Holliston Cultural Council and Dedham Cultural Council for Community based Cultural Programming as well as the Cultural Sector Recovery Grant for Organizations from the Massachusetts Cultural Council.

Exsultet! is grateful to the Mass Cultural Council, Dedham Cultural Council and the Holliston Cultural Council for their support and we will continue to represent the highest level of arts in the community.

Exsultet's upcoming spring concert series, "An Evening of Roses", is quickly approaching. Join them for a kaleidoscope of sound and emotion on Sat-

urday, May 6, at 7pm, at First Congregational Church, 725 Washington St., Holliston, and on Sunday, May 7, at 2pm, at Allin Congregational Church, 683 High St, Dedham. These performances will include songs ranging from the 1920s to current Broadway hits that tell the story of a woman looking for love (sometimes in the wrong places). Music of romance will fill the air.

General admission tickets are \$20; students and seniors (65+) are \$15; and children 12 and under are free. Performances are not suitable for children under age 5. Tickets can be purchased online ([www.exsultet.us](http://www.exsultet.us)) or by calling Stacey Balardini at 508-395-5600.

Founded in 2013, Exsultet! A Celebration of Voices is an au-

ditioned women's chamber ensemble combining great music and poetry to inspire audiences with adventurous and innovative concerts. Exsultet's mission is to give women an opportunity to join together to make music, to showcase the works of up and coming composers and arrangers, to feature the talents of local musicians and actors, and to combine performance and advocacy by focusing on important community issues and partnering with other local organizations. For more details, please visit [www.exsultet.us](http://www.exsultet.us).

### CONTACT INFORMATION

Tania Carosi Tel: 401-499-5990 Email: [Exsultetchorus@gmail.com](mailto:Exsultetchorus@gmail.com)

### COMMUNICATING

*continued from page 17*

lived through and how they live, so we have something to share. Since conversations about these kinds of topics can bring up emotions, we have to be able to recognize when our emotions are getting in the way, and step back, breathe, and let ourselves settle before continuing.

The most important thing I heard was the idea that, since things have changed very quickly, we and the young people are both in the process of learning about these things. We don't have to know it all, or be perfect. We can let the young

people know that we are also learning about this, and we can learn about it together.

Diverse Holliston will continue to offer monthly Community Labs in which participants practice speaking about human differences. HCEC plans to host a future event in which community members can continue to learn and practice discussing these topics, so that we can become an even more connected and welcoming community.

A handout from the event is available at [https://docs.google.com/document/d/1B4x34zJuY1ZmjQBNA0\\_sBVEMbRdENz0OnFbRr5l8n2o/edit](https://docs.google.com/document/d/1B4x34zJuY1ZmjQBNA0_sBVEMbRdENz0OnFbRr5l8n2o/edit)

## Senior Center Lunch Menu

### Monday, May 1

SPINACH AND STRAWBERRY SALAD Balsamic Vinaigrette, Toasted Pecans, Feta Cheese, Red Onion, Seeded Roll, Lemon Sorbet

### Wednesday, May 3

PASTA PRIMAVERA WITH CHICKEN, Cucumber Salad, Vanilla Ice Cream & Italian Cookies

### Monday, May 8

BAKED HADDOCK, Multi-grain Rice, Steamed Zucchini, New England Clam Chowder, Apple Pie

### Wednesday, May 10

MEATLOAF, Mashed Potatoes, Steamed Broccoli, Tomato Soup, Chocolate Cake

### Monday, May 15

CHICKEN BREAST PARMESAN, Pasta with Tomato Sauce, Tossed Green Salad, Soft Oatmeal-Raisin Cookies

### Wednesday, May 17

COBB SALAD w/Lettuce, Chicken, Hard Boiled Eggs, Tomatoes, Avocado, Bacon, Blue Cheese and Vinaigrette, Tomato Soup, Blondies

### Monday, May 22

BEEF STROGANOFF with Mushrooms over Egg Noodles, Tomato-Basil-Mozzarella Salad, Carrot Cake

### Wednesday, May 24

SPANISH RICE, Steamed Green Beans, Fresh Apple Slices, Fresh Chocolate Chip Cookies

### Monday, May 29

CLOSED FOR MEMORIAL DAY

### Wednesday, May 31

PASTA FAGIOLA, Caesar Salad, Sliced Cantaloupe, Cannoli

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# Real Estate Corner

## Recent Home Sales

Date	Holliston	Amount
04/18/2023	16 Travis Road	\$890,000
04/18/2023	2 Westfield Drive	\$790,000
04/14/2023	57 Garrett Way	\$595,000
04/13/2023	705 Adams Street	\$1.30 mil
04/11/2023	147 Turner Road #71	\$210,000
04/07/2023	147 Turner Road #89	\$175,000
04/04/2023	32 Elm Street	\$646,000
03/31/2023	6 Roy Avenue	\$700,000
03/24/2023	152 Turner Road #33	\$215,000
03/22/2023	65 Pearl Street	\$777,000



705 Adams Street in Holliston recently sold for \$1.30 million.  
Source: www.zillow.com / Compiled by Local Town Pages

## Submissions Needed For Holliston 300th Anniversary Book

For many of us the town's 300th is a milestone. Like this writer, many of us simply won't be around for the 325th. With the rapid decline of newspapers due to the internet, much is lost locally when it comes to happenings, events, and occurrences. A trio of authors, Mary Greendale, Joanne Holbert and this writer Bobby Blair had an idea over a year ago to write a Holliston book for the 300th. The book will be unique in that the trio is looking for many authors. While the book will contain a small amount about Holliston's early history, it mainly picks up where Dorothy Rees left off with

her book and we begin in the early 1950's moving up to the present day. The project comes in two parts, the book itself and a website.

So what brought you to Holliston if you're not native born. Was it the schools, churches, quaint downtown or maybe relatives already living here?

What events do you remember in the last seventy five years. You get the idea.

In the last several months three Holliston long time businesses have either gone out of business or changed hands. Will anyone remember Holliston Jewelers, Nick's Central Garage, or

the Coffee Haven ten years from now?

Do you have pictures from the 1950's onward with a small story?, we're interested. While few will remember Nellie T. O'Brien's shop on Central Street or Jimmy Inches shop on Washington Street someone may have a photo. How about the bonfire atop the cliff in 1962 which was set alight by vandals.

We hope to have the book in print in time for the 300th and have a deadline of July 23. Submissions can be emailed to Mary Greendale at [mmgreendale@gmail.com](mailto:mmgreendale@gmail.com)

## Holliston's Annual Touch-A-Truck Fundraiser & Food Truck Festival Is Back

Holliston Newcomers & Neighbors (HNN) invites children of all ages to climb aboard a variety of trucks and vehicles at this year's Touch-A-Truck Fund-

raiser & Food Truck Festival on Saturday, June 17.

The event will run from 10am to 2pm, rain or shine, at the Sam Placentino Elementary School, 235 Woodland St. (off Route 16) in Holliston.

The event will be horn-free for the first hour (10- 11am), which is ideal for younger children and children with special needs.

We anticipate over 50 trucks, including police & fire, heavy construction, landscaping, tree removal, and highway, will be available for children to touch, climb and explore.

Bring your appetites because food and dessert will be available from 8 food trucks, including Bird's Nest Braised, Caribbean Press, Grub Guru, Pangea Cuisines, Chubs Ice Cream, Kona Ice, Sweeties Candy and Uncle Joey's Cannoli!

And there's more! Fran Flynn the Strolling Magician will wow you with his magic tricks (10:30 am to 1:30 pm) and the wildly popular DJ The Ooch Experience will provide musical entertainment (11 am to 1 pm).

For an additional fee, and available throughout the event, Roaming Railroad will take children on a train ride and Imagine

That will offer face painting.

Event admission is \$10 per child (12 & under) and \$2 per adult. Proceeds support Holliston Newcomers & Neighbors' Community Grant Fund. The HNN Community Grant Fund provides funding for important Holliston events and services, including the Holliston Parks & Recreation Summer Concert Series, Holliston Town Library free museum passes, Holliston in Bloom, Holliston Rail Trail, as well as equipment purchases for the Holliston Police & Fire Departments.

We encourage you to follow the Holliston Newcomers & Neighbors Facebook page @ HollistonNewcomersAndNeighbors and our website [www.HollistonNewcomers.org](http://www.HollistonNewcomers.org) for ongoing event updates.

*The Holliston Newcomers & Neighbors is a nonprofit organization. The group coordinates charitable, civic, educational, and recreational events and activities in the town of Holliston. The goal is to encourage association among community members and to foster community spirit. Membership is open to both residents and non-residents of Holliston. If you are interested in joining HNN, please visit our website at [www.hollistonnewcomers.org](http://www.hollistonnewcomers.org)*

## MERCURY RECOVERY PROGRAM

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

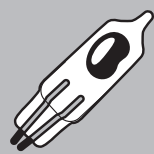
Mercury is found in products such as:



Thermostats



Thermometers



Mercury Switches



Fluorescent Lamps

Please contact your local Board of Health or Department of Public Works for information on where to safely dispose of these items.

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