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January 2025

Merry and Bright



By SEAN SULLIVAN

For the past month, holiday lights have brought cheer and joy to Holliston. Homeowners and businesses alike adorned their structures and property with festive displays to honor the various holidays of the season.



LIGHTS

continued on page 3



Year-long celebration culminates with birthday cake and singing

By THERESA KNAPP


The Town of Holliston was incorporated on Dec. 3, 1724, and its current residents have just concluded a year-long celebration of its 300 years.

Throughout 2024, Celebrate Holliston organized several activities including:



BIRTHDAY

continued on page 2



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Those who come to give Jan. 1-26, 2025, will be automatically entered to win a trip for two to Super Bowl LIX in New Orleans. For package experience details, visit: RedCrossBlood.org/Super Bowl.

Blood Drive Jan. 14

The Ashland Senior Center is hosting Blood Drive with American Red Cross on Jan. 14, from 12-5PM.

Visit here to schedule your appointment: https://www.redcrossblood.org/give.html/donation-time

The American Red Cross and the NFL are partnering for the sixth year during National Blood Donor Month this January. If

you schedule an appointment to donate blood at the Ashland Senior Center on 1/14, you will automatically be entered to win a trip for two to Super Bowl LIX in New Orleans!

Click here for more information about the Super Bowl giveaway: https://www.redcrossblood.org/loca.../events/super_bowl.html



LIGHTS

continued from page 1

- Arbor Day 300th Tree Dedication
- 300th Celebration Parade
- Strawberry Festival
- 4th of July Laser Show

- Olde Time Baseball Tournament
- Day at the Lake
- Family Movie Night at The Park
- 300th Horse Show
- Celebrate Holliston Field Day
- Revolutionary War-era military encampment and demonstrations of camp life

On Nov. 30, the list of events culminated with the Holiday Stroll downtown and 300th Birthday Celebration at Jordan Hall. At 2 p.m., the community gathered around a large sheet cake to sing "Happy Birthday" and blow out the candles that illuminated the "Holliston 300th

Celebration" logo. Select Board Vice Chair Benjamin Sparrell said "Happy Birthday Holliston" and Town Administrator Travis Ahern cut the cake.

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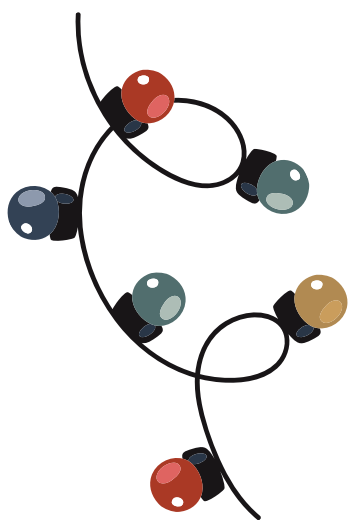
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LIGHTS

continued from page 1



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Exsultet! has openings for soprano and alto singers for the remainder of our 2024-2025 season. Auditions will take place on Monday, January 13 at 7 p.m. at the First Congregational Church, 725 Washington Street, Holliston.



Exsultet! rehearsals for the remainder of our 2024-2025 Season will be on Monday nights from 7 to 9 p.m. in preparation for our spring concert in

early April entitled “Around the World.”

To audition, download the audition piece from our website, and prepare to rehearse and sing it with the group. At the end of rehearsal, you will be asked to sing your part in a trio or quartet. Come prepared to sing, work hard, and have fun!

Please contact Carrie Klimeczko at carrie7975@gmail.com for more information and to schedule a specific audition time.

Visit www.exsultet.us to learn more about the audition process.

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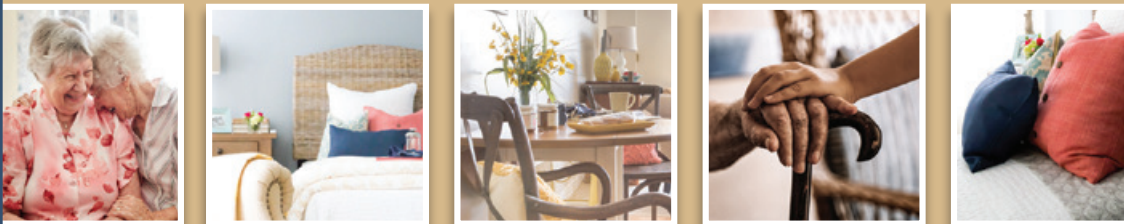


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Sansa would thrive in a quiet home where she can go on daily walks, along with plenty of time to relax indoors. She’s low-maintenance and a perfect snuggle buddy. Whether you’re looking for a companion to relax with at home or someone to join you on calm outdoor adventures, Sansa is a wonderful, loving dog who’s ready to become part of your family. If you’re searching for a sweet and gentle companion, Sansa might just be the perfect fit!

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Start the New Year with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Perhaps, after the cheerful festivities of the holiday season, navigating your basement or venturing into the attic has become a bit more challenging. Maybe you are planning to move, and you need to declutter before your open house?

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

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

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

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

If you don't want to be bothered with the dumpster, they've also got a driveway special where

Business spotlight

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

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

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

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



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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the

restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at www.affordablejunkremoval.com.

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Hoping "New Year, New You" Makes Financial Goals Come True?



Glenn Brown, CFP

Made New Year's resolutions to improve your financial wellness in 2025?

Now is when many of us reflect on what we've accomplished and where we fell short. This introspection often leads to the creation of New Year's resolutions, with financial goals ranking high on the list. Whether it's

paying down debt, saving more, or investing smarter, the start of the year feels like an ideal time for a fresh financial start.

Yet, people often struggle to make lasting changes to their financial habits. Understanding the reasons behind these challenges can help create more sustainable financial planning strategies for the year ahead.

Let's examine 5 common challenges.

1. Unrealistic Expectations

- A common reason why New Year's resolutions fail. Take someone who wants to save 50% of their income or pay off long-standing debt in a short period. While ambitious, these goals often don't align with one's current financial reality, thus frustration and discouragement occur when progress is slower than expected. Setting unattainable goals results in burnout and abandonment.

Resolution: Break goals into small, manageable steps. Instead of resolving to pay off a debt in one year, consider reducing the balance by 25% in 6 months. If you end up with more, great, but an incremental approach brings accomplishment and makes the goal feel more achievable.

2. Lack of a Clear Plan

- Vague goals like "save more money" or "get out of debt" lack actionable steps, making it difficult to execute. Without a structured plan and understanding your "why", it's easy to become distracted by day-to-day life, leading to stagnation.

Resolution: Develop an outline of specific considerations, steps and timelines. For example, if building an emergency fund is a goal, then create a budget, set up logistics like automatic transfers and monitor progress/spending to stay on track.

3. Failure to Track Progress

- An easy way to lose sight of financial goals is not having scheduled check-ins. It doesn't need to be weekly or even monthly, but there needs to be consistency in times to review and identify where adjustments are needed. Without this, bad habits persist or worse, form, and now you're battled to unwind new problems.

Resolution: Leverage technology and objective people that are unafraid to tell you much-needed truths. For many couples, an outside intermediary saying what needs to be said greatly benefits relationships. Also, make sure you celebrate milestones along the way.

4. Emotional Spending and Instant Gratification

- Many struggle with impulse spending or seek instant gratification, especially after a stressful day. Afraid to look at your Amazon spending history? This behavior derails the best-laid financial plans.

Resolution: Identify triggers and implement strategies to delay or review purchase decisions. Create a spending prioritization strategy by identifying where you want to spend your money, this helps shift focus from immediate desires to long-term financial goals.

5. Lack of Accountability

- Some are great at executing on their own, for others going it alone can make sticking to financial goals even more challenging. Without a support system or accountability partner, it's easier to lose focus and fall back into old habits.

Resolution: It goes beyond someone telling you "No" when needed, as by sharing progress

and/or changes along the way, an accountability partner can help reassure you're on track and motivate you with confidence to keep pushing forward.

Conclusion

Financial resolutions are a powerful tool for creating long-term financial security, but they require more than just wishful thinking.

Maybe it's time to socialize your goals, set monthly action steps to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2025 resolutions happen.

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 Plan-Dynamic, 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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Community Comes Together To Support Pantry Shelf

BY SUSAN MANNING,
STAFF WRITER

Holliston has no shortage of neighbors helping neighbors.

From church groups to individuals to businesses, everyone pitched in to help fill the empty spaces at the Pantry Shelf. Thanks to those generous donations, those in the community who needed help this holiday season, found it locally.

According to the Pantry Shelf's Facebook page, two of those helpers include the Holliston Police Department and the Miller Elementary School community.

"Another successful 'Cram the Cruiser' is in the books! Huge shout out to Fred W. Miller Elementary School and the Holliston Police Department for an amazing food drive! Another example of HPD working hard for our community."

Next up on the thank you list was 5-year-old Maya Kinsler.

"A big shout out to Maya Kinsler who had her friends bring food donations instead of presents for her 5th birthday! What a generous and giving young lady. Thank you Maya and happy belated birthday."

The Candy Cottage made sure those in need had a sweet treat this holiday season.

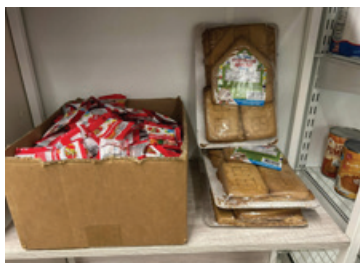
"Many thanks to The Candy Cottage for their donation of Gingerbread house kits and treats for our shoppers!"

Who doesn't love listening to a local caroling group during the holidays?

"A special thank you to Lena Jankovsky and her fellow carolers at Blair Square for the monetary and food donations collected from our community. So very



Cram A Cruiser



The Candy Cottage



St. Mary's Students

thoughtful!" it's never too early to teach kids about the value of taking care of others.

"A special thank you to Erica Brote Kuharich and the 4th grade students at St. Mary's for their hard work to create amazing holiday gift bags for their neighbors in need."



Maya Kinsler



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Holliston Resident, Army Captain Fighting Cancer Plans To Run 2025 Boston Marathon With Wife And Best Friend

Holliston husband and wife Jamie Eastman and Hannah DeCelles, along with their friend Margaret Gildea, are running the 2025 Boston Marathon® on the Dana-Farber Marathon Challenge (DFMC) team.

Eastman was diagnosed with Lymphoma in September 2024. Since his diagnosis, he has been receiving chemotherapy treatments both at Dana-Farber Cancer Institute in Boston and locally at the Dana-Farber Brigham Cancer Center at Milford Regional Medical Center.

He is expected to complete chemotherapy treatments in January 2025 and will cap off his “kick cancer” status by running the Boston Marathon on Patriots’ Day, Monday, April 21.

Eastman joined the Holliston Fire Department in 2023 as a member of the ambulance corps and serves as a per diem paramedic and the EMS training coordinator. He also works full-time as a flight nurse-paramedic with Boston MedFlight,

a nonprofit organization that provides critical care air medical and ground transport for the most critically ill and injured patients in the region. Eastman also serves in the United States Army Reserve as a critical care and emergency nurse.

DeCelles, a native of North Smithfield, RI, moved to Holliston with her husband in 2020. She works as a nurse at UMass Memorial Health - Milford Regional Medical Center in the Nursing Education Department. She is not only running the Boston Marathon in support of her husband, but also her mother who survived Acute Lymphoblastic Leukemia (ALL) and received treatment from Dana Farber Cancer Institute for over two years.

Gildea, a native of Bridgewater, and now of Colchester, VT, is a long-time college friend of DeCelles and Eastman. The three attended the University of Vermont, College of Nursing and Health Sciences. She plans



to run the Boston Marathon in solidarity with Eastman and DeCelles. Gildea worked as a medical technologist at a cancer treatment facility in Colorado. She is running for her patients and family members who have also battled cancer.

Please consider donating to support their mission to kick cancer and support the Dana



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Farber Cancer Institute. They need your help to reach their team goal of raising \$42,000.

A tax-deductible donation can be made via their team fundraising page <http://dana-farber.jimmyfund.org/goto/jamieeastman>

Checks can be made payable to DFMC and dropped at the Holliston Fire Department Monday through Friday between the hours of 8 AM and 4 PM, in an envelope addressed to the attention of Jamie Eastman.

All funds raised by DFMC benefit the Claudia Adams Barr Program in Innovative Basic Cancer Research at Dana-Farber Cancer Institute, widely recognized as one of the largest and most successful programs of its kind. Based on a rigorous and highly selective process, the program funds the brightest, most creative scientists making basic research discoveries that are transforming cancer treatment. Claudia Adams Barr Program Investigators have made numerous major breakthroughs resulting in improved survival rates and quality of life for thousands of patients everywhere.

Investigators have made, and continue to make, amazing advances in diverse areas of cancer research. For example, Kimberly Stegmaier, MD, and colleagues developed a novel approach to researching how drugs currently used for one cancer might be highly effective in treating other cancers in completely unanticipated ways. This breakthrough led to the discovery that the drug Gefitinib, used initially only for a type of chronic leukemia, could be effective for acute leukemias and led directly to a promising new clinical trial at Dana-Farber.

SCAN ME



When is a good time for a Roth conversion?



Mark Freeman, CEPA

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In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

- **Tax-free withdrawals** — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

- **No RMDs** — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

- **Tax-free legacy for your heirs** — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open at least five

years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percent-

age of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years,

rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

Contact Mark today to discuss this topic or any of your financial goals.

Mark Freeman, CEPA
Edward Jones Financial Advisor
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The b.LUXE *beauty beat*

Get to Know the b.LUXE Experience - 2.0

Many of you loved the original Beauty Beat article, “Get to Know The b.LUXE Experience,” from a few years ago. We’ve grown and evolved over the past two years, adding new services, talented team members, and more ways to enjoy your beauty experience. We’re excited to share what’s new and what’s been happening—there’s so much to update you on!

As the creative minds behind The Beauty Beat, the team at b.LUXE Hair and Makeup Studio loves sharing the latest trends, tips, and inspiration. But did you know many of our ideas and new service offerings are sparked directly from our conversations with our incredible clients? Your stories, challenges, and beauty goals motivate us to innovate, create, and seek services to meet your unique needs.

What’s New at b.LUXE?

- **Apprentice Services at Specially Discounted Prices:** Enjoy top-notch beauty services at a fraction of the cost while supporting our training stylists! In collaboration with the Massachusetts State Board of Cosmetology, b.LUXE is proud to introduce an apprenticeship program offering hands-on experience and high-quality, supervised services at specially discounted rates. This program provides our young talent with exceptional education and training, all while delivering great value to you.
- **Wig & Topper Hair Services:** We now offer compassionate, customized solutions for

clients experiencing hair loss or seeking hair-enhancing options. Our full range of human hair and synthetic wigs, toppers, and holistic scalp treatments restore your appearance, confidence, and well-being.

- **Expanded Beauty Services:** We’re excited to announce the addition of new treatments and services alongside our signature offerings! Our new Mind Body Facial is a holistic skincare treatment that combines the rejuvenating benefits of facial therapy with the healing energy of Reiki and aromatherapy, providing a complete mind-body experience.
- **The Saphira Defrizzing Treatment:** This hair treatment features Hyaluronic Acid with a formula enriched with 26 minerals from the Dead Sea, diamond powder, lily flower, and essential oils. It removes frizz and transforms dry, brittle hair into soft waves that enhance natural hair patterns and texture. Each treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

Why Choose b.LUXE?

We’re excited to be recognized as Google’s highest-rated salon in Massachusetts, with over 800 five-star reviews! Additionally, we’re proud to be a two-time recipient of The Salon Today 200 Award, which honors the best beauty establishments in the country. Our bright and vibrant studio is home to passionate professionals who

genuinely care about our clients. Whether you’re visiting for a haircut, coloring, or a spa day, we strive to make every experience luxurious.

Our Specialties:

Hair Services: We offer a full range of expert hair services, including precision cutting, all aspects of hair coloring, foiling, balayage, smoothing treatments, and more. Our team specializes in curly haircuts, extensions, and gray-blending to help you achieve your perfect look.

Hair Loss Solutions: We offer fully customized human hair and synthetic wigs, toppers, and bangs designed to add volume and coverage. Our compassionate services support individuals experiencing hair loss or thinning due to conditions such as alopecia or the effects of cancer treatments, as well as those seeking easy options for added volume and variety. Customization and adjustments are also available, including cutting, coloring, and styling to ensure a perfect fit and look. Additionally, our Scalp Spa services provide a holistic approach to promote continued scalp health.

Superior Skincare and Spa Services: We offer a full line of luxurious spa services, including luxury facials, lash extensions, waxing, and dermaplaning.

Makeup Services: Ready for a beauty boost? We offer various makeup services, including special occasion, editorial, and wedding makeup, along with makeup lessons and our mature makeup makeovers. Our team of skilled makeup artists will work with you to craft a look that’s uniquely yours and perfect for any event!

Wedding Beauty: On-site and in-studio services for your big day.



The b.LUXE Experience:

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Your personalized consultation ensures every service meets your goals, budget, and style. And don’t forget our complimentary **LUXE for Everyone** add-ons, designed to surprise and delight:

- **BEFORE Oil Treatment:** Nourishes hair and scalp with a soothing massage.
- **Moisturizing Hand Treatments:** Perfect during color or smoothing sessions.
- **Hot Stone Foot Treatment:** A relaxing bonus with luxury facials.

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At b.LUXE, we operate as a team-based salon, ensuring you’re comfortable in the expert hands of your usual stylist or any of our talented professionals. There is no “my client” or “your client” at b.LUXE—only “Our Clients.”

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Wishing you all a Happy New Year! We can’t wait to meet you and help you achieve your beauty goals—**after all, beauty is our business!**

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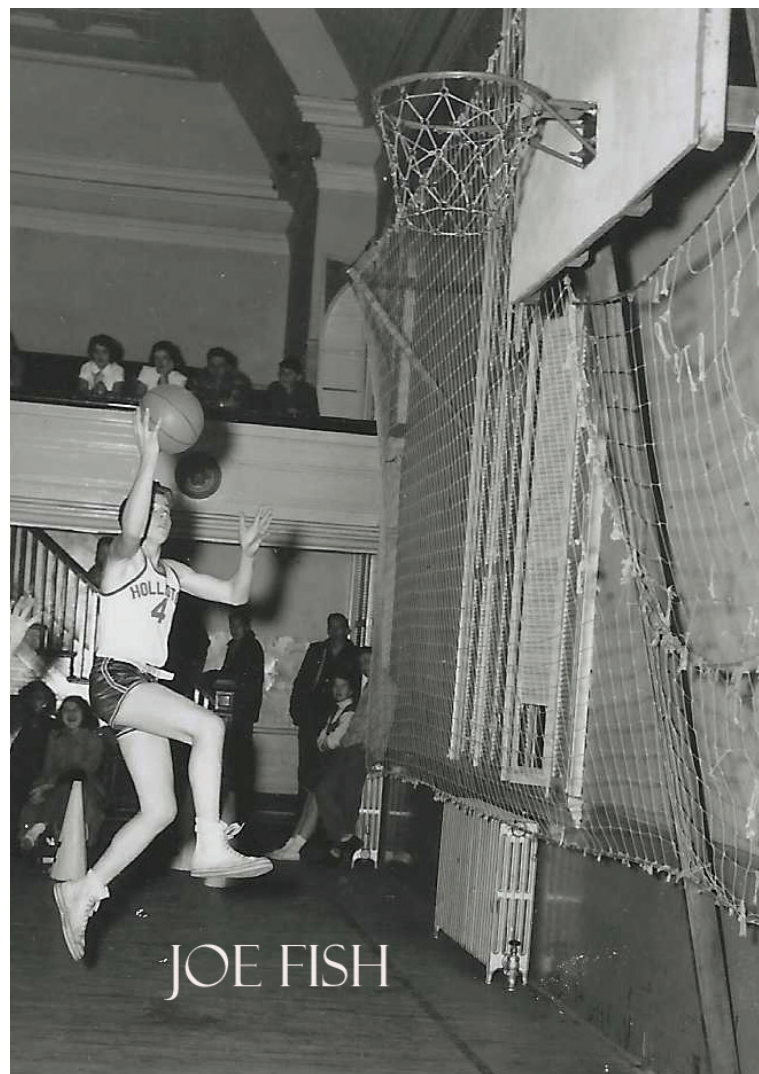


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JOE FISH

Holliston High Athletic Hall of Fame Inductees Announced

The Holliston High School Athletic Hall of Fame Committee is pleased to announce its 2025 class of inductees. Those inductees are:

Team: 2006 Golf Team – State Champions

Coaches/Contributors: Paul Rowles – Athletic Director, Football, Track

Ed Mantenuto – Hockey

Student/Athletes: Joe Fish '56 – Baseball, Basketball

Michael Culcasi '84 – Hockey

Allyson Martin '95 – Soccer, Gymnastics, Track

Stacy Auerr '96 – Soccer, Basketball, Softball

Kim Thalmann '98 – Track

Dave Dubin '12 – Football, Wrestling, Track

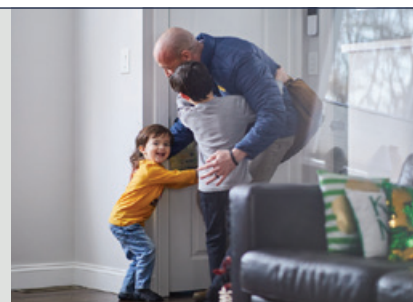
Kylie Lorenzen '15 – Basketball, Track, Soccer

The induction ceremony will be held Saturday, March 29, 2025, at the DoubleTree Hotel in Milford. The availability of tickets shall be announced in early 2025.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE CENTER AT 508-429-0622</p>	<p>Reminder: VFW & American Legion Lunch Sunday, Jan 5 at 12pm at the Senior Center</p>	<p>1 Closed for New Year's Day</p> 	<p>2 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p>	<p>3 9:30 Select Chat 10:00 FFBB Exercise Class (see page 8) 10:00 Men's Group  11:30 Grief/Loss Group 1:00 Tune Timers</p>
<p>6 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>7 10:00 Writers' Group 10:00 Coffee HPD 10:30 Energy Focus Movement 11:00 Rainbow Coffee 12:00 Zumba Gold</p> 	<p>8 9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 1:00 COA Meeting</p>	<p>9 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p> 	<p>10  10:00 FFBB Exercise Class (see page 8) 1:00 Tune Timers 1:30 Book Club</p> 
<p>13 9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 12:30 Senate President Spilka's Office -Listening Hour 1:00 Tai Chi 1:15 Games Day</p>	<p>14 9:00 Monthly Breakfast*** 10:00 Legal Advice with Marsden Law PC*** 10:30 Energy Focus Movement 12:00 Zumba Gold</p>	<p>15 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch***</p>  <p>12:00 SHINE***</p>	<p>16 9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement 11:00 Vet's Coffee 1:00 Mah Jongg Open Play</p>	<p>17 10:00 FFBB Exercise Class (see page 8) 10:00 Men's Group  11:30 Grief/Loss Group 1:00 Tune Timers</p>
<p>20 Closed for Martin Luther King Jr Day</p> 	<p>21  10:00 Meditation 10:30 Energy Focus Movement 12:00 Zumba Gold 2:00 Dementia Friends Training***</p>	<p>22 9:00 Podiatry*** 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch*** 1:00 Hopkinton Center for the Arts Guided Tour***</p>	<p>23 9:00 Pilates 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Golden Tones Concert*** Sponsored by the Timothy Daniel's House</p> 	<p>24 10:00 FFBB Exercise Class (see page 8) 1:00 Tune Timers</p>
<p>27 9:30 Coffee & Coloring 10:00 Metrowest Mediation*** 10:00 Legal Advice with Bergeron*** 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p>	<p>28 10:30 Energy Focus Mvmt 12:00 Zumba Gold</p>	<p>29 9:30 Walking Fitness 11:00 Yoga 12:00 Lunch*** 12:00 SHINE***</p>	<p>30 9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:00 Soup Exchange*** 1:00 Mah Jongg Open</p>	<p>31 10:00 FFBB Exercise Class (see page 8) 12:00 Lunch & Learn*** (In Sherborn, see page 11). 1:00 Tune Timers</p>

Sports

Holliston Swimmers Want To Continue To Improve

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

Last winter the Holliston boys' swim team put together another strong season with only two losses and they are hoping to improve upon that this year.

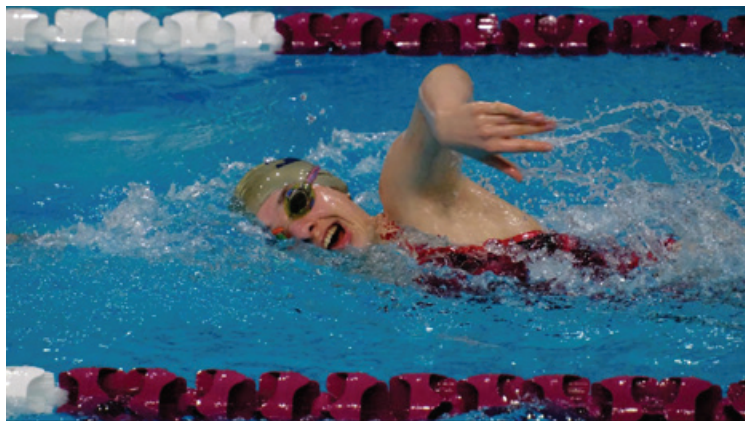
The Panther swimmers also finished in the top three at the Tri-Valley league Meet, 10th at the Sectionals and ninth at the Division 2 States. The girls' team wasn't as successful due to a relatively small team, but Coach Samantha Nasson is hoping that the numbers go up this season and they too can compete at a high level.

"The boys had only two losses, while unfortunately the girls only had one win. Both teams have been able to keep their heads up whether they win or lose," the Panther Coach said. "We want to get back to the Sectionals and States and do better this year, but our number one priority is to have fun and with that we'll go into meets more relaxed."

Nasson has three of its stronger boys swimmers back this season. They include three of the four captains in Taryn Craze, James Hein and Michael Webb. Craze competes in the 100 backstroke and 100 butterfly; he finished sixth at the States in the butterfly with a time of 54.09. Hein swims the breast stroke and he finished the 100-yard event in the States with a time of 1:04.06 for 14th place, while Webb is basically a freestyle swimmer who finished seventh in the 500 free with a time of 5:01.38 and 11th in the 100 butterfly at 56.13.

Craze and Hein were also part of the 200 medley along with junior Alex Beers and since graduated Lucas Haynes. The foursome took eighth place with a time of 1:43.13. Along with Charlie LaMonica, Beers and Haynes, Craze was also part of the 400 freestyle relay that posted a time of 3:29.80.

"The three definitely stepped it up last year and I know that I can rely on them to do whatever is needed," Nasson said. "Swimming is a sport based on individual performances but it's all for the good of a team. These three are always encouraging the other swimmers, challenging them to



Ella Talmanson



Madeline Peirce

get out of their comfort zones."

The three seniors have the confidence in their abilities and the Coach is looking for them to come through this year with the same attitudes each time they get into the pool. Nasson noted that the trio has been training hard and their self-motivation is what is going to get them back into the post-season.

Senior Arfan Heidari is the team's fourth captain and was a part of the team's 200 and 400 freestyle relay teams at the States. Heidari is a determined swimmer always looking to improve his times.

"I've never met anyone more determined to break his times. He wants to take his 50-freestyle time under 30 seconds," Nasson said. "He is always in the pool and working hard; he takes anything you tell him and stores it into his head for further use."

Last season Heidari was able to get his 50-freestyle time under 30 seconds when he swam it in 28 seconds at the TVL Meet. The Holliston Coach is hoping that she can get the senior to take part in some longer events this year, although he much prefers the shorter races.

While the boys had more

success, the girls' team did manage to perform well in the TVL Championships, where they finished fourth in the 200 Medley and sixth in the 200 freestyle. Leading the charge for the girls' squad is senior Ella Talmanson, who finished fifth in the 500 freestyle with a time of 6:18.33 and was sixth in the 100 breast stroke with a time of 1:20.97 at the TVL.

"Ella is someone who is always on time and although we only have a small team of girls you can always count on her," the Coach said. "If not in the water, she'll be at the end of the lane cheering her teammates on or giving them pointers to help them in the water."

The Panther Coach went on to say that no one really likes to take part in the 500, but Talmanson swims it for the benefit of the team and always emerges from the pool with a smile on her face.

"The 500 is an event that you definitely have to work up to," Nasson said. "And it's a struggle to find those swimmers who want to take part in it; I really appreciate that Ella does it for us."

The other girls' captain is junior Madeline Peirce who was part of the Holliston 200 medley



and 200 free relay at the TVL Championship Meet. Being a non-club swimmer, the junior still can compete with the best of them. Along with her co-captain, Nasson is looking for her to continue taking on that leadership role once again this season. She is also another swimmer that the Coach can rely on.

As the season gets underway, Nasson is once again hoping that the boys can get back to the States and place even better than they did last year. For the girls' team, she is hoping that they can advance to the Sectionals in the 400-freestyle relay, an event that the girls were just a millisecond off from advancing last year.

3

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Real Estate Corner



The 4-bed, 3-bath, 3,767-square-foot house at 91 Norfolk Street in Holliston recently sold for \$1.1 million. Image credit: www.zillow.com. Source: www.zillow.com / Compiled by Local Town Pages

Recent Home Sales

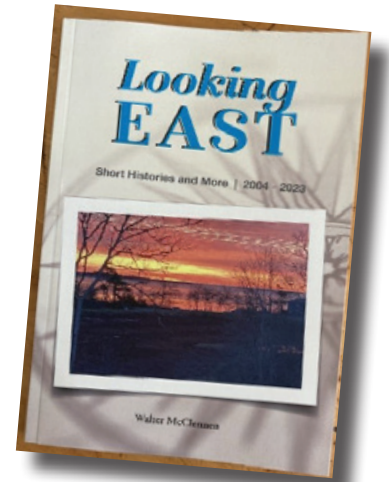
Date	Holliston	Amount
12/12/2024	1402 Washington Street	\$900,000
12/03/2024	91 Norfolk Street	\$1.10 mil
12/03/2024	10 Sawyer Circle #12	\$729,000
11/27/2024	22 Willowgate Rise	\$750,000
11/21/2024	7 Shea Drive	\$900,000
11/20/2024	19 Lakeshore Drive	\$425,000

Program at the Holliston Historical Society—January 26, 2025

The Holliston Historical Society is pleased to welcome local author, Walter McClennen, on Sunday, January 26th in the afternoon. Mr. McClennen will give a talk entitled Adventures In History--Saving What Could Be Lost.

Walter McClennen of Holliston, Massachusetts, has written three books during the past twenty-five years. The first two were focused on painting the history around long-saved family letters. *Hannah Smith, a Medfield Girl* (2002) and *Remembering Clem*

– *A Good American in Iran* (2017) present extensive primary source documentation related to early eighteenth century Medfield, Massachusetts, and in the latter book, the life of a Presbyterian missionary working in post-World War II Iran (1948-1978)



is fully described. Walter enjoys drilling down - with attention to detail - into the “lost corners” of history.

In his most recent book, he organized twenty years of his writings which he had shared with family, community and friends through this period. *Looking East – Short Histories and More, 2004-2023* is the result of this effort. McClennen says, “Today’s story is tomorrow’s history.” Working with a local print-on-demand publisher in Framingham (Damianos Publishing), he organized his disparate collection of short histories, poems, and short commentaries into a short but thought-provoking book. In this book Walter has preserved his own “history” of his thoughts and perspectives, for anyone who might be interested decades hence. Nobody will have to “search his files” the way he had to do in order to sort out the lives of Hannah Smith and Clement Scott, Jr.

In this presentation, Walter will share his five or six different “history adventures” of the past twenty-five years. Each one is its

own tale, but each is equally important as an example of good ways to approach “saving history” for future generations.

He hopes the audience takes away a new enthusiasm for recording the many personal family and local histories that surround all of us.

Copies of *Looking East - Short Histories and More, 2003-2024*, (as well as his two previous books) will be available for sale at this event. The program is free and open to all. Mr. McClennen looks forward to answering questions after his presentation and the Historical Society will be serving refreshments. Please visit our website: hollistonhistoricalsociety.org for the time of the program since it had not been determined at the time of printing. This talk is sure to appeal to history buffs and budding writers. We hope that you will join us!

CareerCentral

This section will be a guide to the local job seeker looking for a career change or a new job! Editorial will focus on best resume writing techniques, how to answer top interview questions, changing careers and so much more.

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Exciting Volunteer Opportunity with Holliston Hub -HCAT-

Film and Announce Holliston High School Athletic Games!

Get Involved in Media Production, Sports, and Announcing!

Are you interested in media production, sports, or sports announcing? Holliston Hub -HCAT- is offering a fantastic volunteer opportunity for students and community members to get involved in filming and announcing Holliston High School athletic events! We're excited to expand our media coverage of Holliston High School sports by offering volunteer roles in video production and sports announcing.

What's Involved?

- Volunteers will have the chance to film live-action sports games using professional cameras (training provided for camera use and set-up).
- Volunteers will also have the opportunity to announce games, with guidance and training available to help develop commentary skills.

- The typical commitment involves attending and filming or announcing one game per week, lasting around 1.5 to 2 hours.

- Volunteers will capture exciting moments and provide insightful commentary on the action.

Training and Support:

We offer comprehensive training in camera operation and sports announcing. You'll learn everything you need, from setting up equipment to delivering engaging commentary, ensuring you're fully prepared for the role.

Why Volunteer?

This is a great opportunity to gain hands-on experience in video production and sports announcing, develop both technical and communication skills, and build your portfolio. It's also an excellent way to enhance your college applications or resume

while being an integral part of the community.

This hands-on experience allows students to gain valuable skills in media production while actively supporting our town's sports community. Plus, we're pleased to offer all necessary training at no cost to our volunteers.

This opportunity is also beneficial for parents, who can have their children's games filmed and broadcast, adding a special layer of connection to each event. Volunteers typically cover one game per week, making this a manageable yet impactful way to get involved.

For more information or to sign up, please contact Donald Cronin, Production Manager, at Holliston Hub -HCAT-: don@hcattv.org.

About Holliston Hub -HCAT-

Holliston Hub -HCAT- is the heart of Holliston's local media and storytelling. Since 1985, we



Holliston High School student and Holliston Hub -HCAT- intern, Gavin Pierce, diligently working on the job!

have connected the community by providing award-winning programming that informs, educates, and engages residents of all ages. As a 501(c)(3) nonprofit

organization, we rely on the support of our community to continue our mission of serving the residents of Holliston. Visit us at <http://www.hcattv.org>.

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