

New Sustainability Coordinator Brings Excitement, Ideas to Town

By SUSAN MANNING
STAFF WRITER

Amelia Landau has hit the ground running in her new position as Sustainability Coordinator.

The Wellesley College graduate, said she developed a love for the profession while studying with Natick's sustainability coordinator, Jillian Wilson Martin.

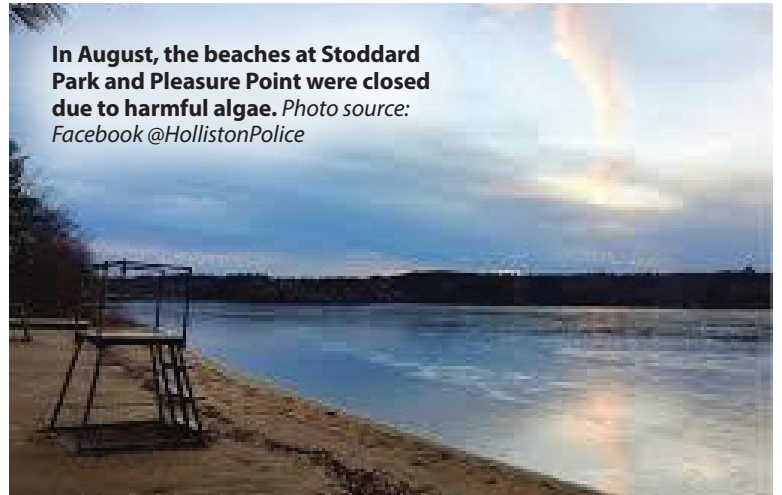
"I fell in love with the profession studying with Natick's Sustainability Coordinator, Jillian Wilson Martin, who's a total rockstar in the field," she said.

Prior to this position, Landon worked as an assistant with the Massachusetts Department of Energy Resources' Green Communi-



Landau was planting trees for Natick residents a few years ago.

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In August, the beaches at Stoddard Park and Pleasure Point were closed due to harmful algae. Photo source: Facebook @HollistonPolice

Holliston Beaches Affected by Harmful Algae

By THERESA KNAPP

In August, Stoddard Park and Pleasure Point in Holliston joined a growing list of waterbodies throughout the Commonwealth of Massachusetts to close due to harmful cyanobacterial (algal) blooms.

Information on www.mass.gov states, "Cyanobacteria – also known as blue-green algae – occur naturally in freshwater, but can multiply quickly under certain conditions, creating a

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COORDINATOR

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ties division and participated in the process for funding statewide decarbonization.

She also designed lesson plans and educational materials for the EPA's Environmental Education program.

So what brought her to Holliston?

"After working at all 3 levels of US government, I found I loved municipalities the most, as I felt I had the most opportunities to liaise directly with residents and make a tangible impact on my

community," said Landau.

And she already has ideas for how to make tangible impacts on the town.

"For years, residents have advocated for sustainability measures that I now have the privilege to implement. Some of these initiatives I'm excited to pursue are creating a Swap Shop where residents can give away and pick up secondhand household items for free, installing electric HVAC and solar panels at Placentino Elementary and Adams Middle School, and combatting pollution and invasive species in Lake Winthrop," she said.

Part of her position, which is a shared one with the town of Sherborn, involves engaging residents.

"Not only do I consider reaching out to residents one of the most valuable, important, and fulfilling parts of my role, but my job would not be effective without public interest and support.

"Residents can follow the sustainability best practices highlighted on the town webpage, take our survey to give their input on the development of the town's new Climate Action Plan, and encourage their neighbors

to participate in sustainable programs such as composting, recycling, Community Choice Power, and Mass Save home energy efficiency upgrades," she said.

For those who want to volunteer, but feel like they're not going to make a difference, she has a message for you.

"If you are worried about human impact on the environment, but don't feel as though your actions can make a difference, I once felt the same. But through education and community, I've learned just how much we can do to protect the envi-

ronment in our own backyard! Send me your questions, stay in the loop on what's going on in town, and show up when you have the opportunity to make an impact yourself, and together we can create a more sustainable Holliston than we ever could alone," said the coordinator.

Landau, who has been in the position since June, said she's very happy she landed where she did.

"Doing this work full time has been a dream job, and Holliston is a great community for it," said Landau.

BEACHES

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highly concentrated area known as a cyanobacterial harmful algal bloom. Algae blooms can be harmful to people and animals."

According to the National Institute of Environmental Health Sciences, a division of the National Institutes of Health, "Algae are always in natural bodies of water like oceans, lakes, and rivers, and a few types produce toxins. A harmful algal bloom (HAB) occurs when toxin-producing algae grow excessively in a body of water."

On Aug. 13, the town website said the areas were "off limits for

swimming and boating due to general algae concerns" and said the waterbodies were unsafe for people and pets. The post also advised visitors:

- Do not swim
- Do not swallow water
- Keep animals away
- Rinse off after contact with water

For more information on cyanobacteria, residents were directed to the Massachusetts Department of Public Health at www.mass.gov/dph/algae or 617-624-5757.

Visit www.townofholliston.us for the most up-to-date local information, and www.mass.gov for a list of waterbodies that have been affected by algae.

Harmful algal blooms are the rapid growth of algae or cyanobacteria in water that can harm people, animals, or the environment.

Going in or near water with a harmful algal bloom can make you and your animals sick.

Stay out if water looks discolored, has scum, or smells bad.

Source: www.cdc.gov/harmful-algal-blooms/about/index.html

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Chuck Tashjian

Editor
Susan Manning

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Susanne Odell Farber
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sue@sodellconsult.com

Advertising Director
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

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Kim Vasseur
Wendy Watkins

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Charles River Chorale Fall Enrollment

The Charles River Chorale welcomes new members to join us for our 41st season. We are a non-audition, 100-member chorale and hold open rehearsals on September 16th, 23rd and

30th from 7:30 to 9:30PM at the Church of Christ, 142 Exchange St., Millis. These first 3 weeks allow those who are new or who sang earlier in life to experience the joys of choral singing with no obligation.

Our Music Director, Ashley Nelson-Oneschuk, is entering her 11th year with the chorale and has been elected to the Massachusetts Instrumental and Choral Conductors Hall of Fame for 2025. Her goal is "focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this".

So please consider joining us. Our concert this season will be on December 7th at 2:00 at Medway High School.

If you do decide to explore, we suggest you fill out our no-obligation Sign-Up form by either visiting www.charlesriverchorale.com and going to the Join Us tab or using the following link: <https://forms.gle/43qpRyEoFhZCq3qj8>.

UMass Amherst Announces Spring 2025 Grads

Approximately 5,000 students received bachelor's degrees in over 100 majors at the University of Massachusetts Amherst's Undergraduate Commencement on May 16, 2025 at the McGuirk Alumni Stadium.

Below is a list of students from your area that received a bachelor's degree from the University of Massachusetts Amherst:

Ashland, MA

Gauri A Arvind
 Nicholas Alexander Bialzik
 Anders Sundin Brandt
 Sarah Elizabeth Chappelle
 Erica Lynn DeSiata
 Mary Elizabeth Esenther
 Christopher Josiah Faneuff
 Molly Murphy Fleming
 Erin Colleen Gore
 Tejas Krishnamurthi
 Peter Lukashv
 David Alexander Massa
 Joshua Arpithreddy Mekala
 Paige Hilton Nanatovich
 Algis Petlin
 Angelie Maria Rivera
 Kevin Rosoff

Erica Allison Schultz

Srihari Srivatsa
 Tin Vu
 Keven Henrique Xavier Jr

Holliston, MA

Lyssa Maria Cunha
 Jiasiding Daiweisi
 Michaela Marie DeToma
 Adam Charles Houk
 Hisham S Hussain
 Amy Rose Joslin
 Katherine Elizabeth Leary
 Julianna Abigail Lotti
 Matthew Desean Perera
 Elexa Jordan Reiss
 Michael Luke Ringie
 Emily Nicole Rivera

Caitlyn Michelle Sault
 Jack Nathaniel Seymour
 Rosa Concetta Stalzer
 David Touchette

Hopedale, MA

Christian Matthew Antonioli
 Isabella Paige Killarney
 Katherine Geraldine Mooney
 Jenna P Sacco
 Tyler Small

Natick, MA

Kenzo Garcia Alvarez
 Brian Cheung
 Daniel Choe
 Jacob Ido Cohen

Kaitlyn Nicole Dempsey
 Alison Rita Fahy
 Jessica Flynn
 Angeli Simone Franz
 Max E Freedman
 Phillip Thomas Galligan
 Abigail Gloria Goth
 Elijah Jonah Grehn
 Samuel Robert Harrington
 Emma Joy Hoffman
 Andrew Kaye
 Jacob Patrick Kilroy
 Taylor Marie Kittler
 Ella Augusta Landman
 Jennifer Wai Yun Lee
 Robert T Lewandowski
 Marco Alexander Lopez
 Carly Rose McCarthy

Katherine Muldoon
 Myshkin Francis Munson
 Jack Paul Murphy
 Nathaniel Justin O'Brien
 Connor E Olsen
 Kelly Pease
 Emma Christine Peck
 Liz Alejandra Rosas
 Maia Eleanor Shteyman
 Madeline Penelope Standwill
 Michael Henry Sudkin
 Lucy Louise Vician
 Jarod B Woo
 Tristan Mark Woods
 Jacob Andrew Zeliger
 Carly E Zirlen

Harvest Fest Sept. 20 In Bellingham

Harvest Fest is making a comeback in Bellingham.

The event, a family-focused activity, is scheduled for Saturday, Sept. 20, at Bellingham's Town Common from 11 am to 3 pm. A rain date, if needed, is Sept. 27. The town's two Baptist Churches — First Baptist Church and Bible Baptist Church — are organizing the day's activities.

Harvest Fest began in 2017 and had a three-year run

until Covid-19 forced the two churches to curtail the program. It's being revived after a five-year absence.

For the youth, there will be pony rides, an obstacle course, gymnastic and karate exhibitions, and other exciting activities. A Christian concert is also scheduled.

Many vendors will be on hand to promote and sell their

products. The churches are still seeking sponsors and vendors (fee for vendors is \$20). If interested contact Pastor Baron Rodrigues at 508 844-1843.

After expenses are paid (police detail, permits, entertainment costs, etc.), any funds remaining will go to area food pantries.

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Upcoming September and October Events at the Holliston Historical Society

44th Annual Harvest Fair, Sunday, September 21st from 10-4

Mark your calendars for Sunday, September 21 and plan to attend; the Holliston Historical Society's Fair has become a fall tradition. There will be something for everyone! In addition to 65 vendors at the Craft Fair, we will have our Silent Auction and Treasure Shop tables. The Asa Whiting House will be open from 11:30 to 2:30 will feature displays of Holliston's history from the Society's collections. Local musical group, Always in Season, will play from 12 to 3 PM. The Kids Korner will offer activities for children all day, all for free! Children—and adults—will want to say hello to the alpacas. Visit the barn when you are ready for lunch and save room for dessert—a slice of apple pie or warm apple crisp with ice cream, perhaps. Our bake table will feature apple pies made fresh that weekend as well as other goodies, all made by members. There is no admission fee to attend the Harvest Fair, so bring your family and friends and enjoy a fall tradition in Holliston on September 21 from 10-4. For more information, visit our website: hollistonhistoricalsociety.org.

"In the Spirit of Friendship" Program Sunday, October 12 at 2 PM

Step back in time and con-



verse with two of history's most influential writers of the Revolution, John Adams and Mercy Otis Warren! This program will introduce visitors to Mercy Otis Warren and John Adams, where together, they will tell the story of how their friendship developed, grew, fractured, and was ultimately repaired through their correspondence. Actors Michael LePage and Michele Gabrielson will portray the historical figures with a special focus on the printing of Mercy's history of the American Revolution, after which Mercy and John's friendship became increasingly fragile due to the pair's disagreements about how the newly formed United States should be governed. The program will last about an hour with an opportu-

nity for questions from the audience. This program is free and all are welcome to attend!

Oktoberfest at the Historical Society Friday, October 17th

On Friday, October 17, oompah music by the Double Eagle Oktoberfest Band will greet attendees as they arrive for Oktoberfest in the Society's 1815 barn. Before the night is out, people will be laughing, singing, and dancing a polka! Included in the \$35 ticket price is a delectable German-style meal of knockwurst, German potato salad, warm red cabbage and sauerkraut, and apple crisp topped with whipped cream for dessert. The vegetarian option is Käsespätzle by pre-order when tickets are purchased. In addition to a selection of seasonal



Always in Season, an acoustic string band from Framingham, plays at the Fair.

beers provided by Holliston's Crafted, new this year is Märzen beer on draft by new Holliston business Rushford & Sons Brewhouse. Tickets will be available at Celebrate Holliston and at the Harvest Fair, through the Society website using PayPal, or purchased at Crafted or Fiske's stores in Holliston. Questions? Contact Bea Hait at 774-292-9098 or beateh1@aol.com

All three events will be held at the Holliston Historical Society, 547 Washington Street. The Historical Society is a non-profit group whose mission is to preserve Holliston's history and share it with our community. Programs are open to the public and are generally followed by a social hour and refreshments. We hope you will see something of interest and join us!

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The Short Term Rental Report

Your Photos Made a Promise. Here's How to Keep It.



Dave Menapace, President

In the battle between hotels and vacation rentals, consistency is the winning move. Here's how to deliver an experience that lives up to your listing and keeps guests coming back.

Hotels have a secret weapon: consistency. No matter where you check in, the bed feels familiar, the towels are fluffy, and you never have to hunt for the extra roll of toilet paper. Vacation

rentals, on the other hand, can be magical, but sometimes they gamble with guest expectations. One home is stunning, stocked, and spotless. The next might leave guests longing for the predictability of a hotel. In today's competitive market, closing that consistency gap is the key to keeping guests coming back.

The short-term rental boom during COVID created an influx of new hosts. At the time, travelers were not picky. They were simply happy to get away. Now in 2025, guests have choices. Lots of them. Demand has leveled, budgets are tighter, and guests are more discerning. A beautiful set of photos might win the booking, but if the in-person experience falls short, your five-star dreams can quickly fade.

The good news is that it is not rocket science to deliver a hotel-level experience while keeping the personality and charm that

make vacation homes so appealing. Here are four quick wins that can transform a home from "just another rental" into a guest favorite:

1. Upgrade the Basics.

Stop thinking of your vacation home as a place for hand-me-down furniture. Guests expect the same quality they have at home or better. Invest in sturdy bed frames, plush mattresses, matching nightstands, and well-made couches. Skip the random thrift store décor. Instead, design with purpose, blending comfort with style so every room feels intentional.

2. Master the Art of the Photo.

Your photos are your storefront. Work with a photographer who understands short-term rentals, not just real estate. Stage every room with the lights on,

beds perfectly made, and key amenities front and center. Show the coffee setup, the outdoor firepit, or the game room exactly as guests will enjoy them. Great staging equals more bookings.

3. Audit the Guest Experience.

Before you launch or relaunch, invite friends or family to stay and critique everything. Can they find the silverware without opening eight drawers? Is there a full set of pots and pans? Are the TV instructions easy to follow? Treat their feedback like gold. Eliminate the friction points and make every interaction with the home effortless.

4. Create a "No Guesswork" Stay.

Hotels thrive because guests never have to guess. Replicate that. Stock extra paper products in plain sight.

Label switches, remotes, and shelves. Provide a simple house manual and a QR code for appliance instructions. The more intuitive your home is, the more relaxed and happy your guests will be.

Consistency is not about making your home look like every other property on the market. It is about keeping your promises. When your photos reflect reality, when every detail works seamlessly, and when guests feel cared for from booking to checkout, you do not just compete with hotels, you beat them at their own game.

Dave Menapace, President
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Yankee Quilters Build Skill ... and Friendship

Donate Your Old Housewares, Books & Clothing/Textiles Aug. 11-Oct. 4

By JUDITH DORATO O'GARA

Batting. If you don't sew, you might not think much about it, but it's essential to making a quilt cozy and warm, and it can be costly for the volunteers who comprise Yankee Quilters, Inc., a 501(c)(3) organization of quilters who make quilts to comfort cancer patients, veterans and others who need them. Starting August 11th through October 4th, 2025, the guild is asking you to clean out your closets and cupboards

and donate your gently used textiles, household goods and books, so they can fundraise for batting, backing fabric, and guest lecturers. Specifically, the group is collecting:

- Clothes (in bags): men's, women's, & children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, belts, backpacks, etc.
- Household Textiles (in bags): bedding, comfort-

ers, blankets, sheets, towels, linen, tablecloths, curtains, pillows, etc.

- Small Household Goods (in small tightly packed boxes): kitchen items (such as pots/pans, dishes, silverware, glasses, serving pieces and hand-held appliances), home decorative items, knick-knacks, toys, games, and small electronics
- Books & Media (in separate boxes): paperback, hard cover - all genres - *no encyclopedias or textbooks

Yankee Quilters always welcomes new members, including beginners. The group meets on the second Tuesday of the month at Emma's Quilt Cupboard at 7 p.m. from September through June.

A quilting class at Emma's is where Paula Colleton, who has lived in Bellingham most of her life, first heard about the group in 2008. She's been quilting since 1976, as a young Mom who took an evening class with Gladys Glockner at Bellingham High School. "I was hooked," says Colleton, who also belongs to Thimble Pleasures Quilt Guild, "I couldn't get into it fast enough. It was love at first stitch." Glad she joined the "nice group of



Shown are members of the Yankee Quilters, which draws from area towns and is always welcoming new members. From Aug. 11th -Oct. 4th, they will be holding a fundraiser, accepting donations of used wares and textiles.

people" at Yankee Quilters, Colleton says, "I had no idea that the guilds did anything besides sew. I thought it was strictly a social thing, and it is, but each guild does so much more than get together and sew. They all have their own specific volunteerism."

Fellow member Cindy Lynch explains Yankee Quilters' Comfort Quilts was started by Joan Hallett, of Franklin, around 2000. These quilts are currently provided to cancer patients at Dana Farber in Milford. Other quilts have gone to First Concern PRC in Marlborough, Quilts of Valor, and Wrap the World with Quilts, a group that began at the start of the Ukraine war and provided quilts to Ukrainian refugees in Poland.

"To us, it's just a show of caring ,but for them, they're very grateful," adds Colleton.

"I personally love the group," says Lynch, Yankee Quilters' treasurer, whose mother, a Holliston resident, is a long-term member. Lynch travels a good distance from Monson to remain a part of the guild. "In a lot of ways they work together, they love to share. If one person is struggling with how to do something, there's always somebody else that has done it prior and will share that information. In some ways, it's a very diverse group in the sense that there are

QUILTERS

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Navigating College Admissions with Financial Planning



Glenn Brown, CFP

The college admissions process can feel overwhelming for both students and parents.

From understanding early application options to maximizing financial aid and planning for expenses, every decision matters. Let's break down key aspects to help families make confident, informed choices.

Early Action vs. Early Decision

These two common early application paths are typically due around November 1, but they work very differently:

Early Action (EA): Students apply earlier and receive admissions decisions sooner, without any binding commitment. EA applicants can apply to multiple schools and compare offers before deciding.

Early Decision (ED): A binding commitment—if admitted, students must attend. ED can improve acceptance odds because schools see these applicants as highly motivated. However, families must request merit aid at the time of applica-

tion; later financial aid concerns can jeopardize an acceptance.

Maximizing Merit-Based Aid

Merit aid is awarded for academic, athletic, or artistic achievements rather than financial need. To improve chances:

Look Beyond Trophy Schools. Highly competitive universities offer little merit aid because of their abundant applicant pools. Instead, consider niche colleges or specialized programs where your student's strengths stand out.

Build Recruiter Relationships. Merit decisions often hinge on personal connections. Encourage students to reach out to local recruiters, share interests, and stay in touch. These relationships can lead to introductions with faculty and admissions staff. When students apply, they should express enthusiasm directly—making their case for both admission and merit support.

Let Students Lead. Recruiters prefer authentic student voices. Parents should support, but avoid writing, editing, or speaking on behalf of the student.

Making the Most of 529 Plans

A 529 plan offers tax-free growth and withdrawals when used for qualified education expenses. To use funds effectively:

Adjust Investments Over Time: As college approaches, consider shifting a portion of funds into more stable investments—such as bonds or money markets—to reduce volatility.

Stick to Qualified Expenses: Withdrawals must cover costs like tuition, fees, books, and

room and board. Non-qualified expenses can trigger taxes and penalties.

Understanding Loan Options

Loans can help bridge financial gaps, but terms vary widely.

Federal Student Loans: Typically lower interest rates and flexible repayment terms. Includes Direct Subsidized Loans (interest covered while in school) and Direct Unsubsidized Loans (interest accrues immediately).

Parent PLUS Loans: Federal loans taken by parents. They carry fixed interest rates and repayment flexibility, but parents assume the debt burden.

Private Loans: Offered by banks and lenders. Usually higher interest rates and fewer protections, making them a last resort.

Policy Update: Student Loan Reform

For the first time in years, Congress—not just executive orders—has taken the lead on student loan reform.

The One Big Beautiful Bill (OBBB) changes the “blank-check” borrowing effect:

Parent PLUS Loans: Borrowing is now capped at \$20,000 per year and \$65,000 total for parents of undergraduates.

Graduate Loans: Master's/general graduate programs are now \$20,500 annually and \$100,000 lifetime, while professional programs (e.g., law, medicine) are \$50,000 per year and \$200,000 total.

Undergraduate Loans: Existing limits remain unchanged at \$12,500 annually and \$57,500 aggregate.

By placing borrowing caps, OB BB shifts responsibility back to universities to manage affordability, rather than allowing unlimited borrowing. It's a step toward addressing the root cause of rising education costs—not just the symptoms.

Final Thoughts

Families who plan ahead—by understanding application

strategies, targeting schools wisely, and exploring funding options—set themselves up for both financial stability and a smoother transition into college life. For tailored guidance, talk to your Certified Financial Planner.

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

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

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QUILTERS

continued from page 6

people who like doing things very structured, using patterns, and there are other people that take scraps and make it into some of the most gorgeous work out there," Lynch says.

Sandie Husby, of Franklin, is one of those who likes to quilt from scraps. She has been quilting since 1986. A member of Yankee Quilters and purveyor of her own sewn work (The Lone Quilter), the Idaho native says, "I really enjoy the group. I get a kick out of them. Some of those women have known each other for 50 years, and they have sto-

ries." She encourages beginners to experience how welcoming the group is. "Whatever your skill level is, whatever you can do, you come in ,and you can help. If you want to come and hear the speaker, great! If you want to come in and do the comfort quilts and iron, great!"

In addition to the second Tuesday of the month, some

members also meet at Emma's on Mondays, from 10:30 a.m.-2 p.m. to work on comfort quilts.

"That, right now, is our best option for people who are learning to sew, to help them," says Cindy. On Tuesday afternoons, from 1:30-4 p.m., the group holds an open sewing circle at Christ the King Lutheran church in Holliston.

Members, says Cindy, whose husband finishes many of the comfort quilts with a long arm machine, "are there to have fun, to enjoy what they're doing, to pass it on to new people, to share their experiences. We are a low budget guild, so we look to each other's knowledge for each of us to build our craft."

The Yankee Quilters do some other fundraising, putting some of their creations in a consign-

ment shop, Mermaid and the Mariner in Monson, as well as holding a "Staycation" four times a year at Christ the King in Holliston, a weekend that includes dinner Friday night, lunch and dinner Saturday, and bagels on Sunday. The cost is \$100 for members and \$125 for no-members, with the next scheduled for October 24-27, 2025.

Right now, if you would like to support the Yankee Quilters with donations of household items between August 11th and October 4th, contact Cindy at (508) 560-5846 or email yankeequilters11@gmail.com to arrange for pickup, or simply drop items off at the Community Collection Day, September 6, 2025, from 9 a.m. to 12 p.m. at Prime Storage, 302 Hartford Ave., Bellingham.

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Vesta Welcomes Michael Alberti



commercial portfolios. This behind-the-scenes expertise gives his clients a valuable perspective on the market's inner workings and empowers them to make informed decisions.

"Michael understands real estate from the inside out," said Ed Daniels, Managing Partner of Vesta Real Estate Group. "He brings clarity and confidence to every transaction, and we're excited to have his enthusiasm and strategic mindset on our team."

Vesta Real Estate Group is proud to announce the addition of **Michael Alberti** to its growing team of real estate professionals. Michael brings more than a decade of experience in real estate finance and accounting, along with a unique, analytical approach to the buying and selling process that Vesta prioritizes.

Prior to joining Vesta, Michael worked with developers, property managers, and investors, advising on financial decisions for both residential and

Based in Holliston and serving the greater MetroWest region, Michael is committed to delivering thoughtful guidance, transparent communication, and results-driven service to buyers, sellers, and investors alike. Outside of real estate, he enjoys exploring local history, cycling, and discovering family-friendly parks, trails, and events.

To connect with him directly, email Michael@VestaMA.com or call 508-903-3117.

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Life Insurance: Protecting what Matters Most



Mark Freeman, CEPA

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September is Life Insurance Awareness Month and the perfect time to consider whether you have adequate coverage to protect your loved ones. While no one likes to think about what would happen if they weren't around, doing so is an act of love.

Life insurance is fundamentally about protecting your loved ones should something happen to you. If you pass away, your

family will not only face the challenges of grief and loss but they could also find themselves financially strapped. Life insurance can help provide them with financial security in the event you no longer can.

Who needs life insurance: You're a good candidate if you have a spouse or partner who depends on your income or if there are children or other loved ones whom you support. Insurance protection can also be a solution if you have outstanding debts like a mortgage, credit cards or a car loan, or if you simply don't want to burden your loved ones with your final expenses.

Insurance through work: While many people have life insurance through their employers, this coverage may not be enough for you, depending on your situation. Among employers who offer group life insurance, only 2% offer more than two times the employee's annual salary — essentially just two years of income — according to the Guardian's 2023 Workplace Benefits Study.

And remember that it's only good as long as you're employed there. With all this in mind, many people purchase individual insurance as a supplement to their workplace coverage.

How much: You might hear that you need life insurance equal to about seven to 10 times your pretax annual salary. That's not a bad "ballpark" figure, but not everyone is playing in the same ballpark. To get a true sense of how much of a death benefit is right for you, use the "L-I-F-E" guide to calculate your needs:

- **Liabilities:** Will your family need to pay off a mortgage, credit cards, car loan or other debt?
- **Income:** Will your family need to replace your income for a period of years?
- **Final expenses:** Do you have the resources to cover funeral and burial expenses?
- **Education needs:** Do you need to put children through a private school or college?

- **Which type:** You can choose between two basic types of life insurance: term and permanent. As its name suggests, term insurance is designed to provide coverage for a designated period, such as 10, 15 or 20 years. In general, term insurance is quite affordable for most people, especially when they buy policies as young adults. On the other hand, permanent insurance, such as whole life or universal life, is usually considerably more expensive because in addition to providing a death benefit, your premiums build cash value. In choosing between term and permanent insurance, you'll want to evaluate several issues, such as how long you think you'll need coverage and how much annual premium you can afford to pay.

Life insurance needs can change over time, so it's important to review your coverage every three to five years or after major life events like marriage or

birth of a child. Consider working with a financial advisor who can look at your complete financial situation and help you choose a policy that truly fits your family's needs. Taking action sooner rather than later could be one of the most important gifts you give your loved ones.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA 508-293-4017
Mark.Freeman@edwardjones.com

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Celebrate Holliston – Citizen of the Year

Do you know a Holliston resident who makes our community a better place to live by going above and beyond? If you do, Celebrate Holliston is currently looking for nominations

for 2025 Citizen of the Year. On September 20th, we will honor our 2025 Citizens of the Year at Celebrate Holliston's Field Day. You can nominate any Holliston resident at www.celebrateholliston.com/vote.html. Forms and ballot boxes are also available at Town Hall, Holliston Public Library, Senior Center and the Superette.

Nominations are open until Sept. 1, and honorees will be selected from the list of nominees by the Celebrate Holliston board members at its early September meeting.



Meet Itsy & Puff – A Bonded Pair of Shy Sweethearts Ready for a Forever Home

Itsy and Puff are about 1.5 years old and were rescued as strays. These two beautiful girls are bonded and must be adopted together — they've come a long way side by side, and now they're ready to take the next step into a forever home.

Both girls are naturally shy, but they're gentle souls who are

slowly blossoming with love, routine, and a little patience. They just need someone willing to give them time and a calm space to feel safe.

Itsy is the more cautious of the two. She may hide at first, but once she feels safe, she'll climb her favorite perch and quietly ask for pets. A back

scratcher or hand-claw can help break the ice. Treats (especially Temptations offered on your finger!) are a great way to win her heart. While she may hiss when startled, she's very expressive and will let you know how she's feeling.

Puff is more approachable and has a calm, curious nature. She might be a bit nervous at first, but once she trusts you, she enjoys being petted anywhere — ears, head, back — and is even starting to get the hang of playtime. Her quiet meow and sweet personality are impossible to resist.

Both Itsy and Puff love being brushed, which is a great way to



bond and help them feel more comfortable.

They're looking for a quiet home with no kids and no dogs — just a peaceful space with someone patient, gentle, and willing to continue helping them blossom at their own pace.

If you've got the heart for shy-but-sweet cats and love the idea of watching a gentle pair grow more affectionate day by day, Itsy & Puff are waiting for you to fall in love.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Itsy & Puff, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Itsy & Puff.

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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time



endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the 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 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."

Business spotlight

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



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

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.

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Sixth Month Update

Holliston's Dull Men's Club at The Center had their first meeting January 3rd

2025, the first Friday of the month. Their second meeting was on the third Friday in January. Because of the success of the first 2 meetings, we went from bimonthly to weekly.

The DMC is a general discussion group, with guide lines,

for men over 55 yrs old. They have had guest speakers at meetings including,

Lt. Jim Barrett HPD (elder scams)

Lil Sklenarik (Wrap Ukraine With Quilts)

Michelle Caddell, Middlesex Savings (bank fraud)

Tyler Skrzypiec, Holliston

conservation agent (what the conservation commission does)

On a personal note, when Laura Parmensi, the assistant director of The Center

asked me to help start and lead a men's discussion group I had no idea what that would look like. Six months in I can honestly say I am enjoying this DMC. I have

been known to say that it isn't really a club, we are actually doing a study on what the elder male will do for a donut. Yes coffee and donuts are served. ED PAYNE



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<p>8</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>9</p> <p>9:00 Monthly Breakfast*** Vets Eat FREE</p> <p>10:00 Legal Advice with Marsden Law***</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p>10</p> <p>9:30 Walking Fitness 10:00 Hopkinton Audiology Cleaning*** 11:00 Yoga 12:00 Lunch*** 12:00 SHINE***</p>  <p>1:00 COA Meeting</p>	<p>11</p> <p>9:00 Pilates 9:30 Aging Well Advocates Ask a Care Manager*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play 2:30 Trailblazer Meeting</p>	<p>12</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club 1:00 Tune Timers 1:30 Book Club</p> 	
<p>15</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>16</p> <p>10:00 Meditation 10:30 Energy Focus Movement 12:00 Zumba Gold 1:30 Senior Living and Home Care (understanding your options with clarity)***</p>	<p>17</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Lunch*** 1:00 Solutions for Cutting Prescription Medication Costs***</p> 	<p>18</p> <p>9:00 Pilates 9:30 SSF Meeting 10:30 Energy Focus Movement</p>  <p>1:00 Mah Jongg Open Play</p>	<p>19</p> <p>10:00 Brain & Body Wellness Exercise 10:00 Dull Men's Club</p>  <p>12:00 Lunch & Learn*** In Sherborn 1:00 Tune Timers</p>	
<p>22</p> <p>9:30 Coffee & Coloring 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>23</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold</p> 	<p>24</p> <p>9:30 Walking Fitness 11:00 Yoga Joni Subbing</p>  <p>12:00 Lunch*** 12:00 SHINE*** 1:00 MassEDP Phone presentation***</p> 	<p>25</p> <p>9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 1:00 Mah Jongg Open Play</p> <p>4:00 to 6:00pm Generations over Dinner*** (Page 2)</p>	<p>26</p> <p>10:00 Brain & Body Wellness Exercise</p>  <p>10:00 Dull Men's Club 1:00 Tune Timers</p>	
<p>29</p> <p>9:30 Coloring & Coffee 11:00 Yoga 12:00 Lunch*** 1:00 Tai Chi 1:15 Games Day</p> 	<p>30</p> <p>10:30 Energy Focus Movement 12:00 Zumba Gold 1:00 Expressive Art Therapy***</p> 	<p>***Means Reservations are Requested in Advance. Please call 508-429-0622</p>			<p>Massachusetts Good Neighbor Day Toolkit</p> <p>Join us in taking action to build stronger connections within communities across the Commonwealth.</p> <p>September 26-28, 2025</p>  <p>Massachusetts Coalition to Build Community & End Loneliness</p>

Decades of Service to the Community and 2 New Offices

BY: ROGER M. KALDAWY, M.D.

Milford-Franklin Eye Center has been serving the community with advanced, compassionate eye care for more than four decades. With a staff of 59, an award-winning surgery center in Milford, and offices in Milford, Franklin, and now two new locations in Hopkinton and Medfield, we are proud to be one of the leading eye care centers in Massachusetts. We are also one of the few ophthalmology practices in the state to own and operate our own surgical facility, the Cataract Surgery Center of Milford. This means patients can receive world-class cataract surgery close to home. Our team includes fellowship-trained ophthalmologists and five optometrists, offering eyecare for the entire family.

Meet Our Providers

Roger Kaldawy, M.D.

Dr. Kaldawy is an eye physician, surgeon, and corneal specialist. He trained at the University of Rochester and the University of Iowa, later serv-

ing as Assistant Professor at Boston University. With more than 32,000 surgeries performed, he pioneered corneal transplants, innovative glaucoma surgery, advanced implants, and bladeless femtosecond cataract surgery in the region. He has trained numerous physicians and has been featured in many news articles including on Channel 5. He also serves as Medical Director of the Cataract Surgery Center of Milford.

Mark D. Barsamian, D.O.

Dr. Barsamian is a vitreoretinal specialist affiliated with UMass Memorial Medical Center. He earned his DO degree from the Chicago College of Osteopathic Medicine and completed a two-year fellowship in vitreoretinal surgery at Ohio State University. With over 20 years of experience, he is board-certified and active in multiple professional societies. He also teaches as a Clinical Instructor of Surgery at Brown University. Patients value his expertise, compassion, and dedication.

Dan Liu, M.D.


Dr. Liu graduated from Northwestern University and Rutgers New Jersey Medical School, where she was elected to Alpha Omega Alpha. She completed residency at Albany Medical Center, where she was Chief Resident, and a fellowship in Cornea and Anterior Segment Surgery at Tufts. Her expertise includes cataract surgery with ORA, corneal transplants (DMEK, DSEK, PK), keratoconus treatment, glaucoma MIGS, ocular surface tumors, and pterygia. She is board-certified by the American Board of Ophthalmology.

Shalin Zia, O.D.

Dr. Zia earned her Doctor of Optometry from Indiana University. She provides care for patients of all ages, specializing in routine vision exams, contact lenses, and management of eye disease.

Michael Adams, O.D.

Dr. Adams graduated from John Carroll University, completed a Master's in Biochemistry at Ohio State, and earned his



MILFORD FRANKLIN EYE CENTER

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MEDFIELD

EXPANDS TO 2 NEW OFFICES

optometry degree from the New England College of Optometry. He has advanced training in corneal pathology, specialty contact lenses, and ocular disease.

Donald L. Conn, O.D.

Dr. Conn received his optometry degree from the New England College of Optometry and completed a residency in Ocular Disease and Primary Care at the Bedford VA. He provides care to both adult and pediatric patients.

Purvi Patel, O.D.

Dr. Patel earned her Doctor of Optometry at SUNY and completed a residency in Ocular Disease. A Fellow of the American Academy of Optometry, she has held leadership roles at Boston community health centers and focuses on diabetes, glaucoma, and community-based care.

New Offices: Expanding to Serve the Community

Boston Eyes in Hopkinton

Located at 66 Main Street, our new Hopkinton office offers comprehensive eye exams, contact lens services, surgical consultations, and a curated eyewear selection. With a connection to Hopkinton for more than 24 years, we bring the same advanced care found at Boston's top centers directly to the community.

Boston Eyes in Medfield – Millis

Our newest office serves Medfield, Millis, Dover, Sherborn, and Westwood. This renovated, convenient location provides eye exams for adults and children, contact lens fittings, surgical consultations, and care for cataracts, glaucoma, diabetes, and retina conditions.

Why Choose Milford-Franklin Eye Center

At Milford-Franklin Eye Center, we treat every patient like family. Our results rival those of major Boston hospitals, and we provide same-day emergency care, Saturday appointments, and a full-service optical shop with an on-site lab. New patients even receive a complimentary pair of select glasses.

We are especially proud of our state-licensed and QUAD A-accredited, state-of-the-art surgery center in Milford. Unlike other practices that may perform cataract surgery in an office setting without anesthesia staff and without IV sedation, our patients have access to a fully accredited surgical facility close to home. At the Cataract Surgery Center of Milford, your safety comes first: all patients receive IV sedation

EYE

continued on page 15

Opening Mid-September



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Children’s Museum of Franklin to Open

Ribbon-Cutting Ceremony September 17; Doors Open September 18th

By JUDITH DORATO O’GARA

After two years of community collaboration, Franklin innovators and moms Erin Gallagher and Meg Hagen will finally be able to realize their dream, the Children’s Museum of Franklin. The ribbon cutting ceremony for the family-friendly regional venue at 157 Cottage Street in Franklin, will take place from 4-5 p.m. on September 17th, 2025, with the museum welcoming families the very next day, from 9 a.m. – 7 p.m. Two days later, exactly two years to the day the 501 (c)3 nonprofit was founded, adults are invited to a birthday bash on the premises on September 19, 2025 from 5:30-8:30 p.m. Tickets (\$100) will include a drink ticket, food, and live music by the Pub Kings.

Hagen and Gallagher expressed “joyful anticipation” at “being able to welcome all of those families who have wrapped their arms around us to be able to open a museum for the community and by the community,” referring not only to financial contributions from the community, but to local experts who contributed their talents to create the inclusive space, from an advisory committee of child-centric professionals to the exhibit builders themselves. “Their talents have been so meaningful to this process, and they will be so valued by this community,” said Gallagher.

The museum boasts features like an Imaginative Play Downtown with a custom gazebo, a dinosaur exhibit, Miss Money’s Playroom, a Healthy Bodies area with a pumping heart, an 8-foot diameter Sensory Tree, a trans-

portation area, a climbing structure with a step-down pit, nursing stations, a classroom makerspace and lab facilities. Exhibits are designed for children aged 0-10, with programming planned for elementary and middle-school aged children and leadership opportunities for older students.

The museum is expected to attract families and educators from up to an hour away, as the nonprofit’s mobile museum events have drawn folks from 180 different towns. “We’re really excited to be able to reach people on a daily basis and just offer so much more for families that come to visit us,” said Gallagher.

Although a spring opening was planned, an extra financial push was needed to finally open the doors. Hagen and Gallagher were thankful to Founding Families, corporations and organizations that came aboard. A Massachusetts Cultural Council for \$145,000 also helped them complete the renovation of the space, formerly owned by Agway. “That absolutely was a game changer,” said Hagen. Although the pair is still working to fund its A-Mazing Ways wind exhibit and a water exhibit designed by Science Kinetics and Vanderbilt University, “engaging and fun temporary exhibits with STEM and learning tables” will temporarily fill those spaces.

The two partners, who refer to their collective five children as “exhibit testers extraordinaire,” said their work together has deepened their friendship. “Our ability to maintain our friendship and to grow and work together throughout this process has been amazing,” says Hagen.

“It just feels like such a milestone moment to be able to an-

nounce our opening,” added Gallagher.

Admission to the museum, closed to the public Tuesday and Wednesdays to allow for school field trips, will be \$14 per person, with discounted rates for WIC and EBT recipients and discounted passes available at local libraries. “We have also had someone step up to provide free passes for

the Franklin Food Pantry and the SAFE Coalition,” said Hagen.

Prior to the public opening, the museum will hold a registration-only pre-play event for social media family/parenting life influencers on September 14th. In addition, a Scary Scurry 5K and Fun Run fundraiser is scheduled for October 19, 2025.

For more information, visit <http://childrensmuseumfranklin.org>.

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EYES

continued from page 14

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The b.LUXE *beauty beat*

Love How You Glow: Our Favorite End-Of-Summer Beauty Services

BY GINA WOELFEL

It's time to fall back into your beauty routine and give your hair and skin the nourishing refresh they need after a sun-soaked summer.

We get it—summer never slows down. Beach days, pool parties, outdoor adventures, and endless activities can leave your beauty routine on the back burner. But as the leaves start to change and September settles in, it's the perfect time for a seasonal beauty reset. With the kids back to school and schedules returning to normal, you finally have that precious “me-time” you've been craving all summer long.

Why Your Skin and Hair Need Extra TLC This Fall

Summer's relentless sun, chlorine exposure, salt water, and heat styling can wreak havoc on your hair and skin. You might notice your complexion looking dull, feeling dehydrated, or showing signs of sun damage. Your hair may feel dry, brittle, or lacking its usual shine and bounce. These are all tell-tale signs that it's time for some serious beauty intervention.

Fall is nature's reminder to slow down and nurture ourselves—and your beauty routine should follow suit. This seasonal transition period is crucial for repairing summer damage and preparing your skin and hair for the cooler, drier months ahead.

Our Top Fall Beauty Services to Restore Your Glow

We've carefully curated our favorite end-of-summer beauty treatments that will leave you feeling revived, radiant, and ready to embrace this cozy fall season.

Oxygenating Facial - \$175

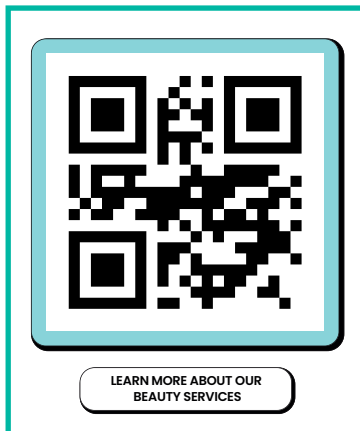
This powerhouse treatment is your skin's best friend and a b.LUXE favorite. After months of sun exposure, our oxygenating facial deeply cleanses, exfoliates, and infuses your skin with pure oxygen to boost cellular renewal. Perfect for addressing:

- Dull, tired-looking complexion
- Sun spots and hyperpigmentation
- Dehydrated skin
- Clogged pores from sunscreen buildup
- Fine lines from UV damage

The result? Instantly brighter, more luminous skin that glows from within. This treatment also helps prep your skin for richer fall moisturizers and serums.

Scalp Spa Revival - \$60

Your scalp needs just as much attention as your skin after summer's harsh elements (because remember...your scalp is your skin!) This deeply relaxing treatment combines gentle exfoliation, nourishing masks, and a therapeutic scalp massage to:



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- Remove product buildup
- Restore moisture balance to soothe dry, flaky scalp
- Stimulate blood circulation for healthier hair growth
- Create the perfect foundation for gorgeous fall hair

Think of it as a reset button for your entire head—you'll leave feeling refreshed and your hair will thank you with improved body and shine.

Demineralizer Treatment - \$65

Hard water, pool chemicals, and environmental pollutants can leave mineral deposits in your hair, making it feel heavy, dull, and difficult to style. Our demineralizer treatment gently removes these stubborn buildup issues while:

- Restoring your hair's natural pH balance
- Improving color vibrancy and clarity



- Enhancing moisture absorption
- Leaving hair softer and more manageable
- Preps hair for better absorption on new color services

Color Balance

Perfect your natural or colored hair with a color balance, our professional toning service that delivers incredible shine for all hair colors and eliminates unwanted brassy or yellow tones for blondes and gray hair. By smoothing the hair cuticle, this gloss treatment creates a mirror-like finish that makes your existing color look fresh and vibrant. For the ultimate red carpet look, book a color balance and blowout!

This service delivers:

- Ultimate glossiness and shine for every hair color
- Enhanced color clarity for all hair types
- Clear or Toned Finish
- Smoother, healthier-looking results

The perfect finishing touch that leaves your hair looking radiant. Remember to add this service when you book your next appointment!

The Science Behind Seasonal Beauty Transitions

As temperatures drop and humidity levels decrease, your

skin and hair face new challenges. Indoor heating systems can further strip moisture, while cooler air means less natural oil production. Starting your fall beauty routine early helps you stay ahead of these seasonal changes rather than playing catch-up later.

Book Your Fall Beauty Reset Today

These seasonal self-care essentials are your secret weapon for transitioning into fall beauty. Don't wait for the leaves to change—your skin and hair benefit most from early intervention.

Step into 'sweatah weathah' feeling radiant and renewed this September! Our team of experts is here to help you create a unique fall beauty plan tailored just for you.

Contact us today to schedule an end-of-summer beauty refresh and discover why so many clients trust us with their beauty needs.

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Sports

Thomas Schuler, PMC Volunteer

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The Pan Mass Challenge (PMC) is a bike-a-thon that annually raises more money for charity than any other single athletic fundraising event in the country. Founded in 1980 by Billy Starr to raise money for the Jimmy Fund, the PMC raised a staggering 75 million dollars last year bringing the lifetime fundraising for the Dan-Farber Cancer Institute to over one billion dollars.

Each summer, thousands of riders and volunteers from 43 states and 12 countries participate in the PMC, all with a common goal: to find a cure for cancer. One Hundred percent of all rider-raised funds go directly to cancer research and treatment at Dana-Farber and the Jimmy Fund. The PMC is Dana-Farber's single largest supporter and is 66 percent of the Jimmy Fund's annual revenue.

While there were more than 6500 riders taking to the streets on their bikes the first weekend of August, there were another 3500 volunteers making sure those riders got to their final destination. Holliston's Thomas Schuler is one of those such volunteers.

Originally, from New Jersey, Schuler was diagnosed with Lymphoma in 2001, treated in 2002 and has been in remission for the past 23 years. Following his cancer scare he joined the Leukemia and Lymphoma Society as part of their Team in Training, a program that helped raise money to pioneer groundbreaking research and advancements in the fight against cancer for Leukemia and Lymphoma. 'Curing Cancer is a team sport.'

The nationwide program helps individuals get ready for race day whether its running, walking, biking, participating in a triathlon, hiking or climbing with professional coaching and training customized to your specific event. Schuler took part in the program from 2004-2017 before he moved to Holliston in 2018.

Once he had settled in Massachusetts and having been involved with the Leukemia and Lymphoma Society for so long

in was only inevitable that he get involved with the biggest fundraiser in the area.

"I am not sure what prompted me to get involved with the PMC," he said. "I was looking for something to do and being a long-time cyclist and cancer survivor I decided to get involved."

Unlike the majority of PMC participants, Schuler is not raising money on his bike over two days in August, instead he's manning the Medfield water stop, something he has done for the past five years. Here he is handing out water and snacks to the riders, giving them the support they need to continue while meeting tons of interesting people along the way.

"Over the years I've meet an 80-year-old grandfather riding with his grandson; a group of high school football teammates wearing their old uniform numbers and a group from Vermont, who was riding in an event in South Carolina before coming up to the PMC," Schuler said. "I've meet so many people over the years. It is pretty cool to be part of something like this that helps so many people."

One of the memorable parts of being a member of the PMC family was a few years ago when Schuler was selected to be part of that years contingency of participants in the Living Proof ride that is made up of survivors who get to ride their bikes around Fenway Park. It was a big thrill for the Holliston resident.

Although Schuler has been volunteering for the PMC since 2021 he has never gotten on his bike and rode the event in some capacity.

"I've done this sort of thing when I was in New Jersey, but never here," he said. "I've thought about it, but the fundraising and distance would be tough; I'm getting older now and really enjoy my current role meeting and supporting all the cyclists, but you never know."

While the PMC relies on its fundraising riders, it would not be possible without the thousands of volunteers, like Schuler, who donate their time and energy to the success of the ride and its riders.



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Real Estate Corner



The 3-bed, 3-bath, 2,414-square-foot house at 21 Mechanic Street in Holliston recently sold for \$753,700. Image credit: www.zillow.com. Source: www.zillow.com / Compiled by Local Town Pages

Recent Home Sales

Date	Holliston	Amount
08/15/2025	75 Union Street	\$725,000
08/15/2025	205 Central Street	\$650,000
08/08/2025	81 Linden Street	\$1.10 mil
08/08/2025	2 Rich Road	\$692,434
08/07/2025	124 South Street	\$700,000
08/07/2025	1221 Highland Street	\$1.01 mil
08/07/2025	10 Temi Road	\$752,500
08/01/2025	257 Underwood Street	\$1.20 mil
08/01/2025	21 Mechanic Street	\$753,700
07/30/2025	456 Prentice Street	\$550,000
07/30/2025	4 Roberta Circle	\$625,000
07/30/2025	29 Regal Street	\$700,000
07/30/2025	54 Indian Ridge Road	\$940,000
07/29/2025	279 Norfolk Street	\$893,500
07/29/2025	41 Pleasant Street	\$1.10 mil
07/28/2025	1210 Highland Street	\$460,000
07/25/2025	416 Norfolk Street	\$546,000
07/25/2025	13 Dixon Circle	\$690,000
07/24/2025	1585 Highland Street	\$920,000
07/22/2025	180 Mellen Street	\$755,000
07/21/2025	523 Norfolk Street	\$422,500
07/18/2025	634 Washington Street	\$880,000
07/17/2025	2313 Washington Street	\$710,000
07/17/2025	1282 Highland Street	\$830,000

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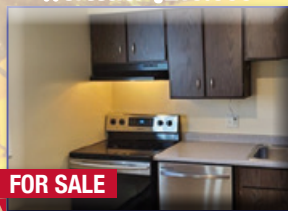
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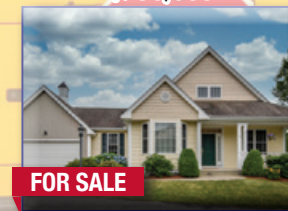
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