

Holliston localtownpages

Vol. 13 No. 9

Free to Every Home and Business Every Month

November 1, 2025

Got a Door? Decorate It for the Holidays!

*Holliston Historical Society Invites Resident
to 1st Holiday Door Décor Contest*

By J.D. O'GARA



Shown is the Asa Whiting House decorated for Christmas. Holliston Historical Society is kicking off a fun, new contest inviting all residents to decorate their doors celebrating ANY winter holiday. The contest will kick off during the Holliston Holiday Stroll on November 29.

When Sarah Amtower moved into a historic home in Holliston, the home had a 'Doors of Holliston' poster. That poster, and a personal love of decorating for the holidays, inspired a new Holliston Historical Society community collaboration. The Holliston Historical Society has cheerfully launched its first-ever Holiday Door Décor Contest, a community event designed to celebrate the creativity and festive spirit of Holliston residents.

Open to all Holliston residents, the contest invites participants to decorate their front

DECORATE
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Keeping Local News Alive and Communities Connected

By JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local

news that keeps our communities informed and connected. Local journalism is not just about headlines — it's about people. It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, and the coverage of town meetings, and ensuring that every story is told.

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DECORATE

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doors, stoops, or porches with their best seasonal décor—all holiday traditions and styles are welcome! The contest will kick off on Saturday, November 29th, in conjunction with Holliston's beloved Holiday Stroll, and will run through Saturday, December 13th. Members of the contest committee will view and photograph the entries between December 13th and 16th, with winners announced around December 18th–20th.

“Making it all about doors and porches, it doesn't matter how big your house is or how small your house is, you can participate,” says Amtower, who says another inspiration for the idea came from the assisted living community where she works, where residents routinely express their creativity by decorating their doors.

Residents can enter by visiting the Holliston Historical Society's website (<https://hollistonhistoricalsociety.org>) and completing a simple online form. The Society's committee will view and photograph homes and share images on social media and in promotional materials.

Winners will be chosen for 1st, 2nd, and 3rd place. Prizes will include gift cards generously donated by local Holliston businesses; but the biggest reward of all is bragging rights and town-wide recognition for having one of the most festive homes in Holliston!

“We wanted to create something festive that brings our community together and highlights the creativity and pride that makes Holliston so special,” said Amtower. “We hope this will become a new annual tradition for residents to look forward to each holiday season.”

The Historical Society encourages all Holliston residents to participate, whether by entering the contest or by taking a drive through town to admire the festive displays. More details and the entry form will be available on the Society's website in early November.

For questions, visit www.hollistonhistoricalsociety.org or email Sarah Amtower at sarah.amtower@gmail.com

About the Holliston Historical Society

The Holliston Historical Society's mission is to help enrich the life of our community by promoting historical preservation and by sharing Holliston's past and current history through research, publications, exhibits, programs, events, and education.

Holliston's Annual Holiday Stroll November 29, 12-6



By JUDITH DORATO O'GARA

For the second year in a row, Celebrate Holliston is presenting Holliston's Annual Holiday Stroll - A Small Business Saturday celebration, taking place for the 19th year, on Saturday November 29, 2025, from 12 to 6 p.m.! Visit Celebrate Holliston's Holiday Stroll page for details: <https://www.celebrateholliston.com/stroll.html>.

Gina Stucchi, this year's president of Celebrate Holliston, explains how Celebrate Holliston came to run the Holliston Holiday Stroll, formerly run by Diane Marrazzo, Donna Cady and John Paltrineri as members of the former Holliston Business Association.

“For a few years, the Holiday Stroll almost completely went away,” says Stucchi, who explains Karla Alfred became involved, eager to build the event up once again. “The year before the 300th, we approached Celebrate Holliston and asked if we can take on the Holiday Stroll, so we took it over last year, for the 300th, and did a big event.” The effort, however, is a big undertaking for Celebrate Holliston, as it comes on the heels of the Celebrate Holliston field day, and it could use volunteers dedicated to it. She likes to think of Celebrate Holliston as the event's “foster parents.”

“Hopefully, we can find a good place for this, as it should be businesses or an economic development committee, but it's placed with Celebrate Holliston right now. We're voting year-to-year to run the event,” she said.



The Holliston Holiday Stroll, November 29th, will culminate at Blair Square with a tree lighting at 4:15 p.m. run by the Holliston Lions.
Photo used courtesy of the Holliston Lions Club.

“It's a lot of work,” says Paltrineri, owner of Fiske's, adding, “Donna and myself and Diane, we did it 20+ years, and of course, it's a tough time of year for us to do it.” Paltrineri explains more volunteers were needed. “Many hands make the work lighter, and all the planning is done months in advance. I think they're doing a great job.”

Alfred, who's lived in Holliston since 2011, says she stumbled across the Stroll at one point and loved it. She echoes Stucchi's sentiment that the turnaround from wrapping up the field day and pivoting to the Stroll is a challenge.

“It's a free event for the public, and that's what makes it magical,” says Alfred, “and the idea is to highlight Holliston businesses.”

She points out the Holliston Lions, who handle holiday lights for the town, came up with the

idea of getting holiday trees to assemble at Blair Square, with different nonprofit groups decorating them. Those trees will be on display at the tree-lighting.

Many local businesses offer something special for the stroll. Last year, says Alfred, the library and police department held activities, but their participation had yet to be confirmed at press time. What is confirmed is below:

- Trolleys- this year- double decker trolleys will be running from 1-6 p.m. throughout downtown areas -guaranteed stops: Historical Society (12-4), Masons Hall, Blair Square (at least 2 more will be added throughout town)

STROLL

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STROLL

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- Celebrate Holliston's Chili Contest will take place at Mt. Hollis Masonic Lodge (Masons Hall). Chili-makers must gather ingredients, pots and utensils and prepare 1.5 gallons of their best chili AT the hall, which will be open at 6:30 a.m. The public can sample the chili starting at noon, and the People's Choice Award will be announced at the tree lighting. Visit <https://www.celebrateholliston.com/chili.html>.
- The annual tree lighting by Holliston Lions, with help from Holliston Girl Scouts, will be at 4:15 p.m. in Blair Square, where you can find Stroll information and booths by Trolley-level sponsors.
- The Giving Tree and Holiday Trees will be on display in Blair Square.
- A Vendor Market will take place at Holliston Town Hall, 12-4 p.m. (Although November 1st was the deadline to be included in printed materials, vendors will be accepted until November 15th.)
- Santa will be out and about!
- Snowy's Scavenger Hunt is back for a second year!

The Holiday Stroll web page will continue to be updated as the date approaches. Find information at <https://www.celebrateholliston.com/stroll.html> and visit Celebrate Holliston on Facebook.



DONATION

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news brings people together, fosters accountability, and preserves the stories that make each town unique. Without it, those small but powerful connections risk being lost.

Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing costs rise to historic levels, advertising alone can no longer carry the full weight of production. We

recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual **Support the Newspaper** campaign. Every donation, no matter the size, helps offset the rising costs of printing and distribution, ensuring that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a

platform to local voices that deserve to be heard.

We are endlessly thankful for your readership, your trust, and your belief in the value of local journalism. For decades, this paper has been honored to share your stories, celebrate your milestones, and champion the spirit of our towns. With your help, we can continue to do so for many years to come.

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Thank you for your support. We have been honored to be a part of your community, and we are excited to continue to bring you the news and stories that matter to you each month.



Light Up Holliston a Holliston Lions Tradition

By JUDITH DORATO O'GARA

Sunday, November 16th the town of Holliston will once again light up for the holidays. Many think this is a town initiative, but the effort is a tradition begun by the Holliston Lions Club. "We call it Light Up Holliston, but it's really turned from a citizen initiative to local businesses who help us put the lights up," says Holliston Lion Steve Apesos, "Holliston is a close community that looks to support its retailers, its nonprofit organizations, all of that. That typifies the kind of small town atmosphere that makes people enjoy and live in a community. We have Light Up Holliston and Celebrate Holliston, two special days that really depict the kind of community we are."

About 15 to 20 Holliston Lions and their Holliston High School ancillary group, the LEOS, will be putting up the lights at various locations around town, east of the Holliston Police Station all the way down to the Holliston Cemetery, the Hollis-



The Holliston Lions Club will hold "Light Up Holliston," an annual effort to make Holliston sparkle for the holidays, on November 16th. Photos courtesy of the Holliston Lions.

ton Public Library, and the trees in front of Fiske's and Holliston Superette.

"Someone takes the cemetery, and someone takes Town Hall. Tom Chipman, who has an electrical company, has a bucket truck, and for the library, the DPW volunteer and give us their team," says Apesos, who explains, "Light Up Holliston was a campaign at one time, but once we got it going, we turned it into an opportunity to find sponsors," says Apesos.



Each year, the Holliston Lions purchase trees for Blair Square which local nonprofits decorate. The Lions will run the tree-lighting on November 29th, at 4:15 p.m. at Blair Square.

On November 29th, the Holliston Lions will be doing the physical lighting at the Holliston Holiday Stroll, organized by Celebrate Holliston.

"Last year, we had some of the town church choirs there, and we'll have carolers, singing," says Apesos, who explains that the Lions have purchased about 14 trees for Blair Square, to be decorated by nonprofits in the

community. "The tree lighting will be the culmination of the stroll," he says.

Sponsors of Light Up Holliston include Ahronian Landscaping, Coffee Haven, Colantonio Construction, Griffin Electric, Holliston Dental, Holliston Superette, Optimize Vision Care, Kathy Chisholm Realty, the Marigold Fund, and Middlesex Savings Bank.

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Clear the Clutter this Fall with Affordable Junk

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps 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.

Business spotlight

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 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!

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Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2026



Glenn Brown, CFP

November is a pivotal month for financial planning — the time to measure progress, make final strategic tax decisions for 2025, and prepare for 2026. Wait until December, and your finances might get lost somewhere between pumpkin pie and ugly holiday sweaters.

Here's what you do now to stay in control.

1. Review Your Planning Goals

Have you met savings and investment targets? Paid down debt? Improved spending habits? Reviewing your progress helps identify what to accelerate before December 31 and where to focus in 2026.

2. Tax Planning Strategies

November is ideal for evaluating tax opportunities while there's still time to act.

- Does a Roth conversion or switching future 401(k) contributions to Roth make sense?
- If converting, what's your projected 2025 tax bracket, and how much room remains before moving up a bracket?
- Are you or a grandparent planning to gift more than \$19,000 to a child's 529 Plan?
- Are you self-employed and opening a Solo 401(k)? The plan must be created by December 31, though contributions can be made until your 2026 tax-filing deadline.

Regulatory Update & Gifting: The OBBA Act of 2025 made many TCJA provisions permanent, including lower income tax brackets and the higher standard deduction, so the expected 2026 "rate reset" won't occur. Some temporary provisions — like higher SALT deduction limits and expanded child/education incentives — phase down later. Consider whether realizing income, Roth conversions, or charitable deductions in 2025 could improve your long-term tax plan.

The annual gift tax exclusion remains \$19,000 per recipient for 2025, and the federal lifetime gift and estate tax exemption rises to \$15 million per individual starting January 1, 2026.

The top estate and gift tax rate stays 40%.

3. Open Enrollment and Workplace Benefits

Open enrollment is your yearly chance to review benefits:

- Does your health plan still meet your needs?
- Should you fund an HSA or FSA for pre-tax medical savings?
- Do supplemental life, disability, or dependent care benefits make sense?

Use Your FSA Before It Expires: FSAs are "use-it-or-lose-it." For 2025, employers may allow up to \$660 to carry over into 2026, or a 2½-month grace period—not both. If you don't use it, it's gone — unlike that leftover Halloween candy you somehow keep eating through March.

4. Evaluate Your Investment Portfolio

Review your asset allocation and rebalance if needed. Diversification across asset classes — not just equities — helps manage risk.

If nearing retirement or expecting major expenses, plan how to access funds efficiently. Tailor your strategy by account type (taxable, traditional, Roth, HSA) to balance liquidity, growth, and tax efficiency.

5. Cash Flow & Emergency Savings

Review cash flow and savings. Retirees using a Bucket Strategy should replenish cash to cover short-term income gaps over 2–3 years. Working individuals should maintain 3–4 months of liquidity and access to credit (e.g., HELOC) for unexpected expenses.

6. Don't Forget Your RMDs

For 2025, the Required Minimum Distribution (RMD) age remains 73. Inherited IRAs from non-spouses after 2019 require annual RMDs within the 10-year rule. Penalties have been waived through 2025 but take effect January 1, 2026.

Conclusion

November is a month for reflection, gratitude, and preparation. Reviewing finances now can set you up for a stronger 2026 — and help you avoid that

awkward moment when you realize you splurged on "holiday gifts" for yourself.

If you're unsure where to start, connect with your Certified Financial Planner® to finish 2025 strong and position yourself for success in the year ahead.

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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“It’s All about the Joy.”

Holliston Family’s Foundation Fulfills Needs, Fuels Dreams

By LISA GENTES-HUNT

One Holliston family is continuing its nearly two-decade-long tradition of making holiday wishes come true for local children in need this season.

Jonathan Gerber and his wife Leslie Gerber, founders of the Holiday Dreams Foundation, along with their four children, are continuing to support children and families in need in the Metrowest and Hartford, Connecticut areas this year.

“It’s Christmas cheer and holiday cheer,” Cofounder Jonathan Gerber stated in an interview. “My kids have grown up, the last 19 years, seeing clothes and toys everywhere...and understanding it’s for donations for those in need,” he noted of how the Gerber’s Holliston home is the hub for the Holiday Dreams Foundation’s collection project.

Each year, his house fills with donations of gifts, toys, clothes,

wrapping paper and supplies, as they prepare for the annual holiday drive. The founder said it has been a great way to teach his children and instill in his own family the importance of giving back to the community and helping those struggling.

The Holliston residents have already begun the process of collecting toys, donations and volunteers to make the magic happen for the 2025 holiday season.

Back in 2006, the Gerber family started their foundation and began partnering with one school to make the holiday magic for local children. They started by hosting a Christmas party and giving holiday gifts to about 20 children at the Woodrow Wilson School in Framingham, Mass. Now, the nonprofit helps make holiday wishes come true for an estimated 1,800 children across the Metrowest and Hartford, Connecticut region, Jonathan Gerber said.



“It’s all about the joy,” the co-founder said of helping children in need.

Although Thanksgiving is not their core focus, Holiday Dreams does partner with the local Holliston Food Pantry to help provide gift cards to fund families in need of support for the Thanksgiving season, he noted. Typically, the organization provides 180 families with Thanksgiving essentials each year, he said.

Supporting children and their families is the focus of the organization, which also includes fighting food insecurity during non-holiday months as well.

“Needs are not just holiday needs,” Gerber said, noting that food insecurities for students include going to school hungry or not having access to meals when school is closed.



The Holiday Dreams Foundation began as a family effort of Jonathan and Leslie Gerber and their children, to benefit children at the Woodrow Wilson School served by JFS Metrowest. With their home still the hub of their holiday collections, they now help 1,800 children across the Metrowest and Hartford, Connecticut region.

This past summer, the foundation brought smiles to a group of 30 local children with tickets to a Savannah Bananas game. He noted it was a way to lift their moods as dealing with financial and food insecurity is tough on children.

Another way the Foundation assisted was during the COVID lockdown in 2020. The organization gathered volunteers, and paired up with local restaurants in order to deliver meals to 100 students in need from the Holliston community with daily meals since the school was shut down. That included breakfast, lunch and dinners through the closing of that school year, he said.

“We are dedicated to supporting efforts to ensure future success for students in our hometown of Holliston,” the Gerbers state on their website. “We provide funding for testing and fun activities, snacks for children who come hungry to school, as well as emergency funding for life’s unexpected challenges.”

All requests for help from the Holiday Dreams are anonymous and can be directed to the Holliston Food Pantry or the local school’s guidance counselors, the founder noted.

“We are a yes organization,” Gerber noted, adding that the only requirement for receiving support is that the child is 18

years of age or under; that the whole family, including siblings, are assisted as well; and that the family contacts their local school guidance counselor to be connected with the foundation.

The school or local food pantry will connect with Holiday Dreams and ensure a wish list is created with the correct information and fulfilled in time for the holidays. He did encourage anyone in need to reach out to their schools now in order to get the process started—as the shopping and gifting can take some time.

Those that would like to sponsor a child/family, make a monetary donation by cash, check, Venmo or credit card, or offer assistance can contact the Holiday Dreams Foundation in Holliston at: Sponsor a Child | General Donation — Holiday Dreams Foundation (<https://holidaydreamsfoundation.com/donate>) or by calling (781) 201-9004.

For Holliston residents in need of assistance for Thanksgiving or the holiday and Christmas seasons, reach out to the Holliston Food Pantry at (508) 429-5392.

For more information go to: Holiday Dreams Foundation (<https://holidaydreamsfoundation.com>).

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The Short Term Rental Report

Direct Bookings: The Next Frontier in Vacation Rental Success



Dave Menapace, President

Why professional hosts are embracing independence from the big booking platforms

In the world of short-term rentals, one phrase has been gaining momentum among professional hosts and property managers: **direct bookings**. A direct booking happens when a guest reserves a stay directly

with the host or management company, rather than using an online travel agency such as Airbnb, Vrbo, or Booking.com. Instead of relying on those major platforms to handle transactions, the property owner becomes the merchant of record through their own website, email, or even a phone conversation.

So why the shift? The answer lies in **control, connection, and cost**. With a direct booking, property managers communicate directly with guests from the start, creating the opportunity to describe the property in detail, answer questions, and highlight what makes the home unique. That personal touch often builds stronger trust and sets the tone for a better guest experience.

From a financial perspective, direct bookings help operators retain more of their income. Traditional online travel agen-

cies often charge significant fees, sometimes as high as 15 percent, that reduce both the guest's savings and the owner's bottom line. By booking directly, guests save money and hosts keep more of the revenue. Being the merchant of record also allows the operator to hold the funds, providing more flexibility and consistency in enforcing cancellation or payment policies.

However, direct bookings are not without challenges. Unlike Airbnb or Vrbo, which offer automated guest verification and certain fraud protections, property managers handling direct reservations must create their own systems for screening guests. This includes running background checks, verifying age, collecting signed guest agreements, and maintaining secure payment processes. There is also the potential risk of chargebacks if a guest disputes

a transaction with their credit card company, so understanding small claims procedures or having protective policies in place is essential.

Another challenge lies in visibility. Large booking platforms invest millions in search engine optimization and advertising, meaning their listings almost always appear before an independent website. As a result, most management companies find it difficult to rely solely on direct bookings for new guests. The smart approach, as many professional operators have discovered, is to use those larger channels for initial exposure and then convert guests into loyal repeat visitors through direct channels.

That is exactly how leading companies are using this strategy. After a guest books through Airbnb or Vrbo, they collect contact information during the

stay and later invite great guests back through a direct booking website, rewarding them with a lower rate while keeping the relationship in-house.

Looking ahead, direct bookings are becoming a **cornerstone of sustainable growth** in the short-term rental industry. As competition tightens and marketing costs rise, the companies that own their guest relationships will hold the real advantage. With thoughtful systems, consistent branding, and modern technology, direct bookings are no longer just an alternative—they are the future of professional vacation rental management.

Dave Menapace, President
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Rebuilding Self-Confidence, One Wig at a Time

By JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel beautiful, but whole, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to find ethically-sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says. That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing wigs or any type of hairpiece.

She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."

Someday, though, Cohen hopes to train stylists, and by 2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.

line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://runwayforacause.org>), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."



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A Retiree's Guide for National Retirement Security Month



Mark Freeman, CEPA

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If you're retired, it's easy to let your finances go on autopilot. Since October is National Retirement Security Month, it's a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime.

Consider these suggestions:

Manage your withdrawal rate. You'll likely need to tap into

your retirement accounts — your IRA and 401(k) or similar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 73, you'll be required to take out at least a certain amount each year based on your age and account balance.

Estimate health care costs. When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You'll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the De-

partment of Health and Human Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic when budgeting for health care expenses in retirement.

Consider when to take Social Security. You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your "full" retirement age of 66 or 67. (The size of your payments will "max out" at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.

Avoid investing too conservatively. Once you're retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a low rate, inflation can erode your purchasing power over time.

Keep your generosity in check. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but

try not to go beyond that. By preserving your financial independence, you'll end up benefiting your family as well.

Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.

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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Holiday Season Kickoff with Santa December 7th

The Lions' Breakfast with Santa (BWS) has been a tradition for over 25 years, since the nonprofit group took over the event from parent volunteers at the Placentino-Miller school, says Holliston Lion Vinnie Alwani, this year's BWS chair. This year, the breakfast will take place from 8-11:30 a.m. on December 7th. All net proceeds raised at the event are given back to the Holliston Music and Arts Parents Association (HMAP), the Holliston Pantry Shelf, and other local charitable needs. The breakfast is \$12 for those ages 12+, \$8 ages 2-11 and free for kids under 2.

After breakfast, families can take photos with Santa. Typical photo pricing is \$5, but if you bring a toy to donate to Toys for Tots or you bring an item to donate to the Holliston Pantry Shelf, the cost is \$4.

Local dance troupes and some of the young people in our community with the assistance of the Holliston Music & Arts Parents Association (HMAPA) will be performing throughout the event.



Overhead costs for Breakfast with Santa are kept low thanks to generous sponsors, including Garelick Farms for the drinks, Holliston Superette for the food, and Fiske's General store for the raffle prizes for this event.

Alwani explains that the Holliston Lions, led this year by its Club President Jocelyn Gabori-ault, is comprised of people in the community with a common desire to provide service and support to those around us. In addition to BWS the Holliston Lions are proud to host other events that benefit and / or raise funds for charitable causes including the Holliston Carnival, High School Scholarships, Downtown Lights, Highway Cleanup, Big Raffle, Senior Lunches, Lend a



Lion, and many more. In fact, Holliston Lion Jim Foster is heading up its Coats for Kids drive, collecting gently used (no rips, stains or tears) winter coats for men, women and children. Following are drop-off dates, times and locations:

- Wednesday November 5 from 6:45 – 8 p.m. – Cole Court Common Room (Board Meeting)
- Tuesday November 11 from 10:30 a.m. to 12:30 p.m. – Upper Town Hall (Veterans Day Luncheon)
- Saturday November 15 from 12:15 to 3:15 p.m. – Casey's Pub (Meat Raffle)

- Wednesday November 19 from 6:30 to 8:30 p.m. – Restaurant 45 (Medway – Monthly Dinner Meeting)
- Sunday November 23 from 11:30 a.m. to 1 p.m. – The Center (Senior/Veterans Luncheon)
- Wednesday December 3 from 6:45 – 8 p.m. – Cole Court Common Room (Board Meeting)
- Sunday December 7 from 8:30 to 11:30 a.m. – Placentino Cafetorium (at the Breakfast with Santa)
- Wednesday December 17 from 6:30 – 8:30 p.m. – Restaurant 45 (Medway – Monthly Dinner Meeting)
- Wednesday December 24 from 10:30 a.m. – 12:30 p.m. – Mount Hollis Lodge (Christmas Eve Meal Delivery only)

The local organization is always looking for individuals, young and old, who are committed to making a difference in our community. If community members can't find the time to join, they may still support the Lions' charitable work through a donation. At the breakfast, the Lions encourage you to stop by their membership table, where they will answer any questions people may have. Also, for more information, visit the Holliston Lions' website at <https://hollistonmalions.org>.



If none of these times work for you please contact the Holliston Lions here: <https://hollistonmalions.org/contact-us/>

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Dr. Zaki earned her medical degree from the Medical University of South Carolina in Charleston, SC and completed her Family Medicine Residency at ECU Health Medical Center in Greenville, NC. In addition to English, Dr. Zaki speaks Arabic and conversational Spanish, allowing her to connect with and care for a diverse patient community. She looks forward to providing compassionate, comprehensive primary care to patients of all ages.



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Diverse Holliston Choir Plans December Concert

Last month, rehearsals began for a Winter Solstice Concert by the Diverse Holliston Choir. The choir meets on Tuesdays, 5:30-6:15 p.m. at 24 Water Street Mill, Studio 3-4, with a break on November 25th for Thanksgiving. The Winter Solstice Concert will take place on Saturday, December 21st at Holliston Town Hall and includes the following program:

Crowded Table, I Wish You Peace, Brighter Days, Candlelight Canon, Here Comes the Sun, Seasons of Love, Stand by Me, Dona Nobis Pacem, and This Little Light of Mine.

Two other concerts are also planned for Saturday, March 7th and Sunday, May 31st.

If interested in joining, email sarastalnakergmail.com.



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The Real Cost of Delaying a Furnace Replacement



Alexandra McKerman



Ryan McKerman

ciency, meaning up to 40 cents of every heating dollar is literally going up the flue. Newer models routinely achieve 95%+ efficiency, translating into significant monthly savings on energy bills.

Put simply, every winter you keep an old furnace running, you're likely paying more than you need to for less comfort.

Safety Risks

It's not just about efficiency. Aging systems can develop cracks or leaks in their heat exchangers, which may allow dangerous gases like carbon monoxide to enter your home. Even small leaks or improper venting can pose health hazards, especially for children, older adults, or those with respiratory issues.

Routine maintenance helps reduce these risks, but it can't always offset the wear and tear that naturally accumulates over decades.

Unplanned Emergencies

Few things are worse than a furnace failing on the coldest night of the year. Emergency repairs can be costly, and find-

ing parts for older models can be difficult or even impossible. Plus, when you're desperate for heat, you may end up settling for a "quick fix" rather than making the thoughtful, informed choice you would have preferred in the fall.

Financing Options Make Replacement Easier

The good news is that replacing a furnace doesn't have to break the bank. Many reputable local companies, including Pro Comfort Control, offer financing options, rebates, or seasonal promotions to make the transition more manageable. Some even include perks like free smart thermostats or extended labor warranties to add long-term value.

A Smart Investment in Comfort and Peace of Mind

While it's tempting to delay a replacement one more season, the long-term math rarely adds up. Between rising utility bills, mounting repair costs, and potential safety issues, delaying can cost more, in dollars and in peace of mind, than acting now.

Local experts like Pro Comfort Control specialize in high-quality installations and can help you choose the right system for your family's comfort and peace of mind. Pair the system with our "No Payment til 2026," and you'll have optimal comfort for your home and bank account over the holidays!

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HEATING INSIGHTS

As fall turns to winter, many homeowners are busy preparing for the colder months ahead - changing filters, checking thermostats, changing the batteries in the smoke detectors and CO2 detectors, and stocking up on firewood. But for those with aging furnaces, there's another question that's harder to ignore - should we repair or replace?

At first glance, postponing a furnace replacement might

seem like a budget-friendly option. After all, repairs often cost less upfront than a full install. But experts warn that waiting too long can result in hidden costs that quickly outweigh any short-term savings.

Efficiency Loss = Higher Bills

Older furnaces tend to operate at much lower efficiency levels than today's high-performance systems. In fact, a 20-year-old furnace might be operating at only 60-70% effi-

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Fatima Shrine Christmas Lights a Holiday Tradition

Holiday Festival Runs through December 27

Holliston is once again a little brighter and busier this Christmas season as hundreds of visitors make their way to Our Lady of Fatima Shrine, 101 Summer Street, Rte. 126, Holliston, home of The Xaverian Missionaries. The holiday displays are a decades old tradition at the Fatima Shrine, with lights covering well over half the 30-acre shrine.

The Christmas Lights will go on (unless there is heavy rain or sleet) every day from

5 p.m. to 9 p.m. beginning December 11th until Dec. 27th. Background Christmas music adds a unique touch to this special season. For all visitors, hot chocolate and pastry are available in Xavier Hall. There is no entry charge and parking is free. Donations are welcome.

The Shrine's Gift Shop will be open for extended hours during the Christmas Lights.

On December 14th, at 3 p.m., St.



Cecilia's Music Ministry of Ashland will present a Christmas Concert, directed by Lelia Tenreyro-Viana, also director of the Charles River Children's Choir. Special guests will include the Charles River Children's Choir, as well as Timothy Jantzen, on piano, and Sergio Reyes, on violin. Following the concert, there will be a procession in which the statue of the Infant Jesus will be placed in the manger in the Grotto on Shrine grounds.

On December 24th the Christmas Vigil Mass will be Celebrated at 4:30 p.m. and Christmas Day Mass – December 25th will be celebrated at 10 a.m. All are welcome to come and participate in these various events as together we welcome and celebrate the true meaning of Christmas.

For more information on the Xaverian Missionaries and Fatima Shrine visit: <https://bit.ly/fatima-shrine>.

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Proposed Arch Street DPW Site Approved at Holliston's Annual Town Meeting

By JESS OMMEN

On October 20, Holliston held its Annual Fall Town Meeting in the Holliston High School Auditorium where voters overwhelmingly approved the proposed Arch Street location for Holliston's new Department of Public Works Site.

Leading up to the October 20th meeting, social media lit up with debate over the topic. Many residents questioned why the Select Board would recommend a location that they had previously ruled out.

Select Board Chair Ben Sparell acknowledged this in his comments prior to the vote: "A few years ago I said Cross Street was the location. And now I'm here talking to you about Arch Street."

"Cross Street has been in land court for an eternity, and it seems like it is going to be another eternity." He went on to explain that Cross Street is no longer a reliable option for the town, even if it was released from land court tomorrow. When Holliston was considering Cross Street, the town had assurances from the Environ-

mental Protection Agency at the time to clean up Cross Street. Unfortunately, those assurances are no longer guaranteed.

Cross Street was one of the three recommended sites from the consulting group Weston & Sampson. The other two sites were located at Lowland Street and Norfolk Street, but they each had their own set of drawbacks including financial constraints and environmental concerns. After three public forums, the Select Board considered residents' concerns, as well as expert input, to make the Arch Street recommendation, which was Weston & Sampson's most viable option outside of their recommended sites.

According to Mr. Sparell, the Arch Street location is ideal because it is close to downtown and school complexes while also keeping cost in mind. Since the town currently owns the site, there are no acquisition costs, and the town can keep the other properties on the tax rolls. Most importantly, it takes residents' environmental concerns into consideration.

Jamie Ring, a resident who attended public forums over the past several months, thanked the Select Board for their tireless efforts. "They have heard the people about protecting the aquaphor and about reducing costs... It is clear that you have been listening to us. I trust that through the process you will keep the engineers in check and our wallets in mind. So, thank you."

Now that the Town has approved the Arch Street location, work can begin on the design and engineering of a new DPW facility at its current Arch Street location, although there is still much work to be done. Mr. Sparell reminded voters that the current cost estimates are just estimates. The site will need to be designed and bid out in order to get closer to the correct costs.

For more information, visit www.townofholliston.us/town-projects and click the "DPW Location and Project Study" on the left.

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Union and Confederates divided our nation
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The bloodiest war, its damnation

WWI, WWII and Korea, we took our stand
Desert Storm, Iraq and Afghanistan
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Free from aggression Soldiers command

Soldiers were sent to Vietnam's outpost
But this conflict would not be our best
This war's success wasn't even close
Vietnam Veterans were hurt the most

Love for our country, we went to combat
Returning from Vietnam, on us you spat
The orders we took did not warrant that
Bless these Soldiers with a welcome back

By law our symbol flies 24 seven
With respect for those in heaven
Our Flag's defense, their lives given
Defending our Flag is what Soldiers do

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Holliston St. Mary's Troop 14 Scouting for Food Pickup November 8

St Mary's Troop 14 will again be participating in the annual Nationwide Scouting for Food Community Service event in November. They will be distributing door hangers to neighborhoods, Saturday November 1 with instructions for neighbors to leave out nonperishable donations by the following Saturday November 8.

Beginning at 9 a.m., November 8, Scouts will be picking up donations from homes (simply leave by front door or mailbox) to deliver directly to the Holliston Food Pantry.

If you don't receive a door hanger, you can donate directly to the Holliston Pantry Shelf by dropping off anytime at 73 Charles St.

Shown are some photos Troop 14 shared of the Scouts Photos used courtesy of St. Mary's Troop 14.



Knights and Girl Scouts Recycling Event Joint Effort Nov. 22

They're back! St. Mary's of Holliston KofC Council 14224 and Girl Scout Troop 64082 are combining forces again, teaming up with Green Team Junk

Removal on November 22th for another huge recycling event. Check your closets, basement, attic, and garage and take advantage of this year's event. You can

bring a wide assortment of items at great prices, enabling you to really clean out your unused and unwanted items cluttering up your home.



Their Saturday event will run from 9AM to 1PM in St. Mary's church parking lot. In addition to computers, TV's, printers, and other electronic equipment, they'll be accepting mattresses, box springs, snow blowers, stoves, tires, push lawn mowers, empty propane tanks, stoves, fire extinguishers, water heaters, washers and dryers, microwaves – and much, much more. Council Grand Knight Tom Brodo describes this season's effort as a "clean out your house" event. Watch your mail for a nice large flyer from Green Team Recycling early this month announcing the event which lists

all the items they'll accept and the prices. Tom said you will find the prices very reasonable and encourages everyone to start gathering together all those items which you've been saying you want to get rid of. And he points out that it's good for the environment to get rid of this waste.

The Green Team is an eco-friendly Junk Removal company which works to provide the most environmentally conscious junk removal services in Massachusetts. They have worked with the KofC and Girl Scouts before and everyone wins when you take advantage of this year's recycling campaign.

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St. Mary's Knights of Columbus Present Donations

St. Mary's of Holliston Knights of Columbus Council 14224 annual Charity Raffle and Swing for Charity Golf Tournament raised another \$30,000 for charity this year! Both events ended at their golf tournament on June 20th, and they presented their major donations at Celebrate Holliston on September 20th.

While on stage at Celebrate Holliston, they presented their major donation checks to five of their very grateful charitable organizations. They donated \$1,500 to The O'Connell House, \$2,000 to the Doug Flutie Jr. Foundation for Autism, \$6,000 for the Senior Support Foundation (Senior Center), and two large checks for \$8,000 each to the MetroWest Veterans Emergency Relief Fund and the Holliston Pantry Shelf. Each of the representatives of these organizations expressed their sincere appreciation for the funds and vowed to continue their mission to assist others to have a better life.

This year's campaigns bring the Council's fund-raising total to just over \$390,000 in just seventeen years. While that's an impressive amount, the Council is determined to continue their efforts to raise funds to help groups like these make the world a little better.

Parents Invited for HDAAC Tough Topic November 5th:

How to Talk to Your Kids about Substances

Join the Holliston Drug & Alcohol Awareness Coalition (HDAAC) and Holliston Youth and Family Services (HYFS) at the Bird & Bear Collective downtown from 6:30-7:30 p.m. for our next Tough Topics Parent Meet Up this month's topic is How to Talk to Your Kids About Substances. Register with the QR code attached or go to <https://forms.gle/FegQ7cDvah6VgpN18>.

Learn more as we dive into how to talk with your kids about substance use, what protective factors are, and how they shape mental health and substance use. This is great for parents of kids of all ages to have discussions with other parents and staff from HDAAC & HYFS.



On Saturday, October 18th, about 1,200 folks came out to voice their displeasure on the federal level, as part of the No Kings national demonstration. The event did attract one counter protester. The event was a collaboration of the Cynthia Burrow of the Holliston Democratic Town Committee, Tony Lulek of Protect Your Democracy, Susan Woodrow of Indivisible Metrowest, Barb Worby of Diverse Holliston and Sara Stalnaker of HolliPRIDE. Photo by Jane Lebak



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Solve the Mystery with Washington Street Players & Sherlock Holmes

The Washington Street Players will wrap up their 30th anniversary year by presenting the thrilling comedy/mystery *Sherlock Holmes and the Case of the Jersey Lily*, opening November 7 at Town Hall.

In this thriller by Katie Forgette, Holmes and Watson find themselves engaged to help the famous actress Lillie Langtry, (*The Jersey Lily*), who is being blackmailed and may also have a missing crown jewel in her possession. The illustrious detective finds himself matching wits with his long-time nemesis Professor Moriarty, while also

encountering the royal family and the playwright Oscar Wilde. Suspense and laughs await you in this excellent production, directed by Jim Porter and featuring a cast of WSP veterans and newcomers.

Performance dates for *Sherlock Holmes and the Case of the Jersey Lily* are November 7, 8, 14, 15 at 7:30 p.m. and November 9 at 4:30 p.m. All performances will be at Holliston Town Hall, 703 Washington St., Holliston.

For tickets and more information, visit <https://www.washingtonstreetplayers.org/>.



Holliston PD Invites Town Veterans to Breakfast

Veterans Appreciation Breakfast November 17, 2025

Veterans in Holliston are invited to a Veterans Appreciation Breakfast at Anthony's on the Green, 212 Prentice St., Holliston on Monday, November 17, 2025 at 9 a.m. by the Holliston Police. Those interested are asked to RSVP by Friday, November 10, 2025, by calling HPD at (508) 429-1212 or by emailing stone@hollistonpolice.com.

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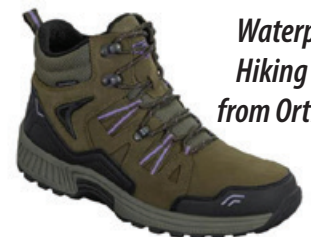
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What It Is and How to Treat It

By ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

Glaucoma is one of the leading causes of preventable blindness, affecting millions of people worldwide. Often called the “silent thief of sight,” glaucoma usually develops slowly and without symptoms. By the time people notice vision changes, significant and irreversible damage may already have occurred.

So, what exactly is glaucoma, and how is it treated today? Let’s take a closer look at this common but serious eye condition—and the many advanced treatments now available.

What Is Glaucoma?

Inside your eye, a clear fluid called aqueous humor circulates to nourish tissues and maintain healthy pressure. Normally, this fluid drains through tiny channels. In glaucoma, those channels become blocked or don’t work properly. Pressure builds up and damages the optic nerve—the cable that carries visual signals from your eye to your brain.

The most common type, called open-angle glaucoma, de-

velops slowly over time. Other forms, like angle-closure glaucoma or normal-tension glaucoma, are less common but can also cause vision loss.

How Is Glaucoma Detected?

Because glaucoma often has no warning signs, regular eye exams are essential. Your eye doctor can measure your eye pressure, examine your optic nerve, perform a visual field test, and use imaging (like OCT scans) to look for early damage. Detecting glaucoma early is the best way to preserve your vision.

Treatment Options

The main goal in treating glaucoma is to lower eye pressure and protect the optic nerve. Fortunately, there are now many options—from simple eye drops to sophisticated laser and surgical procedures.

1. Eye Drops

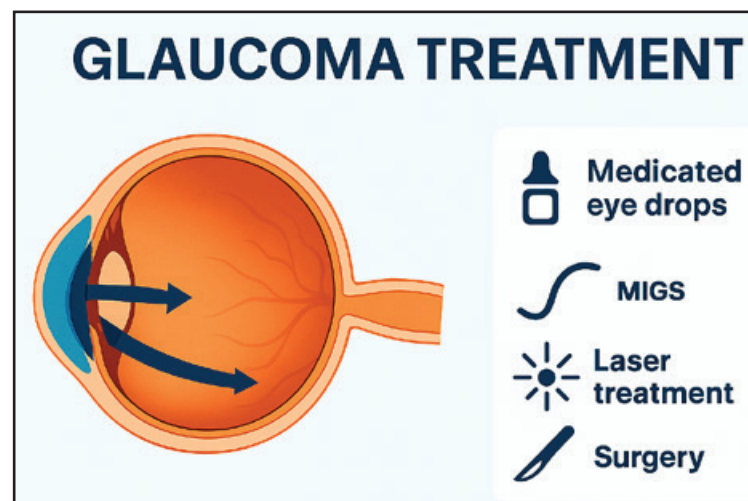
Eye drops are usually the first line of defense. They either help your eye drain fluid better or slow down its production.

- **Prostaglandin Analogs** (like latanoprost, bimatoprost, and travoprost): These are

among the most common and effective glaucoma drops. They’re typically used once a day and can lower eye pressure well. Some patients may notice red eyes, longer eyelashes, or a slight darkening of the iris or eyelid.

Now, there’s an exciting new advancement: **iDose TR**—a tiny injectable device placed inside the eye that slowly releases medication over many months, so patients don’t have to use daily drops. Another long-lasting option is **Durysta**, a biodegradable implant that steadily delivers medicine inside the eye. These treatments reduce the burden of daily drop use and help maintain consistent eye pressure.

- **Beta Blockers** (like timolol): These reduce the eye’s fluid production. They’re effective but can sometimes cause fatigue, slower heart rate, or breathing issues in patients with asthma.



- **Alpha Agonists** (like Brimonidine) and **Carbonic Anhydrase Inhibitors** (like Dorzolamide): These drops also lower eye pressure in different ways, though they can cause dryness, mild stinging, or allergic reactions in some patients.

- **Trabeculectomy:** This surgery creates a new pathway for fluid to drain from the eye.
- **Aqueous Shunt or Tube Implants:** These use small drainage tubes to help fluid leave the eye safely.

For those who struggle to remember daily drops or experience side effects, these new sustained-release options are changing how we manage glaucoma and are quickly replacing drops as first line of treatment:

2. Laser Treatment (SLT)

Selective Laser Trabeculoplasty, or SLT, is a gentle, in-office laser procedure that helps the eye’s natural drainage system work better. It takes only a few seconds, is painless, and can lower pressure just as well as daily drops for many patients. SLT is safe, repeatable, and eliminates the need to remember medications (drops)—it’s a great choice for many patients. SLT is quickly replacing drops as first line treatment for glaucoma.

3. Minimally Invasive Glaucoma Surgery (MIGS)

For patients needing more pressure reduction—or those already having cataract surgery—MIGS procedures are an excellent option. These involve placing tiny stents or micro-devices (like the iStent, Hydrus Microstent, or Xen Gel Stent) to improve drainage through small, self-sealing incisions. Recovery is usually quick, and the risks are lower than with traditional surgeries.

4. Advanced Glaucoma Surgeries

In more advanced cases, or when other treatments aren’t enough, traditional surgeries can achieve stronger pressure control.

Although these procedures require close follow-up, they remain highly effective for patients with advanced glaucoma, however they are risky procedures.

In Summary

The good news is that glaucoma care has advanced tremendously. From effective drops and innovative implants like iDose TR and Durysta, to gentle laser treatments and modern microsurgeries, we have more tools than ever to protect your sight.

The key is early detection and ongoing care. Regular eye exams allow your doctor to catch glaucoma before it causes permanent damage and to tailor treatment to your specific needs.

At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Center of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes.

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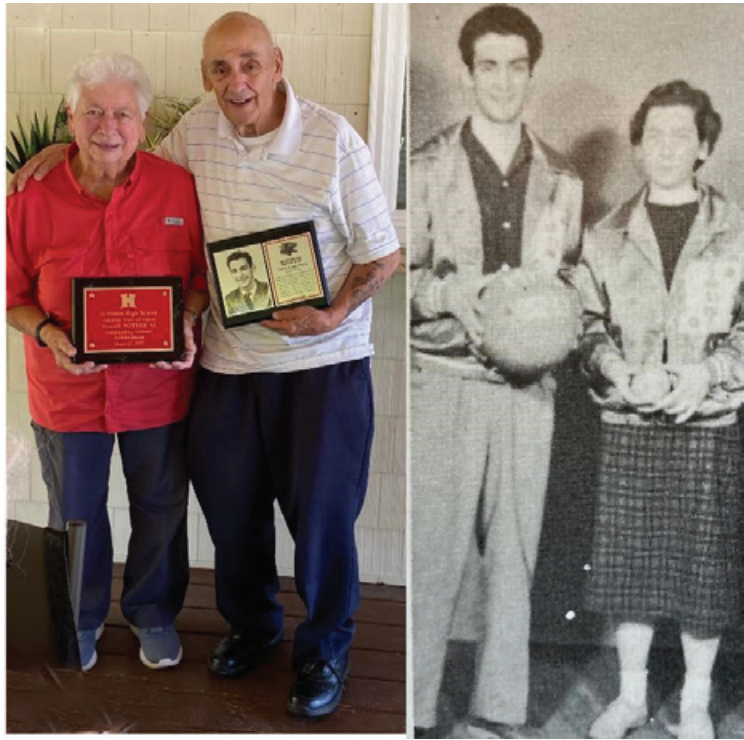
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Holliston Athletic Hall of Fame Nomination Deadline November 10



Name of the Nominee and Graduation Year (if applicable):

Nominated by: _____

Email/Phone info for person submitting the nomination:

In what sports did the nominee participate?

Nominees Achievements: _____

Please write a short explanation of why you are nominating this candidate:

Nominations are being received until November 10, 2025 for the 2026 class of the Holliston High School Athletic Hall of Fame. Six athletes, two coaches and two teams were inducted last March in the Hall of Fame's third class. Please see below for details:

Holliston High School Athletic Hall of Fame Nomination Form

Guidelines for Nomination: Athletes must have graduated at least ten years prior to nomi-

nation; teams must be ten years removed from their nominated season. Coaches must be five years removed from their final season unless the nominee is sixty or older, in which case they can be nominated immediately. General contributors should have contributed twenty or more years of service to Holliston athletics and/or be sixty years of age or older. Current selection committee members and their immediate families are ineligible for nomination.

Criteria for Selection: Athletes will be considered based on elite achievement in one sport, excellence in multiple sports, and representation of Holliston High School through leadership, citizenship, and character. Coaches will be considered based on a consistent high level of achievement over an extended period of time, significant championships earned, and overall positive contribution to school culture. Teams will be considered based on outstanding records and sig-

nificant championships won. General contributors will be considered based on continued significant contributions to Holliston athletics.

You may include newspaper clippings, photos, records, statistics, and any other relevant evidence to support your nominee. These can be sent electronically to the email below or dropped off at Holliston High School for the Athletic Hall of Fame. You may also include achievements beyond high school as continued ev-

idence of leadership, citizenship, and character, but nominees will primarily be judged on their time at HHS. Please submit all nomination information or questions to HollistonHoF@gmail.com or they can be dropped off/mailed to the high school at the Athletic Hall of Fame. Nominations are due no later than November 10, 2025. The class of 2026 induction ceremony is scheduled for Saturday, March 28, 2025 at the DoubleTree Hotel in Milford.

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The b.LUXE *beauty beat*

A Season of Gratitude

By GINA WOELFEL

b.LUXE Owner Heather Cohen on What's Inspiring Her this Fall...

November always makes us pause and reflect on what we're thankful for, not just in life, but here at b.LUXE. What started as a dream has grown into something bigger than all of us could have imagined, and that's because of the people who show up every day.

When you enter the salon, you'll see over 35 women who genuinely, wholeheartedly support and respect each other. There's laughter, collaboration, and real encouragement. Clients feel it the moment they walk in.

Our Team - The Heart of b.LUXE

"What makes our team special isn't just talent, it's how we show up for each other," says Heather. "Jumping in to help during a busy Saturday, celebrating wins, or problem-solving together when challenges arise, there's a genuine care that runs through everything we do. It's the kind of environment where everyone feels valued, and that energy radiates to every person who walks through our doors."

When asked to pinpoint one thing she's especially proud of, Heather told me, "Watching our team work and grow together to help the junior staff and apprentices become confident stylists and estheticians. We don't refer to our clients as 'mine' or 'yours', we take care of every client together. That spirit is what makes this place so exciting"

Behind the Scenes

Running b.LUXE takes a village, and Heather knows she has the right people at the helm. "Angie, our salon manager, is the glue that holds everything together," she says. "She somehow manages to coordinate a million moving parts while keeping our front desk team in sync so no client ever feels overlooked. I really don't know what I'd do without her!"

"And speaking of our front desk team, you know how some people just have that gift of making you feel welcome the second you walk in? That's them," says Heather. "They keep things running smoothly even when we're completely slammed. The whole b.LUXE experience starts right there at the front desk, and we mean it when we say we'd be lost without them."

A Salon That Gives Back

"From the beginning, I wanted b.LUXE to be more than a place to get your hair done, I wanted it to be somewhere people grow, learn, and feel supported, and that includes giving back to the community," says Heather. "This year, we've continued supporting organizations like PAWS New England, The Medway Food Pantry, Franklin Food Pantry, Stairs for Troops, The Santa Foundation, Gilly's House in Wrentham, The Hummingbird Foundation, and many of our surrounding towns' sports teams and school programs. We also fund our yearly scholarship with The Martello Institute of Beauty

in Cancun, Mexico, covering two full cosmetology tuitions. Being the helping hand that helps future stylists pursue their dreams has always meant a lot to me."

Wigs and Toppers: A Mission Close to My Heart

"Of everything at b.LUXE, our Wigs and Toppers program has really become something special to me," says Heather. "After my own hair loss during rheumatoid arthritis treatment, I knew I wanted to help others going through the same thing. This year, we partnered with organizations like the Susan G. Komen Foundation, Gloria Gemma Breast Cancer Foundation, Dana-Farber Cancer Institute, and hospitals across Boston to help women facing medical or age-related hair loss."

She continues, "Recently, I had the honor of being nationally featured on NBC News for this work. Seeing our mission recognized across the U.S. was humbling, and honestly a bit surreal. But the real reward is still sitting with a client, hearing her story, and helping her feel like herself again." Heather often tells her team, "Hair is never just about looks, it's about confidence, dignity, and feeling whole again."

Our Clients and Community

"To our clients: thank you for trusting us," says Heather. "You share your wedding days, your fresh-start cuts, your vulnerable moments, and everything in between. That trust means everything to us."



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She continues, "I also want to give a huge shout-out to Medway and our surrounding MetroWest communities. We're so lucky to be part of a town that truly supports local businesses and shows up for each other. From our amazing neighbors here at the Medway Mills to fellow business owners who cheer us on, to the people who stop by just to say hello, this community has embraced b.LUXE in ways I never expected. You've celebrated our wins, referred your friends and family, and made us feel like we truly belong here. That kind of support doesn't go unnoticed, and we're so grateful to call Medway home."

the year: Buy 3, Get 1 FREE on all retail products. Stock up on your favorites or get a head start on holiday gifting!"

Heather adds, "This holiday season, we're proud to support The Santa Foundation, and we'd love your help donating to families in need. Scan the QR code above for their donation link. I'm so grateful for each of you. Thank you for being part of this journey and making b.LUXE what it is today."

With gratitude,
Heather Cohen
Owner, b.LUXE Hair and Makeup

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Sports

Holliston Field Hockey Moving Up

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last fall, the Holliston field hockey team managed a 5-12-1 regular season record, earning a 29 seed in the Division 3 State Tournament. The Panthers took out Hudson 6-0 in the play in round but then fell to Medfield 4-0 in the first round. Although Holliston graduated eight seniors from that squad they are working hard at improving as they move up into Division 2 this year.

At the time of this writing, the Panthers had already equaled last year's win total securing a 5-6-3 record and a 23 seed in the State Tournament with three games still remaining in the regular season.

"Coming into the season we were looking to make the tournament once again. Playing in a tough Tri-Valley League we were hoping that our power rankings would help us out, Holliston Coach Alyssa Healey said. "We are looking for more cohesiveness, while developing our young players for the future. This year, we will graduate another six seniors, so I have swung the freshman between the junior varsity and varsity programs so that we can keep things going next year."

Senior Julia Galipeau, a three-year varsity player, is back between the pipes for the Panthers. According to Healey, Galipeau had never played field hockey prior to high school, and over the last two years, she has been a solid rock on the back line, where she has been named All League both seasons. The senior net keeper averages 12 or 13 saves a game and has only allowed 20 goals over the 14 games thus far this season.

The Panthers have been lead this season by their tri-captains: seniors Isabella Oliveira (left-mid) and Sara Scheilling (forward) and junior Anna Barrett (right-mid). The three girls are strong players that have brought the team together with team bonding that started months before the season got underway.



Holliston Field Hockey is striving for more cohesiveness and younger player development as it aims to move up in seeding.
Photo used courtesy of Alyssa Healey.

"In addition to doing what is needed on the field, they also do what is needed off the field to keep the team cohesive," the coach said. "Each also brings a unique way of captaining. Izzy and Sara are vocal and work well together and Anna is a work by example player."

Sophomore Olivia Ledoux, a Panther forward, is the team's leading scorer on the season with 10 plus goals thus far. Ledoux has been playing on the varsity squad since she was a freshman, and the Coach noted that the sophomore has more than doubled the number of goals she had last year.

Senior twins Amelia and Abby Laingen bring a toughness and physicality to the team and will body up players whenever needed. Amelia is the leader on the defense while her sister Abby

usually marks up the oppositions top player.

Healey has four freshmen gracing the varsity squad with two of them starters. The freshman forwards are Lilly Neitzel and Chloe Balejko, with the latter being the team's second leading scorer at the time.

"Pretty much from day one I noticed a talent in Chloe; she plays offensive corner, defensive corner and carries the ball up the field," Healey said. "Lily's a left wing who has a couple of goals; she, too, can carry the ball up field, and she is a confident individual with her game."

With a mere three games left in the season, Holliston is hoping that they can continue to be competitive and either hold steady or improve upon their seeding within the upcoming State Tournament.

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Coming Up at the Center Holliston

Holliston seniors can look forward to a number of events at the Center, located at 150 Goulding St., Holliston, this November. Reach them at (508) 429-0622. Here are some special event highlights:

Thanksgiving Luncheon, Wednesday, November 12, 12 to 2 p.m., \$8, RSVP by November 5

A delicious Thanksgiving lunch of turkey, stuffing, mashed potatoes, green beans, butternut squash, cranberry sauce, rolls and pies. Entertainment: Elvis is coming! Robert Black, recognized as New England's Premier Elvis Impersonator.

Lion's Club FREE Lunch, 12 p.m., Sunday, November 23

We're currently planning to serve pasta, meatballs, desserts and a beverage so please sign up NOW so we can get an accurate count. Lunches will be served/delivered starting at noon. For the in-person lunches, you're welcome to arrive early to socialize. (508) 429-0622

Gifts for the Holiday Season

The Center and Girl Scout Troop #62493 are accepting donations for older adults in need who live alone or are homebound. Acceptable donations include Gift Cards from local businesses, boxes of herbal tea, small boxes of chocolate, crossword books & puzzles, unscented hand lotions.

If you are a Holliston resident in need who lives alone or is homebound and would like to receive a holiday gift, please contact Cynthia Listewnik at (508) 429-0622 Ext 211 or email outreach@holliston.k12.ma.us

Gifts can be dropped off at The Center from November 11 through December 5.

Book Club

All are welcome to join us on the second Friday of the month at 1:30 p.m. to enjoy interesting discussion, sharing and listening. November 14, *Braiding Sweetgrass: Indigenous Wisdom* by Robin Wall Kimmecken. Call the Holliston Library at (508) 429-0617 if you need help getting these books.

Writers Group

Join us on the first Tuesday of the month at 10 a.m. for a stress-free and non-judgmental gathering to practice writing skills and connect with others through written words.

November 4, three things you are thankful for
December 2, tell us a family tradition you hope continues and one you'd like to change

Topics are suggestions, come with your writings.

FREE VFW & American Legion Roast Beef Lunch, Sunday, January 4 at 12 p.m.

sign up early to reserve your spot at (508) 429-0622.

Coffee and Coloring

Mondays 9:30-11:30 a.m. Enjoy coloring and conversation.

Coffee with Holliston Police, November 4

First Tuesday at 10 a.m.. Join Holliston Police in a casual Q&A atmosphere to discuss what's on your mind.

Games Day

Mondays 1:15-3:45 p.m. Join us for a fun time playing cribbage, cards, dominoes and more!

Mah Jongg Open Play

Thursdays at 1 p.m. play Mah Jongg in our dining room with other Mah Jongg enthusiasts. Bring your set.

Dull Men's Club (DMC)

Fridays from 10 to 11 a.m. Come meet other men from the community for conversation, socialization, enjoy a snack & coffee.

Trailblazer Club

Co-Ed Group for Active Older Adults. that originally started at the Southborough Senior Center. These activities will range from low activity to high activity and everywhere in between. Monthly meetings are on the first Thursday of the month at 2:30 p.m. at The Center. Please join us to learn more about the group.

Rainbow Coffee Hour

First Tuesday of the month at 11 a.m. Members of the LGBTQIA+ community and allies can gather in person for conversation and community!

SHINE

Confidential counseling on all aspects of Medicare and related health insurance programs. Medicare Open enrollment is Oct 15 to Dec 7.

Tune Timers Band

Fridays, 1-3:30 p.m. Listen to the Big Band music of yesteryear and enjoy dancing, singing and socializing.

Free hearing aid cleanings at The Center Wednesday, Nov. 5 & Dec. 10

Hopkinton Audiology Service a small private practice that has been open for 7 years and focuses on quality care and meeting patients' specific hearing needs. Please Register at (508) 429-0622

"Planning for the Unexpected: Powers of Attorney & Health Care Directives"

Thursday, November 20 at 9:30 a.m.
Essential planning documents everyone needs.

Fuel Assistance Program (for all residents)

The heating season is November 1 through April 30. Residents are encouraged to make an appointment to apply. Please call/email ahead to receive a checklist to determine what supporting documentation is required.

SMOC processes these applications and determines approval for this program.

FY2025 Income Eligibility: \$49,196 for 1-person

FREE Flapjacks with the Fire Department, Friday, December 5 at 9 a.m. (RSVP by November 25)

Come enjoy a warm and hearty breakfast served by members of the Fire Department while you have an opportunity to meet our local first responders! The Chief will present a brief overview of the department and its essential services. Please RSVP at 508-429-0622.

VFW & American Legion Roast Beef Luncheon, Sunday, January 4, 2026, at 12 p.m. (RSVP by December 23)

Free Roast Beef Dinner with mashed potato and a vegetable and dessert. Please RSVP to (508) 429-0622.

Exsultet! Plans Two December Concerts

Exsultet! A Celebration of Voices will hold two December concerts, the first to take place on Friday, December 5, 2025 at 7:30 p.m. at the Christ Lutheran Church, 113 Union St., Natick, and the second on Sunday, December 7, at 2 p.m. at the First

Congregational Church, 725 Washington St., Holliston. Tickets are \$20 for general admission, \$15 for students and seniors, and free for children aged 12 and under. Visit www.exsultet.us for more information.

Real F.R.I.E.N.D.S. and Friendsgiving at HCA

The Hopkinton Center for the Arts (HCA) is pleased to announce that it will be hosting Real F.R.I.E.N.D.S. in the Lotvin Family Gallery through November 20, 2025.

Artist and curator Jamaal Eversley presents an eclectic mix of collaborative artworks created between friends who reside in and around Hopkinton, artist pairs from his "Real F.R.I.E.N.D.S." collective and professional artist collaborations across the state. This exhibition will show how a successful collaborative process strengthens communal bonds and generates dynamic creations.

Jamaal Eversley, from Randolph, has been a professional

artist and community organizer since 2010. He has planned, promoted and produced dozens of family-oriented exhibits featuring his and others' artwork in local town libraries and art galleries.

Hopkinton Center for the Arts also invites the public to join us for a "Friendsgiving" event on Friday November 14th at 7 p.m., where you can meet and break bread with the artists.

This exhibition of Real F.R.I.E.N.D.S. alongside the Friendsgiving is made possible by grants from the Massachusetts' local cultural councils of Hopkinton, Hopedale and Ashland as well as the Hopkinton Center for the Arts!

Holliston Newcomers Comedy Night November 7th

Mark your calendars to join Holliston Newcomers & Neighbors for a fun night out at our

Comedy Night Fundraiser with Cheap Laughs Inc. on November 7th at 7 p.m. at Anthony's on the Green, 212 Prentice Street, Holliston. Cheap Laughs, Inc. is owned by Holliston's own Paul Gillespie, who brings Boston & television comics out to the 'burbs!

All HNN fundraiser proceeds go to the HNN Community Grant Fund which gives back to

our community. Past Grant recipients include Holliston Public Library Museum Passes, Holliston Parks & Recreations Summer Concerts, Holliston Police and Fire Departments, Holliston Community Farm and the Downtown Marigold Project.

Tickets include entrance to the show and hor'dourves. For more information or tickets, visit hollistonnewcomers.org for a night of fun and laughter while giving back to our community.

HAPPY
THANKSGIVING DAY



Lynn Rossini
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lynnrossini18@gmail.com



TEAM RICE - Carl, Kristen, Ellie, Adam
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teamrice@remaxexec.com



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Melissa Kaspern
508-333-4670
melissaKaspern@gmail.com



Katie McBride
508-277-9600
katemcbride@remaxexec.com

We are so very thankful for you. Happy Thanksgiving!

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