# Holliston In local town pages In local town pages

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August 2020

## The Voice of Your Community

## **Snack Shop Opens Up on Rail Trail**

By J.D. O'GARA

Some good news is taking place in this time of pandemic. On July 18, the Rail Trail Snack Shop opened up, featuring

snacks for both humans and canines. The humans can enjoy some packaged ice cream treats, while dog walkers can treat their pups to biscuits and maybe even nab a few supplies. "I bought the building right before Covid," says Ed Dan-

**SNACK** 

continued on page 3



A sweet spot opened up at the end of last month at the Holliston Rail Trail. Maybe ice cream (and a dog biscuit) are some incentive to get outside.

### Holliston Schools Work to Prepare in a Changing Environment

## Interim Superintendent Joins Team as Schools Prepare Back-to-School Plans

At *Local Town Pages* deadline, Holliston Public Schools, per Department of Elementary and Secondary Education (DESE) guidelines, three possible scenarios for the return to school in the fall. The three possible plans included:

- 1. 100% reopen school with live learning
- **2.** Re-open school with a hybrid model- 50% remote learning and 50% in person learning
- **3.** 100% remote learning)

Schools were expected to submit these plans to DESE by the end of July.

Not only will Holliston Public Schools be looking at changes to instruction due to Covid-19, but it will also be doing this without its Superintendent, as Dr. Brad Jackson resigned on May 13th to take the position of Superintendent Director for Shawsheen Regional Vocational/Technical in Billerica, Mass.

"When Dr. Jackson resigned in May, the School Committee was left with two choices: elevate an internal candidate (typically a member of the central office administration) or conduct an abbreviated search. Guidance we received from both MASC & MASS suggested that we elevate an internal candidate with the expressed intent to begin a robust search process in the Fall/Winter," wrote Cynthia Listewnik, School Committee member, in response to what the process would be to hire a new Superintendent. "The School Committee

#### **PREPARE**

continued on page 2



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Ed & Doriane Daniels, Liz Kelly, Linda Moore, Jeff Ruscitti & Jennifer Lecesse 774.233,1926 / VestaMA.com



#### **PREPARE**

continued from page 1

opted to conduct an abbreviated search hoping to find the best candidate available within the HPS community or outside of it. This search was best served by a small group, which is quite typical for an Interim Screening Committee which recommends candidates to the School Committee for consideration and a majority vote. Often only School Committee members serve on this screening committee, with perhaps a Human Resource officer (we do not have a human resources department)."

According to Stacey Raffi, also of the Holliston School Committee, the following is a timeline of what has taken place in terms of the vacancy:

May 13, 2020 - Dr. Jackson tendered his Letter of Resignation to the School Committee chair

May 26, 2020 - Separation Agreement reached between the School Committee & Dr. Jackson

May 28, 2020 - School Committee approved the job description & posting during open session

May 29, 2020 - Interim Superintendent position posted to School Spring, MASC, MASS

June 4, 2020 - (2) School Committee members approved to serve on the Screening Commit-

June 5, 2020 - Deadline extended for applications until June

June 7, 2020 - Screening Committee members approved 1 admin, 1 teacher, 2 SC

June 8, 2020 - First meeting posted for the Screening Com-

June 8-10, 2020 - Screening Committee members sworn in by Town Clerk

June 10, 2020 - Screening Committee - 1st meeting Cynthia Listewnik elected chair, all candidates reviewed & invited for interviews

June 11, 2020 - Interview questions reviewed, determined and assigned

June 12, 2020 - Posting closed in School Spring; Screening Committee held preliminary Interviews with candidates via

June 15, 2020 - Screening Committee held preliminary interviews with candidates via Zoom

June 16, 2020 - Screening Committee held preliminary interviews with candidates via

Deliberations of the Screening Committee - potential finalists determined to undergo reference checks

June 17-21, 2020 - Contacted candidates to invite into the next phase of the process & reference checks performed by the Screening Committee

June 18, 2020 - a potential finalist withdrew their name

June 22, 2020 - Screening Committee Finalists deliberations

School Committee advised & candidates invited to interview with the full School Committee on Thursday, June 25, 2020

June 25, 2020 - Finalist Interviews with the full School Committee in Open Session via Zoom

June 29, 2020 - Deliberations of the School Committee during Special Session/Announcement

The School Committee posted the job description in late May and received 28 applications. A Screening Committee was established that included two School Committee members, Cynthia Listewnik and Dawn Neborsky; Nicole Bottomley, the high school principal; and Erin Squiers, a physical education and wellness teacher for Miller and Placentino. They narrowed down the pool to nine candidates, who were interviewed by the Screening Committee, which then selected four finalists. The full School Committee interviewed the four finalists on June

On June 29 - the Holliston School Committee is announced its unanimous vote to appoint Dr. Susan Kustka as interim superintendent for the 2020-21 school year, pending successful contract negotiations. Dr. Kustka signed a contract with the Holliston School Committee on July 1, 2020 and her first day was July 6.2020.

Dr. Kustka has 25 years of experience as an educator, most recently as assistant superintendent for administration and personnel, Weymouth Public Schools, from 2013 to 2019. Dr. Kustka began her career in Scituate as a middle school special educator in 1994. She then spent 10 years as an elementary educator in Plymouth before transitioning to an administrative role in Hanover in 2009. She holds a Master of Education degree in Moderate Special Needs from Boston College. In 2017, Dr. Kustka earned her doctorate in education from Northeastern University.

"In our deliberations, School Committee members noted her collaborative style and breadth of experience, which includes significant expertise in socialemotional learning, social justice, and communications, including family engagement. Dr. Kustka has worked in every aspect of school management, including human resources, contract negotiations, curriculum, budget, safety and security, and policy,' writes Raffi.

"We are grateful for the dozens of emails from parents, staff members and community partners that we received in recent days offering feedback on the decision," says Raffi. "Our search for a permanent superintendent will launch during the school year and include a Search Committee of school committee members, Holliston residents, and educators, with the goal of having a permanent superintendent in place by July 1, 2021.

In a letter to parents, Kustka wrote, "I am very excited to be your Interim Superintendent for the school year, and I am hoping to be able to meet many of you in the near future. While I am hoping to schedule meet and greets with parents closer to the beginning of the school year (remotely or otherwise), the number one priority for the immediate future is to develop plans for students for the 2020-21 school year related to the Massachusetts Department of Elementary and Secondary Education Initial Fall School Reopening Guidance that was released on June 25, 2020. Educating the students of Holliston Public Schools safely and effectively is of our utmost concern."

Kustka noted that "in addition to HPS pre-existing schoolbased reopening working groups, parent volunteers were needed for additional district subcommittees to support this work. Applications for the volunteer positions were taken until July 13. Parents, she said, would also be receiving a survey, the results of which would be shared.



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Your Money, Your Independence

## **Experience Your Spending**

With shifting limitations, 2020 has brought clarity to essential spending and a renewed value for experiences.

A creative exercise to determine a family's efficiency of spending is to allocate monthly expenditures into 4 categories - Needs (essentials), Seeds (savings), Wants (desires) and "What Were We Thinking?!"

Proper ratios will vary based on financial independence goals. Regardless, it is important to treat yourself and those you love along the way. As opportunities and their impact may not be present later.

To maximize joy and spending impact consider:

**Value of experiences versus things.** Studies find people misjudge what purchases will make

them happy, how happy they will feel and how long that happiness lasts.

Spending money on experiences creates more and longer lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

Additionally, timing of experiences is critical. Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 rather than 16 & 18.

Many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities and spa days?

For big purchases ask, 'What am I not thinking about?" A powerful question to socialize with friends, your spouse and trusted advisors.

For example, you want to buy a summer camp focusing on hosting, sunsets, fishing and kids playing in the lake. Overlooked is the 2½ hour drive, 2 bedrooms and 1 bath. This impacts friends and family staying

over, or creates a 5-hour drive for a day trip. Plus, the camp is 70 years old, thus repairs will take your time away from family, leading to an exasperated spouse once the kids say, "I'm bored."

For likely less money and similar ROI over a 15-year period (factoring taxes, interest, repairs, boats) you could build an outdoor space at your house and rent a camp for a week with a different family at a different location every year. You'd accomplish greater access, frequency, variances and joy of hosting friends, neighborhood kids and family.

Use money as a tool as over time you're viewed from the sum of their experiences, not your possessions.

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** 

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a Certified Financial Planner<sup>TM</sup>, Chartered Retirement Planning Counselor and fee-only fiduciary helping clients take control of planning and investing, so they can balance kids, aging parents and financial independence.

#### **SNACKS**

continued from page 1

iels, member of the Friends of the Holliston Trail and local business owner, of the 700 square-foot building that was formerly an auto parts store. "I had plans to make it into a shared office. In the meantime, the Rail Trail always had a need for something special like this. I thought I'd give it a shot, take the existing floor plan and use what was here to open up the ice cream shop." He says the stand will feature "everything you would find on an ice cream truck, so novelty ice creams." Since the location is zoned for retail space, he says, everything must be packaged for sale.

"We originally wanted to do a walk-up window only, but that was not in the cards for the zoning we have," Daniels adds.

Daniels partnered with Big Biscuit Bakery, of Franklin, which specializes in baked dog treats.

"They do pet bakery goods, so dog biscuits primarily, all organic and salt-free," says Daniels.

The entrepreneur has hired some local young people to man the shop for the summer.



Liam Jordan is one of the local teens working this summer at the Rail Trail Snack Shop, at Blair Square.

"That's also been another great aspect to this, to find a few people some summer jobs for their first jobs," says Daniels.

Response in the first week was positive, says Daniels, noting that "especially during Covid, the Rail Trail has really picked up – the numbers of people that are trying to get outside and get some exercise ... we had good traffic over the weekend to come inside and check it out. It was a great reception by

everyone in townz".

Daniels adds that the shop will also be doing gently-used bicycle consignment, featuring bikes in useable shape. Ten percent of the sales will benefit the Holliston Rail Trail.

The Rail Trail Snack Shop will be open 11 a.m. until 8 p.m. six days a week, Monday through Saturday and 10 a.m. until 8 p.m. on Sunday.

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## **Lottery Underway for New Mixed Income Community**

By Cynthia Whitty

Looking for luxurious living without the maintenance? The Ledges can bring you that and more at its Ashland location. Age in place gracefully at this beautiful new complex.

The Ledges, a new mixedincome community in Ashland of 64 apartment homes designed for those age 62 and over, is now accepting lottery applications. The Ledges project, which began in 2010 in response to a Town of Ashland-issued Request for Proposals, is a joint-venture of EA Fish Development LLC and The Planning Office for Urban Affairs, two local developers with a history of collaboration on the creation of community-responsive, high-quality affordable senior rental housing.

Lined with trees in a residential area, the Ledges offers convenience and beauty to those over 62. The Ledges, is now accepting lottery applications. Just 20 minutes west of Boston, the Ledges sits on an 8-acre par- cel of land.

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It is close to major highways such as 495, 128, and route 9, so getting around is not a chore. And when you return home, there is plenty of free park- ing on site.

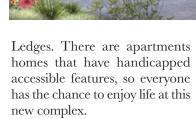
A housing lottery for The Ledges at One Robert Hill Way, a new mixed income housing community of 64 one-bedroom apartment homes designed for those 62 and older, is ongoing through mid-August.

The Ledges is described as open and airy living spaces with abundant natural light, a fitness center, resident community space, a laundry care center on every floor, an elevator, on-site parking, a smoke-free and petfriendly community, and professional, on- site management with 24-hour emergency main-

Each spacious apartment boasts sleek custom kitchens with access to a lounge retreat that offers shuffleboard, a fireplace, and a crafting area. Each apartment comes wired for Internet, cable and phone.

The Ledges has on-site resident services and activities that will keep everyone busy as much as I'd like to be, and if getting out of your space is what you desire, the Ledges also has you covered.

The complex is near parks and walking trails. No matter your love, you'll find it near the



The town has received "local preference standing" within this development, which will reserve 34 units at the 50 and 60 percent AMI level (Area Median Income) for current Ashland residents and municipal employees. The remaining 30 units will be filled with applicants from the general public. Rents will be \$1200 for the 50% AMI units and \$1440 for the 60% AMI units. A small utility allowance will be deducted from the rent.

There are also 15 rental assisted units with income at 30% AMI. Rent is based on 30% of



available through Aug. 13. and ongoing. The lottery process is scheduled to take place in early September. They will continue to take applications after this date and will add them to the post lotterv waitlist.

Applicants are encouraged to apply online at http://ledgesashland.com/, by phone, 781-664-4029 or email, ledges@peabodyproperties.com.

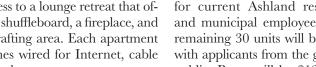
Due to the COVID-19 pandemic, informational sessions are available virtually. These sessions (link is available online at ledgesashland.com) discuss information about the project, application process and lottery. It will also be available on the local Ashland cable channel.

Paper applications may be picked up at the Ashland Senior Center, 162 W Union St. (Rt. 135). To request a paper application, contact Peabody Properties.

Completed paper applications may be mailed to Peabody Prop- erties c/o The Ledges Lottery, 536 Granite Street, Braintree, MA 02184 or emailed, ledges@peabodyproperties.com. The last day for paper application distri- bution is Aug. 13, with a post- mark date for of Aug. 15.

For questions or more infor-

Peabody Properties, (781) 664-4029, ledges@peabodyproperties. com. Additional information is also available on the website, http://ledgesashland.com/



the household adjusted income.

Lottery applications are





## Holliston Lions Club \$10,000 Big Raffle is On!

#### **Limited Tickets Still Available!**

The Holliston Lions Club would like to express our appreciation to those who had already purchased tickets for the 2020 \$10,000 Big Raffle. For the past 13 years, the Holliston Lions has held the \$10,000 Big Raffle and each year someone wins the \$10,000 grand prize! Only 300 tickets are sold (there are still a few tickets available for purchase). YOU could be this year's WINNER! But, you have to purchase a Big Raffle ticket to be in the drawing.

The event was originally scheduled at the beginning of the pandemic and stay-at-home advisory and had to be postponed. With continued uncertainty around Massachusetts re-opening, state regulations, and social distancing guidelines, we are not able to have the large gathering, with over 200 people in attendance, that we had originally planned.

The good news is that we have made some changes to the event that we hope will make it just as exciting as being there in person. Ticket holders are being contacted by Holliston Lions members to inform them of the following important changes: **August 22:** We will do the initial ticket drawing and elimination to get down to the final 10 tickets. This will be recorded and broadcast if you would like to watch. You will be notified immediately if your ticket is still "Alive" and you have made it to the final 10.

August 22- September 9: If your ticket gets eliminated before making it to the final 10 you will have a second chance to get into the final drawing by participating in the"11th Ticket Raffle". 11th Ticket Raffle tickets will be available for purchase on-line for only \$10. Only those who participate in the Big Raffle will be eligible to purchase 11th Ticket Raffle tickets. The winner of the 11th Ticket Raffle will join the final 10 selected on 8/22 for a chance at the \$10,000 Grand Prize!

September 12: The final ten (10) ticket holders + the 11th ticket winner will be brought together to determine the 2020 \$10,000 Big Raffle winner. This final ten (10) elimination round will be broadcast live on HCAT & Facebook. Per our tradition, during this time we will ask the finalists if they want to split the \$10,000, or if we should continue to eliminate tickets.

The decision to split must be unanimous! If even one person does not want to split, we keep eliminating tickets until we get a unanimous decision to split the grand prize, or there is only one person left. Details about this broadcast will be communicated at a later date.

We have a limited number of tickets available for sale. Tickets can be purchased at the Holliston Lions' website, www.hollistonlions.org. In addition, we will still be holding our Silent Auction but it will be on-line with details and links coming soon. The Silent Auction will be open to anyone who wants to participate, you do not have to be a \$10,000 Big Raffle ticket holder.

We need your help now, more than ever, as many charitable organizations, including the Holliston Lions, have had to cancel fundraising events while requests for support are increasing. Please help us sell-out our Big Raffle event and participate in our Silent Auction when it comes on-line.

For more information contact Chairperson, Lion Debbie Kerrigan at BigRaffle@hollistonmalions.org

## **Holliston Historical Society**

#### **Living History COVID-19 Project**

The Holliston Historical Society recognizes what an historic time we are living through right now and we would like to capture people's thoughts about their experiences during the COVID-19 pandemic and the stay-at-home order. We plan to collect all your thoughts in a binder or book that will be kept in the Society's research library. We may also post some of your comments on our website or in articles in other publication such as Holliston Reporter. We hope that future generations will be interested in hearing our stories about everyday life right now and how life has changed because of

You may send us any stories (or photos, artwork, poems) you like, but here are some questions to get you started:

How do you feel about the whole experience?

What has it been like to be at home? How is home schooling going?

How is working at home? Have you lost your job or been furloughed?

How have your relationships changed? How is your community or family pulling together?

What do/did you expect during the stay-at-home?

Did you start something you have been wanting to do and now have the time?

How will you feel when it is over? What do you think or hope society will get / learn from this?

We plan to keep comments anonymous, but please include your age and any other information you feel is important (your occupation, school affiliation, etc.). Your submission will be considered an unrestricted gift to the Historical Society's collection. \*

Once you have your story, there are several ways to get it to us:

You may post your thoughts on the Society's website www. hollistonhistoricalsociety.org

Send them via e-mail to newsletter@hollistonhistoricalsociety. com (You may use this address to ask any questions you have.)

You may print and send your thoughts in the mail to:

Holliston Historical Society Living History COVID-19 Project 547 Washington St. Holliston, MA 01746

We thank you for helping us collect these accounts of life during this unprecedented time. *Sincerely*,

Holliston Historical Society Living History COVID-19 Project Committee



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- Social distancing of 6 feet is required at all times
- · Computer use with social distancing is allowed
- · Please refrain from bringing food or drink into the library
- Minuteman delivery has resumed but it is still slow. Please be patient.

#### **REMEMBER:**

- Curbside pickup and home delivery are still available. See below for details.
- No fines/rental fees until September 1
- · Book drop is open 24/7 for returns-emptied daily
- · Free electronic books, downloadable audio and digital magazines
- · movies, music, comics and TV shows to use on your tablet, phone or other device
- More resources are available with a free Boston Public Library e-card at https://www.bpl.org/ecard/.
- Wifi can be accessed from the area outside the library building
- Get an online card at https://library.minlib.net/selfreg~S1/ use electronic resources now
- Need help? Email us (lmcdonald@minlib.net) or call (508) 429-0617.

#### **CONTACTLESS CURBSIDE PICKUP & HOME DELIVERY**

**OPTION 1:** Place holds for items using the online Minuteman catalog at find.minlib. net. You will need your library card number and your password/PIN. Contact lmcdonald@minlib.net if you need help with either. You may request books from other libraries BUT the requests will not be filled until delivery resumes. For faster service, look for books that Holliston owns. Once your request is filled, we will contact you and set a time for you to pick up the items. Please be patient. Minuteman runs the list of Holliston requests overnight. Requests are filled the following day.

**OPTION 2:** Use the online form to ask us to pull items for you from Holliston's collection only. Once your items are ready, we will contact you and set a pickup time.

**OPTION 3:** Call (508) 429-0617 or email us using the contact button on this page and tell us what you would like to pick up. You can specify an author, title or subject or ask us to pick out items for you. When the items are ready, we will contact you and set a time for you to pick them up.

**OPTION 4:** If you already have a hold waiting at any time, please follow the instructions below. We will only transfer your hold to the table under the tent once you have arranged a pickup time with us. You have 7 business days to pick up holds.

HOW TO PICK THE ITEMS UP AT THE APPOINTED TIME: Pick up your items at the Washington Street entrance. Your pickup will be in a bag with your name on the white table. All items are already checked out to you. We have packed your items with clean hands and a mask. If you are concerned, allow the bag to sit for 3 days before being opened. You may return items in the silver book drop at the lower library entrance or the green bins near the table. There are no fines on returned items. Returned items are "quarantined" for at least 3 days before being checked in. The drop/bins are emptied daily. Please do NOT knock on the door, ALL PICKUPS MUST BE CONTACTLESS.

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## Some Municipal Buildings and Facilities Have Reopened!

#### Some by Appointment Only. Others Have **Use Restrictions**

See the Town's COVID-19 page at https://www.townofholliston.us/home/news/information-on-the-covid-19-virus for the most up-to-date status of town buildings and facilities

1750 Washington Street OPEN | some offices reopened to the public at 50% capacity on July 9

\* Youth & Family Services and Veterans' Services available by appointment only \*

DPW (Highway) - CLOSED DPW (Water) - CLOSED

Fire Department - CLOSED

Police Department **CLOSED** 

Library - OPEN for curbside pickup and home delivery Visit https://www.hollistonlibrary. org/services.asp for details. reopened to the public on Tuesday, July 14 at reduced capacity

Recycling Center - OPEN regular Saturday hours

Schools - CLOSED

Senior Center - CLOSED | reopened by appointment only on Monday, July 13

Town Hall - OPEN | some offices reopened to the public at 50% capacity on July 9

\* Treasurer/Collector available by appointment only starting Monday, July 13 - call 508-429-0602 to schedule \*

Parks - (visit https://www. townofholliston.us/sites/g/files/ vyhlif706/f/uploads/parks\_rec\_ phase\_i\_0.pdf for details).

Some fields reopened for pas-

HHS track and fields OPEN

Tennis courts reopened for singles play

Cabot Rd boat launch access is unlocked

Gate at Patoma Park are unlocked

Gates at Stoddard Park and Pleasure Point are unlocked

Bathrooms remain locked, but porta-potties are unlocked

Beaches OPEN for Town residents only:

All beach visitors will need a season pass sticker (\$45) or a day pass (\$15). No passes will be sold on site. Please visit the 2020 BEACH INFO/STICKER AP-PLICATION link on the town website for more information

about what to expect. Due to the COVID-19 situation, groups larger than 10 may not gather and a minimum of 12 feet must be kept between groups/blanketed areas. Physical distancing of 6 feet applies and face coverings should be worn when this is not possible.

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## The Dangers of Do-It-Yourself Wills and Living Trusts

demic, many Americans are becoming aware of the importance of creating or updating their estate planning documents. If you are considering writing your own will or using an online "do it yourself" (DIY) document creator, there are many reasons why this is one project you shouldn't undertake without the help of a professional.

It is very easy to overlook important legal and technical planning points that can cause your estate to go to the wrong beneficiaries, or your beneficiaries to pay unnecessary higher taxes and/or expensive fees to attorneys or probate court. What may seem like a great deal could cost your family significantly in the long-run.

A notable case reflecting this is that of a successful Washington businessman who wrote his own Will assuming his assets would be free of estate tax. However, due to the language

In light of the current pan- he used, the IRS interpreted the law differently and claimed all the assets he passed to his wife were subject to \$800,000 in estate tax plus \$130,000 in back interest. His family went to court and eventually won, but only after nearly ten years of costly litigation and years of turmoil. One of the biggest problems with do-it-yourself plans is the lack of personal advice. You need a customized plan based on in-depth discussions about your family, their future and your legacy. In fact, many of the do-it-yourself resources have a strong disclaimer that says they are not a substitute for legal advice and to consult an attorney for help in understanding how the law may apply to your particular situation.

A comprehensive plan is based on knowing what questions to ask to understand your individual needs. Some exam-

- Owning real estate or a share in a small business
- · Leaving money to your grandchildren separate of your children
- Having children from a previous marriage
- Wishing to arrange longterm care for a disabled beneficiary
- Having minor children
- Updates in laws that affect retirement investments
- Protecting beneficiaries from foolish financial deci-
- · Potential taxes that will be paid or avoided
- Creditor or divorce protection for your children

We have had distraught clients come in after they used software. In one case, a grandfather used software he purchased to name his grandchildren as heirs instead of his children. Skipping a generation allowed the IRS to tax his assets twice, and the grandchildren only received 20% of the estate. Even a simple estate plan can run into trouble if not executed properly. For example, Massachusetts requires two witnesses for a Will who must be present at the time the Will is signed. If one of those witnesses is also a beneficiary (like, for example, your spouse), that witness could be disqualified from receiving any assets from your Will or Trust. Some states allow handwritten wills, while others (including Massachusetts) do not recognize them.

Tax planning of your estate is especially complicated. Most people don't know how much money they can pass, without paying taxes. While the 2020, federal estate tax exemption is \$11.58 million, in Massachusetts it is \$1 million. A married couple does not automatically get \$2 million tax free. Our office has seen too many DIY

plans that do not plan for taxes, which can cost your family \$100,000 in unnecessary taxes to Massachusetts. These examples are just the tip of the iceberg of things an estate planning attorney will help you consider. Do-it-yourself kits are simply not designed to cover all possible financial and taxation situations. Every person has their own unique goals and objectives, and an estate plan should reflect that.

An effective estate plan will provide financial stability to your spouse, children, or other beneficiaries, protect your assets for future generations, ensure your wishes are carried out, and protect the privacy of your loved ones. We are currently offering free personal estate planning consultations, call today to schedule yours (781) 237-2815.

This article was provided by the Estate Planning & Asset Protection Law Center of Dennis Sullivan &





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### Next Phase Welcomes Attorney Kevin Fulcher to Team

Next Phase Legal & Dispute Resolution LLC, a domestic relations law firm in Norfolk, is pleased to announce that Attorney Kevin Fulcher recently joined the firm.

Attorney Fulcher has over 16 years of experience and continues to focus on divorce and family law litigation. Most recently, Fulcher operated a solo law practice in Walpole.

Firm owner Stephen Mc-Donough describes Fulcher as "a tenacious litigator that understands the complexities of family law practice, and is committed to helping clients achieve their goals." He appears frequently in the probate and family courts throughout Massachusetts, especially in Norfolk and Bristol Counties.

Fulcher participates in the pro-bono "Lawyer for a Day" program at the Norfolk County Probate and Family court and volunteers in the ARC (Attorneys Representing Children) program in Bristol County. As a volunteer attorney, he provides legal advice to individuals and families who are in court without their own representation. Kevin has a history of community service and has been a hotline crisis counselor at the Samaritan's volunteer center.

For more information, please contact Next Phase Legal & Dispute Resolution LLC at (508) 359-4043.



## Holliston Senior Support Foundation Cancels Fall Fair, Yard Sale

The Senior Support Foundation announces the cancellation of this years' "Fall Fair and Yard Sale" that had been scheduled at the Holliston Senior Center on September 12th.

The Health and safety of all is our primary concern.

Thanks to all who have donated to and participated in our events, and to our volunteers. We are looking forward to supporting Holiston Seniors and seeing you all in the future.

Neil Svendsen President, SSF

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## Living Healthy

By Lisa Massimiano, Licensed ESTHETICIAN, CERTIFIED ACNE Specialist

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Many acne sufferers believe baking in the sun cures their acne. Although sun exposure can dry out oily skin, it also damages the follicles, exacerbates hyperpigmentation (dark spots), and causes skin cancer and premature aging of the skin. In fact, heat and humidity often make acne worse. Here are some tips on how to protect acne prone skin from the sun.

#### Use the right sunscreen.

I always recommend to my acne clients to use a mineral sunscreen. Mineral sunscreen does not contain any irritating chemicals. It is made up of zinc and or titanium oxide and protects the skin by physically blocking both the UVB and UVA rays. Zinc and titanium do not clog pores and are soothing on the skin, perfect for acne and rosacea prone skin.

#### A little does not go a long way.

Don't skimp when applying your sunscreen. Most people don't apply enough to get the protection indicated on the label. Apply two coats to make sure you cover what you missed with the first application. And, don't forget to reapply if you sweat a lot during the day or go swim-

#### Think outside the beach.

Everyday exposure contributes more to sun damage than the occasional burn you get at the beach. Use an SPF daily. Make applying sunscreen part of your morning skin care routine like shaving or applying makeup. Once it becomes a habit you will never forget.

There is no quick fix for acne. The best way to clear your skin and keep your acne under control is with the correct home care, modified life style choices and the guidance of an experienced acne specialist.

Questions about acne? Call me at (508) 881-1180 or email me at skinsmartsalon@aol.com. Visit my website skinsmartsalon.com for information on my acne program and other

## **Does Sun Cure Acne? | Holliston Youth & Family Services Hotline List**

In these trying times, people need support more than ever. Holliston's Department of Youth & Family Services, found online at the Town of Holliston website, has amassed a list of hotlines for various crisis situations. See below. You can also contact them at (508) 429-0620.

#### **Child Abuse Hotlines**

- National Child Abuse Hotline: 1-800-422-4453, push 1 to talk to a hotline counselor. (Call this number for help if you have been abused, suspect a child or teenager is being sexually abused, or if you are an abuser.) For hearing impaired, call 1-800-222-4523
- National Center for Missing and Exploited Children at https://www.missingkids.org/
- Can be used to communicate information to the authorities about child pornography or child sex trafficking. Hotline: 800-THE-LOST (843-5678) or make a cybertip at https://report.cybertip.org/.
- List of State Child Abuse and Neglect reporting numbers is found here: https://www.childwelfare.gov/organizations/?CWIGFunctionsacti on=rols:main.dspList&rolType=custom&rs

#### Crisis Hotlines (also scroll down to see **Suicide Hotlines**)

- Crisis Text Line US: Text CONNECT to 741741 in the United States. https://www. crisistextline.org/textline/
- IMAlive: virtual crisis online chat center https://www.imalive.or

#### **Depression Hotlines**

• Depression Hotline: 1-630-482-9696

#### **Domestic Violence Hotlines**

- National Domestic Violence Hotline: 1-800-799-SAFE (7233) Staffed 24 hours a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers, and counseling
- · Domestic Abuse Helpline for Men and Women: 1-888-743-5754 DAHMW.org
- STAND Against Domestic Violence Crisis Hotline: 888-215-5555

#### **Eating Disorders Hotlines:**

• National Association of Anorexia Nervosa & Associated Disorders (ANAD): 847-831-3438 (long distance)

#### **Elder Abuse Hotlines:**

• Elder Abuse Hotline: 800-252-8966

#### **Human Trafficking Hotlines:**

- National Human Trafficking Hotline: 1-888-373-7888 - OR text 233733. Caller can report a tip; connect with anti-trafficking services in their area; or request training and technical assistance, general information, or specific anti-trafficking resources.
- Human trafficking hotline database for other countries is found here: https://www.state. gov/state-gov-website-modernization/

#### **Parents Hotlines:**

- Parent Hotline: 800-840-6537 Parent Hotline is a website dedicated to helping families who are in a crisis situation.
- Parental Stress Help Line: 800-632-8188, they

also offer groups in and around Masschusetts. To learn more visit their website at https://www.parentshelpingparents.org/

#### Rape/Sexual Assault **Hotlines:**

- The National Sexual Assault Hotline (1-800-656-HOPE) and Online Hotline (rainn.org) offer free, safe and confidential help 24 hours per day, 7 days per week.
- Safe Horizon Rape, Sexual Assault, and Incest hotline: 212-227-3000
- Take Back The Night Foundation Hotline: 866-966-9013: Legal support for survivors in every state. Referrals to counseling, support, legal aid, hos-

#### **HOTLINE**

continued on page 12

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## **Living Healthy**

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## Families Continue to Pay Tribute to Veterans



Pictured left to right: Dale Kurtz, Franklin VSO, and members of the Franklin Veterans Council, Sue Theriot, Ernest Carruthers and Bob Gardner with Bill Fredrick of C & A Masonry, Inc. of Franklin.

The fourth installation of engraved bricks on the Veterans Memorial Walkway took place recently on the Franklin Town Common. The next installation is planned for November 2020 to coincide with Veterans Day. Bricks must be purchased by September 14 for this installation.

Veterans being honored do not have to be Franklin residents. For more information or to purchase an engraved brick, contact the Franklin Veterans Services Office at: (508) 613-1315 or go to: www.franklinveteransbricks. com for online orders. Engraved bricks are \$100 each.

#### **HOTLINE**

continued from page 10

### Runaway or Homeless Youth Hotlines:

- National Runaway Safeline: 1-800-RUNAWAY (1-800-786-2929)-a national, toll-free hotline for runaway and homeless youth, teens in crisis and concerned family/friends. Completely confidential.
- Covenant House 1-800-999-9999(Youth and Parents, 24-hour, toll-free crisis hotline which provides crisis intervention, referral and information services to homeless, runaway and other troubled youth and their families throughout the U.S.

#### **Self-Injury Hotlines:**

• 1-800-DONT-CUT (366-8288)

#### **Stalking Hotlines:**

- Crime Victims Hotline: 1-866-689-HELP (4357)
- Safe Horizon: 1-800-621-HOPE (4673).

#### Substance Abuse/ Alcholism Hotlines:

- Alcohol Abuse and Crisis Intervention: 800-234-0246
- Alcohol and Drug Abuse Helpline and Treatment: 800-234-0420
- The Alcohol & Drug Addiction Resource Center: 800-390-4056
- Alcohol Hotline Support & Information: 800-331-2900

Suicide Hotlines in the United States:

- National Suicide Hotline: 1-800-784-2433
- National Suicide Prevention Lifeline: 1-800-273-TALK (24/7)
- National Suicide Prevention Lifeline in Spanish 1-800-799-4889

- National Suicide Prevention Text line: 1-800-799-
- Suicide Hotlines by Statea comprehensive list of suicide hotlines by state is found here: http://www. suicide.org/suicide-hotlines.html

### **Surrender Your Baby Hotlines:**

National Safe Haven Alliance Crisis Hotline: 1-888-510-BABY Call this toll free numbers if you want to surrender your baby or are pregnant and have questions about how the "Safely Surrendered Baby" laws in your state can help you. There are "safe surrender" sites in many locations—usually any hospital, fire station, lifeguard station—where you can safely hand over your baby with no questions asked. There are laws in place to protect your privacy and ensure that your baby is not abandoned in an unsafe place when you are in crisis.

#### **Veterans Crisis Hotlines:**

- Military Helpline: 1-888-HLP-4-VET (1-888-457-4838) — Anonymous, free help for veterans, members of the military and their families
- National Call Center for Homeless Veterans: 1.877.4AID.VET (424.3838)
- VA National Caregiver Support Line: 1-855-260-3274 (M-F 8am-11pm, Sat 10:30am-6pm)
- Veterans Crisis Line: 1-800-273-8255, press 1 (text 838255) or Confidential Veterans Chat with a counselor at https://www.veteranscrisisline.net/get-help/ chat

#### HOTLINE

continued on page 13





## **Time for Hurricane Preparedness**

#### 1. Hurricane Risk

- Peak of hurricane season is August and September
- NOAA predicts above normal hurricane season; but regardless of seasonal forecast, it only takes one storm to severely impact an area
- Entire state is at risk; storm surge threat in coastal areas and high winds, heavy rainfall, and inland flooding possible across entire state, as we saw in Irene in 2011
- While the last hurricane in Massachusetts was Bob in 1991, the Commonwealth has a history of destructive hurricanes
- Threat of tropical cyclones and other natural hazards continue during CO-VID-19 pandemic

#### 2. How Residents Can Prepare

- Know Your Evacuation Zone
  - Learn if you live or work in a hurricane evacuation zone: www.mass.gov/knowyourzone

#### • Make an Emergency Plan

■ Develop a plan with the members of your household to prepare for what to do in a tropical cyclone including making an evacuation plan, planning for individuals with access and functional needs, and any extra considerations during COVID-19 pandemic including how you might evacuate and where you might evacuate to. If you are in a high-risk population, the safest option may be to evacuate to a location without the general public such as a hotel, relatives' home or other destination. https://www.mass.gov/info-details/make-a-family-emergency-plan

#### • Build an Emergency Kit

■ Build an emergency kit containing items that will sustain you and your family in the event you are isolated for three to five days without power or unable to go to a store and customize for your family's needs. During the COVID-19 pandemic, include face coverings, masks, hand sanitizer and other cleaning supplies that you may need. https://www.mass.gov/info-details/build-an-emergency-kit.

#### • Stay Informed

Every family should have multiple methods for receiving emergency alerts. Learn more about different types of alerting and information tools including the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, Social Media & Traditional Media, 2-1-1 Hotline, Local Notification Systems: https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts

#### **HOTLINE**

continued from page 12

### Youth/Teen Crisis Intervention Hotlines:

- Boystown National Hotline: 800-448-3000 or TTY: 800-448-3000 Assists youth, and their family/friends, who are affected by self-harm and other issues
- LGBT Youth Suicide Hotline: 866-4-U-TREVOR OR text "Trevor" to 1-202-304-1200. (Available Tuesday-Friday between 3pm 9pm EST/12pm 6pm PT)
- National Youth Crisis Hotline: 800-448-4663 -Provides 24/7 short-term counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse.

- Teen Text Line: Text TEEN 839863 Daily from 6pm-9pm PST
- Youthline: 1-877-YOUTH-LINE (1-877-968-8454): Toll-free teen crisis line that links teens to community based peer counseling hotlines in the nation.
- Youth Development International Crisis Hotline: 800-HIT-HOME (448-4663): This youth crisis hotline provides crisis intervention counseling, information and referral on youth issues, child abuse, pregnancy, runaways, suicide, shelters, churches, transportation and more.

#### **Warm Lines**

 Warmlines are for when you need someone to talk to but are not in crisis: http:// warmline.org/- lists warmlines by state





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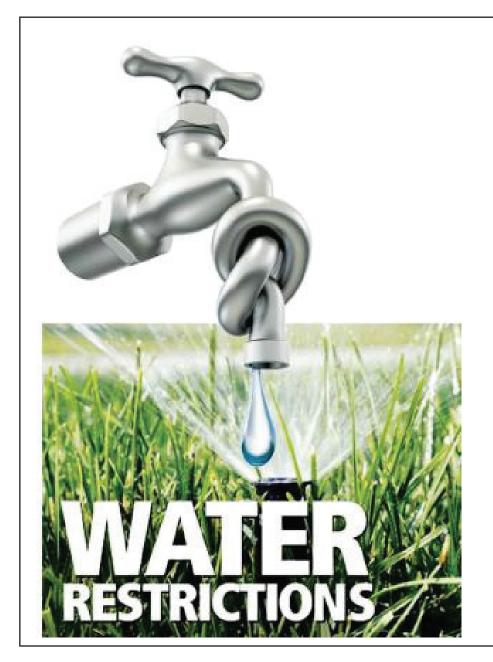
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## **No Outside Irrigation** per Holliston Water **Department**

Due to drought conditions and the extended dry forecast, there is NO outside irrigation allowed. Hand held watering is allowed only on permitted days before 9 a.m. and after 5 p.m.

Even house numbers can hand held water on Tuesday & Thursday; Odd house numbers can hand held water on Wednesday and Friday.

The Holliston Water Department is pleased to announce the availability of the 2019 Annual Drinking Water Quality Report (CCR). The report is available at the

https://www.townofholliston.us/sites/g/files/vyhlif706/f/uploads/2019\_annual\_water\_quality\_report.pdf

Following CDC COVID-19 Pandemic Guidelines hard copies will be available at the Water Department Office at 703 Washington Street, public buildings or by calling the Water Department at (508) 429-0603. This report is prepared each year by the Water Department to inform the residents of Holliston about the quality of their drinking water. The report discusses the sources of drinking water, information sources, how the water is treated, substances found in the water, and compliance with drinking water regulations. Please contact the water office with any comments or questions.









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## **Mass Breast Cancer Coalition Takes Against the Tide Fundraiser Virtual**

With the health and well-being of participants, volunteers, and sponsors in mind, Massachusetts Breast Cancer Coalition (MBCC) announces a new virtual event schedule for its annual, statewide Against the Tide athletic fundraising events for 2020. MBCC is planning three virtual events on August 15th, September 19th, and September 26th. The virtual event components include 1-mile recreational or competitive swims,  $\frac{1}{2}$ -mile recreational swim, 5K or 10K runs, 3-mile walk, ½-mile stand-up paddleboard, and 2-mile kayak. For participants who are looking to challenge themselves, there is an Aquathon option, consisting of a competitive 1-mile swim followed immediately by either a 5K or 10K run.

"We are grateful to the many people who come out to support MBCC every year at Against the Tide events and we hope that providing participants with multiple virtual options will give everyone a chance to be a part of the Against the Tide events and to swim, walk, run, paddle, or kayak in support of cancer prevention," explains Cheryl Osimo, MBCC's Executive Director. "We've tried hard to balance the health and safety of our supporters, while trying to ensure important funds are raised to support MBCC's programs." Registration fees are \$40 for an individual participant, and \$100 for a family registration (up to 5 family members).

#### **Virtual Event Highlights:**

- · Participate on a course or safe body of water of your choosing.
- Participants will have a four-day window leading up to the event day to complete their activity, (for example, August 13 - 16th for the August 15th virtual event).
- · All virtual participants who register for the August 15th event by July 20th or for either of the September events by August 24th will receive a Participant Fun Pack, including an event t-shirt, bib or swim cap, participant medal, and sponsor items.
- Swim, Run, and Aquathon participants can submit their finish times to our event timing partner Second Wind Timing to be included on the Event Results
- Access to at-home video workouts created exclusively for Against the Tide participants.
- · Opportunity to include a flag in memory/honor of a loved one on the online Mural of Honor.
- Share your "event" photos with us to be included in the Against the Tide photo album on the MBCC website and Facebook page.
- · Prizes will be awarded top fundraisers.

To learn more about all of the registration options or to make a pledge, please visit the MBCC website at www. mbcc.org/swim or by calling 1-800-649-MBCC (6222).

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### **Holliston Senior Center Open on Limited Basis**

The Senior Center opened again to the public beginning Monday July 13, by appointment only, and on a very limited basis. Only the computer room, book store and Good as New shop will be available at this time. Appointments can also be made to see staff. No more than two guests will be allowed in any room at one time. Visits to the Center will be limited to no more than one hour.

To help keep everyone safe, everyone will be asked to confirm that they do not have, and are not suspected of having, nor have they had close contact with, anyone with COVID 19. If someone has a fever, cough, or any signs of respiratory infection they will not be able to come to the Center. If someone has travelled outside of the New England, New York, and New Jersey area, they must wait 14 days before coming to the Center. Everyone is required to wear a face covering to enter the Center, and whenever possible maintain 6 feet of distance from others. If you need a mask, let us know, as we do have some

SHINE (Serving health insurance needs of everyone) appointments are available by phone and email. To schedule, call the Senior Center.

We are providing transportation for essential needs such as grocery shopping and medical appointments within our service area. We also continue to loan out medical equipment. For more information on transportation, or medical equipment, please contact Marty Schneider, Outreach and Transportation

Coordinator.

We encourage all Seniors, and those concerned, to reach out to us with any questions, concerns

or needs. We also encourage those just wanting to say hello to give us a call. We can be reached at (508) 429-0622.





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## **Sports**

## **Healey Hoping for Chance to Rebuild Holliston Field Hockey**

By KEN HAMWEY, STAFF SPORTS WRITER

EDITOR'S NOTE: At Local Town Pages deadline, neither Governor Baker nor the Department of Education had announced the status of interscholastic sports for the fall.

Alyssa Healey knows that her field hockey team needs some rebuilding after losing 10 seniors to graduation but Holliston High's coach will gladly deal with that task. Why? Because she's passionate about the sport.

Her passion for field hockey makes her hopeful that schools will be open in the fall after a lengthy shutdown because of the coronavirus pandemic. And, she's hopeful that interscholastic sports will be in the mix.

"I'm optimistic," Healey emphasized. "Athletics not only help girls with their competitive development, but sports are also needed for high school girls' social and emotional development. They need normalcy. The cancellation of spring sports forced many of my players to miss la-



Alyssa Healey is "hopeful" she'll be heading back to work this fall — as a health and phys-ed teacher at Dover-Sherborn and as a coach at Holliston. She's also acutely aware that health and safety are paramount as she, her players and fans await a ruling on whether interscholastic sports return for the fall.

crosse. I'm hoping sports will be back, because I love coaching and I enjoy working with student-athletes."

The 31-year-old coach, who has guided the Panthers to five tourney appearances in six years, is acutely aware that, if sports get the green light, field hockey will undergo changes. She's ready to adjust to whatever guidelines the MIAA (Mass. Interscholastic Athletic Association) outlines.

"I don't envision players wearing masks," she noted. "Mouth guards and goggles are already required, however. Players likely will be bringing their own water but social distancing will be difficult in games because field hockey is a close-contact sport. Hand sanitizing stations likely will be available and limited seating on buses will be necessary."

Healey also believes change will occur in practice, in locker-rooms and with fans attending games. "There'll likely be smaller group instruction at practice," she said. "Locker-rooms may be off-limits but spacing fans at games shouldn't be an issue. Field hockey games aren't like football. Attendance is less."

Healey's program, like other teams, has been affected by covid-19 this summer. Her players will miss attending a valuable camp at UMass-Dartmouth that was scheduled for Aug. 1-5. It was canceled because of the virus.

"About 15 of our players would have been at the UMass camp," she said. "International

coaches would have offered instruction but for them to enter the country would have been a problem. The youth camp that I conduct (June 25-29) has been postponed to Aug. 10-13. It's a camp for girls from kindergarten to ninth grade and it's a fundraiser for the high-school program."

Since Healey became the Panthers' coach, she's elevated the program in a dynamic way. Not only has Holliston been a perennial tournament participant, but it's also advanced deep into the playoffs. Last year's squad posted a 14-5-1 overall record and got to the Sectional semifinals for the second straight time.

This season's contingent will face some challenges because it lacks experience (no seniors) and its depth is thin. Healey, however, has a squad with some key strengths. "Our core group is coachable, and we've got good team chemistry," she said. "Our skills are improving, we're athletic and the girls have a high field hockey IQ."

The leaders are junior captains — midfielder Peyton Hastings and fullback Jordyn Kuharich.

"They're both two-year veterans," said Healey, who previously was Dover-Sherborn's jayvee coach and varsity assistant. "Peyton is one of the hardest workers I've ever coached. She's athletic, instinctive, a solid passer and very good in transition. She leads by example. Jordyn leads by being communicative. She's vocal, and she knows her role. Her speed, poise and finesse are great assets."

Emily Waldman emerged as a sophomore last year and was a prime contributor on defense. "Emily was a pleasant surprise," Healey said. "She works hard in practice, tackles effectively, and is a poised player."

Three other girls who'll be counted on are junior forwards
— Stephanie Farrell and twinsisters Abby and Bridget Glynn.

"Stephanie is a three-year veteran who started as a sophomore," Healey said. "She plays low to the ground and is a good passer who gets assists. I'm looking for her to be more offensiveminded. Last year was Abby's first season but she eventually became a starter. She's athletic, has good stick skills, marks our opponents' top player, and can score. Bridget also was a firstyear player as a sophomore and became a starter. She's an instinctive athlete who's aggressive up front and good in transition."

Healey expects junior midfielder Lily Sawyer to keep improving. "She's excellent in transition and is an effective passer," Healey emphasized.

**HEALEY** 

continued on page 17





#### **HEALEY**

continued from page 16

Thirty-three candidates will be reporting for pre-season practice and the breakdown is 19 juniors, 10 sophomores and 4 freshmen.

Amid all the cancellations and delays cause by covid-19, the group has been working to stay in shape. The captains conducted a Spring Challenge via email that included a variety of drills, and Healey communicated with the players in June during one Zoom meeting that emphasized conditioning instructions and listed the squad's schedule. If a season is to occur, the Panthers will open on Sept. 9 at Norwood.

"Our goals are to improve daily, focus on the tasks at hand and qualify for the tourney," Healey said. "It's never easy to qualify, but we can achieve that objective if we stay healthy and learn quickly. We finished second in the Tri Valley League's Large Division last year behind Westwood. They'll be strong again, and so will Norwood. Defending state champ Dover-Sherborn will be solid in the Small Division."

Dealing with any degree of rebuilding won't be a Herculean task for Healey because she knows what ingredients are needed for success. "The key is to have players who are coachable, know technique, practice full-speed and have a high field hockey IQ," she said. "Leadership is important, and it's beneficial to have players who represent the program in a positive fashion, on and off the field."

## **Online Events at Boston Public Library**



#### Friday, August 7, 6-7 p.m.

**Edward Ball (Life of a Klansman:** A Family History in White Supremacy) in conversation with Kenneth W. Mack (Representing the Race: The Creation of the Civil Rights Lawyer)

Part of Central Library Author Talk Series

Registration required. Visit https://www.harvard.com/event/virtual\_event\_edward\_ball/

#### Saturday, August 8, 11 a.m. – 12:30 p.m.

**Pivot Your Small Business Pitch** 

Registration required. Visit:

https://bpl.bibliocommons.com/events/search/fq=types:(5cb75a7a902580b8773d23e4)&fq=is\_virtual:(true)/event/5f0f08ab8497d4760a06dd70

#### Tuesday, August 11, 6-7 p.m.

Gretchen Sorin with Driving While Black: African American Travel and the Road to Civil Rights

Part of Central Library Author Talk Series

Registration required. Visit https://wgbh.zoom.us/webinar/register/WN\_d92REgSbS72rD7B8eZ8A7w

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## Real Estate Corner

## Virtual Rodman Ride Will Support Big Brother, Big Sister of Central Mass & Metrowest

The Rodman Ride for Kids is typically a long-distance bike ride that takes place in late September, but this year the event has transitioned to a virtual event and BBBS of CM & MW is thrilled to get even more people involved. Register at https://rodmanrideforkids.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=552&eType=EmailBlastContent&eId=ed59eaf4-3bc5-4ee8-846e-949d2d7a25f0

This year, there are several ways to get involved:

- 25 Mile Rider ride 25 miles in your neighborhood on September 26th
- 50 Mile Rider ride 50 miles in your neighborhood on September 26th
- Choose Your Own Adventure you can participate in any way that works for you. Here are some ideas: ride/walk/run 25 or 50 miles over a course of several months, run a half marathon, do 25 acts of kindness, hike X number of miles, read X number of books. Anything goes!

There are many ways to participate on Team BBBS of CM & MW:

- 1. Be a Team Captain—invite 10 friends or family members to join you for the Rodman Ride and create a team of your own!
- 2. Join Team BBBS of CM & MW ask your friends and family members to sponsor you.
- 3. Support our Team. Find "Big Brothers Big Sisters of Central Mass & Metrowest - RRFK 2020" at www.rodmanrideforkids.org

100% of money raised for BBBS of CM & MW will directly benefit our 1:1 mentoring programs.

### What is the Rodman Ride for Kids and how does it benefit BBBS of CM & MW?

Rodman for Kids is a convening non-profit organization that raises funds for youth-focused social-service organizations supporting positive youth development like Big Brothers Big Sisters of Central Mass & MetroWest. The Rodman Ride for Kids, offers youth-focused Affiliate Charities a cost-free platform to raise funds for their programs and engage in collaborative opportunities.



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## Legislature Passes Bill to Protect Residents from Mosquito-Borne Viruses

#### Bill Creates System to help Mass. Mitigate Spread of Arboviruses like EEE

The Massachusetts Legislature passed legislation that will help protect residents from Eastern Equine Encephalitis (EEE), a mosquito-borne arbovirus that is rare but can be fatal. The bill, which now moves to the governor's desk, comes amid an already active mosquito season across the state.

"We must act quickly to protect our residents given the mosquito season is well underway and health officials this week discovered the presence of the EEE virus for the third time after testing mosquito samples," stated Senate President Karen E. Spilka (D-Ashland). "Central Massachusetts, for the first time, was one of the many areas impacted by last year's EEE outbreak. With chances of EEE continuing to spread to other

areas of the state, now is the time to act. This bill establishes a comprehensive and coordinated approach to tackling EEE that will reach all corners of the Commonwealth. I would like to thank Senators Comerford and Rodrigues for advancing this issue with urgency. I look forward to seeing this critical bill become law."

Last year, Massachusetts saw a resurgence of EEE, with more than two hundred communities designated as moderate to critical risk by the Department of Public Health (DPH). The virus is spread through the bite of an infected mosquito and can impact humans of any age as well as animals. Massachusetts typically experiences outbreaks every 10-20 years, and the outbreak can last for two to three

years. In late September 2019, the DPH confirmed three people died due to EEE. Prior to 2019, the most recent outbreak, according to state health officials, began in 2010.

The bill authorizes the State Reclamation and Mosquito Control Board (SRMCB) to take actions to reduce the mosquito population if the Department of Public Health determines there may be an elevated risk of E.F.F.

The bill passed in the House as H.4843, an Act to Mitigate Arbovirus in the Commonwealth.

"With this bill, we're ensuring that the Department of Public Health can respond to the most imminent health concerns posed by EEE, while moving the Commonwealth toward a more sustainable, comprehensive, and environmentally protective plan for the future," said Rep. Dykema.

This legislation also takes steps to improve the long-term sustainability of mosquito control efforts by creating a task force to make recommendations designed to protect public health while limiting the environmental impact of arbovirus control. Rep. Dykema advocated for a robust, multistakeholder, task force made up of a team of public health, environmental, and agricultural regulators.

Rep. Dykema worked with the Public Health Committee and the House Ways & Means Committee, as well as a number of local environmental advocates, to develop a broad mandate for the task force and increase the transparency and notification of spraying activities for municipalities.

"It is my hope that these measures will bring our mosquito control response into the 21st century," said Rep. Dykema. "We must recognize the need to protect both our public health and our fragile ecosystems."

The bill's actions include public education, surveillance of the mosquito population, elimination of standing water and application of larvicides that safely prevent mosquitoes from becoming adults. The SRMCB would also be authorized to conduct aerial pesticide spraying, subject to notifying the public and putting in place procedural safeguards. Certain landowners, such as owners of organic farms, may apply to optout of spraying, and a municipality may opt-out of spraying if the Executive Office of Energy and Environmental Affairs approves an alternative mosquito management plan provided by the municipality. The bill also creates a Mosquito Control for the 21st Century Task Force to recommend reforms to modernize and improve the state's mosquito control system.

The bill now moves to the governor for consideration.



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