

The Voice of Your Community

Hopping Mad about Hopping Brook

BY JANE LEBAK

On October 5th, Medway and Holliston residents awoke to the sound of trees crashing done, "one a minute" according to one of the abutters of 555 Hopping Brook Road.

It would take two days for the Town of Holliston to get a temporary restraining order against CRG Integrated Real Estate Solutions, only the latest in a series of issues surrounding the planned industrial development.

"They're grossly in violation of so many different things," says Mathtew Mnich, a Medway resident spearheading the fight against the development. "There's a big groundswell of people that have amassed, not just in Medway as direct abutters, but folks in the town of Holliston and Milford as well. We're applauding the board for their swift action, but asking



Local residents in Holliston and Medway are concerned that developer, CRG Integrated Real Estate Solutions, has no intention of working harmoniously with the community on its proposal at 555 Hopping Brook. Clear-cutting that began on October 5th in violation of a Town of Holliston Cease and Desist letter added to their apprehension.

them to revoke all the permits currently issued and asking them to start over."

HOPPING

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Local Businesses Rely on Residents to Stay Afloat during Pandemic

BY J.D. O'GARA

"The 4th quarter is the most important period of the year for any retailer," says John Paltrineri, owner of Fiske's General Store. "We have to do certain numbers to hold us over for January and February, the colder months."

It's not surprising, then, that as the holiday season approaches in the time of COVID-19, the focus of many intent on keeping Holliston businesses thriving is "Shop Local."

Since it started its #HollistonTogether campaign a few months ago, Holliston Cable Access TV (HCAT) has produced infomercials for different categories of business, says John Drohan, on the HCAT Board of Directors. The effort was aimed at reminding residents during shutdown that businesses in town were still

operating, if not with curbside service, remotely. And the effort is still underway, at a time there'd usually be a big Holliston holiday stroll.

"Donna Cady, of the Candy Cottage, myself, and Diane Marrazzo, of The Grapevine usually run that," says Paltrineri. "We know we just can't do it safely, so we thought we'd just cancel it this year."

The #HollistonTogether effort to get Holliston residents to head down to local merchants instead of online or to box stores is important to Holliston businesses. Drohan has personally worked on two infomercials on local business, on merchants that sell gifts and those that sell food. "Don

SHOP LOCAL

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HOPPING

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The development at 555 Hopping Brook Road has caused such turmoil that it has its own page at the Town of Holliston website as well as a Facebook group, West of Hopping Brook, that's working to mitigate the impact on the town.

Plans for the site include three warehouses, one at 90,000 square feet, and two much larger ones at 600,000 and 800,000 square feet with 170 loading docks as well as space for 473 tractor trailers.

No one has identified the prospective tenant that requires 1.5 million square feet of warehouse space.

Holliston residents have raised three main concerns about the development and its impact on everyday life in Holliston: traffic, the environmental impact, and the lack of respect for the area's character.

Such a large facility will inevitably increase traffic on Route 16, and also on South Street.

Mnich says, "Their traffic study was about 1,500 tractor trailer trips a day. That's pretty astronomical in terms of the impact to a local community. But the Department of Transportation estimates over 7,500 trips a day."

Traffic is a primary concern for Jan Klein, a nine-year resident of the Balancing Rock condominiums. Klein says, "I already sit five minutes on Balancing Rock Drive trying to get onto Route 16. The increase in traffic is unacceptable."

To reach the closest highway, trucks will have to travel the length of the Hopping Brook development, turn onto Route 16, and then turn onto Beaver Street

or Fortune Boulevard in Milford. Smaller vehicles may take South Street to Route 109, greatly adding to the traffic on a residential road.

Klein adds, "If they're going to have that many trucks, why aren't they developing in a place where trucks have direct access to a highway?"

The environmental impact begins with the effects of the increase in traffic, but does not end there. Increased traffic results in rising levels of particulate matter in the air.

Moreover, the original site plan calls for removing eight to ten thousand trees from the site, which is not without consequences in terms of runoff and erosion.

Mnich says, "The original site plan required a wastewater treatment plant. Since that original permit was filed, the developer instead went with collection ponds. What will that do to our well water?"

The Town of Holliston Planning Board has responded to this comment by Mnich, noting that wastewater and stormwater should not be confused. "The stormwater management design includes detention ponds as their best management practice. The original park MEPA filing included development of a wastewater treatment plant for sewer. Individual septic systems are being proposed," explains Karen Sherman, Town Planner.

The plan has no protocol for dealing with snow, nor for refueling trucks.

Mnich says, "There are three million square feet, flat footage, of hardscape. How do you plan to de-ice the hard pavement, and what to you plan on using? How do they plan on treating the contaminated water?"

Hopping Brook Timeline

November 16, 2019: Initial site plan created

March 11, 2020: Site plan approved

June 1: Zoning Board receives height variance application for 800,000 s.f. and 600,000 s.f. structures

June, 2020: Abutters are notified

June 24: Variance approved to increase building height (currently under appeal)

June 30: Application for Planning Board Special Permit for proposed 800,400 s.f. warehouse use and outdoor storage filed

July 2: Abutters notified of July 23rd public hearing

July 23: Planning Board public hearing opened and continued to August 6

July 30: Mass. MEPA Unit requests an updated Notice of Project Change addressing wastewater issues and traffic references

August 6: Developer requests continuance of public hearing; Planning Board continues hearing until September 17

September 17: Developer requests continuance of public hearing; Planning Board continues public hearing until November 12

September 28: Developer begins cutting trees; Holliston issues a Cease and Desist letter

October 5: Developer resumes clearing trees

October 7: Emergency restraining order again halts tree-cutting

October 16: Hearing at Middlesex County Superior Court regarding land-clearing

October 22: Deadline, according to court ruling, for CRG to submit detailed construction sequence plan to Planning Board

October 29: Planning Board meeting regarding updated construction sequence plan

November 12, 7:15 p.m.: Continued special permit public hearing for the proposed use and outdoor storage (Zoom at <https://zoom.us/j/288221782>. Meeting Password: 13579, or call (646) 558-8656, Meeting ID: 288 221 782, password: 13579

Finally, residents are upset with the developers' attitude toward the Town of Holliston itself.

For example, Holliston has many miles of "antique roads" still in use by pedestrians, but which may be lost as the land is developed. Mnich says, "They lead all the way out to the rail trail. Some people feel they have rights to still access those antique roads, but the developer felled trees preventing anyone from accessing those trails."

The tree cutting is the most recent development. On September 29th, CRG began felling trees in violation of the guidelines, stating that because they weren't removing the tree stumps, their action was lumber collection rather than clear cutting. The Town of Holliston issued a Cease and Desist under the Town's Stormwater Management and Land Disturbance By-Law stating that they do not have approval to clear cut, nor do they have the proper permits for lumber collection.

This leads to the morning of October 5th, when CRG brought two logging trucks onto the property and resumed cutting trees in violation of the Cease and Desist letter. The Town of Holliston applied to Middlesex

County Superior Court to obtain an emergency restraining order, which was granted on October 7th with the hearing scheduled for October 16th (docket number 2081CV02415).

The court concluded that CRG could apply for a permit for tree-cutting from the Dept. of Conservation, but they cannot bar the town planner from access to the site. CRG needed to submit a detailed construction sequence plan for the Planning Board's approval no later than 4 p.m. on October 22nd. As of Local Town Pages' deadline, on October 21st, that updated plan had yet to be submitted to the Planning Board. In turn, the Planning Board was to hold a meeting regarding this submission no later than 7 p.m. on October 29, 2020. (The Planning Board suggests visiting the page on 555 Hopping Brook for any updates regarding their decision, and Local Town Pages will update this article on our website, www.hollistontownnews.com and www.millismedwaynews.com)

Residents are concerned that the development will cause irreparable changes.

"As you know, the Balancing Rock fell recently. Was it the vibrations of all those trucks day and night?" asks Jan Klein. "Add

a few thousand vehicles, and then what happens to Holliston? I don't understand why they're going forward with this."

Mnich adds, "I don't think anybody wants to stand in the way of development, but it has to be done in a harmonious way. This project may go forward in one shape or form, but they've got to do it the right way. We want to make as many people aware of this as possible in surrounding towns. Know what's going on. Get involved. Voice your opinion."

The 555 Hopping Brook Place development will be revisited at the November 12th Town Planning Board meeting. Residents who are concerned about the issue can watch the meeting on Zoom. All details and documents, as well as details about the Zoom meeting, are available at <https://www.townofholliston.us/planning-board/pages/555-hopping-brook-information>.

You can access the November 12th meeting by connecting to Zoom at <https://zoom.us/j/288221782>. Meeting Password: 13579. You can also join by phone only by calling 1-646-558-8656 then enter Meeting ID: 288 221 782 and when prompted for password enter: 13579.

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Your Money, Your Independence

Your HS Junior know EFC, NPC or Merit? They should.

As if there isn't enough going on, now is the time for your high school junior to start their financial aid process for college.

Each year, October 1 is a critical date as high school seniors can apply for FAFSA, the Free Application for Federal Student Aid form. So why the focus on junior year?

While many look at deadlines, when it comes to college planning and maximizing opportunity for "first come, first serve" grants and merit scholarships, completing the FAFSA on October 1 should be a data entry formality.

Especially if a student is leveraging binding Early Decision (ED) or non-binding Early Action (EA) admission processes, as those applications are due as early as November 1. Schools will ask if you need financial assistance, and if so, the amount not

covered by financial aid.

But let's back up, as getting ahead of ourselves.

To build your teenager's school "wish list" during junior year, you need to understand a student's true costs and analyze return on investment (ROI) per degree and school. Beyond expectation setting, this seeks to avoid your kid graduating with a mountain of debt and entering a profession challenged to pay back.

Expected Family Contribution (EFC), used in FAFSA, is a calculation to estimate how much the student's family will be expected to contribute. EFC changes each year, given that incorporates family tax returns 2 years prior along with assets, titling, income, debts and other factors.

Equipped with EFC, now your student can use a school's Net Price Calculator (NPC).

This incorporates many factors, including for merit scholarship purposes, GPA, test scores, class rank and activities. Comparing NPCs of various schools is an outstanding practice in selecting colleges for application.

As a parent, by understanding how EFC is calculated, you can take action to potentially reduce EFC and increase financial aid eligibility or greater merit. There are trade-offs and implications to asset titling, control, gifting and taxes. However, as a parent of a high school junior now, you have until December 31 to impact your student's sophomore year college FAFSA application. Wait until this January, any actions won't make an impact until junior year college. For the real go-getters, parents of high school sophomores, you can act now to reduce EFC for FAFSA freshman year college.

Consider the government's collegecost.ed.gov, fee services like College Board's bigfuture. collegeboard.org, or a coach, counselor and certain Certified Financial Planners who specialize in helping clients through the college admissions and financial aid processes.



Glenn Brown

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.

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. 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 2003. 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 ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an



entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or

donate items. Only after he tries to repurpose items do they end up at the transfer station.

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

If you don't want to be bothered with the dumpster, they've also got a driveway special where 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 as well as Resellables, a thrift store in Bellingham. 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!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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New Temple Beth Torah Rabbi Took a Winding Road to the Rabbinate

As a child in Vancouver, British Columbia, Rabbi Mimi Micner said she didn't think of herself as destined to be a rabbi, but there was always spirituality in her life.

"I grew up in a very strong Jewish community with a very strong Jewish identity," she said. "And, for me, even at a young age, I was always drawn into, kind of, the spiritual and ethical content that the tradition was offering."

Her mother's family is from Chile, and they moved to Israel and then Canada just before the Chilean dictatorship. They were secular Jews involved in progressive Zionist youth movements. Her father's family are Holocaust survivors from Poland, who moved to Canada along with many other European Jews hoping to heal and restart their lives.

Micner went to Middlebury College in Vermont to study political science. She also studied Judaism, and became actively involved in building Jewish community through Hillel. It was her first experience of building Jewish community.

It wasn't until her 20's that the rabbi bug kicked in.

"I had a sense... that this would be a real way to do really, kind of, spiritually rich, transformative work, both in terms of the inner life and the wider world as well," she said. "Judaism is so much about who we are and who we can be."

After moving to Boston from Middlebury, Micner worked with a group called the Jewish Organizing Fellowship, which was a group of young Jews doing community

organizing work and building Jewish community together. Micner continued the organizing work right up until she went to rabbinical school.

While "Rabbi Mimi," as she likes to be called, has spent a good bit of time leading different campus Hillel groups, the job at Temple Beth Torah marks the first time Micner has run a congregation. Some might suggest it's an interesting choice for someone's first foray into being a pulpit rabbi. The Holliston synagogue has seen some amount of upheaval over the past few years. But Micner shrugged off the suggestion.

"I don't know a Jewish community that doesn't have some aspect of work to be done," she said with a laugh. "The more we can offer meaningful experience that really speaks

to people's lives, and really speaks to people's questions and hopes and concerns, then the more will be a thriving and growing community."

Rabbi Micner said her background as a community organizer is perfect for the role. She spoke about creating adult learning programs, specific programming to appeal to young families and interfaith families and maybe adding more musical shabbat options.

Micner said there was instant chemistry for her when she meant the temple's search committee, which only has grown as she's gotten to know people – even remotely. She said she feels there's a real commitment and dedication to do what's best for the temple community.

"You know, communities really struggle with change and really struggle with, 'some of us want this one thing and the other people, they want this other thing and maybe we don't like them and we don't think it's legitimate or good enough,'" she said. "But this community, I felt like was so much heart and commitment and a lot of love for this community and for each other. And a really a real sense of like we're in it together. And a real desire to flourish for the sake of future generations and being willing to make innovations in that direction to allow that to be possible. And this is not true of every community."

Rabbi Mimi is married to Dr. Talia Lewis, and they live together in Watertown.



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SHOP LOCAL

continued from page 1

and Bruce (of HCAT) have done six already, and I think they have another four or five lined up," he says. "They're having great success, the people are psyched, very openly about talking about their business, all on the HCAT YouTube channel."

Drohan thinks that awareness of #HollistonTogether is growing, with more residents understanding the concept. "Can I put a number on it? No, but it seems the message is getting across. It's ongoing."

Many businesses have had to adapt to rapidly changing times, and many have gotten creative in

order to stay afloat.

At the beginning of the pandemic shutdown, for example, Fiske's General Store, unable to open to the public, posted updated photos of its merchandise on Facebook. Patrons could look at the photos online, call in their order to pay, and swing by to knock on the door to quickly pick up their package. "We moved with whatever the general population was looking for," says Paltrineri. "We found that puzzles were huge and paint and craft supplies were huge, anything to keep the kids busy, and then in the summer, we adapted by moving to backyard toys, and board games for game night." Although his foot traffic now back to nor-

mal since the store reopened June 8th, Paltrineri says business took a big hit for 2 1/2 months, and he's trying to stay creative with a membership program offering a 30% discount program through December.

Travis Ahearn, Holliston's Town Administrator, says the Town has tried to step up to meet businesses' needs in the pandemic. For example, the Board of Health has actively worked with some companies bringing employees back in to make sure they were following distancing protocols. The Town has also helped some sit-down restaurants work on their outdoor seating options.

"The Town is supporting any creative ideas. We're working as partners, and the Board of Health is here to answer any questions," says Ahearn, who says he is busy getting up to speed and has attended some meetings of the all-volunteer Economic Development Committee, which

is looking at an outreach plan to drive traffic the downtown area as part of its November agenda. "My obvious first priority is making sure the Board of Health and all those things are being heeded," says Ahearn.

Ahearn points out that interestingly enough, Pinecrest Golf Course did fairly well this year, and "Anthony's on the Green has been doing a ton of takeout. I don't think at the beginning I would have personally foreseen that. "Takeout has been a much bigger component with COVID-19, and although the town approved alcohol-to-go, "I don't think we had a huge drive for that," says Ahearn.

Although groups like the Holliston Community Farm have suffered, unable to hold key fundraising events, says Ahearn, he sees promise in the increased use of the Holliston Rail Trail, where, hopefully, people walking and biking will patronize businesses there.

"The bottom line is, check your local stores first," says Paltrineri, who says he gets a call every day where customers say, "I wanted to check with you before I go somewhere else."

"What they mean is Amazon or Wal-Mart or Target," he says, "and I love that call, the courtesy of checking in. We're part of the community, and they know we care."

"The pandemic and the economic impact of the pandemic is affecting everyone, and in particular, it's affecting small business, and it's going to be here for a while," says Drohan. "You can support local businesses, spend your money on local businesses and give them a chance. They're part of the makeup of your community. Everyone in Holliston I know likes being in Holliston, and they know the business community is an important part of that."

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For those celebrating Festivus on December 23rd, the traditional "Airing of Grievances" may create some issues at home.

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Happy Festivus 2020

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Holliston Public Library Open to Public

Finally, some GOOD NEWS! Holliston Public Library is open to the public! Hours are as follows: Monday, Tuesday, Thursday, and Friday: 10 a.m.—6 p.m.,

Wednesday: 10 a.m.—8 p.m., and

Saturday: 10 a.m.—4 p.m.

We still offer curbside pickup for those who would prefer it. Order as you normally would (delivery is still on the slower side) and give us a call when you get notification of your items being

ready to ask for curbside pickup. And if you are staying at home these days, call us at (508) 429-0617 and we will arrange a porch-side delivery, thanks to our awesome volunteers!

In addition, we offer ebooks and downloadable audiobooks through Libby and Hoopla. If you haven't tried them already, we recommend their collections, available with your library card. We are happy to help, so come in with your device or give us a call with questions. Libby

has the latest bestsellers, but you may have a wait to start reading. Hoopla is ideal for beginners: its ebooks, downloadable audiobooks, movies, TV, and music are always available, no waitlists, through the Hoopla app, see our website hollistonlibrary.org for details. Currently, we are offering 6 downloads per person per month.

Let us know if you have questions about the library's services by emailing tpage@minlib.net, we are happy to help!



Correction:

Previous coverage in the September issue of *Local Town Pages* insinuated that Market Basket is located within Pond Plaza, in Ashland. Pond Plaza is a 16,847-square-foot space adjacent to the shopping plaza in which Market Basket is located.

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Holliston Newcomers & Neighbors Thanksgiving Efforts Continue

The Holliston Newcomers & Neighbors Thanksgiving Committees - Thanksgiving Baskets & Senior Meals - have joined forces and are taking a new direction. Instead of assembling Thanksgiving Baskets or delivering an individual meal to our seniors on Thanksgiving Day, this year HNN will be supporting the efforts of the Pantry Shelf providing gift cards to their patrons and the Senior Center delivering meals to our seniors. We will also be helping other individuals in our community as well as organizations that provide services to Holliston such as Head Start and Wayside Youth.

To support these efforts, we are asking for monetary donations. Please visit the HNN Donations webpage <https://hollistonnewcomers.org/Donate> and select Thanksgiving Bas-

kets or if you would prefer to mail your donation, please send a check made out to Holliston Newcomers & Neighbors to Katrine Giroux, 147 Mohawk Path, Holliston and note that it is for Thanksgiving.

We would like to thank all the individuals and businesses that have already donated including Stucchi Landscape & Design, Nick's Central Garage, Cadwell Products Company, Abbess Instruments & Systems, and AnyFence.

If you have any questions, please email thanksgivingbaskets.newcomers@gmail.com

The HNN 2020 Thanksgiving Committee - Debbie Colburn, Katrine Giroux, Christine Charette & Amy Foreman - thank you in advance for your support!

Holliston Newcomers & Neighbors THANKSGIVING 2020 DONATION

Name: _____

Address: _____

Please make your check out to Holliston Newcomers & Neighbors and note on the check that your donation is for Thanksgiving.

We appreciate your donation!

Please mail your check along with this certificate to:

Katrine Giroux

147 Mohawk Path, Holliston MA 01746



Important Election Information

Vote in person on Election Day – Holliston High School, 370 Hollis St.

State Election November 3rd 7 a.m. – 8 p.m.

To view sample ballot visit https://www.townofholliston.us/sites/g/files/vyhlif706/f/uploads/sample_ballot_nov_0.pdf

To verify your voter registration information, visit <https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>

RETURN OF VOTE BY MAIL BALLOTS

Mailed Ballots include a postage pre-paid return ballot envelope that is addressed to the Town Clerk's Office. You may return your ballot by mail (please see deadlines below) or hand deliver your ballot by placing it in the drop box outside of the rear door of Town Hall.

- All ballots must be received in the Drop Box at Town Hall by 8 p.m. on November 3rd.
- All mailed ballots must be received by November 6th, with a postmark no later than November 3rd.

Ballots should be placed in this box located on the side entrance of Town Hall.

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Broadmoor Celebrates Grand Re-Opening of Indian Brook Trail

You're invited to a Do-It-Yourself Grand Re-opening of the Indian Brook Trail reroute, which was recently completed on a beautiful, gentle slope above the vernal pool. The change moves the trail out of wetland habitat – disruptive for wildlife, muddy and uncomfortable for visitors – to a terrific viewpoint of the Indian Brook marsh. To visit, take the right-hand trail branch from the nature center main trail along the field and into the woods past the vernal pool boardwalk overlook. The new trail rises upward from there. Be on the lookout for wood ducks in the wetland below. This is a favorite spot for them on fall migration.

Terra Corps Service Member Bea Oliva managed the staff and volunteers who collectively worked more than 80 hours on this reroute. Big thanks to the volunteers from Appalachian Mountain Club, who put the finishing touches on this project. The result: it looks like it's always been there and instead of watching your feet, you can enjoy the forest and wildlife.

Another beautiful option to explore was completed this summer and goes around the Mill Pond from Signpost 4 to Signpost 6. Most visitors cross the bridge, but for a new view of the sanctu-



Thanks to volunteers from the Appalachian Mountain Club and Terra Corps Service for help in clearing this trail.

ary, give this different route a try. More trail improvements will be continuing throughout the year. Many thanks to the generous donors who contributed more than \$420,000 to make these improvements and created an endowment to ensure the trails will always be kept in top condition.

We hope to see you out on the new trail sections enjoying the results of our community's hard work. Grab your sneakers and

binoculars, and reserve your time to visit today!

Broadmoor Wildlife Sanctuary is located at 280 Eliot Street in Natick. To find out more about classes, visit <https://www.massaudubon.org/learn>. You can also check out their blog at <https://blogs.massaudubon.org/branchingoutatbroadmoor/> or find them on Facebook.



The newly opened trail at Broadmoor branches off from the right-hand trail branch of the nature center main trail.



The new trail offers a better, less muddy and less intrusive glimpse of Mill Pond.

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Living Healthy

November at the Holliston Senior Center

Thanksgiving Lunch to Go

Monday, November 23, 2020, 12 p.m.

We will be offering a complete Thanksgiving meal to go, prepared by our caterer, Kerry Bosselman, with all the fixings, delivered right to your car! Our friends at Newcomers and Neighbors will be providing pies for dessert.

Each participant will be given a time to pick up their food and treats to take home with them.

Donation of \$6 will need to be

paid in advance for each person.

Reserve your spot now by calling the Senior Center at (508) 429-0622

Holiday Party to Go

Wed., December 16, 2020, 12 p.m.

Come enjoy a Holiday party to go, catered by Oliva's of Milford. This will of course include their famous porketta, with roasted potatoes, eggplant parmesan, meatballs, and salad. Our friends of the Holliston

Police Association will partner with us to provide dessert. Meals will include a few other holiday touches, and will be brought right to your car, by festively attired elves.

Donation of \$6 will need to be paid in advance for each person attending.

Reserve your spot now by calling the Senior Center at (508) 429-0622

**** NEW PROGRAM ****

SINGING FOR WELL BEING

Special Holiday Schedule:

1st and 3rd Thursday at 10:30 a.m.

November 5th and 19th, December 3rd and 17th

Improve your overall health in these fun and easy, stress-free singing sessions. These one-hour sessions will include:

- Tips for better breathing
- Learning relaxing mindful meditations
- Easy body warm-ups (seated or standing)
- Singing songs from around the world together
- All in the comfort of your own home on Zoom!

Meet new friends and have fun while improving your posture, breathing, relaxation and overall mental health and well-being! Last couple months were a big hit so sign up today.

Kris Adams has been teaching music and taking yoga for over 25 years and is a certified Singing for Lung Health facilitator.

The suggested donation is \$4 per class and payments will be made to the SSF.

Please call the Senior Center at (508) 429-0622 to sign up and make arrangements for payment. We will need to provide Kris with your name, phone number, and email for her to include you in her Zoom classes.

Attorney Arthur Bergeron: New Live Zoom Seminar Series:

December 1 at 1 pm. – a one-hour presentation, including questions and answers

Tis the Season, or is it?

Gift-giving may help you avoid probate, avoid estate taxes, and protect your assets if you later need nursing home care; but you may be giving the recipient increased tax liability, and the gifts

may need to be given back later if you get sick. In this seminar, elder law Attorney Arthur Bergeron will discuss the advantages and disadvantages of gifting to help you determine the best approach for you.

Call the Senior Center at (508) 429-0622 to sign up in advance

Legal Advice:

Attorney Bergeron will continue to offer a free 15-minute legal advice through the Senior Center on the 4th Monday of the month from 10 a.m. - 12 p.m.

You have the option of either talking with him over the phone or virtually using Zoom video conference.

Call the Senior Center at (508) 429-0622 to sign up for your 15-minute meeting with Attorney Bergeron to discuss legal questions or concerns.

Programs to be aired on HCAT:

Check their schedule for date, times, and channel

It's That Time of Year Again is focused on reviewing your Medicare Plan options and discusses supplemental plans, drug coverage, and understanding your options to plan ahead and save time and money for 2021.

Tis the Season, or is it? The live zoom seminar will also be aired on HCAT in December in case you missed out.

Legal Hour with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations.

Attorney Jay Marsden continues to meet with individuals for a complimentary 30-minute consultation. This meeting will be done via Zoom or telephone on the 2nd Tuesday of each month between 10 a.m. and noon.

If you would like to schedule an appointment with Jay, please call the Senior Center at (508) 429-0622 to sign up for your personal consultation.

MILFORD REGIONAL PHYSICIAN GROUP

Is Joint Pain Affecting Your Quality of Life?

It may be time to do something about it.

Milford Regional Physician Group (MRPG) is proud to welcome our new orthopedic surgeon, Geoffrey Stoker, MD. He comes to MRPG from world renowned New England Baptist Hospital, where he completed his fellowship in hip and knee replacement.

He earned his medical degree from Washington University in St. Louis and completed his orthopedic residency at Tufts Medical Center.

Offering innovative surgical options customized for each patient, Dr. Stoker's practice focuses on partial and total knee and hip replacement, including revision procedures. He looks forward to evaluating and treating patients with a variety of hip and knee problems, such as arthritis, avascular necrosis, and other joint conditions.

Dr. Stoker is currently accepting new patients and can be reached at 774-462-3345.



Geoffrey Stoker, MD

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Milford Regional Physician Group

Milford Regional Orthopedics

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SENIOR

continued on page 12

Living Healthy

Milford Regional Earns National Recognition for Promoting Organ, Eye, and Tissue Donation

Milford Regional has earned national recognition for its efforts to increase organ, eye, and tissue donor registrations across the state through the Workplace Partnership for Life (WPFL) Hospital Organ Donation Campaign. The WPFL is a national initiative that unites the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), and the organ donation community with workplaces across the nation in spreading the word about the importance of donation.

The WPFL Hospital Organ Donation Campaign challenges hospitals and healthcare organizations to “let life bloom” by educating their staff, patients, visitors, and communities about the critical need for organ, eye, and tissue donation, including offering opportunities to register as organ donors.

Milford Regional was one of 1,700 organizations to participate in the 2020 campaign.



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MILFORD REGIONAL PHYSICIAN GROUP

Welcome New Neurologists

Aditi Ahlawat, MD

Dr. Ahlawat earned her medical degree from the University of Massachusetts Medical School in Worcester and completed internships at Yale-New Haven Hospital and Beth Israel Deaconess Medical Center/Harvard Neurology. Dr. Ahlawat also completed a fellowship in clinical neurophysiology/EMG at BIDMC. Her clinical interests include neuromuscular disorders such as Myasthenia Gravis, ALS, muscular dystrophies, and various neuropathies. Dr. Ahlawat is fluent in French.



Aditi Ahlawat, MD



Eliezer Sternberg, MD

Eliezer Sternberg, MD

Dr. Sternberg earned his medical degree from Tufts University School of Medicine and completed his residency in neurology at Yale-New Haven Hospital. He completed fellowships in clinical neurophysiology and epilepsy at Massachusetts General Hospital. Dr. Sternberg is board certified in neurology with a broad clinical practice and specialty in the management of seizures and epilepsy. His clinical interests include seizures, epilepsy, headache, movement disorders, stroke and neurovascular disease, cognitive decline and disorders of consciousness.

Milford Regional Physician Group
Milford Regional Neurology

Milford Regional Medical Center / Hill Health Building
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508-381-5016 • milfordregionalphysicians.org
Member of the Milford Regional Healthcare System

Both neurologists are accepting new patients and can be reached at 508-381-5016.



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Living Healthy

SENIOR

continued from page 10

Book Club

We welcome you to join us on the second Friday of the month at 1:30 p.m. to enjoy some interesting titles. In November, we will discuss *A Guide to the Birds of East Africa*, by Nicholas Drayson. In December, we will discuss *That Churchill Woman: a Novel* by Stephanie Barron.

The Holliston Public Library can help you get books for the meetings and will be available for curbside pickup. Call the Library with any questions (508) 429-0617.

Please sign up at the Senior Center (508) 429-0622 to be

added to the Zoom meeting. Conference call is also an option for those who do not have internet/camera access.

Grief and Loss Support Group

Second Tuesday of the month November 10th and December 8th, 1 to 2:30 p.m.

If you have experienced grief and loss and would like to join us in community, friendship and support please join us on the 2nd Tuesday of each month. We're going "Zoom"! So, if you are interested and have access to a computer and the internet please call and register with our receptionist to get the Zoom invite.

Feel free to call Marty with any questions you might have regarding the group.

SHINE: Medicare Open Enrollment

SHINE is still available to help - by phone/Zoom! It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information, because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential

counseling on Medicare options. Call soon to schedule your phone appointment for any time through December 7th.

To schedule a phone appointment with SHINE Counselor, Pegg Rowe, please call the Senior Center at (508) 429-0622.

Fuel Assistance

Applications for Fuel Assistance are on the way. This program runs through April 30, 2021 and is available for both home owners and renters. We, here at the Senior Center, can assist any resident of Holliston (regardless of age) with this application.

If you think you might qualify, need more information, or to set up an appointment, please call

Marty Schneier at (508) 429-0622.

Phone-a-Friend

Recognizing the effects of the isolation this pandemic has had on all of us and how difficult it has become for some of us to see family and friends with any regularity, we here at the Senior Center would like to pilot a program to help people stay connected. If you think a weekly phone call might help (and making a new friend), or you are interested in volunteering your time to make calls, please contact Marty for more information at (508) 429-0622.

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Living Healthy

Prescription Drug Collection Box Available at Holliston Police Department

Through the partnership with the Middlesex County District Attorney's Office, the Holliston Police Department is an approved controlled substance collection site for residents of the Town of Holliston.

The Holliston Police Department is located at 550 Washington Street, and residents may anonymously deposit unused medications at any time in the drop box located in the lobby of the police station.

Why Citizens Should Turn in Their Unused Prescription Drugs:

- Children and animals could be poisoned if they find and swallow drugs
- Drugs can be scavenged and illegally sold

- Unused pharmaceuticals are environmental toxins; flushing them down the toilet or sink can release them into our drinking water and soil.

The Police are not accepting open containers of liquids and syringes at this time.

Special Town Meeting Delayed until December 5

The Select Board voted to delay Special Town Meeting from the regularly scheduled date of Monday, October 26, 2020. The new date and time selected is **Saturday, December 5, 2020, at 1 p.m. at the High School Auditorium, 370 Hollis Street.**

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Meredith Houghton Joins SVT Staff

Sudbury Valley Trustees (SVT) is pleased to welcome Meredith Houghton as its new Land Protection Specialist. Ms. Houghton will play a lead role in identifying area landowners who are interested in conserving their property and then working with them to develop an appropriate conservation plan.

SVT is a nonprofit land trust that protects natural areas and farmland in the region around the Sudbury, Assabet, and Con-

cord Rivers. The organization, which has 2,900 members, has helped to protect more than 8,000 acres of land since its founding in 1953, and it has a goal of protecting 12,000 more by 2050.

Previously, Ms. Houghton has worked as an environmental consultant with several organizations, including Vanasse Hangen Brustlin in Watertown, and has been involved in regional environmental planning efforts in Massachu-

setts and New Hampshire with the Ipswich River Watershed Association and the Rockingham Planning Commission, respectively. She also spent three years as an environmental scientist at Apex Companies in Boston. She holds a master's degree in Urban and Environmental Policy and Planning from Tufts University.

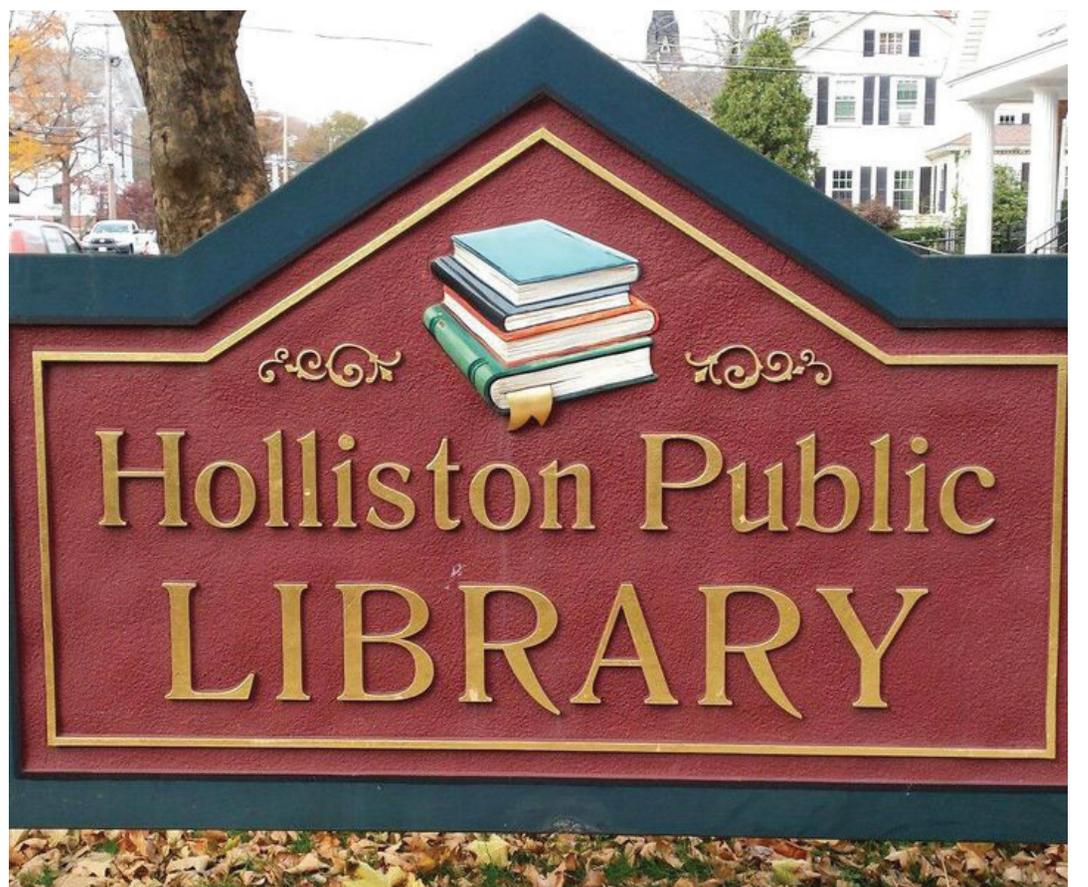
For more information on the Sudbury Valley Trustees, visit www.svtweb.org.

November at the Holliston Public Library

The Morning Book Club will discuss Nobel Prize winner Toni Morrison's *The Bluest Eye* on Monday, November 2 at 11 a.m. The History Book Club will discuss *Mayflower* by Nathaniel Philbrick on Monday, November 23 at 10:30 a.m. The selection for the Mystery Book Club discussion taking place on Tuesday, November 10 at 11 a.m. and will be announced on the library website. All groups meet virtually and books are available to borrow about one month before the discussion in multiple formats. Most titles can be found in e-book and downloadable audio format by using Libby and Hoopla. Register on the library's website to receive a Zoom invitation. New members are warmly welcomed at all groups.

Virtual storyhours for children take place on Thursday mornings at 10:15 a.m. and Zoom Lego Club at 4 p.m. Scavenger hunt instructions and STEM and craft kits are available for in person visits and on the curbside pickup table each week.

The library is open Monday, Tuesday, Thursday and Friday from 10-6 p.m., Wednesdays from 10-8 p.m. and Saturdays from 10-4 p.m. Curbside pickup continues during the same hours at the rear of the building. Holliston residents who cannot visit in person or use curbside pickup can arrange for home delivery by calling the library.



Spring 2021 Semester at MassBay to be Almost Entirely Remote

WELLESLEY HILLS, Mass.- MassBay Community College will offer its spring 2021 courses exclusively online or remote, except for a handful that involve laboratory work. This format mirrors how the fall semester courses are currently being delivered to students.

“After carefully considering the current state of affairs regarding the pandemic, and in keeping with our paramount objective of limiting the spread of COVID-19 among the MassBay community, we have decided not to open the College to on-campus classes and activities this spring,” said President Podell. “We have proven our ability to effectively offer our courses online and remotely while continuing to offer our students the ro-

bust academic and personal support services that are the hallmark of a MassBay education.”

All fall semester courses at MassBay are being offered online or remotely except for a few Biotechnology, Health Sciences, and Automotive Technology courses that contain a required hands-on laboratory component. The College has prepared and is following comprehensive access plans for each of its three campuses in Wellesley Hills, Framingham, and Ashland to accommodate students attending these lab-based courses.

This fall, compared to fall 2019, the College has doubled the number of courses that use free or Open Educational Resources (OER) to 74 courses, which makes these classes more afford-

able to students.

Open Educational Resources are free or low-cost text, media, and other digital assets which are useful for teaching, learning, and research. They are offered under a Creative Commons license that permits others to reuse, revise, remix, and redistribute them. In this format, students receive free or low-cost (under \$40) access and use of the materials without the expense of buying or renting textbooks or other required course materials.

To learn more about MassBay, plan to attend the virtual Fall Open House (<https://www.massbay.edu/openhouse>) on Saturday, November 14th from 9 a.m. – 12 p.m., or visit www.massbay.edu.

Let's Laugh Today Free EVERY Wednesday on ZOOM!

Let's Laugh Today Laughter Club is on ZOOM! In these challenging times, there is nothing like a good belly laugh to help release stress and anxiety. These laughter exercises and deep breathing help to bring more fresh oxygen into the body and brain helping you feel more energetic and healthy. It's a great way to connect with other people through eye contact while remaining socially distant, and it is thoroughly up-lifting and immunity-boosting! See www.letslaughtoday.com for the link to the Free ZOOM Meeting EVERY Wednesday at 7:30 p.m. All ages are welcome. You can sit or stand the entire time. It's a good time to try something new! Led by Certified Laughter Yoga Master Trainers, Bill and Linda Hamaker.

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Sports

Holliston Field Hockey Team Is Rebuilding & Adjusting

By KEN HAMWEY,
STAFF SPORTS WRITER

If the Holliston field hockey team hopes to be successful this fall, it'll have to quickly rebuild and adjust.

Coach Alyssa Healey, who's led the Panthers to five tourney appearances in six years, lost 10 seniors from last year's squad that finished with a 14-5-1 overall record and advanced to the Sectional semifinals for the second straight time. The 31-year-old Healey, however, welcomes the rebuilding challenge, because she's passionate about field hockey and she's delighted the sport is on Holliston's athletic menu this fall.

The Covid-19 pandemic eliminated all high school sports last spring and put fall sports in doubt during the summer.

"We're a young team, but we'll do the best we can to put the pieces of the puzzle together," Healey said. "We have only two seniors but lots of underclassmen — 13 juniors, six sophomores and 10 freshmen. But, they have some experience."

Besides rebuilding, the Panthers must adjust to modifications made to the sport.

The changes implemented because of the coronavirus include a seven-on-seven lineup instead of playing 11-against-11. Masks must be worn during competition and penalty corners are out. A maximum roster is 20 players, there's no spectators (Tri Valley

League rule), and reserves no longer have a bench. They'll stay five yards apart on the sidelines.

"I'm not a fan of the seven-on-seven format," Healey said, "but I'm glad we're competing. It puts a huge demand on the players. There'll be more substitutions, and coaches have to be aware that depth matters. Seven-on-seven creates more of a passing game than a possession game. Our kids are adjusting well to masks, although they make it harder to breathe. Although no spectators will be allowed, all our home games will be streamed on local cable TV."

The elimination of penalty corners could lower scores. Penalty corners are set offensive plays inside the opposing team's box that can lead to a goal. Infractions that would result in a penalty corner now result in a free hit from 25 yards out. On those free hits, players have to stand at least five feet away from each other.

"No penalty corners is a huge disadvantage for offenses," Healey said. "There'll be less scoring. Most scoring likely will come on breakaways, and that'll put more pressure on goaltenders."

In spite of all the rule changes and the need to rebuild, the Panthers have some definite strengths. "Our core group is coachable and we've got good team chemistry," Healey said. "Our skills are improving, we're athletic and the girls have a good field hockey IQ,

Our depth is also a strongpoint because only seven players will be on the field."

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 twin-sisters 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 offensive-minded. 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 first-year 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.

Jenna Shutt, a first-year senior player, will handle the goaltending chores. She's no stranger to the position, having started as Holliston's goalie in ice hockey and lacrosse. "The principles are similar," Healey said. "She's tenacious, capable on technique, a strong competitor and willing to learn."

Five juniors — defenders Jenna Canal and Bridget



Holliston's captains are Jordyn Kuharich, left, and Peyton Hastings.

Daigneault, forward Ellie Currie, and midfielders Cara Chipman and Adrianna Boudreau — will be key contributors.

Healey's players not only have to adjust to rule changes, but they also have to deal with a different kind of schedule and different opponents. Only nine games are on the schedule and they'll play only one TVL Large Division team (Hopkinton). The rest of the opponents are Ashland, Bellingham and Medway. Those schools keep Holliston's travel at a minimum.

"We'll play everyone twice, except Hopkinton," Healey said. "We'll face them three times. All games will be played on Saturday and Sunday and we'll face the same team, home and away on weekends. Playing back-to-back puts an emphasis on stamina and conditioning. There'll be no Sectional or State tourney and no TVL champion will be crowned. Nevertheless, we're just glad to have the opportunity to compete."

Since there are no playoffs, Healey's goals lean towards player development. "We'll strive to get our younger players more minutes," she emphasized. "We want all newcomers to learn technical skills, and we want girls who'll be in leadership roles to enhance their leadership qualities."

Healey is acutely aware that the health and safety of everyone is the No. 1 priority, but she and her players appreciate having a season in spite of the modifications. Here's how her captains view 2020:

"Even though this season looks very different, I'm grateful we can compete," Hastings said. "Getting ready for this season has been challenging with all of the Covid-19 guidelines. We're playing seven-on-seven on a full field rather than the traditional 11-on-11. During the preseason, we not only worked on improving our skills, but we also worked on conditioning while wearing a mask. I'm grateful for this season, because we have strong players who put a lot of work into the preseason."

"Due to Covid-19 restrictions and the delay of our fall season we were able to hold additional captains' practices, where we bonded and were able to get a head start on conditioning," Kuharich said. "Pre-season conditioning has really helped our team. I'm excited to be competing and practicing. The pandemic has caused changes to our schedules and routines, but it's nice to have normalcy by playing field hockey. It's made me more appreciative of the sport."

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Building Hope at Gilly's House

BY GRACE ALLEN

Bobby Paquette is a Gilly's House success story. The sober home's former resident has a new lease on life and is determined to give back to the place that set him on the path to success.

After a tough battle against addiction, Paquette is now a licensed contractor and house painter. But he hasn't forgotten the place that helped him transform his life. When Gilly's House recently needed a new paint job, Paquette stepped up and put his skills to work.



house," confirmed Paquette, who is transparent about his struggles and visits Gilly's several times per week to help with house projects or to mentor current house residents.

Gilly's House was founded over two years ago by David and Barbara Gillmeister in memory of their son Steven. The home has helped change the lives of young men who have completed addiction treatment but now need a place to continue their recovery. Currently, nineteen men live in the house but there is room for twenty-one.

Barbara Gillmeister says the greater Wrentham community has rallied around the home and its goals.

"The support has been tremendous," she said. Area families cook and deliver meals several times a week to Gilly's House residents, freeing the men up for support meetings instead of preparing dinner. Several Eagle Scouts have worked on projects at the home.

Big projects have also had community support. A new patio was recently installed at the rear of the property, with a decorative, stamped compass at its center, pointing towards the North Star, the beacon of inspiration

and hope. The project was a collaboration between Bobby Holmes of REH Acres Landscaping in Blackstone (excavation work), Tresca Brothers of Millis (cement donation), Craig Atteridge of C.A. Concrete in Norfolk (prep work and smoothing), and John Tumavicus of Northeast Decorative Concrete in Attleboro (color and stamp work).

The house paint for Paquette's job at Gilly's was donated by Aubuchon Hardware in Franklin, courtesy of Margaret Ranieri, who sold the building to the Gillmeisters. The structure, formerly known as the Sheldonville Nursing Home, was built in 1849. A virtual fundraiser—Restoration for Recovery—has been established to help defray costs of further improvements to the house with the goal of raising \$10,000. Any money raised beyond that will go towards new furnaces, which are desperately needed, according to Cappuccino, the house administrator.

Gillmeister points out that it's the positive energy of the home that draws the community, including former residents like Paquette, to help out, more than anything.

"The camaraderie is so, so good here," said Gillmeister. "We



"They literally gave me a new chance at life," said Paquette. "I'd do anything for them."

In fact, Paquette has become somewhat of a go-to guy for the Wrentham sober home. Whenever something needs to be done, house staff knows they can count on him to help, according to Maureen Cappuccino, the house administrator.

"He's very proud of his work here and to be able to give back and help Gilly's House, which helped him," she said.

"I'm here more now than when I was a resident of the



Barbara Gillmeister and Bobby Paquette in front of the newly-painted Gilly's House.



"I don't have to babysit them," he explained. "That energy that used to be spent on drinking and drugs, people in recovery put it towards something else. If I can give these guys something to do they're good at, I'm more than happy to do that."

He added, "You can focus on recovery here. You can start over. It was tortuous what I was doing to the people around me before. But now I can actually help people myself. It's very rewarding."

To make a donation to the Restoration for Recovery campaign, visit <http://weblink.donorperfect.com/oneclapboardatime>. Contributions can also be mailed to Gilly's House, P.O. Box 110, 1022 West St., Wrentham MA 02093, ATTN: Maureen Cappuccino, Restoration for Recovery. Donors will be entered into a raffle to win prizes, including a trip to Martha's Vineyard.

For more information about Gilly's House, visit <https://gillyshouse.com>.



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Top 10 Health Concerns of Baby Boomers, Part 2

BY DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems, including high blood pressure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer, heart disease, diabetes and Parkinson's. Depression often causes the other conditions to worsen. Dr. Reyzan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advancements in the safety and precision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medical issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

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Holliston Knights of Columbus Draw Their 12th Charity Raffle

Proceeds Benefit Local Causes

The Holliston Knights of Columbus, St. Mary's Council 4224, held their 12th annual raffle in a virtual way this year, choosing to draw the winners live on Holliston Cable Access Television's studio at Holliston High School on Saturday, September 26, 2020. The raffle winners included:

Cathy Parker, West Hartford, CT, (ticket 1499), Grand Prize \$1,000

Elizabeth Moody, Holliston (ticket 2589), \$500

Emily Gardner, Holliston (ticket 2302), \$250

Homes for Our Troops, Taunton, (ticket 3174), \$150

Kevin Stuart, (ticket 2506), \$100

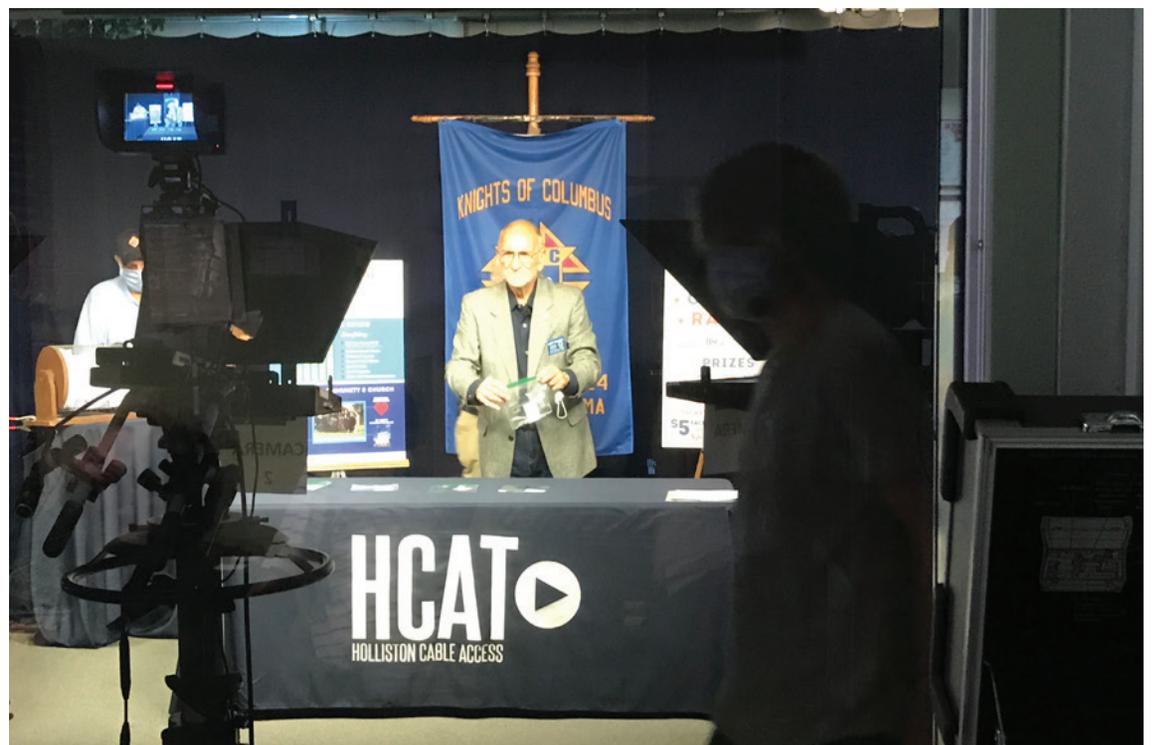
As it usually does on the day of Celebrate Holliston, the Knights of Columbus presented proceeds from the raffle to The Holliston Pantry Shelf, which was received by Pantry Shelf past president Steve Bradford, as well as to the Holliston Senior Center, this year received by newly named Assistant Director Brian Perkins. The Knights of Columbus made a total of \$12,000 in donations, in the following amounts:

- \$3,500 - Holliston Pantry Shelf
- \$3,500 - Senior Support Foundation (Holliston Senior Center)
- \$3,500 - Homes for Our Troops (based in Taunton, MA and building specialized homes for disabled veterans)
- \$1,000 - Habitat for Humanity
- \$500 - iPods for Wounded Veterans (which gives electronic equipment [iPods, iPads, e-readers, etc., to wounded veterans in hospitals) based in Wilmington, MA

This year's funds bring St. Mary's Council 4224's twelve-year fund-raising donations to \$234,000. We're praying for a Covid-free, healthy 2021 so everyone can help us break the Quarter of a Million Dollars (\$250,000!!!) mark in donations. Each and every one of the organizations which we try to support were hit hard by the pandemic both financially and by increased cries for help this year. We simply must go all out to give them even more support next year.



It wasn't the Celebrate Holliston stage at Goodwill Park this year, but COVID-19 didn't stop the Knights of Columbus St. Mary's Council 4224 Annual Charity Raffle from being drawn, this year at HCAT studios.



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