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Inside Pages



Holliston Planning Board discusses proposed facility at Hopping Brook Road

By THERESA KNAPP

The Holliston Planning Board met in March to continue discussing a special permit for CRG Integrated Real Estate Solutions which had proposed a 1.5 million square foot building at 555 Hopping Brook Road. That site was recently identified as a planned Amazon Distribution Center by the Metropolitan Area Planning Council.

In February, in a report entitled, "Hidden and in Plain

Sight: Impacts of E-Commerce in Massachusetts," the MAPC noted the "planned" facility could be between 1 million and 4 million square feet.

The MAPC report was not discussed at the Planning Board's virtual March 18 meeting which was attended by more than 200 viewers. The majority of the 1.5-hour hearing focused on updates from the developer, leaving little time for questions from the public, many of whom

had their virtual hands raised for most of the meeting.

Planning Board Chairman David Thorn apologized for time constraints and the board voted to start its next meeting, on April 15, with public comment.

The report was not mentioned nor was Amazon as a possible tenant.

Frank Petkunas, Senior Vice President at CRG, in-

FACILITY

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Celebrate Earth Day with shredding event

In honor of Earth Day, Vesta Real Estate Group, in partnership with The Corner Market and Affordable Junk Removal, will be hosting Vesta's 9th annual free Shredding Day.

This event is on April 24, from 9am to noon, at the parking lot of Holliston High School.

"Vesta Real Estate Group truly enjoys giving back to our community by offering free shredding to as many local people as we can," said Vesta Team member Ed Daniels. "The participation has grown every year and we really enjoy celebrating Earth Day with residents this way."

Two large shredding trucks, from Shred-It, will be onsite al-

EARTH DAY

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FACILITY

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sisted “We don’t know who the tenant is...but we design the buildings to basically attract certain types of tenants.”

He also said the developer could include wording in the future lease that would restrict the use to a warehouse and not a distribution center or high-cube building; he said those restrictions would apply to any occupant -- now or in the future -- of the building.

“Whatever conditions are imposed during this hearing process, we will make part of the lease,” Petkunas said. “We’re trying to make this as best we can.”

CRG engineer Peter Bemis, of Engineering Design Consultants, described the project which includes revisions that have been made based on board feedback.

Site:

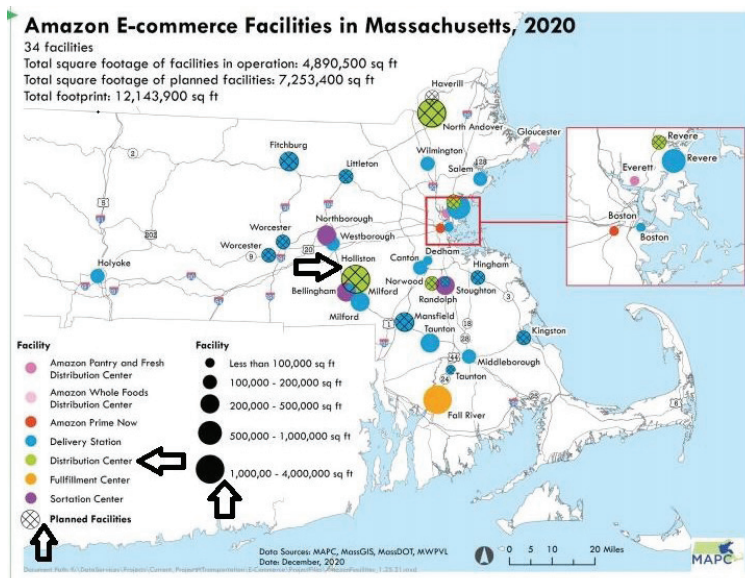
80-acre parcel at 555 Hopping Brook Road

North: Hopping Brook Solar Field

East: Claybrook residential neighborhood

South: Hopping Brook Industrial Park (approx. 9 acres)

West: continuation of Hopping Brook Industrial Park (ap-



prox. 100 acres)

Building:

820,000 square foot building

Set back 315 feet from the street, 200 feet to the west, 355 feet to the east, and approx. 1,600 feet to the north

Two parking fields (one north with 200 spaces, one south with 200 spaces)

180 truck dock spaces

278 trailer parking spots

Noise and traffic issues were also discussed.

CRG sound consultant Greg Tocci, of Cavanaugh Tocci Associates, said they installed two additional receptors to cap-

ture noise levels and said that those sites, further away from the building, showed “fairly low sound levels.”

The board commented that sounds like a truck passing by and a trailer disconnecting will make the highest noise, and could wake someone in the middle of the night.

Tocci said, “What makes a sound annoying is what the sound represents, sources that can be identified...a lot of the objections to the sound is related to it being able to be identified because it doesn’t blend into the background.” He said any noise

people would hear would be less than two people talking or a refrigerator in use.

CRG intends to create a 30-foot berm with an 8-foot fence and evergreen trees to shelter it from abutters.

CRG’s traffic engineer Scott Thornton, of Vanasse & Associates Inc., discussed traffic including a proposed traffic signal at the entrance to Hopping Brook Road and Washington Street, and installation of multiple signs to direct truck traffic.

CRG is also willing to restrict the site to 1,310 vehicle trips per day, and will pay for GPS monitoring to be sure that truck traffic stays to designated routes.

The board also heard from CRG guest Richard Shafer, with Shafer Development Services about a project CRG and the City of Taunton built in 2003.

Shafer was Taunton’s Economic Developer at the time CRG constructed the Liberty & Union Industrial Park at the intersection of Routes 140 and 24. That development included a warehouse of similar size for Jordan’s Furniture. Shafer said the development was well-received because it generated additional tax revenue -- including approx-

\$7 million excise tax -- per year.

Board members noted the Jordan site is different in many ways including its direct access to highways, not traveling through residential neighborhoods with narrow roads, and the vehicles at the Holliston site will likely not be registered to the 555 Hopping Brook Road address.

Town Counsel Jason Talerma said “there’s still a lot of work to do,” adding “we’re past the halfway point.”

After the meeting, resident Terri Stiffler told Holliston Town News said she would have asked several questions related to the traffic model used, adding that, in the ITE Manual, the proposed limit of 1,310 trips per day is associated with a much smaller (200,000 sf) building.

Resident S.T. Woodrow would have asked, “Since the project is described by the developers themselves as speculative -- because they cannot disclose a tenant and because so much data is still undermined or has been revised within updated statutes -- why isn’t the impact being measured by standards for the most intensive use?”

The hearing was continued to April 15, 2021.




One entry per day/per person.
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Your Money, Your Independence

Rising Rates, Sinking Values: Are Bonds Dead?

Interest rates are rising due to expectations of better economic growth.

Economists expected inflation to perk up this spring due to higher prices from pent-up demand. Still, they don't expect the increase to be sharp enough or sustain long enough for the Fed to take action. In fact, the Fed reiterated in March rate hikes are unlikely through 2023, confirming a willingness to let inflation and U.S. economy run hot.

Over the last 6 months, investors have cooled on bonds, causing rates to move higher, take 10-year US Treasury rising from 0.66% to 1.73% ending March 19, 2021. Beyond affecting new mortgages and refinancing, investment portfolios with bonds are feeling an impact.

The Barclays US Aggregate Bond Market Index which re-

turned +7.5% for 2020. This year through 3/19 it is down -3.6%, aligning to how bond performance works: when rates go up, bond prices go down.

While it's early, understand since 1976 this bond market index has been negative just 3 times in 44 years, with the worst return being -2.9% (1994).

So do you abandon bonds?

The better question: why do you hold bonds?

Stability during market stress. Consider last spring, Treasuries continued to maintain their status as a safe haven during market stress. Other alternatives that could fill that role? In a month (2/13/20 - 3/13/20), Bitcoin lost -52%, Gold down -5%, while Treasuries rose.

Aid in lower portfolio volatility. Risk control and income

for those depending on regular distributions from their portfolios. Additionally, investors who can't handle the stress of portfolio swings cause more harm by switching around positions or going to cash, than if they'd been diversified with focus on staying invested over the long-term.

What can be done now?

Diversification. Origins of the 60/40 portfolio date back to stocks and bonds being the only two major asset classes. The evolution and access to indexes, funds and technology over the last few decades has provided choice for broadly diversified portfolios. Within fixed income, consider "Core & Explore". Core stability from Treasuries and highly rated corporate bonds, then explore global fixed income with higher yields - if you

can tolerate the higher volatility.

A TIP about inflation. When markets think one way and the opposite happens, shocks occur for extended periods. Markets think inflation is controlled. Treasury Inflation-Protected Bonds (TIPs), commodities, hard assets and real-estate investment trusts (REITs) help hedge against inflation or stagflation. When inflation heats up, stock-bond correlation will increase together; thus these should help bring lower volatility.

Goals-based planning. Financial planners can help implement broadly diversified portfolios to align to an individual/family's goals, needs, timelines and risk tolerance whether you are in an accumulation or distribution phase of your life.

The opinions voiced in this material are for general information only and are



Glenn Brown

not intended to provide specific advice or recommendations for any individual.

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

EARTH DAY

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lowing people to watch their personal documents being shred right in front of them.



People are welcome to bring up to eight boxes of old tax returns, receipts, bank statements, etc.

"We hired two trucks this year, instead of one because it's grown so much, and we hire them from Shred-It, which is a pretty well known shredding company in the area," said Daniels.

Although the event is free, donations are always welcome. Any donations will go to support a local charity. This year, all donations collected at the event will support the Holliston Community Action Fund.

Daniels said, "Vesta Real Estate Group is incredibly grateful to The Corner Market and Affordable Junk Removal for their partnership as well as the following sponsors of this fantastic event: Affordable Mold and Duct Cleaning, Equity Resources, Jensen Sheehan Insurance Agency and Pino Law Offices.

"We are so lucky to have help in order to make this event possible."

For more information about the event, visit VestaMA.com or contact Vesta Real Estate Group, at Team@VestaMA.com or 774-233-1926.

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Thanking Parks Commissioner Tom Chipman

Under normal circumstances a Parks Commissioner who has selflessly served as a volunteer for their community for over 14 years would have some formal recognition at the end of their final term. A gathering with cocktails and stories of hard earned accomplishments to celebrate seems appropriate.

Perhaps even some parting gifts from those he served with or those who worked for him.

Unfortunately, this is 2020-2021, so when Tom Chipman stepped away from the Parks Commission last May, he did so quietly, with a heartfelt round of thank you's at the end of a zoom meeting. While we hope to find a way to better honor Tom's invaluable service to Holliston once we can gather safely, we would like to honor his accomplishments and publicly thank him now.

When Tom joined the Parks Commission in June 2007, the

department looked much different than it does today. The office was in the now demolished Flagg building, and, with the exception of the summer camps programming was limited to a few programs that could fit on a single page of copy paper. The playgrounds and courts were in desperate need of renovating and the commission had their work cut out for them.

Under Tom's leadership the department has come a long way. The quintessential example of Tom's style and ability to get things done was the 2012 reconstruction of Goodwill Park. He was instrumental in the planning and development of that project, including countless hours of meetings, fundraising efforts and recruiting of local resources. However what set Tom apart was that beyond his time around a conference table and making phone calls, he was actually there. He was on the ground, lugging around and assembling equipment, spreading mulch and making sure the project was



progressing efficiently. That is the way Tom was as a Parks commissioner. He approached the role with a unique ability to contribute in the board room, and out in the field, putting his words to action.

Anytime a problem came up you could count on Tom "having a guy for that." He was solutions oriented and he constantly found practical ways to work around any issues that came up at the parks facilities. He used the re-

sources of his electrical company, as well his connections locally to spring into action when something needed to get done.

There are far too many accomplishments to list, however some highlights of projects that would not have been possible without Tom's leadership and know-how are: The acquisition and remodel of 1750 Washington Street; The lights at Adams and Damigella fields; The LED lights at the Goodwill Tennis courts; and the new tennis and basketball courts at Patoma. He never stopped pushing to make this town a more fun, and functional recreational community, and these projects reflect that effort.

Three separate Parks and Recreation directors worked

CHIPMAN
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Knights of Columbus holding electronics recycling event

St. Mary's Knights of Columbus Council 14224 is teaming up with Green Team Junk Removal to hold an Electronics Recycling Event to help people clear out items they no longer need in their homes. Right now, this would include:

- Electronics
- Gold CPU Scrap
- Motherboards
- Hard Drives
- CD Drives
- Power Supplies
- Gold & Silver RAM Memory
- Peripheral Cards
- Telecommunication Equipment
- Telecomm Boards
- Printer & faxes
- Phone Systems
- Cellphones
- Cellphone boards
- Blank boards
- Low grade boards
- Keyboards
- Radio Equipment
- Gaming Systems
- Amplifiers Systems
- Receivers



They are requesting a minimum donation of \$10 for the first three items, and an additional \$5 for each subsequent item.

The event will be held from 9:00AM to 1:00PM in St. Mary's church parking lot May 8. All of the donations from the public will be given to charity (the organization names are being finalized). For more information, please go to kofc14224.org.

Open Offices for the Annual Town Election

On February 1, Nomination Papers became available to run for an elected office in Holliston. Running for a Town Office can be a rewarding experience, and an opportunity to help your community. Holliston depends on its volunteers.

The following is a list of the offices:

- Select Board 3 year term 1 position
- Board of Assessors 3 year term 1 position
- Finance Committee 3 year term 2 positions
- Board of Health 3 year term

1 position Housing Authority
5 year term 1 position

- Trustee of Public Library 3 year term 2 positions
- Park Commissioner 3 year term 2 positions
- Planning Board 5 year term 1 position
- School Committee 3 year term 3 positions

To qualify as a candidate you must be at least 18 years old, a registered Holliston voter, and collect 50 signatures from Holliston registered voters by April 6, 2021. The Town Election is May 25, 2021.

If you would like to discuss the possibilities, or have your Nomi-



nation Papers prepared, please call the office.

Town Elections are non-partisan.

Town Clerk's Office, 508-429-0601.

Elizabeth Turner Greendale, CMC/CMMC
Town Clerk

** Due to the Pandemic, the Town Clerk's Office is open by appointment only. **

CHIPMAN

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under Tom's Leadership, but the longest tenured director to work with Tom was Kristen Hedrick. Tom and Kristen worked hand in hand for many years together, supporting each other in these efforts to make the community a more welcoming recreational

place. Kristen had this to say about Tom's time on the Parks Commission, "I have thoroughly enjoyed Tom's mentorship and working with him with the Parks and Recreation department over the years. He is a true leader and inspiration. Regardless of the complexity of any project, Tom has always put the people and the community first."

We sincerely hope to be able to send Tom off the way he deserves in the near future. In the meantime, thank you Tom for your time, your dedication, your never-give-up attitude, and for everything you've given this community. It's a better place because of you.

The Holliston Parks Commission

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Holliston Democrats to Host Climate Change Expert

Holliston Democratic Town Committee members invite the Holliston public to attend a free virtual presentation about climate change in observance of Earth Day 2021.

The committee is hosting Wellesley College professor and author Jay Turner presenting Climate Change and Prospects for a Clean Energy Transition. The Zoom event will be Monday evening, April 12, at 7 p.m.

Turner has taught in the Environmental Studies Program at Wellesley since the fall of 2006. His training is in environmen-



tal history and environmental studies. He holds a B.S. From Washington and Lee University (1995); an A.M. in American Civilization from Brown University (1996); a Ph.D. In History (History of Science) from Princeton (2004) and a certificate in Science, Technology, and Environmental Policy from

the Woodrow Wilson School at Princeton (2005).

Turner's scholarly duties at Wellesley include research on recent history of U.S. environmental politics and policy, including public lands, climate change and science and technology.

Turner is also an accomplished author. He has recently published a co-authored book entitled The Republican Reversal: Conservatives and the Environment from Nixon to Trump.

To read more about Turner, visit his Wellesley College webpage: <https://www.wellesley.edu/environmentalstudies/facstaff/turner>.

This virtual event is free and open to the public. Those who wish to attend should register to obtain the Zoom link and a password for admittance at <https://tinyurl.com/nnwvz7yc>. Also find the link on the Holliston Dems Facebook page; at the Holliston Dems website www.holliston-dems.org, or call Lisa at 508-429-6354.

Turner is reported to be a very popular lecturer at Wellesley, and well-known for his engaging way of discussing climate change to public audiences of all ages. This event promises to fill up quickly. Make sure you reserve your space early!

A Prize A Day for the Month of May is Back!

Holliston Newcomers & Neighbors 'A Prize a Day for the Month of May' calendar raffle is back with all proceeds going to the HNN Grant Fund. Every day of our 'Month of May' calendar is filled with great

have donated helping to make this fundraiser a success including Arcadian Farms, BDR Automotive, Big Y, Dream Dinners of Framingham, EZ Car Wash, Erica's Restaurant, Golden Birch Boutique, Holliston Lions Club, Janine's Jewelry Design, Red Rock Bar & Grill, Salone de Bella, Soul Spirit Studios, The Corner Market, The Wine House, The Yoga Exchange, Tink's Magical Vacations with Donna, TJ's Food Spirits, Wasserman Massage Therapy, and Wegman's.



HOLLISTON NEWCOMERS & NEIGHBORS

Holliston Newcomers & Neighbors is a not for profit volunteer run organization that co-

ordinate charitable, civic, educational and recreational events and activities in Holliston. Our goal is to encourage association among community members to foster community spirit. Through the years, the HNN Grant Fund has awarded grants to the Holliston Parks & Recreation for its free concert series, Holliston Public Library Museum Passes, Holliston Police Department, Holliston Fire Department, Holliston in Bloom, Senior Center and the Holliston Historical Society, amongst others. Learn more at hollistonnewcomers.org and consider joining us!

ordinates charitable, civic, educational and recreational events and activities in Holliston. Our goal is to encourage association among community members to foster community spirit. Through the years, the HNN Grant Fund has awarded grants to the Holliston Parks & Recreation for its free concert series, Holliston Public Library Museum Passes, Holliston Police Department, Holliston Fire Department, Holliston in Bloom, Senior Center and the Holliston Historical Society, amongst others. Learn more at hollistonnewcomers.org and consider joining us!

How can you be a winner? Just purchase one or more calendars at hollistonnewcomers.org (\$15 for 1 calendar with discounted prices for multiples) and wait to see if your name is picked. You can buy as many calendars as you want and you can win twice on the same calendar - how fun is that! HNN would like to thank the local businesses that

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Library news

The Morning Book Club at the Holliston Public Library will discuss *Daughter of Molokai* by Alan Brennert at their regular meeting on Monday, April 5 at 11 am.

The Mystery Book Club will discuss *Bluebird, Bluebird* by Attica Locke on Tuesday, April 13 at 11 am.

Print copies of the selected titles are available from the library about a month before virtual discussions and new members are always welcome.



In-person visits to the library for browsing and computer use will resume in late March once new carpet is installed at the library. Curbside pickup and home delivery will continue uninterrupted. Patrons should watch the website at www.hollistonlibrary.org for the reopening date. Library services are available on Monday, Tuesday, Thursday and Friday from 10-6 pm; Wednesday from 10-8 pm and Saturday from 10-4 pm. The book drop is open 24/7 for returns at the lower children's entrance. No fines are being charged at this time. Readers can still borrow books, films, magazines and audio from other libraries as well. Patrons who would like to arrange curbside pickup can call the library at 508-429-0617 or email holreturns@minlib.net. Electronic resources from Libby or Hoopla include electronic books, downloadable audio, digital magazines and streaming TV shows and movies. All are available to use free of charge with a valid library card. The library staff is also available to answer questions and put together bags of books for patrons. The library has discounted passes to a variety of museums and local attractions and is selling tickets to Southwick Zoo in Mendon which opens on April 12.

Library opens for in-person visits

The Holliston Public Library re-opened for in-person visits, browsing and computer use on Thursday, March 25, on the following schedule: Monday, Tuesday, Thursday and Friday from 10-6 pm; Wednesday from 10-8 pm; and Saturday from 10-4 pm.

Curbside pickup will continue uninterrupted on the same schedule. Home delivery is available to Holliston residents who are not able to visit the library. Patrons should call 508-429-0617 or email holreturns@minlib.net to request books, arrange for curbside pickup or home delivery or to inquire about any other library services. The book drop is open 24/7 for returns at the lower entrance and there is a drop at curbside pickup. No fines or DVD rental fees are being charged at this time and all returns are quarantined for 3 days for safety. Visit www.hollistonlibrary.org for more information.

Holliston students earn spot on Keefe Tech honor roll

Congratulations to the Keefe Tech students who earned themselves a place on the honor and high honor lists term I for the 2020-2021 school year.



Tessa Bielak	9	High Honor Roll
Tyler Casey	9	High Honor Roll
Bryan Costa	9	High Honor Roll
Rory Forde	9	High Honor Roll
Joseph Green	9	High Honor Roll
Jake Lynch	9	High Honor Roll
Caroline White	9	High Honor Roll
Makenzie Stebbins	10	High Honor Roll
Vaansh Mansharamani	11	High Honor Roll
Zoe Rosen	11	High Honor Roll
Sylvie Bielak	12	High Honor Roll
Alec Chan	12	High Honor Roll
Ethan Ze'evi	12	High Honor Roll
Evan Burhoe	9	Honor Roll
Sydney Comeau	9	Honor Roll
Ludmilla Da Silva	9	Honor Roll
John Donoghue	9	Honor Roll
Benjamin Hunter	9	Honor Roll
Mark Lagodimos	9	Honor Roll
Jack Scaramella	9	Honor Roll
Gryffin Irons	10	Honor Roll
Osgui Padilla Morales	11	Honor Roll
James Bender	12	Honor Roll
Ester Da Silva	12	Honor Roll
Liberty Perron	12	Honor Roll
Owen Stanley	12	Honor Roll
Alanah Wills	12	Honor Roll



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Living Healthy

Healey And Rep. Dykema Work With Statewide Coalition To Secure Limits On Pesticides Shown To Harm Pollinators



State Pesticide Board Subcommittee finds adverse impacts of neonicotinoid pesticides on pollinators and votes to limit use

Attorney General Maura Healey and Representative Carolyn Dykema (D-Holliston) joined with a coalition of environmental advocates and agricultural interests to endorse the first statewide limits on neonicotinoid pesticides, a class of insecticides shown to harm bees and other pollinators. In March, state Pesticide Board Subcommittee voted to recategorize these

as pesticides “state restricted use,” removing them from retail shelves.

For the past decade, Massachusetts has lost 45% of its bee colonies each year on average, with annual losses peaking as high as 61% in 2017. A growing body of evidence is showing that neonicotinoid pesticides are contributing to this decline. A 2019 study of these pesticides commissioned by the Legislature, found that “recent and more comprehensive reviews point to a large body of evidence documenting the ability of neonicotinoids to adversely affect pollinators.” The federal Environmental Protection Agency has also identified impacts on butterflies, invertebrates, and other aquatic organisms. Since their introduction in the mid-2000s, neonicotinoids have grown to be the most widely used class of insecticides in the U.S.

Declining pollinator populations are of great concern to environmentalists as well as many farmers and the agricultural sector because pollinators are essential to crop pollination. According to the U.S. Department of Agriculture, pollinators are crucial to the production of 1/3 of our food supply.

The motion adopted by the Pesticide Subcommittee on Monday reflected key elements of HD1267, An Act to protect Massachusetts pollinators, including the requirement to remove neonicotinoid pesticides labeled for gardening and landscaping use from retail shelves. An Act to protect Massachusetts pollinators was recently re-filed in the legislature by Rep. Dykema and Attorney General Healey and garnered the overwhelming support of 153 legislative co-sponsors in both the House and Senate in the 2019-

2020 legislative session. The legislation will be withdrawn once the provisions of the regulatory change take effect in 2022.

Since 2012, Attorney General Healey and Representative Dykema have been joined by a broad coalition of stakeholders in advocating for these restrictions, ranging from environmental advocates to agricultural interests, including landscaping and horticulture. Among members of the coalition were members of the Massachusetts Beekeepers Association and county beekeepers’ associations across the state, the Northeast Organic Farming Association, MassPIRG, the Sierra Club, and Environment Massachusetts. The coalition also included key members of the agricultural sector including the Massachusetts Nursery and Landscape Association, and the Massachusetts Flower Growers Association

who recognized the potential impacts of these pesticides on the agricultural sector.

“In the United States, pollinators like honeybees, bumble bees, butterflies, and songbirds are responsible for a third of food we consume,” said Attorney General Healey. “Statewide limits on the use of neonicotinoid pesticides will provide critical protections for pollinators and help reduce the risks these pesticides pose to our agriculture, ecosystem, and economy. I’m grateful to Representative Dykema for her leadership on this issue over the years, and to the coalition of stakeholders who have helped us raise the alarm about the serious harm neonicotinoid pesticides pose to bees and other crucial pollinators.”

DYKEMA
continued on page 9



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Living Healthy

DYKEMA

continued from page 8

“I’m thrilled that the public and our broad coalition of voices have finally been heard,” said Rep. Dykema. “The adoption of these pollinator protection measures is an important step forward in protecting our precious natural ecosystems in Massachusetts, as well as our agricultural economy. The measures adopted on Monday reflect a recognition of the harms these products pose and the broad support of the public for common-sense, science-based policies that protect our environment, our farmers, local agriculture, and the consumer. I’m also grateful for the tremendous support for this effort from my colleagues in government, including Attorney General Healey, Speaker Mariano, Secretary Theoharides, the Department of Agricultural Resources, the members of the Pesticide Subcommittee, and so many of my legislative colleagues who were persistent in their support over many years. There’s more work to do, but this is an important step forward.”

“I want to express my deep appreciation to Representative Carolyn Dykema and Attorney General Maura Healey, for their tireless work getting the state to finally regulate neonicotinoid pesticides, which are so harmful

to bees,” said Senator Jamie Eldridge (D-Acton). “As the Senator sponsor of SD207, An Act protecting pollinators by eliminating harmful products, to completely ban neonics to be used in all farming and growing, I salute the persistence of my friend Carolyn Dykema, now House Chairwoman of the Joint Committee on Environment, Natural Resources and Agriculture, for her continued leadership on protecting our environment and ecology from toxic chemicals. She is truly the ‘bee’s knees.’”

“The Massachusetts Beekeepers Association is pleased that the Massachusetts Pesticide Board Subcommittee voted today to put restrictions on the use of neonicotinoids,” said Mary Duane, president of the Massachusetts Beekeepers Association. “These restrictions are a small step in the right direction to protecting all the pollinators in our state.”

“This is good news. Removing these dangerous pesticides from store shelves is an important step forward toward our ultimate goal of significantly curtailing the use of neonics and protecting our bees and other pollinators,” said Deirdre Cummings, Legislative Director for MASSPIRG. “Without bees, we wouldn’t have cranberries, apples, broccoli, coffee beans or even chocolate. We need to protect our bees and our public

health as almost all the food we eat has been pollinated by these incredible little insects.”

“This marks an incremental victory which took us 6 years to land, and it only happened because of immense, ongoing grassroots action and legislative allies who are willing to hold state regulators accountable,” said Martin Dagoberto, Policy

Director of the Northeast Organic Farming Association, Massachusetts. “We still have a monumental endeavor ahead if we are to reduce toxins and rein in the toxic influence of the chemical lobby.”

The Department of Agricultural Resources will conducting outreach to manufacturers and retailers in the coming months

prior to the statewide limits taking effect on July 1, 2022.

Maura T. Healey is the Attorney General for the Commonwealth of Massachusetts. Representative Carolyn Dykema represents the communities of Holliston, Hopkinton, Southborough, and precinct 2 of Westborough in the House of Representatives.

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Primary Care in Your Community

Welcome Jonathan Andersen, DO

Milford Regional Physician Group (MRPG) is proud to welcome our new primary care physician, Jonathan Andersen, DO. He joins Elena Smagina, MD; Marisa Albert, MSN, RN, FNP-BC; and Maria Sullivan, APRN, CS at Family Medicine Associates in Medway.

Board-certified in family medicine and osteopathic manipulative treatment, Dr. Andersen comes to MRPG from Southcoast Physicians Group and Sturdy Memorial, where he cared for patients in an urgent care environment.

After receiving his undergraduate degree from Holy Cross, Dr. Andersen earned his doctor of osteopathy from West Virginia School of Osteopathic Medicine and completed his residency in Family Medicine at Kent County Hospital in Rhode Island.

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For more information, visit milfordregionalphysicians.org

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Senior center news

Vaccine Appointment Assistance

We recognize that there has been a lot of frustration and difficulties setting up appointments to get a vaccine. Although the town of Holliston is not holding a Covid vaccine clinic, if you are in a group eligible to receive the vaccine, we are here to help. If you need assistance to schedule an appointment, or guidance on where to start, give us a call as we have staff and volunteers here to help you. If you don't have anyone who can help you get to an appointment, again, we can help you get to your appointment also.

Steps to book an appointment:

1. Visit www.mass.gov/CovidVaccineMap, Vaxfinder.mass.gov or call 2-1-1.
2. Select a location and schedule an appointment online or over the phone.
3. Have your important information with you, such as your insurance card.

SCAM ALERT!!!

We are aware that many of you are anxious to get your COVID vaccine, the scammers know that too. If anyone asks you for money, or a credit card to get a vaccine, or to set up an appointment for you, or to oth-

erwise help you get a vaccine, IT IS A SCAM! The vaccine is free, even if you don't have insurance. Never give out personal information to anyone you don't know. Although, at some point your Dr.'s office may call you as vaccines become available to them, the large vaccination sites will not call to set up an appointment.

We at the Senior Center will be sending out automated calls providing information and will assist with scheduling vaccine appointments. The town may also send out automated calls as information becomes available. If you believe you have received a call or email that is a scam, please notify us, the Police Dept., or the State's Attorney General's office. If in doubt call us before giving any information out!

Tablets for Seniors

Would you like to attend virtual programs and meetings? Have you wanted a tablet but can't afford one? Do you have a tablet, but aren't sure how to use an app, such as Zoom? The Senior Center has received a grant from the MetroWest Health Foundation to use technology to help decrease social isolation in seniors.

As part of the grant we will also be hiring a technology assistant to both set up the tablets, and to teach seniors how to use either one of these tablets, or their own tablet. You must have internet service, but if you are

low income you may qualify for Comcast low income service for \$10.00 per month. Examples of those who qualify would be those qualifying for benefit programs such as MassHealth, Fuel Assistance, or SNAP benefits. For those who qualify for low income internet, through the grant, we can assist you with up to 10 months of payment or through 10/30/21, whichever comes first.

Those receiving tablets must agree to complete a quarterly survey on how they are being used. The tablets are being loaned out, for as long a period as you continue to use them. If you stop using the tablet, we ask that you return it so we can offer it to other seniors. For more information about this, or any other programs, call Bryan at the Senior Center.

Chat with Staff

1st and 3rd Thursdays, 10:00am

Whether you received a tablet from us, have a computer/tablet of your own, or just want to call in, sign up to chat with the staff at the senior center! These will be informal sessions to simply talk with us about anything. WE STRONGLY ENCOURAGE anyone who received a tablet from us to try to attend these chats with Zoom!

To sign up, please email Bryan at perkinsb@holliston.k12.ma.us or call him at the senior center at 508-429-0622 x218

Zumba Gold!

Tuesdays 10:30—11:30 am
ZUMBA IS BACK and our instructor is ready to bring you the same Zumba energy and excitement from the comfort of your own home.

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. It will also focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong. This class is exercise in disguise.

Suggested \$4.00 donation per class; make checks payable to the SSF. Please email our instructor, Lourdes Fournier directly to sign up at Lfournier-h@hotmail.com or call the senior center with any questions at 508-429-0622

Singing For Well Being

2nd and 4th Thursday at 10:30 am

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!

The suggested donation is \$4 per class and payments should be made to the SSF. Please call ahead to sign up at 508-429-0622

Yoga

Yoga is a wonderful way to stay limber and get more energy! It can help boost your circulation, stretch and strengthen all your muscles, help you get a good night's sleep, and relax and de-stress you! Roberta Weiner, a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston, will be running these live virtual sessions.

Yoga—Monday & Wednesdays via Zoom, \$4.00 donation per class requested. This is the usual Yoga class that is normally held at the Senior Center. Ro-

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SENIORS

continued from page 10

berta will be holding her class every Monday and Wednesday morning from 11:00 am—Noon via Zoom.

Pilates

Pilates will also be held on Zoom!

Thursdays from 9:00 am—10:00 am via Zoom, \$4.00 donation per class requested. Please join Sharon Broadley-Martin as she leads the class to help improve your strength, balance and circulation through a whole-body workout.

Hello/Goodbye Cookout To Go

Tuesday, May 4 at 12:00 PM The Senior Center invites you to a drive by cookout, to say hello to our new Senior Center Director, and say goodbye to outgoing Director, Linda Marshall on Tuesday May 4th, starting at noon. The menu will include a choice of a hamburger or hot dog, along with pasta and potato salads, cole slaw, chips and dip, beverage, and dessert.

A suggested \$3.00 donation is requested paid to the SSF.

Please sign up by Wednesday, April 28th by calling the Senior Center at 508-429-0622

April 2021				
"The Senior Center is the Place To Be..."				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Call to Sign Up in Advance for Any Program!			9:00 Pilates 10:00 Chat with Staff	1 2
11:00 Yoga	10:30 Zumba Gold	11:00 Yoga	9:00 Pilates 10:30 Singing for Health Zoom Class	8 9
11:00 Yoga	10:00 Legal Hour with Attny Marsden 10:30 Zumba Gold 1:00 Grief and Loss Support Group	11:00 Yoga	9:00 Pilates 10:00 Chat with Staff 10:00 Blue Cross- Food for Thought Zoom Webinar	15 16
CLOSED	10:30 Zumba Gold	11:00 Yoga	9:00 Pilates 10:30 Singing for Health Zoom Class	22 23
10:00 Legal Advice with Atty Bergeron 11:00 Yoga	10:30 Zumba Gold	11:00 Yoga	9:00 Pilates 9:30 Java with Jay	29 30
				COMING UP Tuesday, May 4 Hello/Goodbye Cookout To Go

Book Club

We welcome you to join us on the second Friday of the month at 1:30 pm to enjoy some interesting titles. In March, we will discuss "On earth we're briefly gorgeous : a novel " by Ocean Vuong. In April, we will discuss "The lost city of Z : a tale of deadly obsession in the Amazon " by David Grann.

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.

Java with Jay

Last Thursday Each Month at 9:30am

Enjoy your morning cup of coffee and join Jay for a workshop to learn about different estate planning strategies from the comfort of your own home via Zoom! Each month will feature a different topic and a conversational Q&A for your questions. Advance registration required for the Zoom call-in number/link. Please call the Senior Center at 508-429-0622 to sign up!

March Topic: What you can learn from celebrity probate mistakes

April Topic: Planning considerations when leaving money to your Grandchildren

SENIORS
continued on page 12

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SENIORS*continued from page 11***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 10:00 am 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.

Virtual Seminars with Attorney Bergeron

Each month, Atty Bergeron will hold a Live Zoom Seminar with Q&A on various topics. Please sign up in advance to get the Zoom invitation. Call the senior center to sign up at 508-429-0622!

March 16th at 1 pm: All About Taxes

It's that time of year again. Come find all your answers to those tricky tax questions in this live seminar.

April 6th at 1 pm: Managing Your Money

Learn ways to minimize your taxes while taking into account your investment returns from annuities, savings, IRAs and other accounts.

Legal Advice with Attorney Bergeron

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 am - 12 pm. 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.

Grief and Loss Support Group

Second Tuesday of the Month
April 13th

"When we lose someone we love, we must learn not to live without them, but to live with the love they left behind" - Unknown

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 are still able to come to-

gether albeit on Zoom, so if you are interested in joining us and have access, please call and register with our receptionist to get the Zoom invite or information on how to connect with us by phone. Feel free to call Marty with any questions you might have regarding the group.

Phone-a-Friend

Recognizing the effects of the isolation this pandemic has had on all of us and how difficult it has become for all 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 are interested in making a new "phone pal", please give a call and ask for Marty.

SHINE

With Medicare Plans, does it matter which pharmacy you use?

YES, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2021, all the 27 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

The SHINE Program remains available for remote counseling and assistance. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE phone appointment, call the senior center at 508-429-0622.

Fuel Assistance

Applications for Fuel Assistance are here!! This program runs through April 30th, 2021 and is available for both home owners and renters. If your income is below \$39,105 for one person or \$51,137 for two and you could use a little assistance with your fuel costs, please contact Marty for more information and/or to set up an appointment. We, here at the Senior Center can assist any resident of Holliston (regardless of age) with this application.

FREE Wellness Zoom Webinar

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times. Please see the topic for April below.

Food for Thought: Superfoods to Boost Memory, Mood and Mental Functioning

Thursday, April 15, 2021
10:00 a.m. - 10:30 a.m.

Presenters: Luisa Lewis & Tricia Silverman

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood.

All are welcome! Please sign up with the Senior Center at 508-429-0622. The presenter will email you the Zoom registration link about a week before the webinar



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Attracting Birds, Butterflies, and Other Beneficial Wildlife

Zoom Presentation
Attend and enjoy a 90-minute remote Zoom presentation by experienced naturalist John Root and learn how to attract pollinators and other beneficial wildlife into your yards and neighborhoods on Thursday, April 1 at 7 p.m. This

warm and engaging presentation will show you which plants nourish and protect these organisms. Please join us on April 1 at 7 p.m. using the following internet link: tinyurl.com/1hj6k9hq
Meeting ID: 861 1450 8871
Passcode: 551393

Audio only by phone #: 646 558 8656

This program is supported by the Norfolk Grange and the Norfolk Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Sports

Holliston's Balewicz More Than A Four-sport Athlete

An Honor Student & Two-sport Captain

By KEN HAMWEY
STAFF SPORTS WRITER

Kevin Balewicz is closing in on a very unusual achievement — a four-sport varsity athlete.

The Holliston senior would have played football last fall, then continued with hockey and base-

ball if these were normal times. But, they're not because of the covid-19 pandemic. So, the 18-year-old Balewicz decided to play golf last fall after football was moved to the Fall 2 season. He went from golf to hockey for the winter, then put on his cleats for football during March and

April. Later this month, the Holliston native will be at pre-season practice for baseball.

He could be the first athlete in Holliston's history to play and earn four varsity letters in one year but that can't be confirmed. "Records don't go back far enough but he's at least the first in quite some time," said Holliston Athletic Director Matt Baker.

"When football was moved, I decided to pursue my hobby, which is a golf," Balewicz noted. "My aim was to play four sports and be the first athlete in the school's history to accomplish that. If I'm not, then I still can take pride in the achievement. Golf is a cool sport and it was fun to be active during the fall."

Once the 6-foot, 175-pound

Balewicz gets one varsity baseball game under his belt, he will officially be a four-sport athlete.

But, he's more. Much more.

Consider that he's a two-time captain (hockey and baseball), an honor student (potential college destination could be WPI, Purdue, Tufts, Virginia Tech or Johns Hopkins) and knows what it takes to bounce back from a se-



vere ACL tear. And, he's acutely aware of the need to put the coronavirus in the country's rear-view mirror.

"The health and safety of everyone comes first," Balewicz emphasized. "If we can play sports and maintain a healthy co-existence with covid-19 until it's conquered, then that's a blessing. I'm thankful I've had the opportunity to play sports this year and that I can finish my career at Holliston with baseball this spring."

Last spring, Balewicz missed the entire baseball season. So did all his teammates, primarily because state officials canceled all spring sports when the virus emerged. Balewicz, however, would have missed a sizable chunk of baseball even if there was no pandemic.

Massachusetts Legislature Extends Vote-By-Mail Through June

The Massachusetts House of Representatives and state Senate on Thursday March 11, 2021, passed legislation to extend mail-in voting and early voting options for elections held through the end of June 2021. The vote-by-mail provision was previously set to expire at the end of March 2021.

"As other states across our country work to disenfranchise their voters, I am proud Massachusetts is choosing to extend and enhance efforts to ensure every eligible resident can exercise their fundamental right to cast a ballot in our local elections, stated Senate President Karen E. Spilka (D-Ashland). "With a record number of ballots casted in 2020, our successful vote-by-mail system increased access and protected our most vulnerable residents from putting their health at

risk. I would like to thank Senators Rodrigues, Finegold, Lewis and Creem as well as Speaker Mariano and my colleagues in the House for their collaboration on this bill and look forward to this extension of voting options becoming law."

"During this pandemic, our vote-by-mail system has proved to be an accessible and secure tool for voters to exercise their right to vote without putting their health at risk," said Speaker of the House Ronald J. Mariano (D-Quincy). "We are glad to have passed this extension that will allow cities and towns to continue offering vote by mail and other voting options for their upcoming elections. I thank my fellow members in the House, and Senate President Spilka and our state senators for their collaboration in getting this bill to the Governor's

desk. We must continue to explore options that encourage and empower voters to be active participants in our democratic process, and I look forward to working with Chairs Aaron Michlewitz and Daniel Ryan in legislation that will make vote by mail permanent in Massachusetts."

"This legislation will help ensure that residents can continue to vote safely and easily during the ongoing pandemic," said Senator Barry R. Finegold (D-Andover), Senate Chair of the Joint Committee on Election Laws. "Last year, the Legislature passed a common-sense, bipartisan bill to expand early voting and implement a secure vote-by-mail system for elections in 2020. These reforms protected public health, empowered voters, and helped generate record-breaking turnout. I am glad that the Legislature is temporarily extending mail-in voting through the end of June, and I look forward to work-

ing with my colleagues and local election officials on legislation to make vote-by-mail permanent."

"Over this past year, the COVID pandemic has caused us to take a closer look at, and improve upon, many of our society's systems. Voting is one of those," said Representative

Daniel J. Ryan, House Chair of the Joint Committee on Election Laws (D-Boston). "I applaud Chairman Michelwitz and my House and Senate colleagues for working swiftly to extend vote-by-mail and other safety precautions through this spring's elections. I especially want to thank Speaker Mariano for his leadership on these ballot access measures and his bold commitment to work toward their permanency. I'm looking forward to a robust discussion on how to best move election legislation forward."

"Vote by mail and early voting options have allowed us to conduct safe elections during the

pandemic while also expanding voter participation," said Senate Majority Leader Cindy Creem (D-Newton). "By extending these options today, this bill ensures that we can conduct safe, secure municipal elections this spring without limiting anyone's access to the ballot box."

The bill also allows municipalities to provide residents with the option to vote early in-person in these elections. Additionally, the legislation requires local election officials to make reasonable efforts to grant accommodations for voters with disabilities who might have difficulty accessing a paper mail-in ballot and request an accommodation. Furthermore, cities and towns can postpone municipal elections and caucuses scheduled before June 30, 2021 until August 1, 2021.

The bill now advances to the Governor for consideration.

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Clinical employees on the front lines of the COVID-19 pandemic were the first to receive the vaccine. Nicole Nelson, ICU RN, was the first employee the vaccine was given to. Following her were Dr. Lisa Sotir, ER Physician and Thomas Murphy, Respiratory Therapist. Pharmacist Neil

Wallis administered the shots.

According to MWMC Public Relations Manager Rhiana Sherwood, more vaccinations are on the horizon.

"I cannot disclose the number of vaccines, but we are hopeful that we will be able to immunize all healthcare workers working in areas that are high risk for COVID exposures in the first few weeks of immunizations," she said.



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SPORTS

continued from page 13

He suffered a severely torn ACL injury in football, missing six games, then losing his entire junior year of hockey to rehab his right knee.

“I was in rehab for six months and had three months of intense

and sophomore, then missed his junior year for rehab on the ACL injury. His overall style was a mix of being aggressive and using some finesse, which led to his becoming a Tri Valley League all-star.

Currently, Balewicz is playing football, competing at quarterback after playing on special

youngest player (Jake Schoenberg) took No. 14. That’s Kevin’s number but he gave up the shirt to Jake. He leads by example and by his actions.”

Aggressive at the plate and in the outfield, Balewicz is fearless on the bases, always ready to take an extra base. Physical and mental toughness are other as-

Balewicz has learned life lessons the hard way — via injury and covid-19. “Overcoming my injury was a lesson in overcoming adversity,” he offered. “And, covid-19 has taught me to take nothing for granted and live in the present. Last spring no one thought we’d lose a season but we did.”

Two memorable games Balewicz recalls from his sophomore campaign are contests against Westwood and Dedham. “We lost to Westwood but I went 2-for-3, got a walk and had a solid game in the outfield,” he said. “Beating Dedham, which finished at 17-3, was a huge upset.”

A quality student, Balewicz, who rates his parents (Greg and Kelley) as his role models, plans on majoring in civil engineering and hopes to design and construct sites for development. If his collegiate choice is a Division 3 school, he hopes to continue playing baseball.

Fully aware this his high school career is heading for the finish line, he’s excited to begin a new chapter in his life but knows the conclusion at Holliston will be bittersweet. “I remember as a freshman when seniors gave a speech about enjoying high school sports,” he recalled. “They said that the time would pass quickly and to enjoy competing. Well, it has gone by fast.”

A four-sport athlete and two-time captain, Kevin Balewicz is indeed a rare breed competitor whose mature perspective on a variety of topics is refreshing. His coach puts an exclamation point on his achievements and his outlook with these words:

“Kevin would be happy if he went 0-for-4 with four strikeouts as long as our team was successful,” Santos said. “And, if I had a daughter, I’d encourage her to date Kevin.”



Holliston QB Kevin Balewicz is an adept passer who can also run effectively. Photo by KEN ROBINSON

physical therapy,” Balewicz said. “It was very disappointing to get hurt and when I recovered, covid-19 hit. The timing was terrible. Sports changed dramatically. There were no fans at games, lots of modifications to sports, and the atmosphere for athletics was drastically altered. During rehab, I vowed that I’d get better. Much work was done to strengthen my leg and to get my body back in shape.”

The Holliston native started the school year with golf and finished the season ranked as the Panthers’ No. 4 golfer. “I averaged 42 for nine holes and I could drive the ball 300 yards,” he said. “It’ll be an activity I’ll continue with after college. It’s relaxing.”

Being a captain in ice hockey was a plus because “it enabled me to be better prepared to lead in baseball.” He played center on the first line this year and he had 6 goals and 4 assists during a season that ended with a 2-6 record. A four-year varsity player, Balewicz played wing as a freshman

teams as a sophomore and outside linebacker as a junior before tearing his ACL.

“We use a play-action system, so my first read is to pass but I also can run the ball,” Balewicz said. “When it comes to the four sports, football requires the most preparation, and hitting a baseball is the toughest thing because a .300 hitter fails on seven of 10 at-bats. My favorite sport is whatever is in season.”

When coach Joe Santos’ baseball squad gets underway, Balewicz will be in left field. He’ll be easy to spot because of the attributes and the leadership he displays.

“Kevin is a great competitor,” Santos said. “He’s not our fastest player and he doesn’t have the strongest arm but he finds a way to make an impact. There’s not one moment that’s too big for him. He’s athletic, has a high baseball IQ and he’s instinctive. And, he always puts others before himself. We had an informal fall league last year and I was handing out uniform numbers. Our

sets that he relies on. “Baseball requires mental toughness, especially when facing a talented pitcher,” he noted.

A .268 hitter in the 20 games he started as a sophomore, Balewicz’ goals this season are to win as many games as possible, qualify for any league or sectional tourney, and to win whatever playoff format is implemented.

“It would be great to wrap up my career at Holliston by experiencing some kind of a playoff,” he emphasized. “My individual goals are to hit .350 and to emerge as a top-quality captain. I want to be a quality leader and to be supportive and positive. That’s important because younger players are listening and watching. Being positive is contagious.”

Balewicz firmly believes the Panthers have enough talented players who’ll contribute in a positive way. And, he’s a big fan of Santos. “We’re led by an awesome coach,” he said. Coach Santos is knowledgeable, is a motivator and he teaches valuable life lessons.”



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4 Passover ends Easter Sunday	5 Gold Star Spouse's Day	6 National Library Workers' Day	7 National Walking Day	8 Zoo Lover's Day	9 National Former POW Recognition Day	10 National Siblings Day
11 National Pet Day	12 National Grilled Cheese Sandwich Day	13 National Scrabble Day	14 National Gardening Day	15 Ntl High-5 Day & Tax Day	16 Emancipation Day	17 Husband Appreciation Day
18 Ntl Haiku Poetry Day	19 Patriot's Day	20 National Look-Alike Day	21 Administrative Professionals Day	22 Take Your Child to Work Day	23 National Picnic Day	24 Pig-in-a-Blanket Day
25 World Penguin Day	26 Pretzel Day	27 Morse Code Day	28 National Superhero Day	29 International Dance Day	30 Honesty Day	


Credit: Theresa Knapp for Local Town Pages

SPORT MANAGEMENT



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Planning and Protection Saved the Morgan's Health, Home, and Life Savings

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Through the years we have seen all too often a person or family who thought all was well, only to discover otherwise at the worst possible time ...

Mr. Morgan came to one of our free discovery seminars a while back. If you asked him at the time, he probably could not give you a specific answer as to why he showed up, other than, "I knew I had to do something and when I saw your information about the education and counseling process, I just felt like I had to be there."

It was fortunate that Mr. Morgan made this decision. We had noticed him sitting in the back. He was easy to spot in his red striped tie but more importantly because he never took his eyes off of us as we spoke. Talking with him afterwards, we could see why he was hanging on our every word regarding protecting your estate and assets.

His wife had recently become ill, and medical bills had begun to deplete their life savings. It had been their dream to live a com-

fortable lifestyle in retirement and eventually leave a financial legacy for their children and grandchildren, but now all this was in serious jeopardy. It was very possible, he said, that Mrs. Morgan might have to enter a nursing home, which would further rob them of hard-earned retirement savings earmarked for their loved ones.

Mr. Morgan's situation was very personal to our team. It struck at the very heart of our core values of Faith, Family and Finances. It is why we have done our very best to protect families in our community and region for generations! Does this sound like something that hits home for you as well?

Upon learning of Mr. and Mrs. Morgan's plight at our discovery session, we immediately set up an appointment with Mr. Morgan to dig deeper into the situation. In preparation for our meeting, we did a thorough and complete review of legal, financial and tax matters, including present finances, future goals and, most importantly, the major obstacles (medical and otherwise) that could potentially rob

this couple of their hard-earned money and retirement savings. Accordingly, we determined what they wished to do to make their children and grandchildren more comfortable. The end result was that Mr. and Mrs. Morgan were able to stay on track through a solid retirement, estate and asset protection plan we put in place for them.

What about your present situation? Might there be landmines on the horizon which could shatter your future dreams and plans? Based on what has happened to numerous clients, families have been unable to visit and/or coordinate matters from bill paying to document signing. Those who had the right legal documents and financial matters coordinated as well as the right people in place, were successful with what needed to be done. We have heard of many who did not have the right team and/or preparations in place, and the outcomes were not favorable. How has Covid-19 affected your family, friends and neighbors? What if Mr. Morgan had not happened upon our free discovery workshop and per-

sonal counseling session? What might his and his wife's financial future have looked like? Do not let a healthcare catastrophe or another major event put an end to what you have been working towards for your golden years.

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Real Estate Corner

Lisa Zais, Realtor[®], A Trusted Advisor, A Lifelong Friend

In a competitive market, a buyer needs a savvy real estate agent who knows the techniques they need to win a bid, but also has their best interest at heart. A seller should find an agent with extensive knowledge of the market and how best to improve, stage and present their home to sell. That broker should stay with clients every step of the way, listen to their needs, and establish a long-lasting relationship of mutual trust.

No one in the Metrowest area does this like Lisa Zais, of Realty Executives Boston West.

Lisa's local knowledge is on the ground, from Metrowest communities—Framingham, Holliston, Ashland, Hopkinton, Sherborn, Walpole, Medway, Natick and surrounding towns—to the city of Boston. She represents clients for both residential and commercial sales and leases.

"This spring is an absolute great time to sell, and I do think with people getting vaccinated, more homeowners will feel con-



fident to put their house on the market," says Zais, "but inventory is low, so if you're selling, you'll need a plan." Interest rates, at an all-time low, do help buyers as well.

Zais believes in educating and leveling with her buyers. She builds a rapport with her clients and encourages them to make bids they can be comfortable with.

"I listen to their needs," says Zais. "With tight supply and



strong demand, the housing market is highly competitive and fast-paced. It is not uncommon to enter an auction-type scenario where there is a multitude of offers, driving prices up. The client needs to be prepared and have the right real estate agent that is knowledgeable and experienced to help them navigate the market." She helps buyers establish upfront expectations and strike the right balance to compete with strong offers.

"Lisa was with us every step of the way with the purchase of our new home," says Robyn H., one of Lisa's clients. "She was extremely professional, incredibly knowledgeable about the market, and always answered our call or emails no matter what time of day or night it was ... She helped us navigate the home buying process with ease and was next to us every step of the way with expert advice." Lisa helped the same client stage, professionally photograph and sell her home within a matter of days on the market. "I now consider her

Business Spotlight

a friend," writes Robyn.

Lisa continues to interact with her clients long after a sale, staying in touch and reaching out with special messages during the holidays. "When I have a connection with someone, it's for life. I keep in touch with everybody I've done business with, and they're wonderful."

As a result, Zais has many repeat customers and referrals. "I'm here if they need me," she says. "If they want to start looking, if they want to upgrade or downsize, I'm here for them, and they know it."

One such referral, Nancy M., was looking to sell her elderly parents' home while she moved them to assisted living near her home in New Hampshire. Lisa suggested targeted improvements to the property and even stepped in to help with the work. "When I was close to finishing," writes Nancy, "my dad had a fall and an injury, and I had to stop ... Lisa stepped up, found me some contractors who could help finish and touch up my painting, and then she went in and cleaned the house from top to bottom." The property sold at the first open house, with several offers.

Another of Zais' clients, Timothy R., who needed to travel out of state during his selling process, notes that Lisa "would water my

plants, meet with inspectors, retrieve my mail, have the driveway plowed, have the lawn mowed and kept an eye on the property until it sold."

Zais is as committed to her community as she is to her clients. Named Holliston Citizen of the Year in 2017 at the annual Celebrate Holliston, she is a member of the Holliston Lions Club, served on her town's Economic Development Committee for four years and spent 12 years as Chair of the Celebrate Holliston's Chili Contest Throw-down. Lisa founded the Kids Community Harvest Garden for Holliston middle school children and educates kids through The Culture Connection. An avid animal lover, the president of The Friends of the Holliston Police K9 has also taken it upon herself to beautify the Bogastow Bridge every season since 2010. Recently, during the pandemic, she created a Facebook group, Community Recipe to the Rescue, and, thanks to generous donations from her friend Sheldon Strasnick, owner of The Muffin House, even delivers extra muffins weekly to people in need and first responders.

"I love this town, always have," says Zais. "The running joke of our house is, 'I'll be right back.'"

Looking to buy or sell a home, or need tips on staging? Reach out to Lisa Zais, at Realty Executives Boston West, at (508) 353-1092, or email her at lisa.zais@verizon.net. You can also find the help you need at LisaZais.com.

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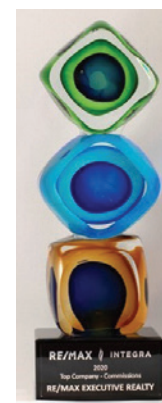
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