

The Voice of Your Community

Commitment to the Community

As a young girl, needing assistance from the community was a very real part of Heather Cohen's childhood. Many times, her family had to rely on community programs and the generosity of neighbors to make ends meet.

"I remember going with my mother to our church to pick up meals and clothing. That experience stuck with me, and not because I felt ashamed or embarrassed. It was just the opposite, in fact! Everyone who helped us was so supportive and kind, it instilled in me a sense of community and inspired me in my commitment to give back."

Heather owns b.LUXE Hair and Makeup Studio, a brand new, 4000 sq ft beauty salon housed in the historic Medway Mills Complex. With soaring ceilings, natural light-filled rooms and the areas most current and exciting salon services, b.LUXE is one of Metrowest's most impressive beauty destinations.

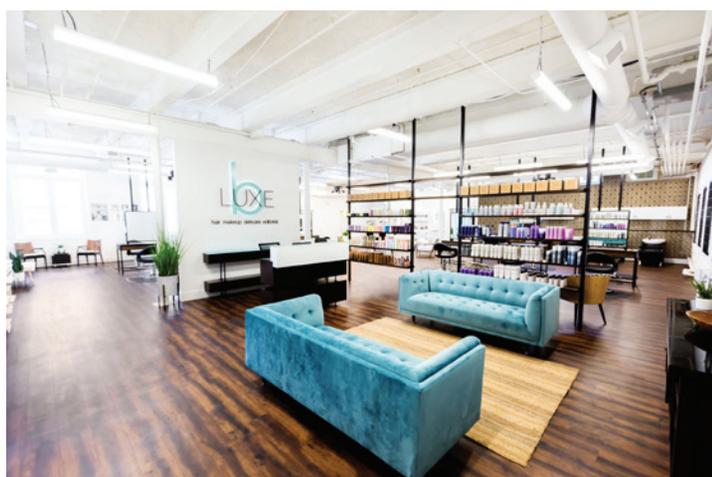


Photo Credit: Wendy Shea Photography

But just last year, all plans for the new studio were put on hold. Heather explains, "When we first shut-down, my initial mindset was to scrap the build-out and hunker down in our existing space. It was a tough time for all of us in the beauty industry. But, later, when we returned to work, there was a very different landscape waiting for us. My staff had to split shifts and reduce hours to accommo-

date the new safety guidelines. I knew right away they needed a bigger salon to work at full capacity and our clients needed a safe space to relax and enjoy their services."

A new plan began to unfold for the studio when Heather realized that the timing of the pandemic actually enabled her

B.LUXE
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Planning Board Welcomes Public Comment Regarding Massive Facility at 555 Hopping Brook Road

Residents were able to ask questions for 90 minutes, town officials and applicant expected to respond at next meeting

By THERESA KNAPP

Because their last meeting ran late and did not allow for much public comment, the Holliston Planning Board dedicated the majority of its April 15 meeting to public comments regarding the public hearing regarding 555 Hopping Brook Road where applicant CRG Integrated Real Estate Solutions is proposing a 820,000 square foot building.

The building is proposed to be 820,000 square foot footprint and 52 feet high, with two parking fields (one north with 200 spaces, one south with 200 spaces), 180 truck dock spaces, and 278 trailer parking spots.

Before the discussion began, Planning Board Chairman David

Thorn said, "To date, 52 people have spoken. We've received 132 letters from people in the town, some of the people have submitted multiple letters."

Issues raised by Holliston residents and Medway direct abutters during the 90-minute session included, among many:

- Who owns the land and who should the town be dealing with -- CRG, the applicant, or John Delli Priscoli, a [possibly sole] trustee of the owner trust. Did the owner cede to the board the right to deal with CRG as its representative, did it need to?

FACILITY
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FACILITY

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- World Health Organization has listed diesel exhaust as carcinogenic to humans -- how does CRG respond?
- Sound engineer has provided data but is that theoretical or real data taken from a building with these particular specifications?
- What is the length of the left-hand lane headed west on Route 16?
- Traffic on Hopping Brook Road is very relevant as it affects the entrance to the Rails and Trails path.
- Where is the list of Holliston abutters notified at the beginning of this process, please post the list of Holliston and Medway abutters notified.
- Is the applicant allowed to have 24/7 access with no restrictions when that is typically not allowed in town (one current exception for a medical facility)?



Photo of 555 Hopping Brook Road. Credit: Theresa Knapp

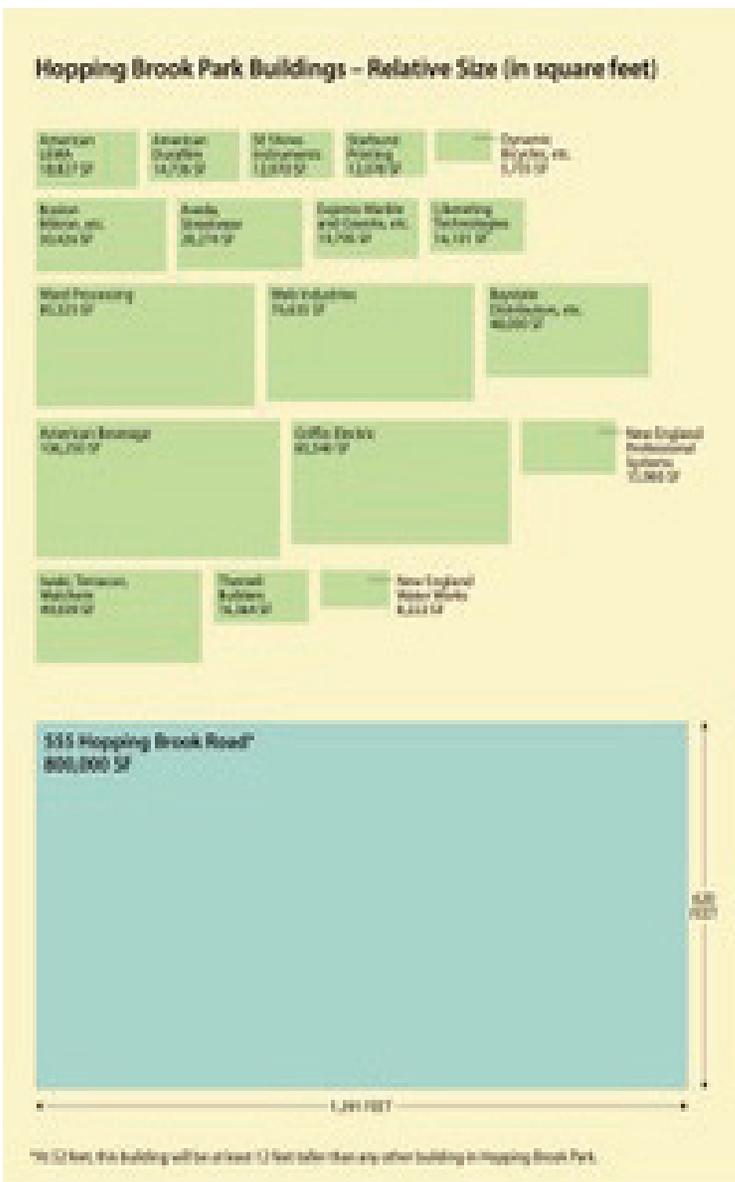
- CRG should do a more thorough MEPA study based on current information, specific concerns about wildlife including spotted turtles and four-toed salamanders
- Fire Department: Will Holliston volunteer firefighters be trained to respond to safety issues that might occur in a building of this size? Will neighboring fire departments receive similar training if they are called on for mutual aid?

- Size of the building is much larger than anything in Holliston and a resident has created a graphic to show size comparisons (see photo)

Town Counsel Jason Tallerman of KP Law in Boston said, "We continue to make progress... We received some late information from CRG that we'll take up at the next meeting that's pretty important to your consideration."

The next Planning Board meeting is scheduled for April 29 at which town officials and CRG are expected to respond to the issues raised.

Note, this site was identified in February as a planned Amazon Distribution Center by the Metropolitan Area Planning Council, but CRG said at the April 15 Planning Board meeting that they do not know who the tenant will be.



Graphic of buildings in Hopping Brook Park, for scale. Current buildings at top, proposed 820,000 square foot building at bottom. Courtesy photo.

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If your taxes could talk, what would they say?

Get your taxes done?

You have until May 17th to complete and find out what they say about you. Specifically, what are you doing well and can be done better?

If you don't know, ask your accountant. If he/she can't answer, maybe it's time to get help with tax planning from a Certified Financial Planner (CFP).

A CFP's goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Once you're exhaled from completing your taxes, see if these apply for 2021:

Dedicate space to a home office. If you're self-employed or started a side-gig, dedicate a section of your house as a home office. Schedule C deductions are many and prorated across several aspects of expenses, maintenance and utilities on your entire home. Additionally, if you build or renovate a home office, there are additional deductions if you're self-employed.

Working From Home (WFH) becoming permanent. Is your company changing your role to WFH indefinitely, providing flexibility to move to another state? Understand workers are required to have taxes withheld in accordance with their state's tax rules, regardless of where their employer is located. Also, some states make employers withhold taxes from nonresident employees' wages.

Adjust your W-4. If you got a large refund, lower your withholding and do more with your money than letting the government sit on it. Additionally, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Exercising Restricted Stock Units (RSUs). Did you sell some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of converting to stock to qualify for long-term, instead of short-term, capital gains.

Revisit Work Benefits. You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a

HSA funding, FSA for dental/vision or FSA dependent care. Additionally, you may want to choose Roth instead of Traditional to eliminate future tax liabilities. If you can't make some changes until open enrollment, don't forget if you have a life event (new child, spouse loses or changes job) you have 30 days to revisit and reset your work benefits.

Tax planning is complex, but it doesn't need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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,



Glenn Brown

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.

B.LUXE

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to build a socially distanced salon from the ground up.

"I had to pivot away from our original design and rethink every inch of space."

And pivot she did! b.LUXE Hair and Makeup now has 16 socially-distanced styling stations, 3 treatment rooms, multiple processing areas and a private service space for high-risk clients. They've also added a skincare department, organic tanning services and some of the most relaxing spa services around!

From concept to completion, the continuous thread that runs through this expansion is Heather's commitment to community.

A few of Heather's community contributions include free fundraising events for local organizations where the b.LUXE artists host beauty nights with 100% of ticket sales donated to the organization. These events have hosted 50 guests and raised thousands of dollars.

Heather and her team also donate time to the Franklin Food Pantry, regularly volunteering at



Business spotlight

their food drives and back-to-school backpack programs.

Guests from The Franklin Senior center visit b.LUXE for free hair styling and grooming as well as the residents from The Medway House, who receive complimentary services whenever needed.

Every year, the b.LUXE team travels to Mexico to bring beauty supplies and cutting edge education to the Martello Institute of

Beauty, Cancun. With each trip, Heather donates two full beauty scholarships to students, until last year, when the pandemic sidelined their travels, she donated three.

b.LUXE is also proud to work with The Hummingbird Foundation, Medway Parks and Rec, The Gilded Project and many other local groups and organizations.

Heather's philosophy is simple, "We all have it within ourselves to help others and improve our community. So, do your best...and then do a little better."

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RECYCLE THIS NEWSPAPER

Farmers Market Coming To Blair Square

By SUSAN MANNING
STAFF WRITER

Blair Square will be bustling with activity come mid-June, when the new farmers market opens.

Resident Robert Blair start of the project and is anticipating a popular response.

“I had too much time on my hands this winter and wanted to gauge people’s feelings about a market. I have a dahlia farm and have been involved with the Ag/Com and Community Farm. [It was] just a natural progression of things, I suppose,” he said recently.

And so it began. The farmers market began to take shape and the following mission was created:

The mission of the Holliston Farmers Market is to provide a venue for local farmers, artisans and handcrafters to sell their products, improve nutrition by providing greater access to fresh



5. Local artisans, student artisans and crafters
6. Local businesses that promote a healthy, green and regenerative Community

Based on the response, Blair is expecting the market to be a robust one.

“A feeler was posted on Facebook this past winter and the town residents reacted with over 700 positive likes and comments,” said the Holliston resident.

Anticipated excitement for the market was comparable to the foot traffic studies.

“The Rail Trail Committee has electronic counters and shared the counts from last year down to the day and hour that our first market will be operating. The least amount of people that passed through Blair Square last year between June 20 and Oct. 10th between the hours of 9 am to 1 pm on Sundays, was 225 in four hours; 450 was the most—a great incentive to be a vendor,” he said.

Blair said the market will be rain or shine, but is unsure which

payment methods each vendor will accept.

“Individual vendors are coming in and this our first year, so I’m not certain which payments are accepted,” he said.

The first market will be June 20, and will feature local artists/photographers and their works.

“This is a one-time-only, free venue for those talented folks,” said Blair.

So what is Blair most looking forward to?

“I’m looking forward to people being outside and the market will act as a gathering spot for the community, much like the old dump used to. The market will also serve as an economic stimulus for farmers, crafts people and businesses.

“From some response I’ve been sent, people can’t hide their joy that the market is actually happening,” he said.

The market will run Sundays from June 20 through Oct. 10. It will be located in Blair Square, on Central Street, across from the CVS Pharmacy. Anyone wishing to display their works at the opening market, can contact Blair at mudvillemayor@gmail.com.

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local produce, educate residents about nutrition and sustainable agriculture, and to build community, while contributing to a vibrant downtown center in Holliston.

Vendors were sourced with the following criteria:

The Holliston Farmers Market seeks vendors based on a strong preference for:

1. Locally grown and locally produced products.
2. Diverse mix of products, encouraging selection, vitality, and freshness.
3. Products produced organically or through regenerative practices without chemicals.
4. Livestock products from animals that are grass fed, humanely raised and processed, free range poultry, fed non-GMO or organic feed.

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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 Mas-

sachusetts 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

Business spotlight



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 affordablejunkremoval.com.

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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.



Electronics Recycling Event
Date: May 8th
TIME: 9:00AM to 1:00PM
LOCATION: SAINT MARY'S CHURCH PARKING LOT,
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Weatherproof Your Outdoor Furniture: By John Szolomayer, RE/MAX Executive Realty

If you want to buy a home with ample outdoor space for entertaining, there are additional considerations. Not only do you want shelter from the weather, but you need to make sure the furniture you have outside can withstand the elements. What are some weatherproof outdoor furniture options that are both comfortable and practical? Let's take a closer look.

Metal

Metal chairs and tables for outdoor entertaining have some advantages. They don't retain moisture, so they are easy to dry and use in all weather conditions. However, depending on the finish, they can be susceptible to rust. You can maintain their quality by sealing them.

Wood

Many people like the look and functionality of wood. However, the wrong kind of wood can rot or weather. Seal your wood furniture and use woods that are intended for outdoor use, such as treated wood or composite lumber.

Wicker

Another popular choice is wicker furniture. It is usually paired with outdoor cushions to increase comfort. We will discuss upholstery options below. Wicker is durable, sustainable and easy to use outside.

Plastic

Plastic is another choice because of its durability. It can be cleaned easily and kept dry. However, if your concern is sustainability, other materials are more environmentally friendly than plastic.

Upholstery

If you choose to use cushions to make your outdoor space more comfortable, make sure they are covered in a waterproof or weatherproof material. However, if your cushions are exposed to heavy rain, they may still become wet or waterlogged, which can lead to mold. You may wish to store cushions indoors or in a weatherproof bin.

Information provided by John Szolomayer from RE/MAX Executive Realty. Each office is independently owned and operated. John can be reached for more information at 508.259.4788 or JohnSzolomayer.com

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What's Happening

The Holliston Federation of Teachers (HFT) is asking for your support. The Holliston School Committee and the HFT negotiated an agreement in March of 2020 that was reached with integrity and good faith on both sides.

The School Committee failed to ratify the deal due to anticipated financial hardship caused by the pandemic. As a consequence, the teachers of Holliston have been working under an expired contract for the entirety of this school year.

Time and again, Holliston teachers have accepted deals to keep class sizes small and make the town whole during financial downturns. Fortunately, a pandemic related financial crisis did not materialize in Holliston.

Therefore, we are asking the School Committee to keep the promise they made to the Holliston teachers and put forth a budget that supports the deal.

The Holliston community has trusted us with its childrens' education during an unprecedented pandemic. In response, Holliston educators continue to work tirelessly to support students academically and to create safe learning spaces.

We have kept our promise.
We are asking the School Committee to keep theirs.

How To Engage

 Call or email the School Committee expressing your support for teachers and ask them to put forth a budget that supports the 2020 deal made with teachers

 Request a yard sign or ask us questions at hfttholliston@gmail.com or on Facebook at Holliston Teachers-HFT

 Support us on social media with:
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#keepyourpromise

Contact the Holliston School Committee

Stacey Raffi - Committee Chair
RaffiS@hsc.holliston.k12.ma.us - 774-233-0162

Anne Louise Hanstad - Budget Subcommittee Chair
HanstadA@hsc.holliston.k12.ma.us - 508-429-8005

Ace Handyman Services: Bringing Can-Do to the To-Do List

By JANE LEBAK

Every home needs a little work. The sink that drips or the shutter that's askew, they're little repairs, but each repair takes time, tools, and expertise.

Enter the Ace Handyman Services craftsman packages, where a homeowner can hire a multi-skilled craftsman for half a day to complete their entire to-do list.

"Everyone around here knows Ace Hardware," says Bruce Baltz, owner of the Franklin, Massachusetts Ace Handyman franchise. "Ace Handyman Services carries the Ace Hardware commitment to quality right into your home."

For homeowners working full-time, household maintenance and repair can get pushed off due to lack of time. Other homeowners don't feel confident enough to tinker with their home, their largest investment. The elderly in particular may find themselves unable to do the maintenance they need in order to remain safe in their homes. Then there's the matter of trust. How can a homeowner know which craftsmen will respect their home and do a quality job?

Baltz says, "Homeowners want the confidence of knowing they can get the work done--and not only 'done', but done safely, and done competitively-priced.

Business spotlight



We're serious about the trust our customers put in us."

The route to a thriving home starts at www.AceHandymanServices.com. Once a customer enters their zip code, the website links them to the closest office. The customer can then set their own schedule, uploading a list of all of their repairs and undone tasks while the website estimates how long each will take.

This is where Ace Handyman Services introduces their greatest innovation, the "package" model. "You can request a full-day or a half-day package, depending on how much you need," says Baltz. "These packages can be a multitude of different tasks, or they can focus around a single room."

Ace will match your repairs with the team member who's the best fit for the work. "All our craftsmen are trained, licensed, and background checked," says Baltz. "It's an added reassurance for the homeowner."



The website offers 1,162 different tasks to improve your home, along with a time estimate for each. For customers who feel more comfortable speaking with the office, the phone number is prominent in the right-hand corner.

Baltz says, "These packages are the single most exciting thing that Ace Handyman Services offers. They're the best value for your time as well as your money. Our multi-skilled craftsmen will arrive at your house capable of handling your entire list, with the

complete tools and equipment to get it done."

Ace Handyman Services operates in the niche between independent handymen and professional licensed contractors, such as plumbers and electricians. Baltz says, "We make it a point to develop relationships with high-quality and trustworthy partners. When we encounter a problem that's out of our scope, we transfer our customers to those partners, but we still back up their repairs."

This means no homeowner will be stuck with unsafe or incomplete work. "Everything is tracked, accountable, and repeatable. Every single time you schedule, the experience will be the same. It's delivered the same way. Over time, you'll form a relationship with the craftsmen."

Ace Handyman Services promises to treat your home with respect. That means honoring your family's personal space, using protective materials on walls and floors, and leaving your home cleaner than they found it. They strive to communicate about every step of the process, from scheduling, to an on-the-way text, to written changes before adjusting any work order.

Baltz says, "All work is guaranteed for a full year. We want homeowners to feel confident that if something were to go wrong, we're there to make it right. We're bonded and insured, and that protects the homeowner."



Every Ace Handyman craftsman observes strict Covid-19 protocols. The craftsman arrives wearing a fresh face mask, shoe covers, and gloves. They adhere to social distancing standards and disinfectant use, and will re-sanitize the area after work is completed.

As homeowners become more comfortable with the package model, they can explore the more involved packages, such as bathroom and kitchen renovations.

"You live in your home," says Baltz. "We're honored when you invite us in to improve it."

To put the can-do in your to-do list, visit www.AceHandymanServices.com today. See how a team of multi-skilled craftsmen can improve your home!



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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



The Town Election is May 25, 2021.

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. **



Holliston Public Library Opens For In-Person Visits

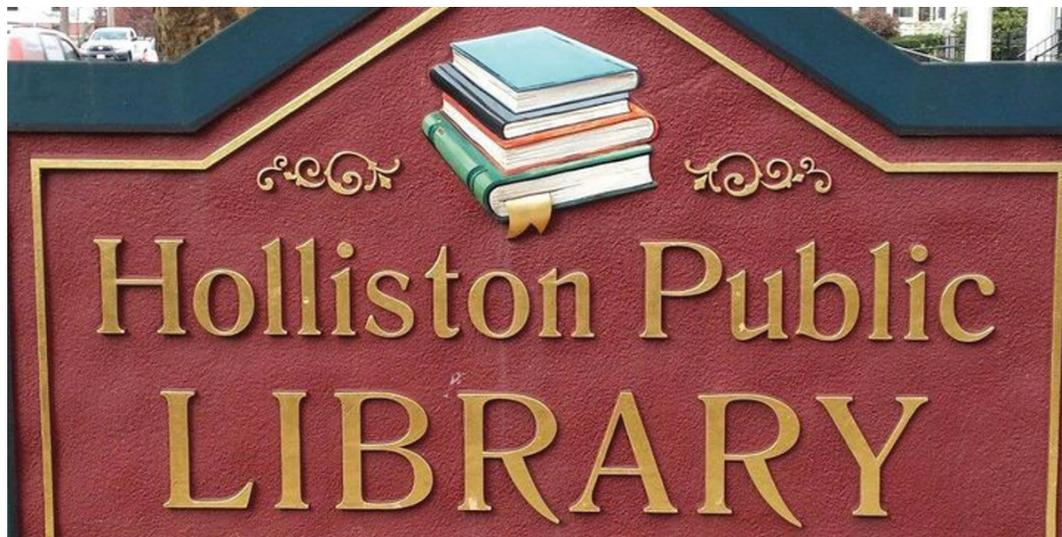
The Holliston Public Library re-opened for in-person visits, browsing and computer use on Thursday, March 25, on the following schedule: Monday, Tuesday, Thursday and Friday from 10-6 pm; Wednesday from 10-8 pm; and Saturday from 10-4 pm.

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@minilib.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.



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Correction

In the April 2021 edition of the *Holliston Local Town Pages*, the article headlined “Holliston Democrats to Host Climate Change Expert,” had the incorrect logo.



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MAY 14-23

HOPKINTON CHAMBER OF COMMERCE

SHOP LOCAL

SUPPORT YOUR LOCAL BUSINESSES

Support Local Business! The Hopkinton Chamber of Commerce is sponsoring the First Annual Hopkinton Restaurant Week

May 14 – 23, 2021. Take advantage of delicious deals, specials and prizes at participating restaurants. All restaurants will be offering indoor and some will be offering outdoor dining options, with many offering take out and delivery service! Take advantage of this opportunity to sample area restaurants and win Gift Certificates to the participating restaurants!

Restaurants have been one of the hardest hit industries during the COVID-19 pandemic.

Support Local! To find out more about Restaurant Week and the participating businesses go to hopchamber.com/hopkintonrestaurantweek.

The Hopkinton Chamber of Commerce is a non-profit organization committed to serving its members by supporting and advocating for an environment where members and their communities prosper, and to operate as a facilitator, convener, and partner to promote business well-being and economic growth.

Days to Celebrate * May 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Mother Goose Day
2 National Brothers & Sisters Day	3 Public Radio Day	4 National Teacher Day	5 Cinco de Mayo	6 National Nurses Day	7 International Tuba Day	8 National Coconut Cream Pie Day
9 Mother's Day	10 National Small Business Day	11 Twilight Zone Day	12 National Limerick Day	13 Tulip Day	14 National Dance Like a Chicken Day	15 National Chocolate Chip Day
16 Wear Purple for Peace Day	17 Massachusetts Tax Filing Deadline	18 International Museum Day	19 World Plant a Vegetable Garden Day	20 National Rescue Dog Day	21 National Waiters & Waitresses Day	22 Int'l Day for Biological Diversity
23 World Turtle Day	24 Scavenger Hunt Day	25 National Wine Day	26 Sally Ride Day	27 National Grape Popsicle Day	28 National Hamburger Day	29 Learn About Composting Day
30 World Multiple Sclerosis Day	31 Memorial Day	May is... ALS Awareness Month Asian American & Pacific Islander Heritage Month Brain Cancer & Brain Tumor Awareness Month	Celiac Disease Awareness Month Home Schooling Awareness Month Jewish American Heritage Month Mental Health Month Nat'l Lyme Disease Awareness Month Nat'l Military Appreciation Month	Nat'l Motorcycle Awareness Month Nat'l Photography Month Nat'l Stroke Awareness Month Nat'l Walking Month Nat'l Wild Fire Awareness Month Older Americans Month		

Credit: Theresa Knapp for Local Town Pages

Senior center news

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, 10am
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

Summer Sizzler Drive-By Lunch

Monday, June 21, 2021, noon—\$7 Donation

Real Lobster Roll—Whole Belly Clam Roll—your choice! Served with clam chowder, fresh sides and strawberry shortcake! Tuna Roll or Egg Salad can be substituted for those with food allergies.

This will be a drive-by pickup and go event similar to our other holiday drive-by luncheons. You MUST reserve your meal by June 14th in order for us to get your meal ordered. Please sign up early by calling (508) 429-0622

Meet And Greet The New Director

We would like to offer you the opportunity to come in and meet our new Director Lisa Borchetta!

We are scheduling some limited opportunities for you to come in and do so, as well as to see some of the changes we have made.

Available times will be:

May 11th : 10:00 and 11:30am
May 18th : 9:30 and 11:00am
May 25th : 9:30 and 11:00am

As we still have strict capacity limitations, you must sign up in advance. Only 15 people will be allowed in at each time period. Please call the Senior Center to sign up!

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

SENIOR CENTER

continued on page 13

Opening Summer 2021

NOW ACCEPTING RESERVATIONS

Stop by our campus for an in-person visit or join us online for one of our virtual events, it's all complimentary!

Fun Food Friday | May 7, 4, 21

Stop by anytime from 9 am – 12 pm for complimentary Muffin House Café muffins & coffee

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Living Healthy

Did you know?

Though there may not be a cancer vaccine, that does not mean that vaccinations cannot play a role in cancer prevention. According to the Centers for Disease Control and Prevention,

some cancers, including cervical cancer and cancers of the vulva and oropharynx, are caused by the human papillomavirus, or HPV. The CDC notes that the HPV vaccine protects people against the types of HPV that

most often cause cancers. Adults can discuss the benefits of HPV vaccinations with their physicians, as the CDC notes that adults between the ages of 27 and 45 may have already been exposed to HPV, meaning the

HPV vaccination will provide less benefit. Parents should know that the CDC recommends the HPV vaccination for preteens aged 11 to 12 years.



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SENIOR CENTER

continued from page 11

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 donation per class requested. This is the usual Yoga class that is normally held at the Senior Center. Roberta 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 donation per class requested. Please join Sha-

ron Broadley-Martin as she leads the class to help improve your strength, balance and circulation through a whole-body workout.

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 May, we will discuss "Twelve Years a Slave" by Solomon Northup. In June, we will discuss "The Dutch House: A Novel" by Ann Patchett.

The Holliston Public Library can help you get books for the meetings and will be available for curbside pick up. 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.

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 donation is requested paid to the SSF.

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

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!

May Topic: How to use the Tools within your Estate Planning Toolbox

June Topic: Planning for Blended Families

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 con-

sultation. 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, 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!

May 18th at 1 pm: Planning for the Last Year of Your Life

SENIOR CENTER

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May 2021 "The Senior Center is the					June 2021 "The Senior Center is the				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Yoga	4 10:30 Zumba Gold 12:00 Hello/Goodbye	5 11:00 Yoga	6 9:00 Pilates 10:00 Chat with Staff	7		1 10:30 Zumba Gold	2 11:00 Yoga	3 9:00 Pilates 10:00 Chat with Staff	4
10 11:00 Yoga	11 9:00 Drive-By Breakfast 10:00 Legal Hour with Atty	12 11:00 Yoga	13 9:00 Pilates 10:30 Singing for Health Zoom Class	14 1:30 Book club	7 11:00 Yoga	8 10:30 Zumba Gold 10:00 Legal Hour with Attny Marsden	9 11:00 Yoga	10 9:00 Pilates 10:30 Singing for Health Zoom Class	11 1:30 Book Club
17 11:00 Yoga	18 9:30 Meet & Greet New Director	19 11:00 Yoga	20 9:00 Pilates 10:00 Chat with Staff	21	14 11:00 Yoga	15 10:30 Zumba Gold 1:00 Live Zoom	16 11:00 Yoga	17 9:00 Pilates 10:00 Chat with Staff	18
24 10:00 Legal Advice with Atty Bergeron	25 9:30 Meet & Greet New Director	26 11:00 Yoga	27 9:00 Pilates 9:30 Java with Jay 10:30 Singing	28	21 11:00 Yoga 12:00 Summer Sizzler Lunch Drive By	22 10:30 Zumba Gold	23 11:00 Yoga	24 9:00 Pilates 9:30 Java with Jay 10:30 Singing for Health	25
31 			Please Call to Sign Up in Advance for All Programs!		28 10:00 Legal Advice with Atty Bergeron 11:00 Yoga	29 10:30 Zumba Gold	30 11:00 Yoga	Please Call to Sign Up in Advance for All Programs!	

Garden Club Plant Sale

The Holliston Garden Club's annual plant sale is Saturday, May 8, from 9 a.m. to noon at the green in front of the First Congregational Church, 752 Washington St.

There will be a wide selection of perennials and planters and hanging baskets of annuals for sale. The perennials are from members' gardens. This is a rain or shine event.

Due to Covid restrictions all attendees are requested to wear masks and maintain social distance protocols.

Proceeds from the event will supplement the club's programs and plantings around town.



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SENIOR CENTER

continued from page 13

There are people and resources in your community that can help make that last year as good as can be! In this seminar, we will talk about geriatric care managers, the Medicare hospice benefit, the MassHealth Frail Elder Waiver Program, health care proxies, and MOLST forms.

June 15th at 1 pm: You can't take it with you, but you can control who gets it!

Learn about the important considerations when deciding on beneficiaries. Learn about proper estate planning documents and appropriate communication with family members and advisors, so you will be able to rest easy knowing your wishes will be met when leaving a gift/legacy to your loved ones.

Legal advice

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
May 11th and June 8th
1:00—2:00 PM

“What is grief, if not love persevering?”

“Vision” from WandaVision by Marvel Cinematic Universe

Join us for friendship and support on the second Tuesday of the month as we learn to live with those we've lost and have the opportunity to share our individual journeys. If the weather cooperates and makes it possible to gather in person, outside we

may be able to do that so it is very important that you call the Senior Center in advance to register so we can plan accordingly. Call and ask for Marty for more information.

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.

Taxi Rides

We are happy to announce that the Center has received a generous grant from the Metropolitan Area Planning Council (MAPC), to supplement our current transportation program. Through the grant we will be able to provide taxi rides outside of our current service area, including Boston and Worcester areas. We will also be able to offer after hours and weekend rides, within our service area.

To schedule a taxi ride, you must call Marty at least 48 hours in advance. For weekend rides, please call by Thursday afternoon. You will need to provide

the exact pick up location and your destination. If the ride is needed for an appointment, we will need the time of your appointment, the time you'd like to be picked up and an estimated return time.

Rides are limited to 4 rides per person per month.

Taxi rides are available through December 31, 2021, or until funds run out, whichever occurs first.

Drive-By Breakfast

Tuesday, May 11th at 9:00 am

Come join us for a delicious breakfast hosted by the Senior Support Foundation. This will be another drive-by pick up and go style event. Thank you to the SSF for their support in putting on this breakfast!

\$3 Donation requested. Please sign up by May 6 the latest by calling the Senior Center at 508-429-0622.

Your local Holliston VFW Post 8507 needs you!!

Join a dynamic group of women and men who are “still serving” veterans and their community by helping those in need and promoting patriotism. For qualification information please email Ron at [ronturcotte2@gmail.com](mailto:rонтurcotte2@gmail.com).

Council on aging needs help

The Holliston Council on Aging Is seeking expressions of interest from individuals who would like to be considered for appointment to the Council.

The Holliston Council on Aging is anticipating one or more openings, and is seeking candidates who may be interested in serving on the Council. Members are appointed by the Holliston Select Board upon the recommendation of the Town Administrator. Members are charged with working with the Senior Center Director and staff and the community in identifying the needs of Holliston's senior population, assisting in formulating programs and services to best meet those needs, advocating for necessary resources, and educating town and state leadership and the community of the importance of support for senior programs.

The primary delivery point for senior services is the Holliston Senior Center. The Council works with the Senior Center staff in ensuring the Senior Center is planning and conducting programs and services adequately serving the senior community. The Council serves as advisors and advocates and makes policy recommendations, but does not

supervise Senior Center staff. The Council is composed of 7 members, and meetings are held monthly, excepting July, August and January.

Please consider this opportunity to serve your town and its seniors, and those who care for seniors. We would be pleased to provide more in-depth information about the Council and its work.

Expressions of interest may be made to either Lisa Borchetta, Director at the Senior Center, or Bob Malone, Chair of the Council On Aging. Call 508-429-0622!

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High Prescription Drug Costs? Prescription Advantage May Help!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit!

Who can join?

SENIOR CENTER

continued on page 18



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Sports

Lacrosse Truly A Family Affair For The Schneelochs

Youngest Son In Final Season At HHS

By KEN HAMWEY
STAFF SPORTS WRITER

Christian Schneeloch will begin his third and final year of lacrosse at Holliston High this spring, and when the season concludes, it'll mark the end of an era.

A midfielder, the 5-foot-11, 165-pound Schneeloch is the third in his family to play lacrosse for the Panthers, following his brothers A.J. and Zach. The trio has kept the Schneeloch name active in lacrosse for the last eight years.

But, there's another name linked to the trio that got the era started. The boys' father — Drew — served for 11 years with Holliston Youth Lacrosse, first as a coach and later as the group's president (six years). When he started in 2004, 70 youths participated and when he left the organization in 2015, there were 180 boys and girls participating.

A.J. graduated from Holliston High in 2015 and a year later Zach had his diploma. Both were Tri Valley League all-stars and both played club lacrosse in college. A.J. competed for Rutgers and Zach played for the University of New Hampshire.

"At Holliston, they both came into their own and enjoyed top-notch seasons as seniors," Christian said. "I'm blessed to be able to carry out what my dad and

brothers started in the youth league. They paved the way and hopefully I'll be able to finish off the family's legacy in a memorable way."

That shouldn't be a problem as far as John Mulvaney is concerned. The veteran Holliston coach admires Christian's passion for the sport and his style as a defensive midfielder.

"Christian is one of our fastest players and one of the best athletes on the team," Mulvaney said. "He's great on defense. A good team player, he's athletic, has good field awareness and a high lacrosse IQ. An unselfish midfielder, I'm hopeful he'll generate more offense, whether it's by scoring goals or assisting on others."

Schneeloch, who stressed defense as a freshman and sophomore, is optimistic he can deliver on the offensive end. "Improving my stick skills will help and developing effective moves should be a plus," he emphasized.

Aggressive on defense, Schneeloch's calling card on offense is finesse. The 18-year-old enjoys the sport's fast pace and likes his role in midfield. "Lacrosse is challenging," he said. "To prevent goals you have to be aware of your surroundings and watch for cutters. As a midfielder, there's lots of transition and activity."

Schneeloch's team goals this season are to play plus-.500 la-



Lacrosse at Holliston High has been a family affair for the Schneelochs, thanks to Drew and his sons, from left, Zach, Christian, and A.J.

crosse, qualify for the sectionals and go as deep as possible. During his first two years, he's been on teams that finished 9-9. "Our prospects are good," he noted. "Our team has talent and experience. My individual goals are to be more of an offensive threat and to be named a TVL all-star."

All-star recognition would complete a triple-play. Schneeloch was chosen a first-team all-star as a cornerback in football as a junior and he was an honorable-mention choice as a defenseman in ice hockey as a senior.

Unable to compete in lacrosse last year after State officials canceled all spring sports because of the covid-19 pandemic, Schneeloch is extremely pleased to get another chance.

"It was disappointing to lose last year because our team could

have been very good," he said. "The lesson learned from the coronavirus is don't take anything for granted. It was a tough spring. I'm not worried about any changes and modifications to our sport this season. I just want one more year with teammates I've known a long time. But, the top priority still is to beat covid-19."

Schneeloch did a great job beating Wayland in Holliston's final regular season match when he was a sophomore. Leading by one goal with 45 seconds left in the contest, the Panthers needed to run out the clock. "If we won, we qualified for tourney play," Schneeloch recalled. "I ran around until time expired. We had lost to Wayland earlier in the year. I had a good game, assisting on two goals and forcing three turnovers."

Two teammates admired by Schneeloch are senior midfielder Kevin Lyons and sophomore goalie Austin Boardo. "Kevin is experienced, fast and skilled," he said. "Austin has good instincts, tracks the ball well and gained experience playing club lacrosse last summer."

Also bullish on his coach, Schneeloch calls Mulvaney "a great guy who's passionate about the sport and a motivator who strives to get the best out of everyone."

A good student, Schneeloch plans on majoring in business. His college destination could lead to Alfred University (New York), Endicott (Beverly) or the University of New Hampshire. "I'm open to playing football in college if I choose a Division 3 school," he said.

Calling his parents (Drew and Lynda) role models for their encouragement and commitment, Schneeloch relies on a competitive philosophy that focuses on winning, reaching his potential and having fun. He says athletics have helped him learn valuable life lessons. "Sports have helped me to overcome adversity, to be a leader and to be a good teammate," Schneeloch emphasized.

Whether it's Christian, A.J. or Zach, who all played in Holliston's youth league, their father is extremely proud of their achievements. A positive era will soon be in the Panthers' record book and Drew Schneeloch is acutely aware how blessed he's been.

"The boys played lacrosse with passion and they were all willing to learn the sport and improve their abilities," he said. "I wanted them to play a sport and they had the option to choose whichever one they wanted."

Christian and Zach selected football, hockey and lacrosse while A.J. picked football and lacrosse.

The boys' commitment to lacrosse is admirable and their play for the last eight years at Holliston has indeed left an indelible impression.

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RECYCLE THIS NEWSPAPER

Sports

Nichols College Football Program Is TVL-friendly

Ex-Millis Coach Rebuilding The Bison

BY KEN HAMWEY
STAFF SPORTS WRITER

Nichols College in Dudley has 11 players from the Tri Valley League on its football roster for 2021. A coincidence? Far from it.

Dale Olmsted, who has been directing the Bison for eight years, coached in the TVL for nine seasons at Millis High where he compiled a 27-7 record in his final three seasons and guided the Mohawks to three straight playoff appearances. He also was selected Coach of the Year five times — twice by The MetroWest Daily News, twice by coaches in the TVL Small Division, and once by The Boston Globe.

The 52-year-old coach, who has lived in Walpole for 43 years, not only knows the TVL's players, but he has also developed strong relationships with the circuit's coaches. And living in Walpole makes it easy for Olmsted to travel to all 12 of the TVL's venues.

The schools include Medway, Bellingham, Millis, Dover-Sherborn, Dedham, Norwood, Ashland, Hopkinton, Norton, Westwood, Medfield and Holliston.

Olmsted is bullish on other conferences, like the Hockomock League and the Bay State Conference, but top-notch players from the TVL who commit to Nichols seem to adjust to the college quickly.

"Players from the TVL have a blue-collar work ethic," Olmsted said. "They're also fundamentally sound and many of them compete for traditionally strong programs."

Olmsted has another reason why the 55-year-old league is ripe with potential prospects for Nichols. "We're a small college (1,325 enrollment)," he said. "So, it's comforting for players who compete for small schools in the TVL to choose a college that's small. TVL players see comfort in choosing Nichols because its size isn't overwhelming."

Josh Pierre-Charles, an all-star running back from Millis, is

a great example of a small-school halfback jelling at Nichols. He's been a dominant Division 3 player.

"Josh's career statistics are so good that the Houston Texans and Washington's football team came to Nichols in February to check him out," Olmsted said. "He's a senior who'll play in the fall, graduate in December, and possibly earn a pro-day invitation before next year's NFL draft."

The 5-foot-10, 195-pound Pierre-Charles is third in career rushing at Nichols with 1,858 yards. He's fourth in rushing attempts (350) and third in career touchdowns (15).

"Josh is old-school and his work ethic is relentless," said Olmsted. "He's got speed, strength and excellent field vision. An explosive back, his hand-eye coordination enables him to catch passes consistently. Solid physically, he's a very durable back who relies on swivel-hip moves."

Following is a capsule look at the other 10 TVL players on Nichols' roster:

JOSH JONES (junior, defensive end) — A 6-foot, 230-pound lineman, Jones played at Bellingham High where he was a TVL all-star and a team MVP. As a Nichols sophomore, he played in all 10 games, compiling 18 tackles and 2 sacks as a positional third-down player. "Josh has a good sense of the game," Olmsted said. "He's got quick hands and feet, his football IQ is high and he's got lots of potential."

ELIJAH BROWN (sophomore, defensive end) — The 6-2, 240-pounder played at Dedham where he was a TVL all-star. As a Nichols freshman, he saw action in five games. "Elijah is very coachable, a great kid who's got size and strength," Olmsted said. "His ceiling is high. We expect him to keep progressing and be a prime contributor in the future."

HAYDEN OLMSTED (sophomore, center) — The coach's son, he initially attended Sacred Heart University in Fairfield, Conn., where he was a walk-on freshman. The former



Josh Pierre-Charles is third in career rushing with 1,858 yards at Nichols College where he is being scouted by the NFL.

Millis High all-star, however, transferred to Nichols and now is a projected starter. The 6-foot-2, 285-pound center should get more opportunity with the Bison. "Hayden moves well, is adept at reading defenses, has a high football IQ and has experience calling the blocking schemes," Olmsted said.

SHAMAR HALL (freshman, halfback) — A two-year starter at Westwood, the 5-foot-11, 210-pounder was used primarily as a blocking back. "Shamar is strong physically, a good athlete with good hands," Olmsted noted. "We'll utilize him on short-yardage situations. He's kind of like James Devlin, who was used primarily as a blocker by the Patriots."

DAVID HARDING (freshman, defensive end) — The 6-foot-1, 225-pounder enjoyed a superb senior year at Holliston High. "David had a great playoff game against Stoughton," Olmsted said. "We project him as an end on defense. He's got a strong work ethic, he's crafty and quick. He'll bulk up and we see him doing good things in the future."

MARK JAMES (freshman, cornerback) — The 5-foot-11, 175-pounder was a three-year starter at Westwood where he was a captain and TVL all-star. "In pre-season, Mark was the most athletic freshman among our defensive backs," Olmsted said. "He's confident, competitive, quick and has good height."

JUSTIN KELLEY (freshman, linebacker) — The 6-foot, 200-pounder was a quality linebacker at Dedham High. Olmsted projects him as a reserve middle linebacker but has high expectations for him moving forward. "Justin has good instincts and a nose for the ball," he said.



Star running back Josh Pierre-Charles and coach Dale Olmsted both have Millis roots that extend to Nichols College.

"As a freshman, he'll play on special teams but he should be in the rotation eventually. He's got a bright future."

ETHAN MEISNER-NELSON (freshman, linebacker) — The 5-foot-10, 185-pounder, who played at Norton, will see action on special teams but Olmsted believes he'll be a starter eventually at outside linebacker. "Ethan has a great attitude," he said. "A solid player, he moves well and is athletic."

KYLE MORAN (freshman, guard) — The 6-foot, 220-pound lineman played at Medway High. "Kyle is a bit undersized," Olmsted noted. "But, he's a hard-worker who will progress. Dependable and reliable, he's a very coachable player from a good program."

CHRISTOPHER RYAN (freshman, wide receiver) — The 6-foot, 180-pound Ryan was a TVL all-star and a team MVP at Holliston High. "We expect a lot from him immediately," Olmsted said. "He's got strong hands, he's quick, athletic and runs good routes. His hand-eye coordination enables him to be top-notch receiver."

Nichols has a three-game schedule for this spring but Olmsted is using the abbreviated season to gauge his squad for a

10-game season in the fall. "The three games are important," Olmsted said. "They'll be learning experiences and if we win them, we'll know we're heading in the right direction."

Nichols competes in the Commonwealth Coastal Conference, which includes Curry, Salve Regina, Endicott, Western New England, University of New England, Husson and Becker. During the 2019 season, the conference champion was Western New England. Endicott was second and Nichols tied for third. Western New England hosted Nichols in both teams' openers on April 18, three days after Local Town Pages deadline.

"We'll contend for the title in the fall," said Olmsted, who twice has been named Worcester Area Coach of the Year. "We'll be competitive. We finished 6-4 in 2019 and we've played at .500 or better in three of our last four seasons."

Olmsted, whose career record at Nichols is 21-39, leans on a balanced offense that focuses on a run-pass option. "That's how we'll approach opponents if we have the talent," he said. "We may also employ a pro-style offense."

The attributes Olmsted prefers in prospective players are high character, mental toughness, size, speed, strength, leadership and a high football IQ. He also likes to recruit players from traditionally strong programs.

The 2021 recruits from the TVL no doubt give Nichols' grid program many of those traits. After all, five of the last six Super Bowls have been won by TVL squads (Millis and Holliston two each and one for Ashland).

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SENIOR CENTER

continued from page 15

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

65 or older with an annual income at or less than \$64,400 for a single person or \$87,100 for a married couple OR

Under 65 with a disability, with an annual income at or less than \$24,214 for a single person or \$32,750 for a married couple.

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE phone appointment, call the Senior Center!

Medicare event

Save the Date: Welcome to Medicare Virtual Event – June 23, 2021

If you're new to Medicare, this is for you! (register at shipta-center.org)

Fuel Assistance

The deadline has been extended to May 28, 2021. Don't hesitate to reach out to us. This program 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.

***We are providing this information regarding the COVID-19 vaccine, recognizing that by the time we go to print, some of this information may be out of date.

Vaccine Information

As you may already know, the State has now switched to a pre-registration system to sign up for a vaccination appointment at a Mass Vaccination Site including: The DoubleTree Hotel-Danvers, Eastfield Mall-Springfield, former Circuit City-Dartmouth, Gillette Stadium, Hynes Convention Center, Natick Mall, The Reggie Lewis Center, and more coming soon. To pre-register, you can go to www.mass.gov/covid-19-vaccine or call 2-1-1.

They will prioritize your eligibility based on what group you're in and will call, text, or email you back when an appointment becomes available. Don't forget, we have a grant to help you get a ride to/from your appointment as well. If you need transportation help, please call the Senior Center once you have a vaccine appointment booked and we can set you up with a ride!

Other Locations: Pharmacies, Grocery Stores, and Health Care

Providers are other places to get an appointment. These options have been quite limited due to the limited available supply of the vaccine itself. Please check online or call these places to ask about available appointments.

Vaccine Appointment Assistance

We recognize that there has been a lot of frustration and difficulties setting up appointments to get a vaccine. 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.

!!! 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 otherwise 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 finding 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!

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Here are some ways to celebrate Mother's Day this year...

Things to do on Sunday, May 9, (or any day) to celebrate the mothers in your life:

- Bake bread then break bread
- Bicycle ride
- Board Games
- Breakfast in Bed
- Chocolate Fondue Night - everything is sweeter when dipped in chocolate
- Clean Mom's car
- Clean your room/space (really well)
- Facebook tribute - say thanks to Mom on social media
- Family photoshoot - be sure Mom is in the photos (and send them to her so she can share with her friends)
- Finish a DIY project
- Flowers
- Garden party - invite some of her friends over for lunch
- Handmade cards (regardless of your age)
- Host a virtual Mother's Day celebration with anyone who can't be there
- Karaoke session of Mom's favorite songs
- Manicure-pedicures at home

Sources: travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Compiled by Theresa Knapp

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- Mother's Day-themed movie marathon - including "Because I Said So" and "The Joy Luck Club"
- Museum Tour - National Museum of National History, Van Gogh Museum, etc.
- Picnic - Plan and pack a picnic for the backyard or a favorite destination
- Plant - choose and plant together something in her garden (flowers, shrub, etc.)
- Quiet time - offer Mom some quiet time
- Scavenger Hunt
- Sleep - let Mom sleep in!
- Surprise her in any way you can
- Write a letter, poem, story for Mom

<p>Send us an e-mail, And we will add you to our email list Or follow us on Facebook</p> <p>Additions to our schedule and special events go out via email first And then on to Facebook</p>	<p>May 15th Fertilizer & Critter Control</p> <p>Hosta Hosta</p>
<p>May 29th Waterlilies, Hyacinths, & Aquatic Iris</p> <p>Hosta Hosta</p>	<p>June 12th Tropical Waterlilies</p> <p>Hosta Hosta</p>
<p>June 26th Lotus</p> <p>Hosta Hosta</p>	<p>July 24th Daylilies</p> <p>Hosta Hosta</p>
<p>August 21st Fragrant Hosta</p> <p>Hosta Hosta</p>	<p>September 11th Ornamental Grasses & Fall Fertilizer</p> <p>Hosta Hosta</p>

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Police Department Raising Funds For Community Resource Dog

HPD has begun the process of searching for funds for a Community Resource Dog program, or CRD. We're currently working with community partners for corporate donations and grant opportunities. While we're hopeful of grant approvals and corporate donations, funds will always be needed. This initial goal is to raise somewhere in the range of \$25,000 for the purchase of a dog and approximately a year of training plus vet care and equipment. The funds are not intended to go towards officer salary or overtime costs, according to the department's Facebook page.

What is it?

A CRD can be compared to a comfort dog with an array of deployment options. The CRD is not intended for tactical deployment - search and rescue, people tracking, narcotics searches, etc. The CRD can be brought to calls that are deemed safe involving domestic violence, juvenile issues, elder issues, mental health related calls and more. Check out @officer_cruiser (Wrentham PD) or @officerkatieandbear (Brookline PD) on Instagram those are area CRDs that are loved by their communities.

Why?

Holliston is the perfect community for this program. Holliston is a community that values its events and HPD is always a part of town events. Having the CRD gives the department other ways to connect to the community and really, who doesn't love a dog?

Funding transparency: Our HPD K9 is funded through "Friends of Holliston Police K9" 501c3. In an effort to save time and money, that same 501c3 will manage the funds but any donations made to the CRD program goes into a separate bank account intended only for the Holliston Police CRD.

To donate, visit: <https://www.gofundme.com/f/holliston-police-community-resource-do>

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We're Not In Bedrock and You're Not with The Flintstones

By DENNIS SULLIVAN & ASSOCIATES,
COUNSELORS AT LAW

You may recall the popular television show of the 1960's "The Flintstones" who lived in the town of Bedrock. It happened to be the first-ever prime-time cartoon show. Here, Fred's biggest concerns were staying on the good side of his wife Wilma and avoiding getting tackled by his pet dinosaur Dino when he came through the door. Today, however, life in this COVID-19 World isn't as simple.

The word "Bedrock" also means strength. Being strong is something we all want to achieve. One way of getting there is to view your life in three facets such as depicted on a pyramid. The pyramid, as we view it, represents our **health, finances, and legacy**. Beneath this pyramid is the **bedrock of our core values**: the fundamental beliefs we hold dear. These guiding principles dictate our behavior and help us know the difference between right and wrong. Ideally, we share our core values with our loved ones. However, during this past year, core values have sometimes taken a back seat to the topsy-turvy COVID-19 landscape. Principles and beliefs, while still important, can get lost in the mere challenge of navigating



through COVID-19 restrictions, sickness, and turmoil. Likewise, career, finances, relationships, and yes, our mental and physical well-being in general have been jumbled. Worry and fear have become the norm for many. **Are you one of the many who have suffered through sleepless nights?**

Nevertheless, beneath all of this, you still have your bedrock of core values. This is where we can help in making sure you stay on a straight path in your health, financial and legacy pyramid, despite all you have been through.

As we enter the second year of Covid-19, we're here to help you explore and share your core values with loved ones. We offer **unique discovery counsel-**

ing opportunities with proven health, life, disability, estate, and asset protection planning processes to help guide you successfully through the COVID-19 landscape and other challenges you and your family may face. This is achieved through our new proprietary, peace of mind, **Legacy Planning System**. It protects you for life, and most importantly passes on your core values and legacy for generations that follow. As you document your core values, you will **uncover what's most important to pass on** to those who follow in your footsteps for generations to come. Your legacy can be a fantastic legacy to pass along! It is prudent, today more than ever, to protect your health,

home, spouse, family, life savings, and legacy. In these continued times of COVID-19, you owe it to yourself and those year hold dear. Don't let this Bedrock opportunity pass you by!

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Real Estate Corner

Recent Home Sales

Date	Holliston	Amount
March 25	1 Cheryl Lane	\$864,754
March 25	990 Washington Street	\$700,000
March 25	9 Forest Park Drive	\$955,000
March 26	60 Walnut Road	\$725,000
March 26	131 Rolling Meadow Drive	\$796,500
March 26	112 Garrett Way	\$220,700
March 29	1028 Highland Street	\$760,000
March 30	8 Lone Oak Circle	\$580,000
March 31	193 Gorwin Drive	\$535,000
April 7	24 Birchwood Road	\$274,900
April 8	27 Jackson Drive	\$562,000
April 8	Lot 1A Washington Street	\$220,000
April 9	68 Norland Street	\$497,500
April 12	63 Garrett Way	\$560,000
April 13	30 Carlton Drive	\$395,000
April 15	2 Courtland Street	\$595,000
April 16	7 Tea Party Lane	\$900,000



990 Washington Street in Holliston recently sold for \$700,000
Image credit: www.zillow.com

Source: www.zillow.com / Compiled by Local Town Pages

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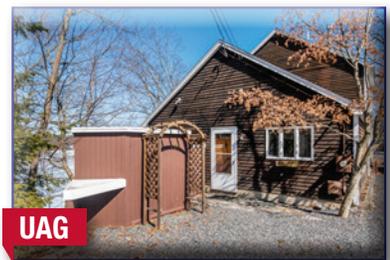
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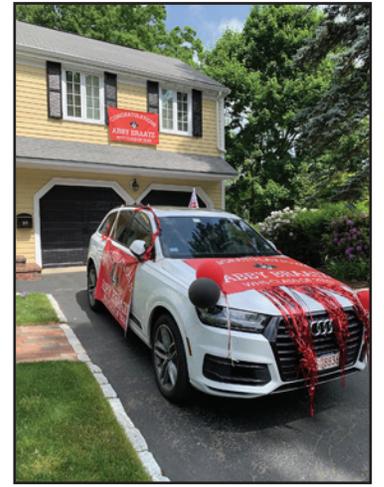
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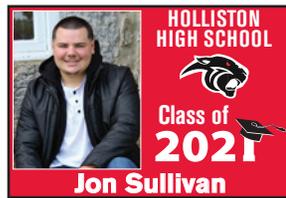
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