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## Developer and owner appeal Planning Board's 555 Hopping Brook decision

*Plaintiffs say Holliston's denial was based on  
"complaining residents of Medway"*

By THERESA KNAPP

HOLLISTON - Plaintiffs CRG Acquisition, LLC and Jon Delli

Priscoli have filed a complaint to appeal the Holliston Planning Board's July 29, 2021, decision to deny the plaintiffs' proposed

project at 555 Hopping Brook Park.

CRG is described as "the purchaser under a purchase and sale agreement of about 72 acres of land" within the 350-acre industrial park; and Jon Delli Priscoli is listed as the "owner of the site and seller purchase and sale agreement...[acting] "as trustee of the New Hopping Brook Realty Trust."

Plaintiffs claim the "approximately 800,000 square-foot warehouse facility" is "allowed by right" and that the town's denial is "unreasonable, arbitrary and capricious, based on legally untenable grounds, and exceeds the Planning Board's authority."

The complaint says "The board's deliberations make clear that its decision to deny CRG's

**DECISION**

*continued on page 2*



Celebrating on Central 2021

## Celebrate Holliston Announces its 2021 Citizens of The Year

The Celebrate Holliston Board of Directors is proud to announce the 2021 Citizens of the Year. On Saturday, September 18, we honored **Heather Scaringella and Paul Saulnier**.

**Heather Scaringella** moved to Holliston in 1998 with her husband and two sons, Thomas and Tyler, who are now in high school and college. In her 23-year tenure living in Holliston, Heather has given her time and talents to numerous organizations in Holliston and surrounding towns.

Heather is passionate about education and helping every student rise to the top of their potential. She has volunteered at the schools as both Vice President and President of the Elementary PTO; was a member of the 2009-2010 District Planning Committee; a Parent Representative to the Miller School Council as well as Co-Chair of the Miller School Playground Renovation Project. She is

**CELEBRATE**

*continued on page 4*

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**DECISION**

*continued from page 1*

applications for a special permit and approval of its amended site plan was based overwhelmingly - and improperly - on alleged impacts the project may have on the complaining residents of Medway.”

It further states that the denial, in part, “is based overwhelmingly on the vociferous objections to the project of residents of the adjoining Town of Medway, and alleged impacts of the project on those Medway residents, which as a matter of law is improper and in excess of the Board’s authority.”

Plaintiffs are asking the court to annul the Planning Board’s decision, remand the matter back to the Planning Board “for further proceedings consistent with the court’s decision and judgement,”

determine that the proposed warehouse facility is allowed by right and no special permit is required, and award the plaintiffs’ their “reasonable attorneys’ fees, costs, and interest.”

Defendants named in the complaint are the Town of Holliston plus the Holliston Planning Board and its individual members including Barbara Peatie who joined the board in June and did not act on the matter.

**Background**

In its July denial, the Planning Board laid out a number of arguments in its decision including the following:

- Building dimensions too large for the site
- “Massive earthmoving effort” is required to build the 1291 by 620 square foot building and its associated driveways and parking areas

- Final project elevation would be approximately 60 feet higher than elevation of Hopping Brook Road
- 24/7/365 non-stop noise disturbance of various types “will fundamentally change the quality of life in the adjacent neighborhoods in Medway as well as South Street area residents in Holliston” as well as area wildlife; noise can also lead to sleep deprivation as there is currently very little noise in that area at night
- Berm slope design inconsistency and viability
- Increased traffic impacts on abutting neighbors, neighborhoods along truck routes, pedestrians, bicyclists, rail trail users, etc.
- Lighting concerns such as glow and potential over-illumination “will be un-

avoidable and will adversely impact abutters as well as wildlife and birds and the regional night sky, intuitively and scientifically”

- Limited ability by the town to enforce compliance, due to lack of manpower, noting non-compliance is unavoidable
- Use of building unclear; applicant said it would be a warehouse facility but members are concerned it would evolve into a distribution facility, fulfillment center, or more intense use since it is being marketed as “The Cubes at Hopping Brook”
- Wastewater treatment, water demands for domestic and fire protection, water pressure impacts

The decision also stated the project abuts an agricultural-residential zoning district in the

Town of Medway to the east, there are approximately 15 residential abutters (single-family homes) within 300 feet of the site, and there are 66 units of age-restricted housing at Holliston Woods that abut additional vacant land within the industrial park.

CRG and Delli Priscoli’s 148-page filing included the 11-page complaint plus copies of the Planning Board decision, the town’s zoning bylaws, the Planning Board’s site plan review, and the Zoning Board of Appeals’ Dimensional Variance Certificate of Action because the proposed building height exceeded the dimensions allowed in the zoning code. The full document can be found here

[https://www.townofholliston.us/sites/g/files/vyhlf706/f/uploads/555\\_hopping\\_brook\\_appeal.pdf](https://www.townofholliston.us/sites/g/files/vyhlf706/f/uploads/555_hopping_brook_appeal.pdf)

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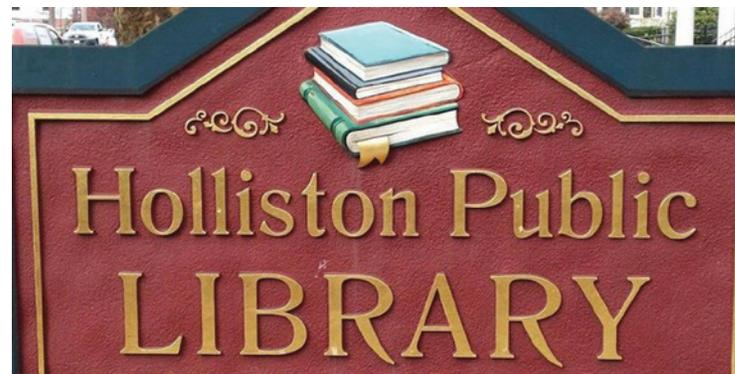
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# Holliston Public Library Opens For In-Person Visits

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@min-lib.net](mailto:holreturns@min-lib.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](http://www.hollistonlibrary.org) for more information.

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Your Money, Your Independence

# Open Enrollment: Benefits to Opt-In for your HSA

For many, fall brings Open Enrollment to work benefits. The once-a-year opportunity to make changes without needing a life event.

Beyond insurance and retirement benefits, these elections help maximize your tax planning for 2022. Yet, people spend more time scrolling Instagram than reviewing offered electives.

## What are HSAs?

Health Savings Accounts or HSAs are tax-exempt savings plans paired with a high-deductible health plan (HDHP) meeting certain criteria (i.e. \$2,800 family deductible).

HSA is not "Use It or Lose It" like FSA annual benefits and upon leaving a company or retirement, you maintain your HSA.

## How do you participate?

Only during an Open Enrollment can you Opt-In to an HSA by choosing a \$ amount to contribute. You can change \$ amount throughout the year, but not the ability to Opt-In.

## Key HSA facts:

- In 2022, an individual can contribute \$3650 and a family up to \$7,300.

- If over 55, contribute an additional \$1,000.
- All contributions are tax-free - federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.
- Excess HSA funds can be invested for tax-free growth to compound for years.

Thus, unlike any other tax-advantaged savings plan, HSA can offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

## Free money. Really.

Shockingly, over 50% of eligible Americans decline to participate in an HSA. Unbelievable considering most employers put \$500-\$1,500 each year into an HSA. In theory, \$1 per pay period could return \$500-\$1500 per year from your employer - take it!

Furthermore, "health rewards" programs can earn deposits into HSA by doing preventative care activities. For example, seen \$400 deposited into an HSA when each spouse had an annual physical.

## Get the tax savings.

Consider a family in 24% tax bracket averaging \$4,000 in out-of-pocket medical expenses. HSA tax-free contributions would provide them tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2022 contributions and gain tax savings of \$3,259.

## Leverage tax-free growth for retirement.

Gaining momentum is a financial planning strategy of avoiding withdrawals from HSAs and pay medical expenses from free cash flow. The allows for investment (funds, ETFs, equities) of HSA contributions to grow tax-free for years before using in retirement for eligible expenses like Medicare premiums, vision, dental, hearing aids, nursing services, long-term care premiums, and medical expenses.

Alert for the Retire Early crowd, while HSAs cannot be used to pay private health insurance premiums, they can pay for health care coverage purchased through an employer-sponsored plan under COBRA, which may be a desired option leaving a company and maintaining until reaching Medicare eligibility.

Learn more by connecting with your benefits coordinator or Certified Financial Planner.

*The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.*

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



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**CELEBRATE**

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currently on the Holliston Early Childhood Council.

Her passion can also be seen through her work with grant writing for the MA EEC which provided access to childcare for low income Holliston Families. She managed this program while working with families and childcare centers, in town, to allocate funding which allowed parents to send their child to daycare without worrying about the cost.

She also is on the Grant Committee for the Framingham Union Aide Association (which supports Holliston FD and PD. She has co-chaired the Celebrate Holliston Committee (and is presently on their Board); volunteers to cook for the Salvation Army; was a member of the Christian Ed Committee and enjoyed teaching Sunday School. Presently, Heather is a mentor for high school students interested in attending college.



Photos by Deborah Mark



Heather stated that “I enjoy volunteering because it allows me to learn about others, listen to their diverse experiences, and contribute to making meaningful

impacts in people’s lives, no matter the size of the impact. I have lived in 8 states and, from that, grew a desire to welcome and embrace others.”

**Paul Saulnier** moved back to Massachusetts in 1979 from New Jersey to be closer to family and settled in Holliston with his wife and two sons, Dan and Phil. He explains that he volunteers because “after living in exile in South Jersey for nine years, the line from the Cheers song always rings true to me ‘you want to go where everyone knows your name.’”

Paul’s extensive volunteer efforts include the following: Holliston Historical Society (1979-present); Conservation Commission (1980-1985); Board of Water Commission (1985-2005); V.O.I.C.E. Committee (downtown zoning changes); Dam Safety Officer (1982-2010); Two wastewater study committees; Engineers Without Borders; Two trips to India to design and guild septic systems for a hospital and school; began the Father’s Day Breakfast Car Show at the Holliston Historical Society; Two

housing committees (ten years); Trustee of Upper Charles Conservation Land Trust (2005-present); Designs for four Habitat for Humanity houses; Member of the Knights of Columbus; HCAT reporter and camera operator; Reporter and cofounder of HollistonReporter.com; 8 Arch Bridget Restoration Committee; and Design services for the replacement of Town hall septic system.

Perhaps what everyone knows best, is Paul’s commitment to the Holliston Reporter. He has been the co-owner and writer for over a dozen years and is best recognized for his weekly police log and commentary that is always filled with dry wit.

Please join us in celebrating these two outstanding volunteers at our Street Festival on Saturday September 18; they will be honored at the “stage” in front of the Fire Station at 10am.

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# Happy Thanksgiving from Holliston Newcomers & Neighbors

Holliston Newcomers & Neighbors is once again helping the Holliston Pantry Shelf and other local organizations that support Holliston to make this Thanksgiving a happy one. Many families have depended on the generous donations of all the fixings in past years but once again they will be receiving gift cards to create their special holiday meal. Last year, close to 200 families were recipients of a gift card through the Holliston Pantry Shelf or organizations such as Head Start and Wayside Youth.

To support these efforts, we are once again asking for monetary donations. Please visit the HNN Donations webpage <http://www.hollistonnewcomers.org/donations> and select Thanksgiving Baskets or if you would prefer to mail your donation, please send a check made out to Holliston Newcomers & Neighbors to Katrine Giroux, 147 Mohawk Path, Holliston and note that it is for Thanksgiving or use .

We are also collecting handmade Thanksgiving Cards which can be dropped off at 922 Highland Street, Holliston - a bin will be at the front door. If you have any questions, please email [thanksgivingbaskets.newcomers@gmail.com](mailto:thanksgivingbaskets.newcomers@gmail.com).

Holliston Newcomers & Neighbors Thanksgiving Committee thanks you in advance for your support!

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**We appreciate your donation!**

Please mail your check along with this certificate to:

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# Griffin Electric Donates Backpacks and School Supplies to Holliston Pantry Shelf

Griffin Electric, the Holliston-based leading electrical contractor, has once again demonstrated support for the Holliston community with a generous donation of school supplies and backpacks to Holliston Pantry Shelf families. Griffin Electric employees have donated backpacks filled with school supplies to the Pantry each year for the past 8 years.

“The Holliston Pantry Shelf community is deeply appreciative on the continued generosity of Griffin Electric and its employees,” said Keely Krantz, President of Holliston Pantry Shelf. “Families with school-age children have faced many chal-

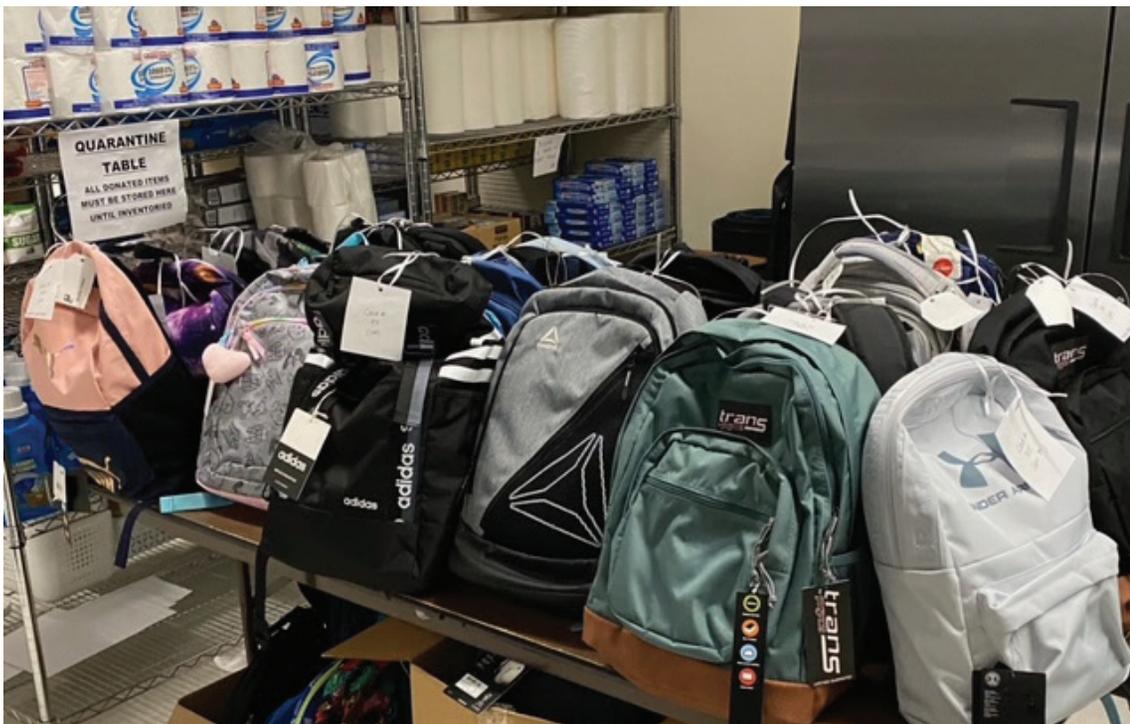


lenges and uncertainties during the pandemic, so to have their school supplies provided free of charge is a great relief.”

The Holliston Pantry Shelf is available to all Holliston residents. The Pantry protects the privacy of all shoppers and of-

fers a completely free grocery shopping experience with more than 500 food and personal care items that shoppers can choose from on a weekly basis. Holliston residents simply need to visit the Town Clerk for a confidential application. No personal or financial information is required.

Holliston Pantry Shelf, founded in 1993, serves more than 250 families. Holliston Pantry Shelf, located at 73 Charles Street, is a 501 (c) (3) non-profit food pantry that serves Holliston residents. For more information about Holliston Pantry Shelf, please visit [www.hollistonpantryshelf.org](http://www.hollistonpantryshelf.org).



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# Metrowest Women's Fund Announces A Needs Assessment of Middle School Girls: Metrowest

The Metrowest Women's Fund, in partnership with the Center for Social Research at Framingham State University, conducted a Needs Assessment of Middle School Girls: Metrowest. The report, which can be found at <https://www.metrowestwomensfund.com/copy-of-news> identifies the needs of girls in Metrowest and produces critical data on issue areas including emotional and mental health, self-image, gender identity, social relationships, physical activity and COVID concerns.

The Report states that middle school is a critical juncture for all girls and especially those of low and moderate income who have limited access to resources ranging from menstrual health to mental health services.

"The Metrowest Women's Fund initiated a needs assessment of middle school girls in Metrowest to provide needed data and ultimately to help girls

thrive," said Rebecca Parkhill, Co-Founder of the Metrowest Women's Fund.

The goals of the study, identified in the report, were to ascertain the needs of middle school girls in Metrowest and to identify unmet needs. An electronic questionnaire regarding the needs of middle school girls was prepared in 2020. In January and early February 2021, the questionnaire was sent to principals from 37 middle schools in the Metrowest catchment area. The response rate of 54% (principals at twenty of the thirty-seven schools responded) was strong. The report presents the results of the survey.

The greatest areas of concern are as follows:

1. Mental health conditions, including depression and anxiety, are of considerable concern. Issues with self-esteem and bullying

are associated with both depression and anxiety. In addition, depression was found to be associated with dating violence, obesity, issues with gender identity, sleeping difficulties and lack of exercise/physical activity. An additional factor associated with anxiety was issues with self-assurance/feeling competent.

2. Three aspects of self-image issues are of considerable concern: body image, self-esteem, and feeling competent/self-assured.



METROWEST WOMEN'S FUND

3. In terms of social issues and relationships, bullying is of moderate concern and peer pressure is of considerable concern.

4. More than half (58.3%) of the respondents said the services provided were NOT adequate to meet the needs of middle school girls.

5. Half of respondents felt the Covid-19 pandemic and resulting alterations in academic conditions would create problems for girls with respect to academic

issues, including a lack of confidence in educational abilities.

The Metrowest Women's Fund invests in women and girls through education, community building, grantmaking and strategic partnerships. Our mission is to identify the needs of women and girls in the Metrowest and raise resources to meet those needs. Our mission includes educating the community about the critical needs of women and girls from low incomes.

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# Business Owner Overcomes Double Whammy Of Pandemic And Cancer To Re-Open

BY SUSAN MANNING  
STAFF WRITER

It's hard to find a person or a business who has not been affected by the Covid pandemic. But for Ashland small business owner Don Gordon, life got particularly challenging when he was diagnosed with cancer—just as businesses were opening again.

Thanks to successful cancer treatments, Gordon has been able to re-open the shop on a part-time basis starting this past summer.

**Q: Tell me a little bit about yourself**

A: We've been here since 1989, my wife Janet and me. We have about five shows a year with the Framingham Artists Guild, the Franklin Artists Association. We have a holiday show and a few in between Intermezzo shows. We've been doing a lot of custom framing. We have a gift shop with Boyds Bears and limited editions and prints. And we kind of just cater to the neighborhood artists and the local guilds.

**Q: When did things get off track for you and your store?**

A: When COVID-19, it shut us down for six months, which was kind of a devastating time for everybody. And then when we opened up, I think in September of 2020, when things eased up, unfortunately at the end of March 2021, I was diagnosed with cancer. Leukemia.

I was rushed to the hospital and of course, the gallery was closed because I'm the one that does all the work. My wife has a regular job. And you know, I returned to the gallery when I got out of the treatment and everything was in remission. I didn't want to close the gallery because I love doing what I'm doing and I love working with the people and seeing final products, you know, all framed. It's what I want to do. So I came back on a part-time basis, the middle of June.

I'm only here 9 to noon Monday through Friday because I still don't want to stress myself out.



**Q: Has business recovered? Are your customers returning?**

A: We're hearing from a lot of my customers who have seen the flags out front and stopped in to wish me well—to find out what happened. Our customer base is great. We've had generations of people use our services. I've had customers come in when they're pregnant and now they're pregnant with their own kids, so they continue to return to me.

**Q: How do people in the area know your business so well?**

A: We cater to local original artists from the local MetroWest area and have some great artists and we exhibit their work. We love it.

We've had very good open houses. Of course, we haven't had an open house with COVID-19, and then we haven't had an open house in 2021 because of me being sick. We were closed from the 24th of March through June.

**Q: What's going on at the shop currently?**

A: Right now we have a great exhibit on display, with work from 11 different artists on display in the upper gallery.

We have about 45 to 50 pieces in the upper gallery. And in the lower gallery, we probably have 100 pieces shrink-wrapped and some framed. And then we have



in the gift shop, probably a couple of hundred of posters. And then about 50 limited edition framed pieces.

The current exhibit will run through the end of February. When we get into March, then we'll probably have like the Framingham Artists Guild. And then Franklin Artists Guild—we work with them too, and they have an exhibit here.

**Q: Where do your artists hail from?**

A: We have a lot from MetroWest and artists from Hopedale. Lisa Bailey from Franklin has



been an exhibitor here for about 20 years. They're they're some of my steadfast exhibitors. I have Pearl McCarthy from Natick. I also have some artists from Framingham, Ashland, and Holliston.

**Q: How did you come to own the shop?**

A: I got out of Boston College with a degree in marketing and I went to work for Bradlees. I worked there for 20 years and

then I decided I'd rather have my own business.

**Q: What keeps you coming back?**

A: I love what I'm doing because I meet some great people in my life and I love to see the expressions on their faces when they pick up the work I have done.

I think I make an impact. I have such a repeat customers, that I've been around, it's just fun to watch the generations come through here.

And I can't forget that it's just been such an important time for small businesses, trying to stay open and trying to survive and with COVID. I had the leukemia on top of that, but I'm still here. I'm surviving.

*Premier Image is open weekdays, from 9 AM to noon. The shop is located at 290 Eliot St., Ashland. To reach the store, call 508-881-4730.*

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# Citizen group rallies to address K-12 race programming in Holliston schools

## Petition puts two articles on Oct. 18 special town meeting

By THERESA KNAPP

A group of Holliston residents has filed a citizens' petition to add two warrant articles to the October 18 Special Town Meeting:

- The Holliston school committee will halt adoption and implementation of race theory education programs within the town K-12 school system until a citizens majority vote of adoption is achieved in a special session town hall vote.
- The Holliston school committee will halt any and all staffing efforts in connection with any new race, diversity, and or equity curriculum until a vote on adoption of said new curriculum is adopted through a special session town hall vote.

The Office of the Town Clerk confirmed in mid-September that the group submitted more than the 100 signatures required to place the articles on the warrant; the group's Facebook Page "Holliston United" says they obtained a total of 347 signatures.

Justin Thermos, who helped create the warrant articles, told Holliston Town Pages he believes the School Committee is being "disingenuous" about what is happening in the schools related to Critical Race Theory as well as with the recent hiring of a Director of Social-Emotional Learning & Equity who started in July - a position Thermos says the district does not need and cannot afford.

Thermos, a 2005 graduate of Holliston High School, says "We don't have racial strife in Holliston, frankly."

According to a search on www.schoolspring.com, the SEL position was posted in the spring and closed in June.

School Committee Chairperson Cynthia Listewnik addressed the curriculum issue at the committee's July 29, 2021 meeting, and said the claims are not factual.

"Some residents in town have received a letter from an unknown person with a P.O. Box in Holliston claiming that the School Committee plans to teach Critical Race Theory [to] K through 12 this fall, this is patently false," she said. "In addition, there is a Facebook group that includes a link to a webpage claiming to be the School Committee's and a job description that are both fraudulent."

The website in question is https://schoolcommitteeleaks.org/

which has the following disclaimer at the bottom of its home page:

"School Committee Leaks" and "schoolcommitteeleaks.org" is an information resource published by members of the Holliston community. It is not the official Holliston School Committee website. To visit the official website please go to holliston.k12.ma.us/about/school-committee [sic]. All information posted on this website is from authoritative and reliable town sources."

At the July School Committee meeting, HPS Superintendent Dr. Susan Kustka said the district has been working with Dr. Kalise Wornum of www.kw-diversityinc.com, a third-party consulting firm that helps organizations "become culturally proficient." Kustka said the plan is for KW Diversity to finish its work and run this year's trainings, and for the new Director of Social-Emotional Learning & Equity [Mr. Jariel Vergne]

to focus his efforts this year on SEL and take over the train-the-trainer model in year two.

Special Town Meeting will take place on Oct. 18 at 7:30 p.m. at the Holliston High School.

For more information on CRT in the district, Listewnik points residents to the School committee's official website

https://www.holliston.k12.ma.us/about/school-committee where there is a handout on Critical Race Theory produced by the Massachusetts Association of School Committees.



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 Rabbi Sharon Brous, IKAR, Opening Reflection  
 Rabbi Mike Rothbaum, Congregation Beth Elohim  
 Dr. Mohamed Lazzouni, Islamic Center of Boston  
 Moderator - Mehlaqa Samdani, Critical Connections

**Oct. 13th - Can We Share? Sanctity of the Holy Land; A Jewish, Christian and Muslim Perspective**  
 Prof. Dr. Mustafa Abu Sway, Integral Chair for the Study of Imam Al-Ghazali's Work at the Holy Al-Aqsa Mosque & Al-Quds Univ.  
 Rev. Dr. Mae Elise Cannon, Churches for Middle East Peace  
 Rabbi Barbara Penzner, Temple Hillel B'nai Torah  
 Moderator - Dr. Joseph Kelley, Merrimack College

**Oct. 27th - Can We Acknowledge? Reflecting on Our Histories and Narrative**  
 Rabbi Aryeh Cohen, Ph.D., Professor of Rabbinic Literature at American Jewish Univ.  
 Aziza Hasan, NewGround: A Muslim-Jewish Partnership for Change  
 Ayman Nijim, Ph.D. candidate, Liberation Psychology  
 Nizar Farsakh & Gili Getz, Combatants for Peace  
 Moderator - Rabbi Tiferet Berenbaum, Temple Beth Zion

**Nov. 10th - Can We Help? Our Role in Finding Solutions**  
 Rabbi Jill Jacobs, CEO, Truah  
 Nidal Al-Azraq, Exec. Director, 1for3.org  
 Moderator - Mona Pollack, Boston Workers Circle

**All sessions take place from 7:30-9:00pm | Contact:** discussions@islamiccouncilne.org

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# Nursing Home Negligence or a Vibrant Life Plan Community?

By HEATHER J. CULKEEN  
EXECUTIVE DIRECTOR: PROJECT  
PERSEVERANCE

Doctors, nurses, patients, and their family members have all types of unpleasant conversations, according to Amy Sarah Marshall of the University of Virginia Medical Center magazine, *Healthy Balance*. For example: How to prepare for aging and caring for an aging partner or parent is one of those. For Lee Willis and her husband Hal, the conversation started this way: their beloved doctor of 15 years asked Lee, point-blank: "Are you prepared for the possibility that Hal may outlive you?"

At 94, Hal is ten years older than Lee. A plane accident broke multiple bones in his legs, and arthritis had settled in. Walking is hard for him. He does his own laundry and washes the dishes, but he doesn't drive and often uses a wheelchair.

Lee, on the other hand, just bought herself a new kayak. A nine-year cancer survivor, she relieves pain with exercise, not medicine. She swims three times a week. When not caring for Hal, she's active, traveling, and socializing.

Still, the doctor had a point: Be prepared.

## FACING THE FACTS OF AGING

Most people avoid the subject of getting old. Death is as natural as birth, but too many people simply don't want to think about it until they are too ill to participate in decision making, leaving family members and their physicians to make decisions that may or may not be what they would have wanted at the end of life. We need to prepare better.

## FINDING A PLACE TO AGE

Lee's major purpose in preparing for Hal's aging and her own was to find a location where this could happen. Lee didn't simply conduct a Google search. She went to a lot of nursing homes. She compiled a list of in-home care services and went to each one.

But Lee wasn't satisfied, mainly because of shifting staff. "You can never guarantee the same people. The bottom-line dictates staffing. This turnover and the resulting lack in continuity of care, is a problem."

So, she looked at the option of aging in place. She volunteered at programs of all-inclusive care for the Elderly, which offers 24/7 coverage for anyone qualified for a nursing home. It seemed like "this would probably be what we choose to do," she said.

But then Lee discovered The Green House Project, a new

model for long-term care for elders. In 2001, a doctor named Bill Thomas was appalled at the state of elder care. He saw it was a hospital, not a home with people just sitting in wheelchairs. So, he introduced a lot of changes, bringing in birds, dogs, cats, and plants. But it still wasn't enough. So, he "super-trained" staff to behave like family members, not healthcare providers. He built a new structure, with one central room, the residents living in rooms off in spokes. It became a communal place, with a common kitchen where people cook family recipes and behave like relatives.

Lee found one in her state. "If we both have to go somewhere, this will be it!"

## AGING GRACEFULLY: HOW TO GET STARTED NOW

The best advice Lee's received from her doctor: Exercise. He told her that the biggest factor that differentiates healthy from unhealthy aging is exercise—folks who remain sedentary clearly become frailer more rapidly than those who either remain or become active in their later years. Exercising on a regular basis makes a huge difference in how one ages.

Lee's primary lessons for younger people: Be proactive. "It's really hard when you're 50 to think about being 80, but you should."

She advises younger people to:

- Take your health seriously—eat well and exercise.
- Prepare with a reputable Estate Planning Attorney who cares about your health as well as your assets.
- Be an advocate for yourself.
- Get political and advocate for end-of-life care.

*Heather J. Culkeen is Executive Director of Project Perseverance. The public charity is dedicated to supporting rescue efforts, as well as assisting local, early-stage nonprofit organizations. We focus on protecting Families for Generations. We have protected families, children, boomers, seniors, and the elderly for generations. We welcome opportunities for growth and development.*

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# The b.LUXE *beauty beat*

BY GINA WOELFEL

Happy Fall, Y'all! I've busted out my autumn wardrobe, enjoyed my first PSL (pumpkin spiced latte for you coffee purists) and officially embraced my favorite season - "sweata weatha."

We hope you took some time for yourself last month and enjoyed our September specials. It's a crazy time of year when the kids return to school and you're suddenly juggling a more chaotic schedule. Self-care is super important and that means scheduling it out. Be it yoga, a facial, a massage or your salon visit, these appointments are your "you time." They give you the chance to relax, regroup and feel better. It's hard to believe that the end of this month is the start of the holiday season! Yup, you read that right. In less than 30 days, we'll be knee-deep in witches, turkeys and snowmen. With all the holiday hoopla right around the corner, that brings us to this month's beauty beat topic: Scheduling.

We thought this would be a good time to talk about what it really means to work in the service industry and more specifically, the obstacles and frustration that many face with a commissioned-based career. To

work on commission means that your salary is based on a percentage of the business you generate. For argument's sake, let's talk about the beauty industry.

You know that wonderful feeling you get when you visit your salon, get your nails done, or have a facial? I know, for me, there's nothing like taking that beat from my schedule and doing something exclusively for myself.

Our post-pandemic lives are busier than we could have imagined. With safety precautions in place and tightly booked schedules, appointment-based businesses are working hard to ensure that clients can readily book services, feel safe during their treatments and still provide the highest level of customer care. Employees who work on commission are also still struggling to find a balance with childcare and expenses, with many having to split their time apart as a family to keep their children safe and make ends meet.

This year at b.LUXE, we moved towards a more strict enforcement of our 24 hour cancellation policy and fees, a move that, perhaps, ruffled a few feathers.

Like many businesses, b.LUXE keeps an active cancel-



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lation list for our customers who were unable to schedule their desired appointment. If a booked appointment is canceled with less than 24 hours notice, re-booking that time can be difficult. Not only is this disappointing for our waitlisted customers, it can be devastating for your stylist who depends on that service for their commissioned-based pay. When you cancel, no show or run so late that you can't be seen, you

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We understand life is busy and things can pop up. This chat wasn't for the client who's had to cancel once or twice. It was for the serial canceler (and you all know who you are!)

Stylists LOVE their clients and every day, go above and beyond to make them look and feel beautiful.

Perhaps, as we head into what's sure to be a very busy season, we can shift our perception of our schedules and the people we've tied to them. With three of

the most overscheduled months ahead of us, book ahead! Set some time aside for yourself to relax and enjoy what makes you happy and prioritize that time. Let's also give a face to each appointment we make and respect and adhere to the time we've asked them to set aside for us. If we can do that, we'll enhance our local business community and support the people who, so often, support us.

We look forward to seeing you soon at the studio!

Be sure to check out our October specials above!

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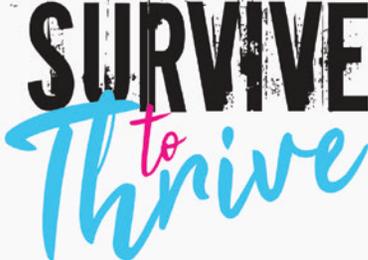
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**Sibling Support Group**  
(For youth ages 11-14)

This is a 10-week program that begins  
**Thursday, September 9, 2021 (5:45-7:30pm)**

The Survive to Thrive Sibling Support Group is offered for youth who have siblings with mental health and behavioral health challenges living in the home. Ben Speaks' knows the wide-ranging impact that mental health issues can have on families, and looks to serve as a resource to youth that are impacted by the stigma, volatilities, and demands placed on families. Siblings of family members with mental health needs may experience challenges and disruptions in their own emotional growth and development. This group will provide these youth with a nurturing environment to share their unique experiences of having a sibling with mental health needs, engage in empowering and fun expressive activities, and develop their own skills and resources, so that they may thrive in face of the challenges that they and their families encounter.

**What is the Sibling Support Group?**

- Group is open to youth ages 11-14 years old, living in MetroWest Massachusetts, who have siblings that struggle with mental health and behavioral health issues living in the home.
- Group sessions will include opportunities for both open and themed discussions, expressive art activities, age appropriate learning about mental health challenges and their impacts on families, and empowerment skills to enhance emotion regulation and effective communication.
- Group sessions to be held at the Ben Speaks Resource Office, 360 Woodland Street – 2nd Floor, Holliston, MA 01746. Meetings will be held in person as we follow the CDC rules regarding COVID-19. Drop off 5:45pm, Pick up 7:30pm. Healthy meal provided. If need be, we will shift to ZOOM.
- 10 weeks - 1.5 hours each week (No group will be held September 16 due to Yom Kippur)
- Facilitated by Bretton Torkelson, Psy.D., Judy Giovangelo, Michael Giovangelo and Penny Young; Members of the Ben Speaks' Board of Directors.
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# Sports

## Talented Burke Sets High Goals For HHS Boys Soccer Team

By KEN HAMWEY  
STAFF SPORTS WRITER

Owen Burke isn't afraid to set lofty goals.

Holliston High's center midfielder, who was a three-time soccer all-star last year as a junior, lists winning a state championship as his No. 1 team objective. His personal goals will also be a challenge — he wants to repeat as an all-star and to achieve all-American honors.

The 5-foot-11, 155-pound Burke isn't boasting and he isn't being unrealistic. A key cog in the Panthers' offensive and defensive schemes, the 17-year-old is the real deal. After three matches as a freshman reserve, he started the final 13 games, and he's been basically a four-year, first-string competitor who can play either right wing or midfielder.

Burke is versatile, talented, and competitive, and he just happens to be a two-year captain who's now striving to lead Holliston to its third straight Tri Valley League Large Division crown. His all-star credentials include berths on the TVL team, the Eastern Mass. Coaches Association squad and the Metrowest Daily News team.

"I believe we can win a state title," he said. "We've got experience (nine starters back) and we've got depth. Our players have talent, the team chemistry is solid and the program's culture is strong."

Burke, who played in a state semifinal as a freshman, is acutely aware that a variety of factors have to line up to win the playoffs.

"Everyone has to buy in or be on the same page," Burke emphasized. "And, some luck is needed. An all-out effort is a must for every game and we all have to listen to advice from coach (Jay) Dupuis."

Holliston's coach is no stranger to success. He's never missed qualifying for tourney play in his 11 years as the Panthers' coach. That's positive and Dupuis' thoughts are all positive when Burke is the topic.

"Owen is a great team leader," said Dupuis. "He's got a high



**Owen Burke is a high honor student who plans on majoring in business.**

soccer IQ, his foot skills are excellent and his instincts are great — always at the right spot. A really good passer, he's outstanding in transition, able to depend on his defense to provide attacking ability. Owen can be dangerous for opponents, especially when the ball is at his feet."

Burke, who's played club soccer for nine years, scored 10 goals and assisted on four others last year during the covid-19 season. Those stats may not sound prolific but Holliston played only 10 matches. Burke, however, is more than just an offensive threat. He's got other key attributes that include quickness, endurance, and quality technique. He's also strong finishing plays and that's what occurred last year against archrival Ashland.

"That was the best offensive game of my career," said the Holliston native. "I scored two goals and we won, 3-1. I was able to maneuver well and my passes connected."

So far, Burke has 2 goals and 4 assists and Holliston's record at Local Town Pages deadline was 2-0-1.

Burke's optimistic outlook for the Panthers shines brightly when he's discussing the four other captains and his coach.

"Striker Ben Siegel, center backs Brendan MacLeod and Aidan McEachern, and forward Ryan Foley are effective leaders," Burke said. "We all mesh well. They all have high soccer IQs, they're talented and all of them are capable at their positions. As for coach Dupuis, he's



**Owen Burke is an adept passer who can play in the midfield or at wing.**

Photo Courtesy of KEN ROBINSON  
(kbrphoto.com)

a very good motivator who puts players in the right positions and he's able to change tactics at a moment's notice."

Burke, who started in youth soccer as a five-year-old, prefers playing in the midfield, where he's been the last two seasons. "I like it because a midfielder can affect his team, both on offense and defense," he noted. "Passing is one of my strengths and there's lots of room in the midfield to connect on passes."

Burke also connects effectively in the classroom. He's a high honor student who plans on majoring in business. He also hopes to play collegiate soccer. "Some college coaches have expressed interest in my play," he revealed. "I'd like to compete at that level, no matter what division it might be."

When Burke was a freshman, Holliston won the TVL Large title, then rolled to the sectional crown by beating Norton. The Panthers later lost in the state semifinal to Wayland. As a sophomore, he gained more playoff experience but Holliston bowed in the second round to Scituate. Last year, there was no tourney format because of the coronavirus.

"My top thrill was winning the TVL Large Division title and the sectional championship as a

freshman," Burke said. "Beating Norton was exciting. They're usually a strong team and they play in the TVL. They were formidable."

A two-time captain is a high honor and Burke labels the designation as "humbling." He says he was honored to be chosen twice because "coach Dupuis considers that role vital." Burke leads by example, can be vocal when needed and exerts lots of energy.

Relying on an athletic philosophy that embraces winning, Burke believes that if he and his teammates are striving to reach their potentials and enjoying their athletic experiences,

"then winning will follow."

Life lessons that Burke has learned from athletics include leadership, a positive attitude and overcoming adversity. "A negative attitude doesn't help a team," he emphasized. "It lowers confidence. And, low confidence will lessen your chance of winning. Sports also teach how to overcome adversity, like a losing streak. You learn to bear down."

Burke regards his parents (Scott and Jen) as role models for their support and encouragement. He also regards his younger brother (Danny) as an up-and-coming freshman midfielder who likely will contribute to the Panthers' success this season.

"It's fun to have Danny as a teammate," Burke said. "He's an excellent passer who's strong on defense. We've often worked out together. He's a hard-worker who's positive and can make an impact. I'm glad my brother is a teammate in my final season."

Playing in his final campaign for Holliston with his younger brother on board no doubt could be double trouble for opposing teams. But, Burke also knows his final season will be bittersweet because there's people he'll miss.

"I'll miss great friends but I'll always have good memories," he said. "Meaningful relationships were formed but it'll be okay to look ahead to a future in college. A great ending at Holliston would be to go out as a state champion."

Owen Burke is an intense competitor who's positive, optimistic and eager to succeed. It's those ingredients that could lead to a state crown.



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# Holliston Youth Selected for Laver Cup Boston Ballkid Squad

Caroline Cosgrove from Holliston has been selected following an intensive recruitment process as one of 30 Massachusetts kids between the ages of 12-15 to be part of the Laver Cup 2021 Boston Ballkid Squad. She participated in a grueling training session on Friday, August 13 at Longfellow Tennis Club in Natick, going through a series of training exercises, focusing on their agility, endurance, coordination, ball skills, balance, speed and teamwork—all attributes essential to make it to the Laver Cup Ballkid Squad.

Caroline Cosgrove, 12, from Holliston, plays tennis 6-7 days a week and is currently sitting in the top 50 ranked in the Girls 12's league. Caroline is currently a student at Robert Adams Middle School but has big plans to become one of the top tennis players in the world. Aside from tennis, Caroline enjoys playing soccer for both her club and travel teams.

The fourth edition of The Laver Cup, featuring the best tennis players from Europe against



**Caroline Cosgrove, Age 12, from Holliston, selected to be a part of the Laver Cup 2021 Boston Ballkid Squad, takes part in training session at the Longfellow Tennis Club in Natick on Friday, August 13.**



their counterparts from the rest of the world, took place at TD Garden from September 24-26.



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# MassBay Receives \$1.2M in National Science Foundation Grants

MassBay Community College is pleased to announce the awarding of two National Science Foundation (NSF) grants totaling more than \$1.2 million to promote diversity in cybersecurity programs and to train faculty who teach Science, Technology, Engineering, and Math (STEM) in best practices that encourage and support underrepresented students in their STEM programs. Both projects, funded by the NSF, will start in October 2021 with a focus on promoting diversity in the classroom, as well as improving retention and graduation rates, and adding diversity to the workforce.

“We are tremendously grateful to the NSF for this investment,” said MassBay President David Podell. “This region has been driven by a STEM economy for decades, and we have long recognized that good, sustainable careers can be had in STEM fields. Directing resources that lead to the recruitment and retention of underrepresented students in STEM is a common sense step that will help to ensure underrepresented students also thrive along with this growing sector of our economy. MassBay is proud to play a leading role in making that happen.”

The MassBay initiative titled, *Catalyzing Transformative Change in STEM Education through an Institute for Inclusive Pedagogy* was awarded \$699,994 and will be dedicated to systemically changing how STEM faculty educate students of color. The project was created to address national data that reveal students of color who are enrolling at the same rate as their peers have lower-levels of retention, graduation, and transferring or entering the workforce. To combat this, MassBay will create and hold three STEM Equity Summer Institutes (STEM-ESI) over the grant period, educating 30 STEM faculty and staff members at MassBay and 15 high school faculty members from partner high schools, Milford High School and Framingham High School. The STEM-ESI will teach educators how to better serve underrepresented students by address inequities in the classroom that impede students from completing STEM courses, majoring in STEM fields, and succeeding in STEM disciplines.

“This is a transformative grant for MassBay and for the Metrowest region,” said MassBay Associate Director of the Math and Science Center, Anu Meacham. “With these resources we will provide instructors in STEM classrooms at the high school and post-secondary level with the tools they need to fully support all of the students they serve. We are truly grateful for these funds and cannot wait to get started on this important work.”

The second MassBay initiative titled, *Attracting the Next Generation Cybersecurity Workforce or ACT* was awarded \$598,712 and is aimed at diversifying the Cybersecurity field by recruiting, retaining, and graduating underrepresented and female students in MassBay’s Cybersecurity programs. Through collaborations with regional industry and high school partners, MassBay will create an education pipeline to encourage and support female and underrepresented high school students to pursue a Cybersecurity education. A central part of this project will be the recruitment by high schools and youth organizations, working alongside industry partners to create competitions, hackathons, mentoring and internship programs, all designed to provide students with opportunities to engage in hands-on and experiential learning, career mentoring, and tailored career advice. This project will also create a Cyber Range, where students use an online interactive technology space that simulates a network, learning to detect and solve cybersecurity attacks.

“This exciting project aims to build an educated and diverse workforce that will strengthen the local and regional economy,” said MassBay Computer Science Professor and Director of Center for Cybersecurity Education, Shamsi Moussavi. “We will play a leading role in Cybersecurity education at MassBay, but we are especially eager to work with our current and future partners in the Metrowest region to engage female and underrepresented scholars, inspiring

them to explore a career in cybersecurity. We expect this program will ultimately produce a diverse pool of skilled workers who will enhance the level of security our businesses and organizations, serve our community, and enjoy a clear path to good jobs.”

According to the National Science Foundation (NSF) website, the independent federal agency was created by Congress in 1950 “to promote the process of science; to advance the national health, prosperity, and welfare; to secure the national defense.” The NSF has an annual budget of \$8.5 billion, and are a funding source for approximately 25% of all federally supported basic research conducted by America’s colleges and universities. MassBay’s STEM-ESI project is funded by NSF’s Improving Under-

graduate STEM Education (IUSE): Education and Human Resources program and the ACT project is funded by NSF’s Advanced Technological Education (ATE) program.

To learn more about MassBay visit [www.massbay.edu](http://www.massbay.edu).

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits that transfer to bachelor’s degree programs, and workforce-ready skills necessary to advance careers in high-demand

fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay’s Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations [RegisteredNursing.org](http://RegisteredNursing.org), and [PracticalNursing.org](http://PracticalNursing.org). Since its founding in 1961, MassBay has been accredited by several governing bodies and remains firmly committed to its mission of meeting the needs of the diverse local communities it serves. We value the intrinsic worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.

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# Real Estate Corner



19 Wingate Road in Holliston recently sold for \$600,000. Image credit: www.zillow.com

## Recent Home Sales

Date	Holliston	Amount
9/14/2021	273 Hollis Street	\$620,000
9/9/2021	116 Marilyn Street	\$350,000
9/8/2021	147 Turner Road, Unit 119	\$165,000
9/8/2021	364 Underwood Street	\$460,000
9/8/2021	16 Dean Road	\$360,000
9/3/2021	414 Underwood Street	\$710,000
9/1/2021	823 Central Street	\$710,000
8/31/2021	7 Roberta Circle	\$505,000
8/31/2021	219 Woodland Street	\$300,000
8/31/2021	19 High Street	\$565,000
8/30/2021	11 Bittersweet Circle, Unit #16	\$730,000
8/27/2021	19 Wingate Road	\$600,000
8/27/2021	215 South Street	\$470,000
8/24/2021	20 Indian Circle	\$1.15 mil
8/24/2021	25 Irving Place	\$685,000
8/23/2021	43 Ridge Road	\$550,000
8/20/2021	36 Shaw Farm Road	\$485,000
8/20/2021	369 Concord Street	\$550,000
8/20/2021	12 Fiske Pond Rd (.76 acres)	\$295,000
8/19/2021	210 Locust Street	\$610,000
8/18/2021	30 Noel Drive	\$893,785
8/17/2021	676 Washington Street	\$660,000
8/16/2021	147 Turner Road, Unit 62	\$177,000

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

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