

Talented Salem A Major Force For HHS Volleyball Team

By KEN HAMWEY
STAFF SPORTS WRITER

Colette “Coco” Salem has been a dynamic volleyball player at Holliston High for four years.

A senior outside hitter, the 5-foot-7 Salem is not only a two-year captain, but she’s also been a Tri Valley League all-star and the Panthers’ leading scorer for the last two seasons. Whether the 18-year-old is competing in the front or the back row, she’s a force. And, her coach (Yoeun Sim) is quick to laud all the attributes that make Salem an all-around top-notch talent.

“When Coco talks, her teammates listen,” Sim said. “A very skilled player, she jumps high, hits hard, is instinctive and has a high volleyball IQ. An effective passer, she’s strong defensively and works hard to strengthen her blocking ability.”

A club player for nine years, Salem is an aggressive competitor who strives



“Coco” Salem is a force at outside hitter for Holliston’s volleyball team.
Photo by Jeff Adams

to reach her potential and to have fun. But, at the end of the day, winning is what matters for her.

“I don’t like to lose,” she said. “Winning is the result of hard work and lots of effort, and I always feel good after a victory knowing that we all gave 100 percent.”

Salem’s goals at the start of the season were split into team and individual objectives. At Local Town Pages, not all of them had been achieved, but it’s a good bet that most will become a reality.

“One team goal was for us to play smart, especially when it comes to decision-making,” she noted. “I also listed winning the TVL Large Division championship and qualifying for the tourney as other team goals. My individual objectives are to be the team’s leading scorer again and to be named a TVL all-star again. Getting to the tourney is realistic because we practice hard, we have excellent team chemistry and we’ve got experience and depth.”

VOLLEYBALL
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See Inside...
Our Holiday Guide



Successfully Celebrating Holliston

The Celebrate Holliston Committee held another successful event. Saturday, Sept. 18, saw the announcement of the 2021 Citizens of the Year—Heather Scaringella and Paul Saulnier.

In addition to the awards, there was a street festival that featured

CELEBRATE
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CELEBRATE

continued from page 2

artist, vendors and community members all coming together to celebrate all things Holliston.

Photos courtesy of Deborah Mark



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Your Money, Your Independence

Tax Loss Harvesting: Give Thanks And Slice Your Pie

Time to give thanks for family, health, pumpkin pie, and finding tax losses in portfolios.

How can you be thankful for selling something at a loss? Through a strategy called tax-loss harvesting, losing investments can offset realized profits as well as up to \$3,000 in non-investment income each year.

While IRS doesn't reference "tax-loss harvesting", there are plenty of rules for the strategy and need to be mindful of Form 8949, Schedule D, and these items:

Know your cost basis. Unless the entire investment was purchased at a single time without dividend reinvestment, then the price is varied. Good news is firms record cost basis and make available online to view before taking action.

Short-term and long-term capital gains. Short-term is sale of investment owned one year or less and taxed at your ordinary income rate (up to 37%); long-term is sale of investment held more than one year and taxed at either 0%, 15%, or 20% for 2021.

Important note, it is highly unlikely capital gains rates will remain the same for 2022 as the President wants to raise and Congress has debated not on if, but by how much and for whom.

Should you solely act on what Congress may do? No, never. Still, if there is an outsized position in either gains or losses, this should be added incentive to take action.

Back to this year, short-term losses are deducted against short-term gains, next long-term against long-term, then remain-

ing net losses of either type can be deducted against the other. If still more losses can deduct up to \$3,000 against income. Still more? Then carry to subsequent years against capital gains and/or \$3,000 of income.

Avoid a wash sale. A realized loss is disallowed if, within 30 days of selling the investment (either before or after) you or your spouse invests in something that is identical or "substantially similar" to the one you sold. This is across accounts as well, meaning if you sell something in taxable brokerage and buy it in an IRA, you can't use the realized loss.

Value of rebalancing. Have a diversified portfolio based on your risk level and goals in 2009, 2013 or even 2 years ago? If you practice "buy-and-hold", you're out of whack. Rebalance back

to your target allocation, or economic and market cycles will unmercifully rebalance for you.

Also, cutting losses allows you to reduce outsized winners in your taxable portfolio. And given the last 2 years, there are several large, commonly held names that are outsized.

More to consider beyond this limited space, including the role of your tax bracket, how to re-deploy cash to good use, and opportunity costs.

To learn more, talk with your tax professional 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



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Holliston Virtual Gingerbread House Decorating Party

The Holliston Newcomers & Neighbors is bringing back a favorite holiday tradition.

Join the HNN for a Virtual Gingerbread House Decorating Event on Saturday, Dec. 11, 2021, at 4 pm hosted by Sincere Cheer.

Learn decorating tips from our experts while having fun with your friends and family in the comfort of your home. Gingerbread houses and decorating supplies will be provided. Tickets cost \$40 per house. Tickets are limited, so make sure you buy yours in advance.

HNN also accepts ticket donations so Food Pantry families could join in. Even if you cannot make it, please consider donating tickets so families in need can attend the event.



Proceeds from this event will benefit the Grant Fund of the Holliston Newcomers & Neighbors. The Grant Fund is dedicated to advancing HNN's commitment to community investment by funding programs and organizations that help Holliston thrive.

To reserve your house, visit our website at www.hollistonnewcomers.org or visit our Facebook page at [www.facebook.com/HollistonNewcomersAndNeighbors!](https://www.facebook.com/HollistonNewcomersAndNeighbors/)



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147 Mohawk Path, Holliston MA 01746



Holliston Newcomers & Neighbors Thanksgiving Drive Continues

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 as well as many senior meals supplied through the Holliston Senior Center.

To support these efforts, we are once again asking for monetary donations. To donate, 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. Thank you to those that have already donated!

We are also collecting hand-made Thanksgiving Cards which can be dropped off at 922 Highland St., Holliston, a bin will be at the front door. We ask that you submit your donation or drop off your cards by Sunday, Nov. 14, to allow us time to distribute the proceeds before Thanksgiving. If you have any questions, please email thanksgivingbaskets.newcomers@gmail.com.

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

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

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

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

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

Jay and his team have handled it all. They've dismantled

above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

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

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous

Business spotlight



call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order



a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

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

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SEPAC Gives Back

The mission of the Holliston Special Education Parent Advisory Council (SEPAC) is to provide education, information and support to parents/guardians and the broader community on special education issues and services; to establish a better understanding of, respect for and support of special education, collaborating with the Holliston Public School District in order to advocate for students' needs under Massachusetts Special Education Law.

Holliston SEPAC Purpose

- To promote a network of parent / guardians of children with disabilities and provide a forum to share information, discuss pertinent issues and share tools and resources.
- To promote better understanding and communication between parents / guardians with children receiving special education services from the Holliston Public School District and the District.



- To advise the Holliston Public School District including the School Committee, Superintendent and Special Education Director on operations and development of special education programs, parent and teacher training needs and policy development.
- To promote communication, understanding, acceptance and inclusion within the community.
- To provide and promote informational and educational opportunities for the community on topics related to special education.
- To encourage a community commitment to quality education for all children and to support diversity within the educational setting.
- To coordinate and implement activities, fundraising and community service events and educational workshops to benefit the special education community.

Holliston SEPAC Gives Back What is it?

An annual grant for families of children that receive special education or support services through Holliston Public Schools. Holliston Public School staff who provide these services may also apply.

How does it work?

Parents or caregivers of Holliston Public School students receiving special education or support services can apply for grant money based on a specific need or item that student may need. Holliston Public School staff providing these services can

also apply for grant money for a specific item for a classroom or for a student. Grants can range from \$25-\$200 per family or classroom.

How do I apply?

Look for an announcement on Facebook in early November with all the details of how to apply for a grant.

"Like" us on Facebook at "Holliston SEPAC" and get details of upcoming events!

Email us at hollistonsepac@gmail.com for questions or information.

Holliston SEPAC Board Meetings

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- Nov 8, 2021
- Dec 13, 2021
- Jan 10, 2022
- Feb 14, 2022
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Knights Of Columbus Surpass Charity Raffle Goal

It came down to the wire, and the St. Mary's Knights of Columbus 13th Annual Charity Raffle goal appeared to be in jeopardy.

Their goal of raising \$10,000 for charity this year and reaching the ambitious goal of \$250,000 in just 13 years almost seemed to be out of reach.

Last year's pandemic cut their raffle revenues in half, and the recovery was just beginning this year. But then it happened — there was a huge flood of revenue in the last 10 days and the raffle raised an astounding \$17,000 for charitable organizations this year.

Grand Knight Al Scaramella and the Raffle Committee expressed high praise for the knights sacrificing their time to sell the tickets over the past sev-

eral months, especially during the pandemic restrictions.

They also thank the public for their generous support by helping the council raise the funds for the charitable organizations again this year.

Donation checks will soon be distributed to the Holliston Pantry Shelf, food pantries in several surrounding towns where raffle venues were held, the Holliston Senior Center, Homes for Our Troops, and Habitat for Humanity. A small amount will be held in reserve for other donations throughout the next several months.

And the winners? Well, first prize winner Neil Denny (\$1,000) was flabbergasted, Paula O'Brien was thrilled to receive second prize (\$500), Elina Robertson



had a big smile with third prize (\$250), fourth prize (\$150) winner Doug Crowe generously donated his money back to the council to be added to their charitable donations, and fifth prize (\$100) winner Debra Thistle couldn't be



Tom Anguish, Nick Calapa, Tom Brodo, and Grand Knight Al Scaramella handled the raffle that surpassed the \$250,000 goal. Courtesy photo

happier. Indeed, five very happy winners.

Scaramella pointed out that, unfortunately, the needs of all these charities — and others — has not diminished. So, while the council's lofty goal of raising a

quarter of a million dollars for charity has been reached, they'll work on achieving new higher goal until the funds are no longer necessary. Stay tuned for next year...

Second Chance Coming

Did you miss getting your old electronic equipment to St. Mary's Knights of Columbus Recycling Event last May?

Well, there's another chance as the council will hold another recycling event in St. Mary's church parking lot on Saturday, Nov. 13, from 9 AM to 1 PM.

They received many carloads of used flat-screen TVs, radios, printers, computers, vintage hair dryers, and more last time, and several people were disappointed that they missed the chance to clean out their attics

or basements. Here's your second chance!

In addition to electronic devices, the event will also accept clean clothing in 13-gallon trash bags. The clothing will be sorted and recycled for distribution to those in need.

Here's how the event works: there is a charge of \$10 for your first three items (equipment and/or 13-gallon bags of clothing), and then \$5 for each additional device and/or bag of clothing. They can only accept flat-screen TVs, no older model CRT tvs.

The proceeds will be used to help St. Mary's KofC council continue its charitable activities. They donated the proceeds of the May event to the Holliston Pantry Shelf and the MetroWest Veterans' Emergency Relief Fund.

So, check your closets, attic, basement, and garage for clothes and old electronic devices you want to get out of the house. And bring them to St. Mary's KofC Recycling Event - YOUR second chance is here!

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You're Invited to The Bird & Bear Collective

Have you heard about, or visited, The Bird & Bear Collective yet? If not, maybe you've seen their Love Better, See the Good, Camp Quarantine, or Mama Bird and Mama Bear apparel out and about?

Located right in downtown Holliston, the Bird & Bear is a living, loving, and breathing collective of community, creatives, entrepreneurs, ideas and invitations. It's a unique space, brand, and business-model imagined by Medway local, Erin Defoyd, to bring people together and invite opportunities to purposefully gather, support small businesses, and shop small.

In late 2018 Erin, a self-proclaimed farmer's daughter and corporate refugee, stepped out of a 15+ year career in global marketing, diversity, and inclusion to pursue the entrepreneurial opportunity she saw coming to life in her backyard barn. The Bird & Bear Collective was launched in May of 2019 out of that backyard barn, and has continuously expanded and evolved over the past two years, even in the midst of a global pandemic.

Erin and her family were seeing something special happen in their backyard space. Together with family and friends they witnessed what happens when you have a space that you choose to open the doors to, for any and all kinds of gathering, play, creativity, conversation, and moments that matter; that barriers are broken, connection happens, and memories are made.

The journey from the backyard barn in Medway, to the downtown historic bank in Holliston has been grounded in the Bird & Bear's tag-line ~ a place to nest, rest, explore, and soar.

Business spotlight



The backyard barn where it all began

about the Enneagram, flower design, wellness with essential oils, hand-lettering, and productivity. Small businesses and brands have the opportunity to host private or public pop-up events that feature their products and services. During the week there is space available for people to work, host a meeting, or simply step away from their day-to-day into a space designed to welcome and encourage. And while the backyard barn is no longer headquarters for the Bird & Bear, it remains a destination for photographers to capture families and brands.

If you haven't yet visited the Bird & Bear's new location at 763 Washington Street, we encourage you to do so. The space has been beautifully designed by Medway local Sabrina Pettinichio, and is alive with the sisterhood contributions of many local entrepreneurs (Abigail Furey, Sue Conroy, Paulina Teng, Kim Chisholm, Corinne Lewis, Tara Barrows, Laura McGann, Molly Bradosky, Anne St. Vrain, and many more).

You can follow them on social media @birdandbearcollective and visit their website www.birdandbearcollective.com

When asked what that means, Erin's eyes will light up as she shares the heart of the Bird & Bear.

"Birds and Bears, just like you and I, are very different beings. In size, what we look like, and how we live and do our day to day. Yet, even though we are different, we, just like

birds and bears, go through very intentional seasons of quiet nesting and resting, so that we can explore and soar. For some, the Bird & Bear will feel like a quiet nest or den to come home to, and for others it will feel like an invitation, or perhaps a gentle nudge, to step out and explore the wilderness of our lives."

Like many over the past 18 months, the Bird & Bear has had to pivot and evolve in response to the pandemic, but it's the spirit of the collective that has not only sustained its momentum, but has their space (in-person and online) to come alongside so many birds and bears...each of you.

During a "typical" month at the collective (there is nothing typical about the collective), the calendar will include a variety of invitations, small business pop-ups, and special events. Unique workshops take place 3-4 days a week across creativity, leadership, and wellness ~ examples include creating charcuterie boards, learning

Erin Defoyd,
Owner of The Bird
& Bear Collective



A look inside the space



November 2021 "The Senior Center is the Place To Be..."				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	2 9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold	3 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO	4 9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	5 9:00 Friday Crafters 1:00 Tune Timers
8 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day ☀️ DAYLIGHT SAVINGS ON THE 7TH! ➡️	9 9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:00 Legal Hour w/ Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 Grief and Loss Support Group ***	10 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 Crafters Holiday Gnome Project***	11 CLOSED IN OBSERVANCE OF VETERANS DAY 	12 9:00 Friday Crafters 1:00 Tune Timers 1:30 Book club
15 9:30 Coloring and Coffee 11:00 Yoga 12:00 Thanksgiving Luncheon*** <i>Tai Chi and Game Day cancelled for luncheon</i>	16 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	17 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO	18 9:00 Pilates 9:30 Veterans Coffee Hour*** 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	19 9:00 Friday Crafters 1:00 Tune Timers
22 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 10:00 Legal Advice w/ Attorney Bergeron*** 1:30 Tai Chi 1:30 Game Day	23 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	24 9:30 Walking Fitness 11:00 Yoga <i>Center closes at noon</i>	25 CLOSED IN OBSERVANCE OF THANKSGIVING 	26 CLOSED IN OBSERVANCE OF THANKSGIVING 
29 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	30 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	*** VFW & American Legion Roast Beef Dinner on January 2nd at 12:00 PM! Call the Senior Center by December 27th to sign up! ***		***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622

Senior Center Programming

Coffee and Coloring

Mondays, 9:30-11:00 am Join us for relaxing adult coloring. This is a great way to unwind. All supplies are provided.

Game Day

Mondays, 1:30-4:00 pm Join us for a fun time playing cribbage, dominoes and more! No experience required.

Legal Advice w/ Atty Bergeron

Monday November 22nd 10:00 — 12:00 pm Attorney Bergeron continues to offer free 15-minute legal advice through the Senior Center. You have the option of either talking with him over the phone or meeting in person at the Center. Call the Senior Center to sign up.

Monthly Breakfast

Tuesdays, November 9th & December 14th at 9:00 am (\$3.00 Donation Requested) **VETERANS EAT FREE**

Start your day with a smile and a hot cup of coffee while enjoying classic breakfast favorites. You must sign up 2 business days in advance by calling the Center.

Blood Pressure Clinic

Tuesdays, 9:00-10:00 am Free Blood Pressure Monitoring every Tuesday morning by a registered nurse. No apt necessary

Book Club

Fridays, November 12th & December 10th 1:30-3:00pm Join us on Friday, November 12th, to review *The Lost Girls of Paris* by Pam Jenoff. On Friday, December 10th, we will review *Breakfast with Buddha* by Roland Merullo. The Holliston Public Library can assist with getting books for the meetings and can be reached at 508-429- 0617. New members are always welcome.

Writers' Group

Tuesdays, November 2nd & December 7th 10:00 am—12:00 pm Instructor: Lois Hosmer

All pieces are welcome. Enjoy a morning of listening, writing, and camaraderie. Hope to see you there. Nov: "A Fork in the Road"

Dec: "In the Rearview Mirror"

SENIOR CENTER
continued on page 17

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The Sounds Of Fire Safety

National Fire Prevention Week was Oct. 3-9, 2021. This year’s theme, “Learn the Sounds of Fire Safety,” will draw public attention to the different sounds that modern smoke and carbon monoxide (CO) alarms make – and what actions we should take when we hear them.

“Every home is required to have working smoke alarms and most are also required to have CO alarms,” said State Fire Marshal Peter J. Ostroskey. “When these alarms beep or chirp, it’s time to take action. Make sure everyone in your home recognizes these sounds, understands what they mean, and knows how to respond.”

Hear a beep? Get on your feet!

A continuous series of three or four loud beeps means smoke, fire, or carbon monoxide. Get out, stay out, and call 9-1-1.

Hear a chirp? Make a change!

A chirping alarm every 30 or 60 seconds means the alarm’s batteries – or the entire alarm – must be replaced. If an alarm

using replaceable alkaline batteries doesn’t respond or continues chirping with fresh batteries, replace it right away.

“If your smoke or CO alarms take replaceable batteries, we recommend changing the batteries twice a year, usually at the beginning and end of Daylight Saving Time,” said State Fire Marshal Ostroskey. “Sealed alarms with non-replaceable, long-life batteries should be replaced after 10 years.”

For more than a decade, all smoke and carbon monoxide alarms have had the manufacturing date printed on the back. If the date on your smoke alarm is more than 10 years old, if the date on your CO alarm is more than five to seven years old, or if there’s no date at all, it’s time to replace the alarm.

Options for People Who are Deaf or Hard of Hearing

People who are deaf or hard of hearing may not be able to hear typical alarms to let them know there is danger – but specialized alarms and devices are

available to ensure everyone’s safety in case of fire or high CO levels. These devices may have strobe lights to alert them when they’re awake, or a pillow or bed shaker activated by the sound of a standard alarm for when they’re asleep. As with any alarm, they can also signal when the battery is low.

Maintenance

Follow your alarm manufacturer’s cleaning instructions to keep them working properly: these instructions are included with the packaging and can be found online. Test alarms once a month and replace them if they fail to respond.

Working Smoke and CO Alarms Save Lives

“Working smoke alarms can cut the risk of dying in a fire in half, and working CO alarms can alert you to a deadly gas you can’t see, taste, or smell,” said State Fire Marshal Ostroskey.



“The noises these alarms make can be the difference between life and death – so make sure you and your loved ones learn the sounds of safety.”

For more information on smoke and CO alarms, visit the DFS webpage. For more Fire Prevention Week tips, visit www.FPW.org.

About Fire Prevention Week

Since 1922, the National Fire Protection Association has sponsored the public observance of

Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

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Join The Historical Society Suffragette Rally

On Nov. 4, at 7:30 PM, the Holliston Historical Society will hold a Rally in the Barn at 547 Washington St., Holliston!

The women of Holliston are speaking out about the right to vote! No shrinking violets in the crowd. Come to The Rally!

As the suffrage movement spread across the country, women came out from all cities and towns, and Holliston was certainly no exception. We had many brave women who fought against opposition to the right to vote, and they ultimately won and proudly cast their votes. The year 1920 gave women the right across the country, but did you know that women could vote in a very limited way before that year? Attend the meeting! And cheer the women onto victory and the right to vote!

Light refreshments will be served after the rally. While the barn is drafty, mask wearing is encouraged to stop the spread of COVID-19, but not mandatory.



Girl Scouts, Thanks To Yanks Collect Items For Homeless Veterans

On 9/11 a program of remembrance was held to honor and remember the events of 20 years ago. Attendees were encouraged to bring items to be donated in support of local homeless veterans, this picture represents those efforts. For information about Thanks To Yanks, please visit them on Facebook.



Pictured is Holliston resident Mike Shain, the founder and president of Thanks To Yanks, and Ellie Wallace of Junior troop 64720.



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SVT Celebrates Conservation During 2021 Annual Meeting

Sudbury Valley Trustees (SVT) celebrated another successful year during its 2021 Annual Meeting on Sunday, September 26.

SVT is a nonprofit land trust that protects land in 36 communities around the Sudbury, Assabet, and Concord Rivers. In the past year, the organization helped to conserve more than 148 acres of land, collaborated on several projects to fight invasive plants, and engaged nearly 200 volunteers in managing its properties.

A highlight of the Annual Meeting, which was held online, was the presentation of SVT's Annual Awards to recognize important contributions to land conservation in Massachusetts.

"The award recipients, who are just a few of the many people we work with, serve as good role models for us all," said Lisa Vernegaard, SVT Executive Director. "They demonstrate the dedication and commitment that are required to protect our region's lands, both to guard against the effects of climate change and to ensure future generations will enjoy the same healthy natural areas we enjoy today."

SVT's 2021 Distinguished Public Service Award went to the Program Manager and six Regional Coordinators of the Massachusetts Municipal Vul-



Bob May



Jed Howrey

nerability Preparedness (MVP) program. Launched in 2017, this statewide program encourages local municipalities to improve their climate change resiliency by enacting nature-based solutions, such as protecting land from development.

SVT recognized the MVP team members for their leadership in helping local officials understand their options, develop detailed action plans, and apply



Luke Orup



Rob St. Germain



Tim Simmons

for state grants.

"The program ramped up in what seemed like record time thanks to these folks," said Christa Collins, SVT Director of Land Protection. "Now, 327



SVT honored the manager regional coordinators of the Massachusetts Municipal Vulnerability Preparedness (MVP) program with the 2021 Distinguished Public Service Award. The team includes Kara Runsten (Program Manager), Courtney Rocha (Southeast MA), Michelle Rowden (Northeast), Carolyn Meklenberg (Greater Boston), Hillary King (Central MA), Andrew Smith (Greater Connecticut River Valley), and CarrieAnne Petrik (Berkshire and Hilltowns).

Massachusetts cities and towns have developed MVP plans or are in the process of developing them."

SVT presented its Lewis Conservation Award to Tim Simmons of Merrimac for his broad commitment to conservation over many years. Mr. Simmons is a restoration ecologist who has worked with numerous organizations, including a land trust on Martha's Vineyard, The Nature Conservancy, and the Massachusetts Natural Heritage and Endangered Species Program.

"Tim's life work and a good deal of his personal time has been spent on promoting land protection and stewardship of biodiversity and conservation lands," explained Laura Mattei, SVT Director of Stewardship. "He was instrumental in helping SVT and our partners plan our pitch pine/scrub oak barrens restoration work at Memorial Forest and the Desert Natural Area in Sudbury and Marlborough."

In addition, SVT honored two of its own volunteers. Rob St. Germain of Ashland was named Steward of the Land for his work at SVT's Cowassock Woods Reservation in Framingham, where he fights invasive plants, maintains trails, and builds woodland bridges. He has also mentored several Eagle Scouts who have upgraded bridges at the property.

Bob May of Sudbury received the Morgan Volunteer of the Year Award for giving unselfishly of his time in support of SVT. As a member of the Finance and the Wolbach Facilities Committees, Mr. May has conducted research to ensure SVT enacts sound policies, and he has helped to plan and execute several maintenance projects at the organization's headquarters.

SVT also celebrated the contributions of younger conservationists by presenting Youth Steward Awards to two Boy Scouts who completed their Eagle projects on SVT properties.

Jed Howrey of Sudbury designed, built, and installed two educational signs about glacial features at SVT's Gray Reservation in Sudbury. The signs, which describe eskers and erratics, complement a self-guided audio tour at the property and are especially geared toward Middle School students.

Luke Orup, also of Sudbury, created a new trail entrance and kiosk for Wayside Forest in Framingham. In addition to clearing the trail and building the kiosk, Mr. Orup also had to enact safety measures so he could manage a crew of volunteers during the early days of the COVID-19 pandemic.

To learn more about SVT's work, visit www.svtweb.org.



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The b.LUXE *beauty beat*

November Beauty Beat - Give the gift she really wants!

By GINA WOELFEL

It's hard to believe it's November already. Fall is in full swing with our steps bedecked with pumpkins and mums. Last month's foliage was a gift, bursting with bright pops of yellow, red and orange. Fall is a time of comfort, gatherings and warm evenings spent together. With just three weeks away from the holiday craziness, why not tuck in, relax and plan your enjoyment.

In last month's beauty beat we talked about the importance of scheduling and how time is more precious than ever before. What are some things you could do this month that would put more time in your pocket, time to regroup, visit family, support your community and breathe easier through this typically chaotic season?

We're sure you've all heard of the shopping crisis about to unfold. Holiday gift giving could be a nightmare with supply-chain backups, social distancing and perhaps the all-around exhaustion that comes with adding more "do's" to our "to-do" list.

bLUXE would like to offer a suggestion: choose easy this season.

You have 24 hours in a day:

- 7 hours to sleep (if you're lucky!)
- 8 hours of work (again, if you're lucky!)
- 3 hours with your kids, managing homework and their activities
- 2 hours of shopping, errands, calls and scheduling
- 2 hours of meal prep, cleaning and don't forget bedtime stories

That's 22 hours of "to-do's" a day...See where I'm going with this?

That's just two hours left of free, unscheduled time.

What can you do to stretch out your two hours? What can you ditch from your schedule for more "you" time and more family time? Because after almost two years of pandemic life, choose easy this season.



Here's a few suggestions:

Order in one (or two) meals a week. That's two hours you just gave yourself to pull family together, eat pizza and laugh about your day. It also supports your local food community!

Fifteen minutes before you drive your kids to school, take your coffee to your car, lock the doors and chill. Why? It's climate controlled, relatively sound-proof, and comes with a built-in entertainment system to play your favorite podcast or meditation. Start your day right and drive your littles freshly caffeinated and zenned for success.

And lastly, shopping! With so many online options, it's a no-brainer! Businesses are offering some of the best deals of the year this holiday season - especially local businesses!

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For November, and every month of the year, the bLUXE team is thankful for you, our community, and for the love and support you continue to show us. Wishing you peace, health and love. We'll see you soon at the studio.

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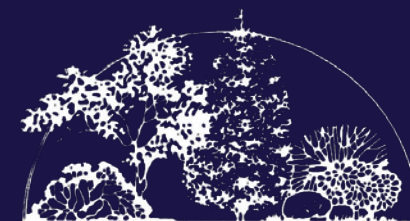
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Following an increase in demand for COVID-19 testing in Massachusetts, an additional testing site will begin operations in Ashland, Massachusetts at the town's Commuter Rail Station. The new testing site, a priority of Massachusetts Senate President Karen E. Spilka and State Representative Jack Patrick Lewis, will offer Massachusetts residents an additional option for testing at no cost to recipients.

The new site will be funded by the Commonwealth and will be operated by Fallon Health in partnership with the Massachusetts Department of Public Health and local health officials. It will add to the Commonwealth's network of hundreds of COVID-19 testing sites across Massachusetts. Residents can find a testing site near them online at www.mass.gov/gettested.

"To support communities' sustained recovery from the pandemic, we need to ensure that residents have continued access to the tools at the center of our pandemic strategy—among them, testing and vaccines," stated Senate President Karen



E. Spilka. "I want to extend my deep thanks to the Massachusetts Bay Transportation Authority and MBTA workers for allowing us to use their space to promote public health."

While other COVID-19 testing sites are currently available in the MetroWest region, the new Ashland site will be the first to offer drive-through testing in the region.

"After hearing from numerous residents of Ashland and Framingham about the lack of accessible drive-thru testing in our region, I reached out to Senate President Karen Spilka and the Department of Public Health in order to partner together in developing a new testing location," said Representative Jack Patrick

Lewis. "I am grateful to Ashland Town Manager Michael Herbert, Ashland Sargeant Ed Burman, and the team at the MBTA for their quick and creative efforts to make this possible."

"Massachusetts continues to lead the nation in COVID-19 testing, which will continue to be a critical tool to keeping the virus in check even as we lead the nation in vaccinations," said Health and Human Services Secretary Marylou Sudders. "We are pleased to work with local partners to launch this new site, which will provide residents with another free and easy option to get tested."

"We are happy to partner with our state agencies and delegation to bring this important testing site to the region, and we hope the new location provides a convenient testing alternative for those who rely on public transportation," said Ashland Town Manager Michael Herbert.

Fallon Health, the site's operator, has previously partnered with the state of Massachusetts to provide testing and other health services.

Senate President Karen Spilka Co-hosts Mental Health Roundtable for Veterans

State Senate President Karen E. Spilka, in partnership with Home Base, a Red Sox Foundation and Massachusetts General Hospital program, and local community leaders, co-hosted the statewide organization's first Veteran Suicide Prevention roundtable in MetroWest. Founded in 2009 and based in Boston, Home Base has provided mental healthcare and support services to more than 25,000 Veterans and members of their families at no cost to patients.

"Our Veterans deserve access to quality health care at every level, including mental health care," said Senate President Karen E. Spilka. "As the daughter of a Veteran, I know firsthand how the stresses of military service and unmet mental health needs can affect entire families. For this reason, I am especially supportive of efforts, such as those by Home Base, which involve Veterans' families in the process of healing and addressing mental health needs."

"Given the unprecedented times we live in and the perfect storm of events that include the pandemic, and the abrupt withdrawal from Afghanistan, we have seen a significant increase in Veteran suicides and demand for care. Our collective effort to connect Veterans to evidence-based mental health care is more important than ever," said Brigadier General Jack Hammond, Executive Director of Home Base.

The current statewide suicide prevention campaign has partnered with groups in communities across the state to host a series of roundtable discussions seeking to evoke conversation, raise awareness, break the stigma associated with seeking mental health care, and to create a community driven ecosystem to identify at risk Veterans in local communities to connect them to care.

Such needs are particularly pronounced among the Veteran community as, more than 100,000 Veterans have died by

suicide in the last twenty years and Veterans are 1.5 times more likely to die by suicide than Americans who never served in the military.

Approximately 50 people attended the event, including Veterans, state and local elected officials, health professionals, first responders, Veterans organizations and human service nonprofits. Many of the participants have previously partnered with the Senate President on aspects of state policy related to mental health, suicide prevention and substance use disorder, and were acknowledged by the Senate President for their expertise on these issues. The event also served as a forum for coordination among these groups and for Veterans to highlight concerns specific to mental health services in the MetroWest region. Also in attendance were Reps. Carolyn Dykema of Holliston and Jack Patrick Lewis of Framingham.

Sports

VOLLEYBALL

continued from page 1

The Panthers had a 9-4 record at Local Town Pages deadline and Salem had 103 kills. A senior/sophomore-laden squad, Holliston was in good position to qualify for the tourney.

During Salem's first two years on the varsity, she gained valuable playoff experience. Holliston lost in the second round in both her freshman and sophomore seasons. During those two years, her approach and her skills improved greatly.

"I'm comfortable at outside hitter," she said. "I like getting kills for points and making blocks. The key to succeed there is to know where the ball is going, adjust to quick transitions, be able to jump high and to communicate. I'm aggressive but I also rely on caution. If a ball isn't hittable, then it's better to tip it over the net or get a roll shot. Effective placement on our opponents' side is always a plus."

Salem, nicknamed "Coco" by her parents because they called her coco bean as an infant, has high praise for her fellow captains — middle hitter India Adams and outside hitter Sydney Miccile (both seniors)

"India is very energetic," Salem said. "She leads by being vocal and communicative, and she can hit and block effectively. Sydney is a calming presence, always supportive. A good hitter, she knows how to break tension and help players chill out."

A native of Holliston, Salem also lauds Sim, her coach who's now in his second year with the Panthers. "Coach Sim is a very good motivator," she emphasized. "He knows the game and he's helpful teaching technique. He's also very passionate about the sport."

A student who works hard, Salem knows volleyball will be part of her future but she's unsure if she'll continue the sport in college. "I might play if I attend a Division 3 college but I'm leaning on attending Savannah College of Art and Design in Georgia," she said. "The school doesn't have varsity sports but I would keep playing volleyball at the club level."



Colette "Coco" Salem is a captain and a Tri Valley League all-star. Photo by Jeff Adams

Salem's best game during her four years at Holliston was last season against rival Ashland. Although the Panthers lost, Salem liked the way her team battled and she was pleased with her effort, especially on defense. "We lost on Senior Night but everyone played a super competitive game," she recalled. "It was intense and we all had fun. I had a decent number of kills and got a few blocks."

Rating her lengthy status as a captain and her all-star recognition as a sophomore as "great honors," Salem is acutely aware that it's hard work that paved the way for those results.

"I'm very honored to be a two-time captain and an all-star as a sophomore," she said. "Being a captain is a tribute to my work ethic, dedication and passion for volleyball. And, being chosen as a league all-star is a credit to my teammates who passed the ball my way. I view being an all-star as a way to impact your team in a positive way."

Calling her parents (Tony and Carrie) role models for their support and encouragement, Salem says she's learned valuable life

lessons from her athletic experiences. "Sports have helped me to be resilient and how to overcome

adversity," she offered. "At 5-7, I'm short for a hitter, so I have to work hard to overcome that

obstacle. I also have learned the value of possessing a strong work ethic."

Holliston won four matches last year during the Fall 2 season that included only 10 contests for the Panthers. Salem worked diligently to make that time go smoothly and she's glad that covid-19 hasn't forced another abbreviated campaign.

"I tried to help us adhere to all the rules and protocols last season," she said. "Even though we have to wear masks again, this year seems more normal. It's been a plus for all of us to be vaccinated."

Whether it was dealing with covid, or practice or simply helping out with organization, Sim was pleased with Salem's overall leadership. "Coco made it easier for me to adjust and focus on strategy during matches," he said.

The coach also said that Salem is where the Panthers go "if we need points or need to get on a winning streak."

A deep advance in tourney play would be a rewarding way for Colette Salem to wrap up a superb four-year career at Holliston.



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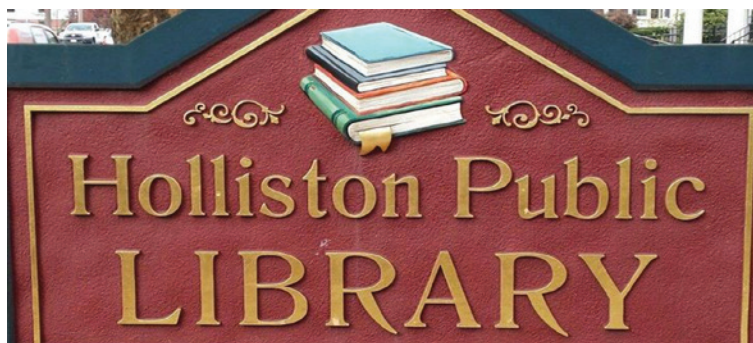
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Holliston Public Library News

The Morning Book Club will discuss Lara Prescott's *The Secrets We Kept* on Monday, Nov. 1, at 11 am.

The group offers both in-person and virtual attendance simultaneously and welcome new members. Register to receive a Zoom invitation. Copies of books are available about one month prior to the discussions at the library. All programs are sponsored by the Friends.

The library now subscribes to Kanopy, a movie streaming service that can be used by Holliston residents free of charge with a valid library card.

Hotspots with wifi can also be borrowed from the library. Both programs are funded by the American Rescue Plan Act.

For more information on library programs, visit www.hollistonlibrary.org or call 508-429-0617 or email Lmcdonnell@minlib.net.

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SENIOR CENTER

continued from page 9

Legal Hour with Jay Marsden

Tuesdays, November 9th & December 14th—10:00 am

Attorney Jay Marsden can meet with individuals for a complimentary 30 min consultation. You must call

Watercolor

Thursdays, 2:00-4:00 pm (\$4.00 Donation Requested) Instructor: Brenda Goldman Each week, paint along with your instructor, Brenda, as she guides you through your Watercolor painting experience. Experience live demonstrations and lots of individual instruction.

Friday Crafters

Fridays 9:00-12:00 pm Open to all types of sewing, knitting and crafts! Our craft group is happy to help you on your personal projects. They will also teach you a new craft project once a month. See the next page for details! A great time to chat and learn from each other.

Tune Timers Band

Fridays, 1:00-4:00 pm Come to the Center every Friday to listen to the Tune Timers Band. There is plenty of room for dancing and singing. A fun-filled afternoon is guaranteed.

Book Store & Good-As-New Shoppe Open Daily

Whether you are interested in a good romance novel, mystery, or a cookbook, our Book Store has a great selection of gently-used books at very reasonable prices. While you are shopping for books, stop by the Good-As-New Shoppe for household items, puzzles, dishes and other novelty items. Sponsored by the Senior Support Foundation, all monies raised help fund programs and events held at the Senior Center.

BINGO

1st and 3rd Wednesday 1:00-3:00 pm

Come for lunch and stay for BINGO! Have some fun playing and making new friends.

Veterans Coffee Hour

Thursdays, November 18th & December 16th at 9:30 am MetroWest Director of Veterans Services, Sarah Bateman will be hosting a Coffee Hour the 3rd Thursday every month at the Senior Center. All are welcome!

Photography

Thursdays, 12:30 pm-2:00 pm Instructor: Carmen Chiango Join the class as they share photos and learn how to improve techniques. Beginner to advanced photographers are welc



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Real Estate Corner



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Recent Home Sales

Date	Holliston	Amount
10/15/2021	5 Lone Oak Circle	\$860,000
10/15/2021	745 Highland Street	\$685,000
10/15/2021	266 Willowgate Rise	\$925,000
10/14/2021	95 Fairview Street	\$825,000
10/14/2021	55 Hiawatha Trail	\$1.06 mil
10/14/2021	468 Underwood Street	\$515,000
10/13/2021	58 Wingate Road	\$592,000
10/12/2021	58 Maple Dell Lane	\$350,000
10/12/2021	19 Kingsbury Drive	\$1.01 mil
10/08/2021	78 Richard Road	\$512,000
10/08/2021	6 Trailside Court, #23	\$730,000
10/06/2021	65 Wedgewood Drive	\$560,000
10/05/2021	75 Dorset Road	\$515,000
10/01/2021	144 Fairview Street	\$1.19 mil
9/30/2021	277 Washington Street	\$437,000
9/30/2021	265 Prentice Street	\$945,000
9/30/2021	223 Chamberlain Street	\$600,000
9/29/2021	8 Regency Drive	\$238,000
9/29/2021	136 Jerrold Street	\$601,000
9/28/2021	60 Willow Gate Rise	\$775,000
9/27/2021	30 Windsor Drive	\$595,000
9/27/2021	173 Prospect Street	\$545,000
9/27/2021	325 Mill Street	\$820,000
9/27/2021	65 Bald Hill Road	\$950,000
9/24/2021	152 Turner Road, #40	\$189,900
9/24/2021	147 Turner Road, #119	\$185,000
9/22/2021	52 Gregory Road	\$560,000
9/22/2021	269 Hollis Street	\$415,000
9/22/2021	423 South Street	\$599,900

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



30 Windsor Drive in Holliston recently sold for \$595,000. / *image credit: www.zillow.com*

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22 Stone Ridge Road, Franklin



LYDIA RAJUNAS

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