

Cheer Team Tracking Nationally This Year



From left to right: Standing Captain Grace Ristuccia, Lexi Bowie, Sarah Parnell, Whitney Ryng-Armento, Ella Yaari and Brenda De Araujo, Nila Hill, Emily Crawford, Skyla Rodenhiser, Liv Fell, Olivia Fanara, Sophie Nystrom

BY SUSAN MANNING
STAFF WRITER

Local cheerleading team tracks nationally — that has a nice ring to it.

And that's exactly what Holliston Youth Cheer has done this year.

For the first year our team chose to be Nationally Tracked. We took 1st place this year at UMASS Locals and today just placed 1st for States. We are now headed to Regionals in a few weeks and if we are successful there we are headed now to Florida for Nationals.

What are the ages of those on the squad?

Our age range is 11-14 year olds

CHEER

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What's Your Vision For Future Holliston?

Do you want to have a say in what future Holliston looks like?

The Envisioning Future Holliston Committee (Comprehensive Long Range Planning Committee) wants to hear from you!

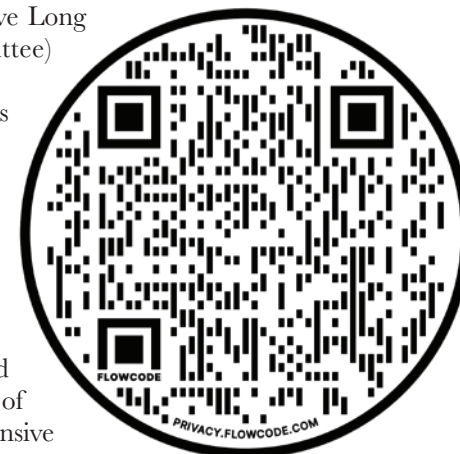
Previously known as Comprehensive Long Range Planning Committee, Envisioning Future Holliston was created from a Citizen's Petition at the May 2021 Spring Town Meeting. This petition was born out of a need to have a Vision and out of that Vision, one comprehensive plan that links together the policies, plans and studies from the many Holliston boards and committees.

The intent of the petition is to have Town Meeting own this initiative and see it through to fruition.

The 17-member Committee has been formed and work has begun.

Member Stacey Raffi, also a member of the School Committee, said they have been charged with the following:

- Look at current data – this includes strategic plans, studies 2020 Census data, visions/mission statements from Town committees and boards, and reports;



FUTURE

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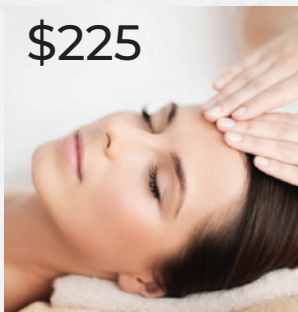


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CHEER

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How many are on the squad?

We have 13 total on our team. 12 are competing to be Nationally tracked.

What does a practice entail?

We typically start with warming up and move right into breaking our routine apart. We run the routine in its fullness a few times to take mental notes and then break it apart into sections of jumps, stunts, pyramids, and dance portions. Then we pull it all back together!

How many competitions do they attend?

We actually started our season off at Baystate Invitationals which was an optional competition. We hit a few road bumps days before

this competition and actually didn't do so well. We picked ourselves back up, started our National track with EMASS Locals (locals), then MA States (states), New England Regionals and finally Nationals in FL. There are four competitions being Nationally Tracked. We have currently completed 2/4.

Is the League local? New England?

Holliston Youth Cheer is a part of Eastern Massachusetts (EMASS) AYC Conference. We are a local town cheer team that takes part in the American Youth Cheer (AYC) Association

How did you all get involved in it?

Back in 2017, the coordinator of HYC was stepping down with no replacement. Jen Rodenhiser (current coach and mom to one of the girls on our squad) didn't want to see this happen so she took over the program. Over the next few years she recruited a handful of amazing women and close friends to help build HYC what it is today. Meaghan



Left to right: Brenda De Araujo, Ella Yaari, Lexi Bowie, Skyla Rodenhiser, Nila Hill, Sophie Nystrom, Liv Fell, Emily Crawford, Sarah Parnell, Olivia Fanara, Kaitlyn Cordon, Whitney Ryng-Armento, Grace Ristuccia & Head Coach Melissa Armento

Alexis was one of those women. Meaghan stayed persistent with me (Melissa Armento) personally about getting involved in the HYC and that is how I became the Head Coach. Melanie Fell and Susie Stuart-Nystrom have also both been coaching their girls as far back as 2nd grade. More than a handful of these girls have been cheering together for many years but so have the coaches.



What's the best part of coaching the team?

I think collectively for the coaches we have heard "I can't" more times than not and we are at a point where the t has been dropped and they now believe they CAN. Watching the girls grow into believing in themselves and building their confidence has been one of the most rewarding parts of coaching cheer this year for all of us.

world. We need to wear masks while we are indoors which is difficult on the team because of conditioning and practicing. It's tiring to do that with a mask on but these girls are tough! The squad has needed to eat, breathe, and live cheer since August and that also means being mindful that covid is still here so who, when, and how we hang with friends outside of cheer is a constant reminder.

Were there any challenges due to Covid?

We've had a few challenges but no more than the rest of the

CHEER

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Your Money, Your Independence

Inflation: Increase assets, borrow, and lock in debits.

Social Security recipients cheered 5.9% cost of living adjustment for 2022. As consumers, our experiences with inflation say to put the pom-poms down.

I'm not here to guess how high, how long, or place blame.

I can share some actions based on "Inflation rewards debtors and hurts creditors", a timeless premise reiterated recently by famed Yale economist Robert Shiller.

Consider the following:

Cash is Trash. Those shaking their fists at me, yes cash is needed for upcoming purchases, but not at 10% or more of total savings. Last 12 months, cash earned 0.1% while inflation rose 6.1%, meaning your purchasing power decreased by 6%. That's not coming back.

If cash is needed, close the gap and hedge against Fed rate increases by laddering CDs across 6, 12, 18, and 24-month terms. As CDs mature, reinvest what isn't needed 24 months out.

Diversify Fixed Income and Increase Assets. With inflation outpacing Treasuries, that part of your portfolio loses buying power. Don't abandon all your treasuries, but mix in assets that tend to keep up with inflation.

Consider adding REITs (real estate investment trusts), TIPs (treasury inflation-protected securities), commodities, and equities growing their dividends consistently above inflation.

Words of caution, high-yielding stocks tend to move downward like fixed-rate bonds during inflationary times and evolve beyond "oil and gold" for commodities to include metals in renewable energy and necessities within technology.

Buy Instead of Rent or Lease. Bad news renters, your landlord will be hiking rates to keep pace with inflation, thus you're unprotected. Homeowners, your mortgage is fixed and the inflation-adjusted value of your payments declines at the same rate as inflation rises. Also, the replacement value of your home tends to rise with costs of land, materials, and labor.

Buy higher quality durable goods that last longer (i.e. clothes, appliances, machinery) delaying replacement at higher costs. Autos should be bought, financed (see mortgage example), and owned for extended periods. Changing cars every 3-4 years means you're buying the same utility (transportation) at a higher

price versus utility at a fixed cost of 8-10 years.

Negotiate and Lock-In Expenses. Subscription services, cable, internet, phone plans, insurance premiums, gym memberships, credit card APRs are recurring costs that are often negotiable. Also, discounts if prepay, pay annually, or commit to extended periods. Most not advertised, so ask.

Bigger items, you can find auto loans ~2%, HELOCs at Prime minus 0.5%, and 15-year mortgages ~2.5%.

Determine if you can manage 15-year mortgage payments, even if currently 3.2% on a 30-year refinance. Consider \$500K at 3.2% 30-year is \$2,162 month with ~\$278K total interest versus 2.5% 15-year is \$3,333 month with ~\$100K total interest.

You can't control how inflation rises and falls, but you can control financial decisions today that will help manage inflation tomorrow. To learn more, talk with your 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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CHEER

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What does it mean to be nationally tracked?

Competing on the national track offers our athletes the opportunity to advance past local competitions to Nationals. Each

competition we need to place in the top 3 to move onto the next. If successful each time we're given the opportunity to move onto the next competition so fourth. We have placed first at Locals and States. We are headed to Regionals on Saturday Nov. 20. If we place in the top three here we head to Nationals in Orlando, FL!

Is there anything I didn't ask that you would like to get in?

Follow the squad and their journey at Holliston Youth Cheer

on Instagram and Facebook. We are always looking for new teammates to become part of our cheer family so please know that we welcome you!



FUTURE

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- Hear from every resident in Holliston via surveys, events, and forums;
- Compile all of the aforementioned data and present a Vision Statement and recommendations for moving the vision forward at Spring Town Meeting.

This work is expected to be completed by spring 2022 Town Meeting.

Here's where residents, come in.

Raffi said, We want to hear from you! We are looking to build a community of participants. We want to know WHO and HOW you would like to be part of this process. To do so, scan the QR code here and follow the links to fill out the form.

Feel free to reach any member with questions, comments, or feedback to envisioningholliston@holliston.k12.ma.us! This is definitely a town-wide effort.



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Anthony Serra Joins SVT

Sudbury Valley Trustees (SVT) has welcomed Anthony Serra as its new Land Protection Associate. In this recently created position, Mr. Serra will provide support to SVT staff on land protection projects while also playing an important role in community outreach and in collaborative initiatives with SVT's conservation partners.



Anthony Serra will support SVT's efforts to accelerate its pace of land protection in order to conserve an additional 12,000 acres by 2050.

SVT is a nonprofit land trust that protects natural areas and farmland in the region around the Sudbury, Assabet, and Concord Rivers. The organization, which has 2,900 members, has helped to protect more than 8,500 acres of land since its founding in 1953, and it has a goal of protecting 12,000 more by 2050.

"We are delighted to have Anthony join our land protection team," said Christa Collins, SVT's Director of Land Protection. "His particular experience in outreach and communications will really help us make the case about why we need to accelerate our efforts."

"I am excited to be joining SVT and doing my part to protect the special places in my home state," said Mr. Serra. "This endeavor is critical for biodiversity, public health, and climate mitigation, and I hope to promote that message through my work here."

A native of Brockton, Massachusetts, Mr. Serra holds a bachelor's degree in biology from McGill University in Montreal and master's degrees in public affairs and environmental science from Indiana University.

Mr. Serra will be based out of SVT's headquarters in Sudbury.

ABOUT SVT

SVT is a member-supported non-profit organization that works to protect natural areas and farmland for wildlife and people in the 36 communities that surround the Sudbury, Assabet, and Concord Rivers. SVT, 18 Wolbach Road, Sudbury, MA 01776.

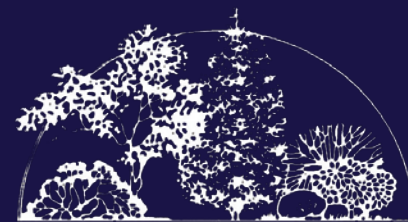
He has previously worked as an Environmental Quality Analyst for the Department of Environment, Great Lakes, and Energy in Lansing, Michigan, and he has also served with the national AmeriCorps program at the U.S. Forest Service in MacDoel, California, and at Wildlands Trust in Plymouth, Massachusetts.

Thanks to Yanks Collection Donated To Homeless Vets



Pictured are Caroline and Christine Molla of Costello Realty Franklin, recently to support our veterans in need. The office took up a collection of items to be donated to homeless veterans. In addition to the substantial amount of items collected, the office also made a generous financial donation to Thanks To Yanks, the funds will be used to further the mission of serving those who serve.

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Holliston's Thistle Dew Farm Permanently Conserved

Thistle Dew Farm on Highland Street in Holliston has been permanently conserved as farmland, thanks to an Agricultural Preservation Restriction (APR) that has been placed on 28 acres of the land.

The Town of Holliston and Massachusetts Department of Agricultural Resources (MDAR) purchased the APR from longtime owner Charlie Nickerson on Oct. 21. Under the terms of the agreement, the land will still be privately owned, but all current and future owners are obligated to keep it as farmland and cannot develop it.

Holliston's Outpost Farm had been leasing the land and has now purchased the portion of the farm covered by the APR. Outpost will use the land to expand its farming operations.

The Massachusetts APR program protects productive farmland by offering financial relief to farmers who might otherwise need to sell their property to developers. The landowner can realize a significant financial gain by selling the APR, although the



Sudbury Valley Trustees

loss of development possibilities lowers the land's appraised value for future sales.

With approval from town voters at a Special Town Meeting in October 2019, the Town contributed \$500,000 of Community Preservation Act funds toward the \$1.1 million purchase price of the APR. MDAR contributed \$465,588. The state and the town will co-hold the APR to ensure the land always stays in farming.

The project also received essential support from Sudbury Valley Trustees (SVT), a regional land trust that protects open space in a 36-community region. SVT raised \$150,000 from pri-



The Town of Holliston and the Commonwealth of Massachusetts have protected 28 acres of Thistle Dew Farm with an Agricultural Preservation Restriction. The owners of the nearby Outpost Farm have purchased the land covered by the APR in order to expand their farming operations. Photo by Adrian Collins and Kevin Drake.

ivate individuals to cover the remainder of the purchase price as well as the cost of appraisals, legal fees, and other expenses. Mass Audubon, which owns the adjacent 229-acre Waseeka Wildlife Sanctuary, provided a

tremendous boost to SVT's fundraising by securing a \$100,000 contribution from an anonymous donor.

"We are thrilled to protect this scenic property and preserve the rural nature of Holliston,"

said Lixy Carey, Chair of Holliston's Open Space Committee. "Area residents will continue to enjoy fresh, local produce that is grown on the farm. We greatly appreciate the contributions of the Commonwealth as well as SVT and Mass Audubon."

"It's always gratifying to help save a local farm," added Christa Collins, SVT's Director of Land Protection. "Small farms are essential to the character of our communities. They provide fresh, healthy food, contribute to local economies, and offer scenic views along our roadways. We welcome the opportunity to work with any farmer who is interested in the state's APR program."

ABOUT SVT

SVT is a member-supported non-profit organization that works to protect natural areas and farmland in the 36 communities that surround the Sudbury, Assabet, and Concord Rivers.

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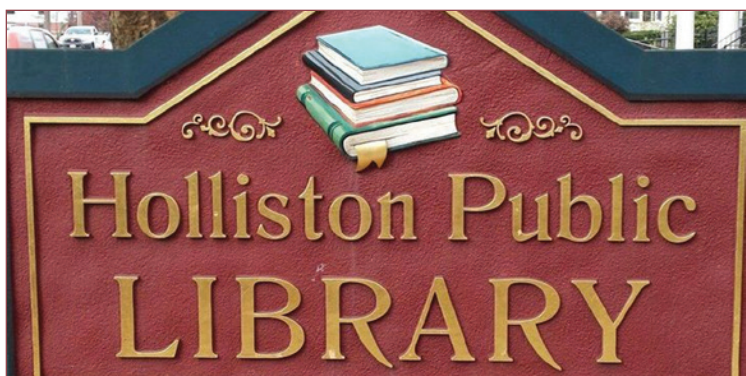
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Holliston Public Library News

The Morning Book Club will discuss Curtis Sittenfeld's short story collection *You Think It, I'll Say It* on Monday, Dec. 6, at 11 am.

The group will offer both in-person and virtual attendance simultaneously and welcome new members. Register to receive a Zoom invitation. Copies of book are available about one month prior to the discussions at the library.

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

Holliston Lions Photos With Santa Sunday, Dec. 5

The Holliston Lions Club will be holding a Photo with Santa Event on Sunday, Dec. 5, at the Holliston Senior Center 150 Golding St., Holliston from 9 AM to Noon. Join us for some free hot chocolate and have your picture taken with Santa

Photos are \$5 for the first photo and \$4 for each additional photo. Tickets will be sold at the door or you can purchase tickets by emailing peterbholl@gmail.com.

Once again, we will be accepting donations of toys for Toys for Tots, non-perishable food items and paper goods for the Holliston Pantry Shelf or Coats for Kids (No stains or

rips). Patrons who bring donations will be given \$1 off their Photo with Santa.

All proceeds will benefit the Holliston Lions and local community groups and charity organizations.

For more information, please email peterbholl@gmail.com. For more information about the Holliston Lions Club, please visit our website at hollistonlions.org. If you are interested in becoming a Lion, please email membership@hollistonlions.org.

Masks will be worn by staff and masks are required for entry.

Holliston Newcomers & Neighbors Thanks YOU!

The Holliston Newcomers & Neighbors Thanksgiving Committees could not have done it without YOU! HNN was not only able to contribute to the Thanksgiving efforts of the Holliston Pantry Shelf's gift cards to patrons and the Holliston Senior Center's meals for seniors - but we were also able to contribute to helping other organizations that support the Holliston Community such as Head Start and Wayside Youth.

HNN's efforts would not have been possible without the support from our local community organizations, religious groups, and businesses. Thanks to these groups for spreading the word and making so many Thanksgiving cards including Holliston Girl Scouts, Holliston Cub Scouts, Holliston HS National Honor Society, Medway HS Community Service Club, HCAT, St Mary's Church, Christ the King



Lutheran Church and Handmade Cards by Nina. We also owe a special thanks to Table Talk Pies of Worcester who donated the individual pies for the Senior Center's Senior Meals.

Our biggest thanks goes to all the individuals and businesses that donated to this effort including the generous donations from Applewood Survey Co, TLC Painting, CW Landscape Design & Construction, Village Auto/Phillips 66, Abbess Instruments & Systems (an HNN sponsor), Holliston Glass & Mirror, Hollis-

ton Sewer Service, Perkins Electrical Service, and Yoga Garden as well as donations from Barbara Preusner, D.M.D., BDR Automotive, Century-TyWood Manufacturing, Hastings Consultants, Nick's Central Garage, Prana Center, Farrell Pool Service, Anastasi Lock & Safe Co, Quality Auto Body, Crafted, Holliston Tire & Automotive, Inspire Dance Academy, Fabric Care Cleaners, Holliston Barber Shop, Holliston TV, and Gaetano's Bakery.

Holliston Newcomers & Neighbors and the HNN Thanksgiving Committee hope that Thanksgiving Day was enjoyed by all with family, food and fun. With the help of everyone mentioned above, we know that so many deserving families in our community did as well. Holliston Newcomers & Neighbors - Building Friendships, Building Community.



Join the Holliston Lions for Photos with Santa!

Sunday, December 5th

9:00 am - Noon

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Fatima Lights Shine Again

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The lights go on at 5pm and are off at 9pm.

There will not be a concert this year.

Mass on Christmas Eve is at 8pm. Mass on Christmas morning is at 10 am.



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email: jeremywardwell@localtownpages.com

Dancing Arts Center Presents The Nutcracker at The Norwood Theater

Dancing Arts Center is pleased to announce the return of The Nutcracker at the Norwood Theater on Dec. 17-19.

This will be Dancing Arts Center's seventh production of the Nutcracker presented in Norwood and will feature fresh costumes, choreography, fun surprises, and guest artists. Telling the story of Clara's Christmas Eve dream battling the Mouse Queen alongside her Nutcracker, dancing through the Land of Snow, sampling the Kingdom of Sweets, and meeting the Sugarplum Fairy and Cavalier, the Nutcracker has been captivating audiences and inspiring young dancers for generations. The beautiful and historic Norwood Theater located in downtown Norwood, Massachusetts makes an ideal setting for this family-friendly and professional production of the traditional holiday ballet.

Throughout the rapidly changing health environments of 2020 and 2021, Dancing



Dancing
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Arts Center remained steadfast in providing their students with the development opportunities so important to their growth as young people and positioning them to be prepared for this season's Nutcracker.

"We're thrilled to be returning to the stage after being absent in 2020," said DAC co-director Gregg Saulnier. "We have a renewed energy. Last year made us realize just what a special place the arts have, how much we need them, and what a gift it is to have the opportunity to work with our own students on such a top-notch production. We also want to thank all the parents of our students for being so supportive and flexible and helping us continue bringing the arts to their children. This long-awaited Nutcracker season is exciting for the kids, and for us."

Tickets are on sale now for four general public matinees and evening performances from Dec. 17-19. Purchase options and health and safety protocols are available at <https://norwood-stage.com/the-nutcracker-2021>. Playbill advertising packages with

opportunity to reach over 2800 patrons are also available; please contact Dancing Arts Center at DancingArtsCenter@gmail.com or 508-429-7577 for information (deadline of Dec. 3, 2021).

About Dancing Arts Center:

Located in Holliston, Massachusetts, Dancing Arts Center provides world-class instruction in classical ballet grounded in the American Ballet Theatre® National Training Curriculum, modern dance, improvisation, tap, jazz, and choreography to children of all ages as well as open classes for teens and adults. With a faculty of teaching artists, a variety of performance opportunities throughout the year, exceptional summer programs, and exposure to professional companies, Dancing Arts Center is committed to providing a uniquely supportive artistic environment where young people can embark on their own journeys of personal growth. Open Enrollment is available year-round with prorated tuition and discounts for families.

For more information about the Dancing Arts Center contact DAC Directors Patrick Notaro and Gregg Saulnier at 508-429-7577 or dancingartscenter@gmail.com, or visit www.dancingartscenter.com.

Share the Warmth of the Season with Our Holiday Sharing Tree.

Take a mitten tag from our Sharing Tree.

Help bring some holiday cheer to a local child. Beginning November 18th, just take a "mitten tag," listing age and gift ideas for area children from the Sharing Tree in our lobby and return all wrapped gifts to us by December 10th. Lobby hours are Mon-Wed & Fri 8:30 to 4pm, Thurs 8:30 to 6pm and Saturday 8:30 to 12:30pm. For more information call 781-762-1800 or email us at webmail@norwoodbank.com.

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Trendy Fashion Without The Expensive Price Tag

BY SUSAN MANNING
STAFF WRITER

Opening a local business is never an easy task, but it's especially difficult when a pandemic is in play.

But that didn't stop mother daughter duo Baylee and Debbie Donovan.

Last month the pair celebrated its one year anniversary of its fashion store: Baylee Bee. Despite only being open in Natick for one year, business is going well.

Debbie said, "People are really starting to discover our little shop, especially with the holidays approaching."

The pair has a simple mantra: "We all deserve fun fashion at affordable prices that will make you smile!"

Baylee Bee takes pride in finding unique, quality pieces that not every boutique offers. Part of what makes this shop different from many others is the price range for its clothing.

"People come into the store and expect prices to be expensive, but most of the time they are pleasantly surprised and become repeat customers," said Debbie, who moved to Natick seven years ago with Baylee and family.

While most boutiques work on a high markup price, slow merchandise turnover principle, Baylee Bee has a low markup and quick turnover.

"The store is always getting in new merchandise and customers often come to shop every week," she said.



Donovan said some of the dresses they carry are especially popular with educators and pediatricians because the fun patterns are intriguing to the children. Clothing features owls, triangles, sloths and other large prints, which children love.

And while the store is trendy, it's also generation-spanning. They offer clothing for ages 8 and over.

"We run the gamut of ages. Many of the customers are mothers shopping with their teenage daughters and that means the clothes are meant for every woman," Donovan said.

Opening during a pandemic certainly caused some challenges, but the support from amazing friends, family and customers was tremendous.

"When we had strict regulations in place, we could only have six customers in the shop at one time. People would lineup in the freezing winter weather and wait patiently to come into the store. Support has been so amazing," said Debbie.

The duo sources its products from online wholesalers, but hopes to be able to attend trade shows in the near future.

Business spotlight

"Everything we sell is unique. You will not find it in the mall," she said.

She said people seem to enjoy not only having a boutique in the center of Natick, but they enjoy the atmosphere too. They always have candy and snacks on hand, as well as hot cocoa, tea and even Prosecco for the over-21 crowd.

"We like to keep it cozy," she said.

Donovan said one way the boutique has filled a void in people's lives is their private sip and shop events.

"After hours, we would host a private event that included drinks and snacks, a couple of hours of shopping and a discount to those attending. It was really popular, especially during the pandemic months."

In addition to the fashion items, there are also locally inspired products. Donovan said they sell a host of Natick swag such as blankets, mittens and masks all adorned with the Natick logo.

So far, the mother-daughter duo is enjoying its time in Natick.

"We love our storefront. We love Natick. And we love the community," Debbie said.

Baylee Bee is located at 19 Main St., Natick. It is open every day, Monday through Saturday, 10 AM to 6 PM. Sundays it is open noon to 6 PM. Find it online at: bayleebec.com and @bayleebeclothing on IG and FB.



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<p>6 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>7 9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p>Last Day of Hanukkah </p>	<p>8 9:30 Walking Fitness 10:00 Podiatry Appointments*** 11:00 Yoga 12:00 Weekly Lunch***</p>	<p>9 9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>10 9:00 Friday Crafters – Santa Moon Project*** 1:00 Tune Timers 1:30 Book Club</p>
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<p>20 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>21 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>22 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO (rescheduled)</p>	<p>23 9:00 Pilates 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class</p>	<p>24 CLOSED IN OBSERVANCE OF CHRISTMAS DAY</p> 
<p>27 No programs or lunches</p>	<p>28 No programs or lunches</p>	<p>29 No programs or lunches</p>	<p>30 No programs or lunches</p>	<p>31 CLOSED IN OBSERVANCE OF NEW YEAR'S DAY (Closed on New Year's Day as well)</p> 

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The b.LUXE *beauty beat*

Happy Holidays!

By GINA WOELFEL

b.LUXE Hair and Makeup would like to take this opportunity to say thank you to you, our clients - AKA our favorite people in the world!

These past few years have been especially challenging, yet, with your love and support, we had one of our best years ever, even being named one of the top salons in the US. That achievement came directly from you! Thank you for being our biggest cheerleaders and trusting us for all of your beauty needs. There's so many of you who've been with us since we opened in 2011 and even more who found us this past year. We have so much gratitude in our hearts for this outpouring of support!

We're often asked about our name and how we came to be known as b.LUXE.

From a young age, owner Heather Cohen always knew she wanted a career in beauty and dreamed of owning her own salon. As she says "I've had the b.LUXE name in my head since before I went to cosmetology school! I guess I've always believed that everyone deserves a little luxury in their lives. So BE LUXE!"

So what is luxury to you? We often think of opulent homes or expensive cars, but with the pandemic and two years of stripped down, simplified living, has your idea of luxury changed? I know mine has. Now I try to tease out a little luxury each day. My favorite "indulgence" is my morning cup of coffee. I love

this pre-sunrise block of time I set aside for myself. Waking before the house fills with commotion, I give myself 30 minutes of unadulterated alone-time. Just me and my Followers... That's my luxury.

Now I know what you're thinking. "A cup of coffee isn't luxurious, right"! Well, for me, setting aside a time solely for myself and starting each day on the right, caffeinated foot is very luxurious.

Do you treat yourself to something special every day? A long walk? A nightly soak in the tub? A great book? That's your luxury, and you deserve it! If it's something that brings you joy and sends you back out into the world a better person, indulge away!

And since we're on the subject of indulgence, let's share some LUXURY together!

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Wishing our local friends, clients, community and fellow business owners the happiest of holidays! We can't wait to see what 2022 has in store for everyone!

See you soon at the studio!

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Sports

Hamwey Among 7 to be Inducted into Millis Hall of Fame

Local Town Pages sports writer Ken Hamwey will be inducted into Millis High School's Athletic Hall of Fame on March 19, 2022 at the Medway VFW.

The 78-year-old Hamwey, a Bellingham resident who's worked for Local Town Pages for 10 years, was a unanimous

choice of the selection committee. The veteran sports journalist continues to cover feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who previously lived in Millis after earning a bachelor's degree from Babson College, started his newspaper career in 1967 with the Framingham News, now known as the Metrowest Daily News. His first story, which was published 54 years ago, focused on Millis' varsity football team. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.



Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham athletes. For the next 11 years, Hamwey extensively covered Bellingham sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction in Millis will be his first Hall of Fame honor.

"I'm honored and humbled to be selected for induction into Millis' Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Millis recognize me for my reporting. Some of my fondest memories during a 54-year career involve Millis. Gordon Browne, a three-sport athlete at Millis High, will be presenting me at the ceremony in March and for those unaware of his stature, he was the first Tri-Valley League football player to be drafted (second round by the Jets) into the National Football League. He was an offensive tackle who blocked for quarterback Joe Namath for two years before suffering a career-ending injury."

Hamwey will be inducted as a contributor and he'll be honored along with star athletes Molly Breen, Dennis Breen (posthumously) and Rich Monaghan;

coach and athletic director Peter Vigue; the 2008-09 girls state championship basketball team and the 1980 boys track team.

After six years in Framingham, Hamwey was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper. He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included the Milford News and the Country Gazette,

However, he has been nominated for induction into Bellingham's Hall of Fame but that committee has yet to select him.

Hamwey moved to Bellingham in 1972. He's married to Pauline Allard, a school teacher who taught in Bellingham at the Macy Elementary School. His son, Travis, graduated from Bellingham High in 1989.

Tickets for the ceremony cost \$50 and can be ordered until March 12, 2022. They can be obtained by writing a check to the Millis Athletics Hall of Fame and mailed to 155 Plain St., Millis, MA 02054. Tickets can also be obtained via Venmo (money amount to @Millis-AthleticsHOF). A cocktail hour will begin at 6 p.m. and dinner will be at 7 p.m. followed by the ceremony.

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Sports

Holliston Boys Quintet Aiming To Achieve 3 Objectives

BY KEN HAMWEY
STAFF SPORTS WRITER

Mark Champagne begins his third year as Holliston High's boys basketball coach, aiming to achieve three goals — qualify for the tourney, improve the Panthers' rank in the Tri Valley League's Large Division standings and develop pride in the program.

During Champagne's two previous years, the Panthers went 5-15 in his first campaign before last season's 2-7 record that was compiled when the covid-19 pandemic forced the team to start late.

"I'm optimistic we can achieve our objectives," said Champagne, who led Ashland to a TVL championship in 2014. "My first year at Holliston involved changing the culture, and last season we had to deal with the coronavirus. As we prepare for this year, we're hopeful the virus will be minimized and there'll be some normalcy. Our nucleus of players has experience, they're athletic, skilled, team-oriented and have a high basketball IQ. We also have depth."

Champagne says his team could possibly start the season much like the New England Patriots did. "We could open 1-3 but know that we're going in the right direction," he noted.

The Panthers lost six seniors to graduation, leaving this year's lineup with only one senior and nine juniors. "It was a pleasure to be around last year's team," Champagne said. "They were a high character group, good role models and displayed great attitude and effort. What I also liked was the way they tuned in to the pandemic's ups and downs. They get high marks for following the regulations."

Champagne also gives his current squad excellent grades for their out-of-season commitment to improve. "Our players worked on weight training, competed in the Milford Summer League and were diligent with fall conditioning," he said.

A coach at both the high school and college level, Champagne also admires the way his three captains have embraced

their leadership roles. The captains are all juniors — Andrei Koev (5-9 guard), Austin Merken (6-1 guard), and Joey Gentile (6-2 forward).

"All three are respected by their teammates," said Champagne. "They've improved as leaders and they're all hard-workers. They lead by example but they can be vocal, too."

"Andrei is tough and unselfish, a pass-first point guard. He's a lefty who's got good court vision and knows how to handle the ball. Austin is a really good shooter. He's got the best skills on our team. He's also competitive and athletic and he's got speed and quickness and a high hoop IQ. Joey is an all-around player. A three-sport athlete and our best defender, he rebounds well. We're hoping he'll score more this year."

Senior Sean O'Neill is a first-year player who'll provide an inside presence because of his 6-foot-5 frame. Ticketed to play center or power forward, he's been welcomed by his teammates. "Sean is enthusiastic, works hard, runs well and can rebound," Champagne noted. "His size will give us some presence in the middle. He's a mature, coachable player."

Champagne will favor a style this year that focuses on an up-tempo offense and plenty of pressure on defense. He firmly believes his juniors are ready for the challenge. "This is the first group we've really got to know," he said. "Our future may be bright but I think they're ready now."

Dillon Foley, a 6-foot-3 junior forward, falls into that ready-now mode. "He's tough, athletic, his instincts are good and he likes to drive and attack the basket," Champagne offered.

Three other junior forwards who should be sparkplugs both on offense and defense are Owen Zakrzewski (6-3), Kaden Dumas (6-1), and Jason Stokes (6-1).

"Owen is very tough and athletic," Champagne said. "A good rebounder, he's aggressive, fast and should help with on defense. Kaden is still developing but we like his shooting ability. He could also be a top-quality rebounder.



Mark Champagne begins his third year as Holliston High's boys basketball coach.

Jason is a blue-collar kid who's coachable, works hard and has a high basketball IQ. He should be a good rebounder."

Juniors Mike Gonsalves (5-9) and Owen Simpson (5-10) are guards who'll contribute.

"Mike is a good passer who's unselfish," Champagne said. "He's tough, has very good court vision and his confidence has improved. Owen has also improved, not only physically, but also by working hard on his game. He spends a lot of time in the weight room."

Besides Holliston, Champagne has coached at three other high schools — Ashland, King Philip and as an assistant at Taunton. His college venues include being an assistant at his alma mater (UMass-Dartmouth) and also for the Boston University women's team. His prime stint at the college level, however, was at Bridgewater State where he guided the men's varsity for 10 years and compiled a .500 record.

His coaching philosophy features a three-prong approach. "The basketball court is an extension of the classroom," he emphasized. "Players must reach their potential as positively as possible and it's imperative to develop players to be good citizens. If I foster those three things, then winning will follow."

Those tenets are linked to Champagne's mission statement and he's never strayed from it. "I'll stay true to my philosophy but I also emphasize that if a kid has passion for basketball, then it's my job to fuel it," he said.



Holliston High's captains are, from left, Austin Mirken, Joe Gentile, and Andrei Koev.

"Also, athletics is a laboratory for learning life lessons and it's the only place where a kid can take on physical, emotional and intellectual challenges."

Holliston will open its season on Dec. 14 at Ashland, a team that Champagne says has improved. "We want to improve our standing in the Large Division of the TVL," he emphasized. "Hopkinton and Westwood will be strong because of their tradition. They're also well-coached. Medfield will also be a challenge because they've got size."

Calling his coaching staff "a very capable group that puts the

kids first," Champagne will rely on Sean Costello as his varsity assistant. John Iarussi is the Panthers jayvee coach and Joel Bernstein is the freshman coach.

A native of Medfield, Champagne was a quality point guard for the Warriors. But, focusing on the present, he and his Panthers have their goals in order and the veteran coach is acutely aware that if his players believe in his system and gain confidence, then Holliston will be taking a step forward towards regaining the stature and the tradition that it enjoyed in years past.

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Holliston Virtual Gingerbread House Decorating Party

Join the Holliston Newcomers and Neighbors for a Virtual Gingerbread House Decorating Event on Saturday, Dec. 11, at 4 pm hosted by Abby of Sincere Cheer. Whether you're a classic decorator or have a creative artist in

the family filled with whimsical ideas, let Abby inspire you and share tips and tricks that will help you build holiday memories.

Gingerbread houses (fully assembled) and decorating supplies will be provided. Tickets cost \$40 per house. It will be packaged together with a drive-by pick-up for ticket holders a day before 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.

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Real Estate Corner

Senate Prioritizes Veterans' Services in American Rescue Plan Act (ARPA) Funding

The Massachusetts State Senate passed a \$3.82 billion blueprint to invest funds from the American Rescue Plan Act (ARPA) to meet the urgent needs of the Commonwealth's ongoing recovery. The bill includes increased investments for veteran services and supports that target housing security, transportation, and mental and behavioral health care, among other areas.

"For too many veterans, the COVID-19 pandemic has presented physical, mental and financial challenges," said Sen-

ate President Karen E. Spilka (D-Ashland). "Reaffirming our commitment to veterans is an important piece of this legislation's broader goal of ensuring an equitable COVID-19 recovery and reimagining our future. I am truly grateful to the many veterans who have given so much for the security of our nation, including Senators Velis, Rush, and Cronin, and I am proud to live in a state where so many of us have worked to build the best veterans' services in the nation, including with these investments. I'd like to



thank Senator Rodrigues for his leadership of the ARPA process, as well as Senators Velis, Rush, and Moore for their contributions to this legislation and their steadfast commitment to serving veterans in our Commonwealth."

"As we continue to build our post-pandemic future, we must recognize our veterans who made sure that future was possible," said State Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "I am proud that our Senate ARPA spending plan includes measures to strengthen housing security, transportation services, and food distribution for veterans, while also ensuring proper recognition for Massachusetts service men and women who died in the line of duty. Thank you to Senate President Spilka for her leadership and Senators Moore, Rush, and Velis for their diligent work to support our cherished veterans."

Many of the provisions strengthening veterans' services were passed as amendments on *An Act relative to immediate COVID-19 recovery needs* (S. 2564). The Senate's ARPA plan would invest \$150 million in supportive housing, including \$75 million for the chronically homeless population. Priority for permanent supportive housing would be given to veterans, along with individuals and families who are chronically homeless, experiencing behavioral health or substance misuse needs, survivors of domestic violence, involved in the foster care

system, or seniors. An amendment proposed by Senator Rush and adopted directs \$20 million be invested in supportive housing for veterans located across the state in areas not primarily served by either the Chelsea or Holyoke Soldiers' Homes.

"Veterans who have served this nation and have been willing to give their life for our freedom deserve a place to call home," said Senator Michael F. Rush (D-Boston), Senate Vice Chair of the Joint Committee on Veterans and Federal Affairs. "Thank you to the Senate President and Ways and Means Chair for their leadership to ensure all our Veterans have that home."

Senator Velis, Chair of the Joint Committee on Veterans and Federal Affairs, contributed two additional amendments relevant to veterans. The first of these allocates \$500,000 to newly created transportation services for participants in the Massachusetts Veterans' Treatment Courts in order to reduce regional inequities and provide services to veterans across the state. The second explicitly ensures that the Massachusetts Medal of Liberty can be awarded to service men and women who have died as a result of training accidents while in the line of duty.

"As we approach Veterans Day, we are reminded of the impact that the COVID-19 pandemic has had on Veterans throughout our communities and the importance of recognizing those who have served our nation," said Senator John C. Velis (D-Westfield), Chair of the Joint Committee on Veterans and Federal Affairs. "Extending the Medal of Liberty to those who died as a result of a training accident will ensure that we are properly honoring the sacrifices that those service members and their families have endured. Additionally, the critical funding allocated to our Commonwealth's Veteran Treatment Courts will resolve the transportation barriers that keep Veterans from participating in this valuable program and

getting the help they need. I am grateful to the Senate President and the Chairman of Ways and Means for their leadership and commitment to ensuring that Massachusetts is the premiere state for our Veterans and their families. These important amendments are a continued step in that direction."

An amendment offered by Senator Michael O. Moore extends \$1 million of state financial support to the Massachusetts Military Support Foundation, Inc. for 'empowerment centers' which distribute food services to veterans in need in Worcester County.

"The brave men and women who have served in our armed forces are true heroes, and we should be doing everything in our power to make their transition back to civilian life as easy as possible," said Senator Michael O. Moore (D-Millbury). "Through their programs, events and other resources the Massachusetts Military Support Foundation has become a leader when it comes to providing services for our veterans. Because of this I am both grateful and proud that we were able to allocate funding for them so that they can continue to provide exceptional service for our service members."

With both the House and Senate having passed their own versions of ARPA spending plans, the two bills must now be reconciled before heading to the Governor's desk.

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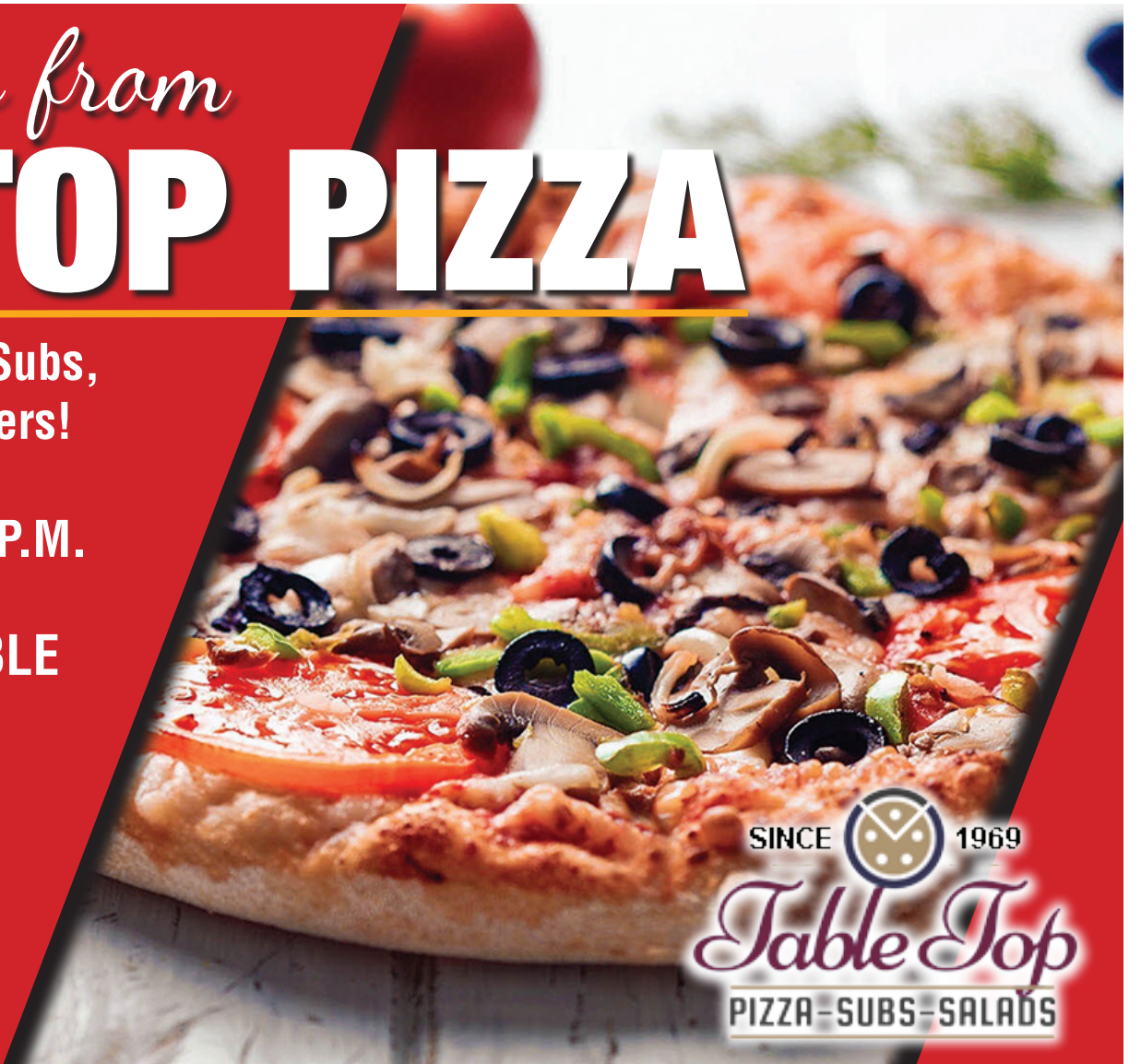
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