

Holliston Historical Society to retrace George Washington's route through town in 1789

Program free and open to the public

BY THERESA KNAPP

On Feb. 13, the Holliston Historical Society is co-hosting a virtual presentation "Along the 'Indifferent Road' with George Washington, 1789" in collaboration with the historical societies of Natick and Sherborn and the Sherborn

Public Library.

The program focuses on November 1789 and George Washington's return to New York at the end of his post-inaugural visit to New England as the country's first president.

Holliston Town Historian Joanne Hulbert says this program is a way of connecting

people and places to history.

"The story of George Washington and his travel along the road, is part of our history, and stories of his 'visit' have remained in our history. Preserving local history is not only the task of all the writers, historians of the United States - or of Massachusetts, but history at the local level is of the utmost value to local residents as it places us as part of American history. We have a place there, and it is important for local historians to tell the stories and pass history on to the next generation."

Hulbert recalls one such connection.

"Several years ago, during the 'Eighteenth Century Days' program for Holliston students, I told the story of George Washington and the balancing rock. After I fin-



History tells the story of President George Washington stopping at the rock, after a drink at the Littlefield Tavern, to try to topple the rock. Pictured here is Nathaniel Philbrick, author of *Travels with George*, trying with all his might. Source: Holliston Historical Society.

1789

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Auto auction house makes second bid to build 585 car parking lot on Lowland Street

ADESA Boston denied in 2020, filed suit against town in 2021

BY THERESA KNAPP

ADESA Boston's application to build an overflow parking lot at 194 Lowland Street is back before the Holliston Planning Board which unanimously denied it in December 2020.

In August 2021, eight months later, ADESA filed suit against the Planning Board and now the

AUCTION

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1789

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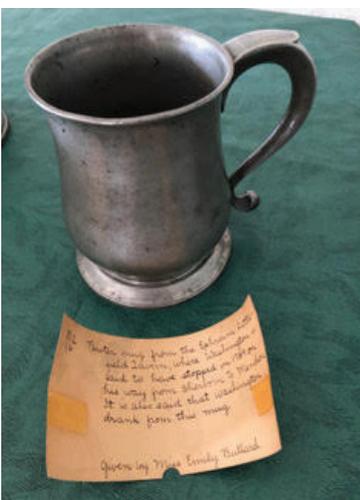
ished, a young boy, perhaps 8 or 10 years old, came up to me and said that he had tried to push the stone over, too. I said to him, 'Well, you have done something just like George Washington.' He wandered away with a look of impressive wonder - and pride - and I do wonder if that moment might have turned him into a future historian. I certainly hope so!"

The "indifferent road" in the program title refers to an entry Washington made in his diary in which he wrote:

"From Watertown, till you get near Needham, the road is very level - about Needham it is hilly- then level again, and the whole pleasant and well cultivated, till you pass Sherburne [sic]; between this and Holliston is some hilly and rocky ground, as there is in places onwards to Uxbridge; some of wch. are



Balancing Rock toppled on Sept. 22-23, 2020. Source: Theresa Knapp



"Pewter mug from the Ephraim Littlefield Tavern, where Washington is said to have stopped in 1789 on his way from Sherborn to Mendon. It is also said that Washington drank from this mug. Given by Miss Emily Bullard" Source: Holliston Historical Society.



Littlefield Tavern at 1919 Washington Street. Source: Holliston Historical Society.

very bad. Upon the whole it may be called an indifferent road [emphasis added] diversified by good and bad land - cultivated and in woods - some high and barren, and others low, wet and piney."

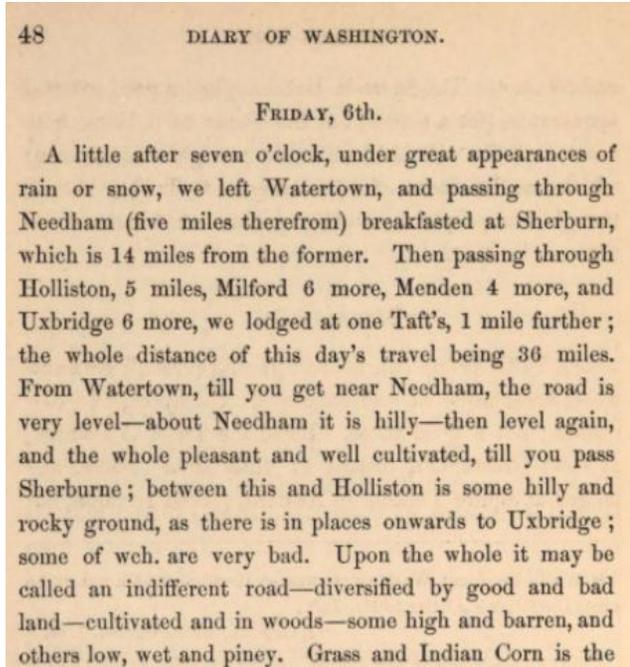
"People should attend this program to learn about life in Holliston, Sherborn, and Natick when this country was in its infancy," says Mary Curran of the Holliston Historical Society. "We will peel back the layers to look at some of the buildings, trees, and other features that newly-elected President George Washington would have seen along this stretch of road on his inaugural tour of Massachusetts."

Holliston sites will include the Littlefield Tavern where Washington stopped, the tankard (tall beer mug) he is believed to have used, and Balancing Rock which he and his travel companions tried to upend.

Hulbert says the historical societies were inspired to delve deeper into local history by Nathaniel Philbrick's book *Travels With George: In Search of Washington and His Legacy* which was published in September 2021.

"We do hope that people will be inspired to read the book and find out even more about Washington's visit to the colonies - now states - after the Revolutionary War, and when he became the country's first president," Hulbert says.

The event is free and open to the public but advanced registration is required. Visit www.hollistonhistoricalsociety.org to register. The session will be recorded and available for viewing at a future date.



Source: *The Diary of George Washington, from 1789 to 1791: Embracing the Opening of the First Congress, and His Tours through New England, Long Island, and the Southern States.* (pub. 1860)



An old map of Natick, Sherburne [sic] and Holliston through which President George Washington traveled in November 1789. Washington referred to this route as an "indifferent road," according to his diaries. Source: Holliston Historical Society.

Along the "Indifferent Road": with George Washington, 1789

It was November 1789, and George Washington was returning to New York at the end of his post-inaugural visit to New England as the country's first president.

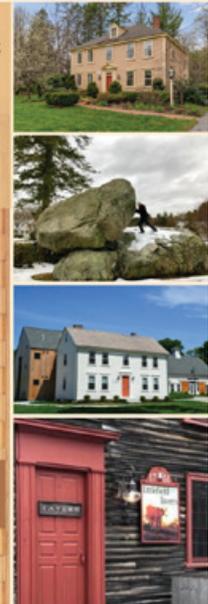
Join us as we trace President George Washington's route through Natick, Sherborn, and Holliston and learn about where he travelled, what he did, and what buildings and landmarks stand today as silent witnesses to his journey.



February 13th at 2pm via Zoom



This event is free and open to the public. Advanced registration is required.



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Your Money, Your Independence

Yes, Backdoor Roth and Roth conversions are still open to all

Recall the news about Congress limiting retirement savings strategies including eligibility for Roth IRA conversions and eliminating Backdoor Roth?

Never mind.

Those were “proposals” in failed Build Back Better (BBB) legislation by the House of Representatives.

Does a revised BBB include the same proposals? Could the Senate remove during negotiations? Possible.

If passed, would it be retroactive for 2022? Very unlikely as a logistical nightmare for HR depts, administrators, IRS, and accountants.

In short, proceed as you were.

Why Roth IRAs?

Roth accounts are comprised of after-tax money and contributions offer no tax deductions.

A Roth offers tax-free growth potential, tax-free income distributions, and has no Required Minimum Distributions (RMDs). Recall the government requires Traditional IRAs to have a percentage withdrawn each year after age 72 and made taxable, regardless of need for funds.

A Roth should be the last account withdrawn in retirement. Therefore it has the longest

investment time horizon and should hold more growth-oriented investments than Traditional IRAs or taxable accounts.

What is a Backdoor Roth IRA?

A legal way around the income limits (\$144K Single or Head of Household, \$214K Married, Filing Jointly for 2022) preventing contributions to Roth accounts. One contributes to a Traditional IRA, then converts to a Roth with tax implications.

What is a Roth conversion?

In moving savings from a traditional IRA into a Roth IRA, the conversion amount is taxed as ordinary income in the year of conversion.

Initially, only incomes (AGI) under \$100K were allowed to do Roth conversions, but in 2010 Congress removed income limits, allowing anyone to do Roth conversions. Ironically, Build Back Better proposed income levels to be put back in place.

Should you do a Roth conversion?

It depends. Beyond your current tax situation, age, goals, and cash to pay taxes, there are several future considerations for analysis:



Glenn Brown

- Will there be future years of lower taxable earnings to more favorably convert?
- Have you projected your RMDs at age 72 and the resulting new tax bracket?
- Will your state of residence change, if so what changes in taxation?
- Your philosophy of future taxation by governments?
- What are your estate planning wishes?

Other considerations:

The pro-rata rule and taxes. When converting, IRS combines all traditional IRA balances and asks which was nondeductible contributions, to determine what portion will not be taxable. The IRS doesn't allow for choosing to convert only after-tax money.

Best to convert at year-end. Reduces range of Modified Adjusted Gross Income (MAGI) variables and improves converting to the top of the current tax bracket.

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay

taxes with non-IRA assets.

Before moving forward, work with your Certified Financial Planner to build your analysis. Once a Roth Conversion is done, it's done, as IRS no longer lets you unwind (recharacterize).

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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AUCTION

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matter is back before the town at the applicant's request to try to settle the issue.

ADESA is a nationwide wholesale car auction house. "ADESA Boston" is located at 63 Western Avenue in Framingham. The proposed project would be a 585-space parking lot that would serve as additional storage space for cars awaiting auction in Framingham.

"This is basically the same proposal as it was last time around with more information," said Peter Barbieri, attorney for ADESA Boston and a Holliston resident, at the January 13, 2022 meeting where the Planning Board reopened the hearing.

According to the 2020 denial, "The site is located at the southerly edge of the Lowland Industrial Park and directly abuts the Agricultural-Residential B zoning district to the south. There are approximately fifteen (15) residential abutters (single-family homes) within 300 [feet] of the site."

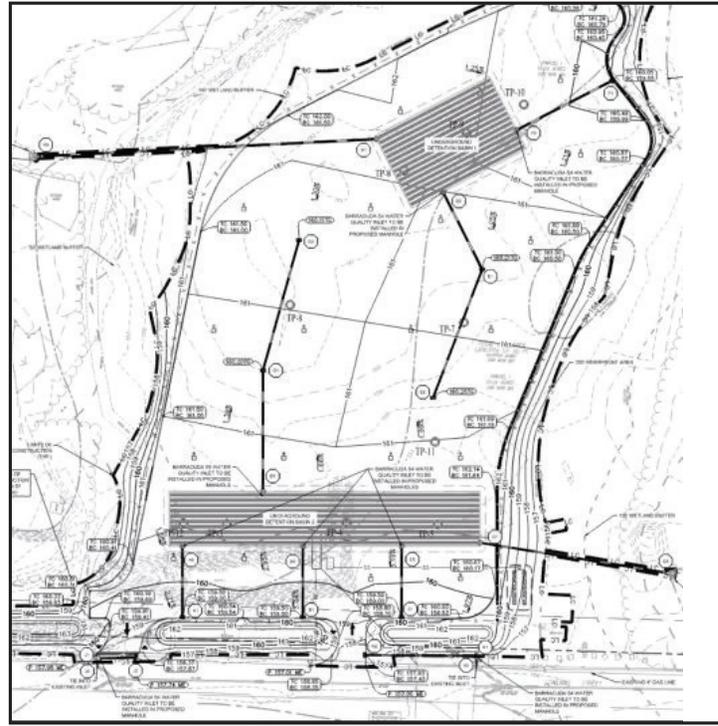
The denial further states, "The application, if approved, would significantly alter the character of the surrounding neighborhoods due to the amount and nature of traffic (especially heavy trucks), noise and diesel exhaust."

Other reasons for the denial included, in part, traffic, lighting, noise, conflicting hours of operation relative to those allowed by neighboring Sherborn, and missing information related to signage and a proposed security building.

At last month's hearing, Barbieri said "this site is basically a gravel pit" and it would only be used when the Framingham site was at 90 percent capacity.

The site has 900 feet of frontage and consists of 43 acres, six of which are buildable. The lot could hold 585 cars, and it is expected 10 tractor trailers, on average, per day would serve the site. Since its original application, ADESA has redesigned the entrance and egress so that trucks are forced to travel north on Lowland Street.

ADESA proposes to redevelop the berm along Lowland Street, remove from the lot brush



and trees plus dilapidated buildings to improve its appearance from the road "so you won't see the vehicles nor the one-story security facility," Barbieri said.

The new proposal includes a 32 foot by 8 foot security booth with septic to accommodate one security officer per shift 24 hours a day, seven days a week. They added parking lot lights 15-foot

tall to be scattered throughout the lot, and added a sound barrier along the south property line.

ADESA did not propose heat islands which are required for a four-acre parking lot and would need to request a waiver. Barbieri said "This is not a traditional parking lot" and said heat islands are not required in this situation and would create obstacles to

maneuvering the site.

Barbieri said ADESA is willing to donate to the town the remaining 37 acres it does not use for this project.

The current Planning Board, which includes the addition of Barbara Peatie since the December 2020 vote, addressed only the civil issues presented at the Jan. 13 meeting - no materials related to traffic or noise were previously reviewed by the board so those issues were not addressed.

During a 30-minute public comment segment, residents raised concerns about contaminants on the site, debris getting into the aquifer affecting drinking water, a spill response plan, the size and location of the guard shack, collecting escrow for future issues, details surrounding the gift of land, and tax benefits for the town. They also requested historic data showing how often the Framingham site is at 90 percent capacity which would then lead to the use of the Holliston site.

The Planning Board took the comments and will address the issues at the continued public hearing on Feb. 17 at 7:05 p.m.

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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.

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mous 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.take-awayjunk.com.

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Open Offices for the Annual Town Election

On February 1, 2022 Nomination Papers will be available to run for an elected office in Holliston. Running for a Town Office can be a rewarding experience, and an opportunity to help your community. Holliston depends on its volunteers.

The following is a list of the offices:

Moderator	3 year term	1 position
Town Clerk	3 year term	1 position
Select Board	3 year term	1 position
Board of Assessors	3 year term	1 position
School Committee	3 year term	2 positions
Board of Health	3 year term	1 position
Trustee of Public Library	3 year term	2 positions
Trustee of Public Library	1 year term	1 position
Finance Committee	3 year term	3 positions
Park Commissioner	3 year term	2 positions
Planning Board	5 year term	1 position

To qualify as a candidate you must be at least 18 years old, a registered Holliston voter, and collect 50 signatures from Holliston registered voters by April 5, 2022. The Town Election is May 24, 2022.

If you would like to discuss the possibilities, or have your Nomination Papers prepared, please call the office.

Town Elections are non-partisan.

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

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Calling all Registered Democrats in Holliston

Holliston Democratic Town Committee members will host a virtual caucus to elect delegates to the 2022 Massachusetts Democratic State Convention. The Zoom caucus will convene at 10 a.m. Saturday, February 12. All Holliston Democrats are encouraged to participate.

Caucus registration and the Zoom waiting room will open at 9:30 a.m., where voter registration status of attendees will be checked as they're admitted. The 'virtual' doors will close at 10:15. Everyone in the waiting room at 10:15 will be admitted, but none thereafter.

The caucus is open to the public and press, but only Holliston registered and pre-registered Democrats are eligible to participate in the voting. Pre-registered Democrats must be at least 16 years old. Same-day registration is allowed. Delegates must be present at the caucus to be elected (with the exception of persons serving in the U.S.



Armed Forces, with prior notice).

Holliston will be voting to elect 9 delegates and 4 alternate delegates to represent them at the State Convention. Those not elected as a delegate or alternate and who meet the qualifications can apply separately to be an add-on delegate in the following categories: youth, minority, disabled, LGBTQ, or as a convention volunteer. Caucus attendees requiring hearing-related accommodations will be able to use closed captioning through Zoom.

On Saturday, June 4, delegates will gather at the DCU Center in Worcester, and/or virtually, to endorse candidates for statewide office and unite to elect Democrats down the ballot in November 2022.

Use this link to register to attend the caucus: <https://us02web.zoom.us/join/zoom/register/tZALceCprToiGdD52PoP9VeoX8-gPpoMoP0m>. For more information about the caucus, the convention, or the Holliston Democratic Town Committee, contact Lisa Kaplan at lisabk@verizon.net.



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Norwood | Norfolk/Wrentham

Holliston Historical Events – Up and Coming

Keep these programs in mind when you fill up your calendars. Be sure to leave space to attend!

Sunday, February 13, 2022, at 2pm. More details below.

There will be a Zoom talk with the Natick and Sherborn historical societies on Washington's trip through our towns in 1789.

Sunday, February 20, 2022, at 2pm.

There will be a talk in conjunction with the Holliston Public Library by Ted Reinstein on the Negro Leagues in baseball. This program may be in person or Zoom, depending on COVID.

Sunday, April 24, 2022, at 2pm

We have rescheduled the appearance by Jessa Piaia as Isabel Stewart Gardner that was slated for April to April 24th.

May 22, 2022 is still slated for the annual meeting.

June 19, 2022 - the Car Show

September 18, 2022 – the Harvest Fair

There is a lot to look forward to!

The February 13th program.

Along the "Indifferent Road" with George Washington"

This presentation, sponsored by the Natick, Sherborn, and Holliston Historical Societies, and the Sherborn Library covers events which took place in November of 1789 as George Washington was returning to New York at the end of his post-inaugural visit to New England as the country's first president.

Join us as we trace the president's route through Natick, Sherborn and Holliston and learn about where he traveled, what he did, and what landmarks stand today as a silent witness to his journey.

This presentation is free and open the public, but advance registration is required. For more information, please visit the Holliston Historical Society page - www.hollistonhistoricalsociety.org where there will be a link to the registration page.

Come join us for a community breakfast to support Local Boyscout Troop 14



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Fire Departments Awarded Funds for Safety Gear

Holliston receives \$19,000 grant

The Baker-Polito Administration today announced \$5 million in grant funding awarded to 306 Massachusetts fire departments from the FY22 Firefighter Safety Equipment Grant Program. This program enables fire departments to purchase a variety of equipment that will make firefighters' jobs safer. This is the second year that funding has been awarded for this purpose as part of a \$25 million bond bill filed by the Baker-Polito Administration to support firefighter safety and health in the coming years.

Our communities and families depend on firefighters in difficult and dangerous moments," said Governor Charlie Baker. "This program is an opportunity to show our deep appreciation for their work by ensuring they have the tools they need to stay safe and healthy."

"While the last two years have been so difficult for all of us, firefighters and first responders throughout the Commonwealth have courageously continued to serve the public," said Lt. Governor Karyn Polito. "We are grate-



ful for their efforts and proud to be able to provide them with critical equipment and support."

Fire departments in Massachusetts were able to apply to this program for 118 different types of eligible equipment, including personal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment, communications resources, hazardous gas meters, fitness equipment, and more. In many cases, the purchase of this equipment will help departments attain compliance with Occupational Safety and Health Administration or National Fire Protection Association safety standards.

"The toll that occupational cancer has taken on the fire service is unfortunately immense," said Secretary of Public Safety and Security Terrence Reidy. "We often see and hear about heroic rescues in the face of obvious and overwhelming danger, but the risks firefighters face go well beyond those events. I am thrilled that we can provide so many fire departments with this funding for equipment that will reduce firefighters' long-term exposure to the cancer-causing materials they encounter every day at work."

"While many of our firefighters dedicate their entire careers to the fire service, countless others who have full-time jobs in different fields spend their spare time responding to emergencies for on-call and volunteer fire departments across the state," said Undersecretary of Homeland Security Jeanne Benincasa Thorpe. "They all deserve the best equipment we can get them, and we are so grateful for everything that they do."

"Best practices for firefighter safety are constantly evolving as technology advances and our understanding of the short- and long-term health impacts of the work improves," said State Fire Marshal Peter Ostroskey. "This program is so important to help fire departments modernize their equipment and get firefighters the protection they need. The long-term health outcomes realized from these grant awards will have a truly immeasurable benefit."

"The job of the modern firefighter takes countless forms. At any given moment, they could be asked to respond to a fire, a hazardous materials leak, a car accident, or a medical call. Equipping them for safety in each of these situations is a sig-

nificant financial burden for every department," said Centerville-Osterville-Marston Mills Fire Chief Michael Winn, President of the Fire Chiefs' Association of Massachusetts. "We are so thankful that funding was made available to help with this challenge, especially at a time when so many departments are facing budget issues due to COVID-19."

Holliston Fire Department received \$19,000 in grant funds.

"The department was awarded a \$19,000 grant, as part of the FY 2022 Firefighter Safety Equipment Program from the Executive Office of Public Safety (EOPSS) and the Department of Fire Services (DFS). The competitive grant was designed for the purchase of firefighter safety equipment. The funds would be used towards the purchase of an air compressor / two position containment fill station with cascade control panel / 4 bottle DOT storage cylinder cascade system, to be installed at the Central Fire Station.

"Total cost of the project is roughly \$62,000. The state grant funds will be used along with local funds to complete the project," said Fire Chief Michael Cassidy.

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Enjoy Nature with SVT this Winter

Anyone with an interest in nature and the outdoors is invited to participate in upcoming outings and webinars being sponsored by Sudbury Valley Trustees (SVT). Most programs are open to the general public at no charge.

SVT is a nonprofit land trust that conserves open space and farmland in 36 communities around the Sudbury, Assabet, and Concord Rivers. Through its wide assortment of programs, SVT encourages area residents to explore the region's beautiful natural areas and gain an appreciation for the plants and wildlife that live among us.

During the winter, SVT will lead group walks at properties in Berlin, Wayland, and Northborough. Wildlife-themed outings include a Full Moon Owl Prowl and a Winter Wildlife Tracking, both planned for February.



Sudbury Valley Trustees

For those who prefer to enjoy nature from home, SVT will broadcast webinars on "Sri Lanka: A Unique Journey Through Nature" and "Wildlife in Winter."

All programs require registration. More details are available at www.svtweb.org/calendar.



SVT will lead a Full Moon Owl Prowl in February. Photo by Dick McWalter.

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Holliston Lions Announce Super Bowl Squares for Senior Scholarships

At press time, we don't know whether or not the Patriots will be in the Super Bowl this year, BUT we do know that high school seniors will still be graduating in June and they need our help ...now more than ever. Because of the ongoing COVID-19 pandemic, many families continue to struggle financially and will need help to meet the additional challenges of funding

a college education. Because of this, the Holliston Lions Club has decided that 100% of the proceeds from our annual Super Bowl Squares fundraiser will be used to support our senior scholarship program.

The Super Bowl Squares fundraiser will be held entirely on-line this year. Squares are only \$25 and can be purchased on the Holliston Lions website.

The deadline to purchase a square is 1 p.m on Super Bowl Sunday (Sunday, February 13), but DON'T WAIT – only 100 tickets will be sold – so get yours today! First and third quarter winners will get \$150, the half-time winner will get \$200 and the final score winner will get \$500. If you are unable to order on-line or have questions about the Super Bowl Squares, please contact Lion Drew Schneeloch at aeschneeloch@icloud.com

Like most charitable organizations, the Holliston Lions Club has had to limit the number of fundraisers it holds due to the continuing COVID pandemic. Your support of the Super Bowl Squares fundraiser will help us provides scholarships to deserving high school seniors. For more information about the Holliston Lions Club, please visit our website.

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Would you enjoy filming performances and events at our Senior Center? HCAT has offered to train anyone interested.

Call the Senior Center at 508-429-0622 and ask for Amanda if you would like to learn more.

Contact Us Monday through Thursday
Give us a call for more information about our programs, classes, and transportation. 9:00 am-4:00 pm
Friday 9:00 am-3:00 pm

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Visit us on the web at townofholliston.us/senior-center
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Valentine's Luncheon

Performance by Blackstone Valley String Duet

Monday, February 14, 2022
12:00 PM, \$7 donation requested

Join us for our Valentine's Luncheon! We will be serving a delicious lunch of Caesar Salad, Baked Stuffed Shrimp, Baked Potato with the fixings, Carrots and Rolls followed by a tasty cake for dessert!

You must sign up in advance by calling the Senior Center at 508-429-0622. Be sure to reserve your spot by February 7th! Suggested Donation: \$7



Envisioning Future Holliston

Envisioning Future Holliston was created from a Citizen's Petition at the May 2021 Spring Town Meeting. We look forward to working with you to create a vision developed from active participation of all Hollistonians and Holliston stakeholders.

Our charge leading up to the Spring 2022 Town Meeting:

- Look at our current data: this includes strategic plans, studies 2020 Census data, mission statements from Town committees and boards, and reports;
- 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.



Here's where you come in; We want to hear from you! Use a Smart Phone to scan the QR Code above (open your camera, hover your phone over the QR Code, click on the link that appears on your screen). There you can complete our survey. Feel free to reach any member with questions, comments, or feedback to envisioningholliston@holliston.k12.ma.us!

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HOLLISTON SENIOR CENTER MONDAY AND WEDNESDAY LUNCH MENU

JANUARY — FEBRUARY 2022

PLEASE NOTE: As of 12/22/2021, all in-person dining, including weekly lunches are suspended due to rising Covid-19 rates in MA. Please call the Senior Center to check in if weekly lunches have returned: 508-429-0622

Monday, January 3rd

CHILLI, Tossed Salad, Corn Bread, Grapes, Chocolate Chip Cookies

Wednesday, January 5th

CHICKEN CACCIATORE, Egg Noodles, Pudding

Monday, January 10th

MEATLOAF, Tomato Soup, Mashed Potatoes, Peas, Rolls, Jell-O

Wednesday, January 12th

BAKED HAM, Macaroni and Cheese, Brussel Sprouts, Apple Pie

Monday, January 17th — CLOSED

Wednesday, January 19th

ROAST PORK, Chicken Noodle Soup, Oven-Roasted Potatoes, Green Beans, Brownie

Monday, January 24th

BREAD-CRUMBED FISH, Clam Chowder, Oyster Crackers, Rice Pilaf, Carrots, Cookies

Wednesday, January 26th

CHICKEN A LA KING OVER BISCUITS, Tossed Salad, Green Beans, Rolls, Cupcake

Monday, January 31st

SPAGHETTI AND MEAT SAUCE, Caesar Salad, Garlic Bread, Cheesecake

Wednesday, February 2nd

BEEF STEW WITH BISCUITS, Oranges, Tapioca Pudding

Monday, February 7th

PARMESAN-CRUSTED CHICKEN, Caesar Salad, Rice, Peas, Chocolate Mousse

Wednesday, February 9th

AMERICAN CHOP SUEY, Tossed Salad, Brussel Sprouts, Garlic Bread, Pastry

Monday, February 14th

VALENTINE'S LUNCHEON — BAKED STUFFED SHRIMP, Tossed Salad, Baked Potato, Vegetable, Rolls, Cake (Suggested Donation: \$7)

Wednesday, February 16th

ROSEMARY ROAST CHICKEN, Vegetable Soup, Home Fries, Corn, Banana Pudding

Monday, February 21st—CLOSED

Wednesday, February 23rd

BLACK BEAN SOUP, Waldorf Salad, Seasoned Rice, Butter Cake

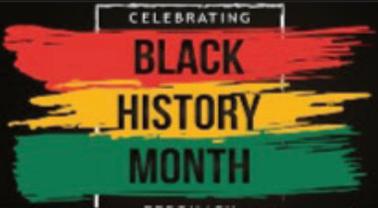
Monday, February 28th

BEEF STROGANOFF, Egg Noodles, Greek Salad, Broccoli, Strawberry Shortcake

PLEASE SIGN UP AT LEAST 2 BUSINESS DAYS IN ADVANCE -

Call the Center at 508-429-0622 for reservations.

Monday & Wednesday meals are a \$3 donation and include a drink and dessert (unless noted).

		<h1 style="text-align: center;">February 2022</h1> <p style="text-align: center;">“The Senior Center is the Place To Be...”</p>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 Blood Pressure Clinic 10:00 Writers' Group 10:30 Energy Focus Movement 12:30 Zumba Gold	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO	9:00 Pilates (Zoom) 9:30 Coffee with Holliston Police*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	9:30 Beginner Quilling—Valentine's Card*** 1:00 Tune Timers
7	8	9	10	11
9:30 Coloring and Coffee 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	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***	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***	9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	9:00 Friday Crafters 1:00 Tune Timers 1:30 Book Club
14	15	16	17	18
9:30 Coloring and Coffee 11:00 Yoga (Zoom) 12:00 Valentine's Luncheon*** <i>Tai Chi and Game Day cancelled for luncheon</i> 	9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 Virtual Seminar w/ Attorney Bergeron***	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO 1:00 Holliston Public Library Libby Training***	9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	9:00 Friday Crafters 1:00 Tune Timers
21	22	23	24	25
CLOSED IN OBSERVANCE OF PRESIDENT'S DAY 	9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold	9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***	9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:00 Lunch and a Movie*** 12:30 Photography 2:00 Watercolor Class	9:00 Friday Crafters 1:00 Tune Timers
28	As of 12/22/2021, in-person dining is suspended due to rising rates of Covid-19 in MA. This affects weekly lunches, holiday lunches and other events where you must take off your mask to eat. You can sign up for these events and we will call you if anything changes: 508-429-0622. Lectures, exercise classes, tax preparation and clinics will continue as normal.			25
9:30 Coloring and Coffee 10:00 Legal Advice w/ Attorney Bergeron*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day				***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622

Holliston Public Library news

The Friends of the Holliston Public Library and the Holliston Historical Society will present “Before Brooklyn: The Unsung Heroes Who Helped Baseball’s

Color Barrier” on Sunday, February 20 at 2 pm. Holliston author and Chronicle reporter Ted Reinstein will be the speaker. The format of the program—virtual or in person or both—is to be determined closer to the date. Visit www.hollistonlibrary.org for an update.

The Morning Book Club will discuss *Between Two Kingdoms: A Memoir of a Life Interrupted* by Suleika Jaouad on Monday, February 7 at 11 am. This book is the 2022 selection for One Book, One Holliston, the library’s annual community reading program. It is a moving



tale of one young woman’s journey from illness to re-entry into “normal” life and the people she met along the way. An additional discussion is scheduled for Thursday, February 17 at 7 pm.

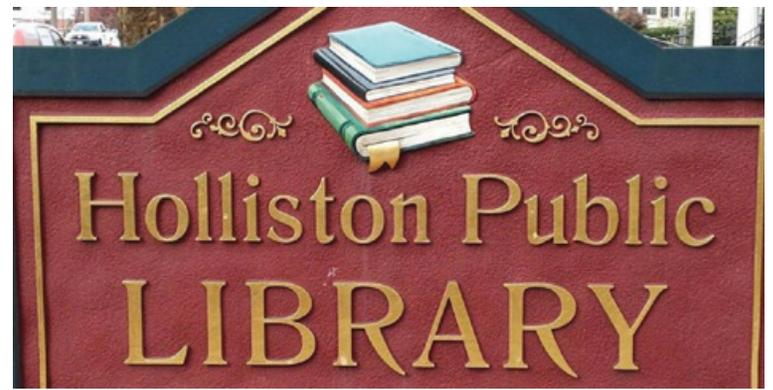
The Mystery Book Club will read *The Darkest Evening* by Ann Cleeves on Tuesday, February 8 at 11 am. The History Book Club meets on Monday, February 28 at 10:30 am to share *Over the Edge of the World: Magellan’s Terrifying Circumnavigation of the Globe* by Lawrence Bergreen. All three groups offer both in-person and virtual attendance simultaneously and

welcome new members. Register to receive a Zoom invitation.

Passing will be the selected film for Movie Mondays on Monday, February 14 at 12:30 pm. The film is viewed in person at the library.

The French Conversation Group will meet on Thursday, February 10 at 7 pm. This group allows participants to practice their language skills with fluent speakers. There are no formal lessons. Attend virtually or in person.

Local author David Green will present “Zero Carbon, Zero Bills” outlining how he brought



his house to a zero carbon footprint, saving thousands of dollars a year on Wednesday, February 16 at 7 pm. This program is virtual only.

Readers who would like to learn how to use electronic books, downloadable audiobooks and digital magazines are offered in-person training for beginners on Wednesday, February 16 at 1 pm at the Senior Center. Participants should bring their

device, their Amazon login and password for a Kindle and their Apple ID for I pads and I phones if these logins are not saved on the device already.

For more information on library programs or to sign up, visit www.hollistonlibrary.org or call 508-429-0617 or email Lmc-donnell@minlib.net.

Bill To Stabilize Supply of Egg and Pork Products Signed into Law

Following action by House and Senate lawmakers earlier this week, a bill to ensure a more secure egg and pork supply chain in the state, was signed into law. The legislation updates Massachusetts’ farm animal welfare standards passed by voters in 2016 to align with other states.

“When Massachusetts voters overwhelmingly passed a ballot question guaranteeing animal

welfare in 2016, our state had the strongest protections for farm animals in U.S. history,” said Senate President Karen E. Spilka (D-Ashland). “Since then, national and industry standards have shifted towards even stronger animal welfare and consumer safety protections. With this law, Massachusetts is taking action to prevent cruelty to farm animals and ensure that our state has con-

tinued access to eggs that meet the expectations of the Commonwealth’s residents. I want to thank House Speaker Mariano, for his collaboration, Senator Lewis for his steadfast focus on this issue, his fellow conferees and their staffs, and the residents of Massachusetts, including animal welfare advocates and egg-producers, for their support for this legislation.”

“This law ensures that Massachusetts consumers and small businesses will have continued access to affordable egg and pork products, while also honoring the intent of the animal welfare ballot question,” said House Speaker Ronald J. Mariano (D-Quincy). “I want to thank Senate President Spilka, Chair Dykema and the other members of the conference committee, as well as my colleagues in the House and Senate, for the hard work that ultimately



led to this agreement.”

“In 2016, the advocacy of animal welfare groups across the Commonwealth and overwhelming support from voters passed Ballot Question 3 to ensure that the factory farming industry provides more humane standards for pigs, calves and egg-laying hens, representing a historic victory for animal welfare,” said Senator Jason Lewis (D-Winchester), the lead sponsor

STABILIZE

continued on page 17

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The b.LUXE *beauty beat*

Happy Valentines Day to Me!

By GINA WOELFEL

It's Valentine's month... Cue the roses, the heart shaped candies and those creepy, last minute, gas station teddy bears.

Whether you're single, taken, married or dating, we all have a Valentine's Day tale to tell. Some are romantic and some are too catastrophic to talk about. I remember one particularly cute Valentine's Day early in my marriage. Our young son was just starting to walk and my husband was working two jobs to get his degree at night. We celebrated late in the evening when he got home with a decadent meal of mac and cheese and a bottle of white zin. This will be our 30th Valentine's Day together. Some have been amazing and a few have fallen flat.

I think it's difficult for two people, on one specific day of the year, to feel so romantically in sync they create a rom-com worthy event. Am I right? Life and circumstance often stand in the way, and quite frankly, the pressure for this day to be perfect is a bummer. A great example is the Valentine's Day dinner. You've made reservations, but you still wait for your table. It's clown-car packed, your dinner arrives cold and dessert is a "molten lava" hockey puck. Your romantic evening's been lost to

the utopian idea of how the evening was supposed to unfold.

Let's also not forget that many people love their uncoupled existence and aren't racing to change their Facebook status to "in a relationship". Shouldn't we have the option to choose "In a relationship with myself"? Shouldn't that be the most important relationship in our lives?

I think the Valentine's Day message for 2022 should be "Love Yourself". I know, totally corny (but soo true)!

Here's something to ponder... If you don't love and respect yourself first, how can you give love to others? How can you receive affection and take in all the wonderful things it has to offer if you don't believe you deserve it in the first place?

Let's flip the narrative on this Hallmark Holiday and fall head over heels in love with ourselves! Make a list of your favorite things and GO! Mani/pedi - Check. Movie and takeaway - Check. Luxurious spa facial and lash extensions - Check, check! Go on, kick up your heels with your besties and laugh till it hurts! Soak up the love from all who make you feel warm and fuzzy inside! Valentine's Day shouldn't only exalt romantic love. All love is powerful and poignant and deserves a creepy gas station teddy bear, too. Remind yourself how



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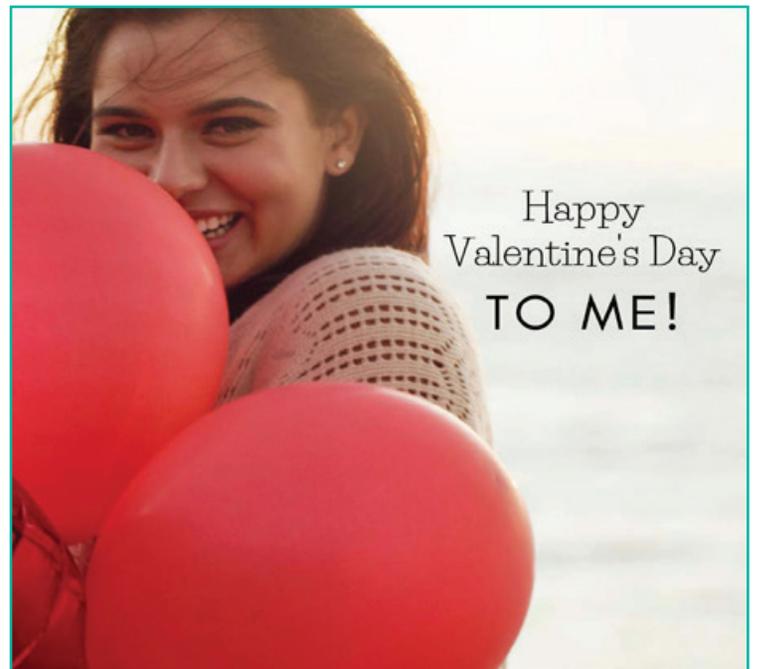
fab you really are and that your special someone is facing you in the mirror!

Treat yourself this month! You're worth it!

*We've decided to extend the Golden Ticket Giveaway through February! January was a challenging month and many of you had to reschedule. You can fill out a ticket at the salon and enter for your chance to win! Winner announced on March 1st. Good luck!

Happy Valentine's Day, everyone!

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Sports

Holliston Wrestlers Aim For Strong Showing In Sectional

By KEN HAMWEY
STAFF SPORTS WRITER

Holliston High's wrestling team isn't afraid of taking on Herculean tasks.

Last year's squad, which finished its Covid-marred season with a 1-5 record, was far better than those numbers. The Panthers lost to Ashland, the eventual Division 3 Sectional champion. Natick also was on Holliston's schedule and all the Redhawks did was capture the Division 2 State championship.

Norton, which won the Division 3 State crown, was another talented opponent. Hopkinton and Tri County Voke also faced Holliston and they had successful campaigns. The Hillers were a Sectional semifinalist and the Cougars bowed in the Sectional finals to Ashland.

This year is no different.

Coach Mike Capobianco's Panthers are grinding along, facing what amounts to some of the best teams in the state. The 2021-22 schedule includes St. John's Prep of Danvers, the Division 1 State Champion last year, St. John's of Shrewsbury, Lincoln-Sudbury, Milford, Wayland and Melrose.

Holliston's 0-3 record at *Local Town Pages'* deadline may look anemic but it reflects Capobianco's plan to prepare his forces for battle when it counts — at the Sectional and State tournaments. Holliston will compete in the Division 3 Central Sectional on Feb. 12 in Ashland.

"One of my goals at the start of the season was for us to be peaking at the right time," Capobianco emphasized. "That time is at the Sectional tourney. Strong competition is the best way to get ready. What's the

sense of facing teams who aren't formidable. Facing powerful programs during the regular season helps a team compete better in the post-season.

"We never had a complete lineup early on," he noted. "Covid, injuries, postponements and vacations limited us. But, we got better after each of our three tourneys. We used the Ashland Early Bird Tourney as a learning experience and after the Milford Tournament, we saw improvement in our technique. In our last tourney, the Lowell Holiday Invitational, our kids progressed nicely. Five of the boys showed they're blossoming and in an okay position for the sectional."

Capobianco, who's in his sixth year as Holliston's coach, has other goals that are linked to the peaking process. "We want to be competitive in every match; we want to grow and improve daily; and we're aiming to finish with a winning record in the Tri Valley League," he noted. "Ashland and Norton will be at the top of the standings. We're aiming for third place."

Other teams in the TVL are Hopkinton, Norwood, Dedham and Bellingham.

The Panthers' roster has 17 wrestlers and Capobianco likes many of their attributes.

"We've got decent experience, we're athletic and our work ethic is really strong," he said. "Team chemistry is another plus — the kids enjoy being around each other. Our mental toughness is still developing and our techniques are improving."

The Panthers' three captains — senior Matt Amante (126), junior Mike DeRubeis (120), and Zach Robinson (138) — are capable wrestlers and quality leaders. At *Local Town Pages'* deadline, Amante was 5-5, DeRubeis was 9-5 and Robinson was 9-7.

"Matt, who's in his third varsity season, has a great work ethic, is technically sound, has good instincts and is physically tough," Capobianco said. "Mike is another three-year competitor whose instincts and technical ability are solid. Both Matt and Mike are vocal leaders while Zach is a natural-born leader.



Holliston coach Mike Capobianco schedules strong opponents to prepare for post-season tournaments.

He's got good awareness on the mat, works hard and is sound technically. He leads by example and by being vocal."

Junior Anthony Touchette (106) is a key wrestler but he's been sidelined by an injury. "Anthony, who's our most talented wrestler, is working on his return," Capobianco said. "His goal is to be the best. He's got mental and physical toughness and he's our most technically advanced competitor."

Capobianco likes the way junior Alejandro Acevedo (132) has sharpened his ability. "Alejandro got off to a good start, compiling a 4-3 record, but he also suffered an injury that forced him to miss several weeks," Capobianco said. "He's not intimidated or shy. He outworks his opponents, is mentally and physically tough and he can have a very good year."

A pair of juniors — Finn Blossom (182) and Dylan Ienello (160) — possess similar attributes. "Both have really improved," Capobianco said. "They work hard, their technique has improved and they're tough."

Capobianco, who guided the Panthers to the TVL title during the 2019-20 season, has been

the circuit's coach of the year twice. He was a four-time TVL all-star when he wrestled at Ashland, which was a co-op team with Keefe Tech. He succeeded his father (Paul) as the Panthers' coach.

A competitive coach, Capobianco strives to win but his philosophy also focuses on making sure his wrestlers reach their potential and enjoy the sport. "No one likes to lose," he said, "but what's just as important as winning is ensuring that the kids are improving and developing a passion for wrestling."

Capobianco admires competitors who learn valuable life lessons on the mat. "Sports, specifically wrestling, help kids learn to set goals, to be good teammates and good leaders, to be mentally tough, and able to overcome adversity," he said. "Wrestling also helps competitors to accept responsibility and to be accountable."

A full complement of wrestlers will be a plus at the sectional and as Capobianco says: "We should have some boys advance to the State Tourney."



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STABILIZE

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of the Senate bill. “Since then, the standard around the country for egg-laying hens has evolved, and Massachusetts is now an outlier, which could threaten our supply of eggs. Fortunately, the egg producers and animal welfare groups have come together to agree on this legislation, ensuring safe and humane conditions for egg-laying hens and affordable eggs for Massachusetts consumers. I appreciate the leadership of the Senate President and the support and guidance of my fellow conferees, Senator Rausch and Senator Tarr, in getting this bill passed.”

“Together with my fellow conferees, I am pleased that we reached a comprehensive agreement that makes necessary updates to the voter-approved ballot initiative while reducing the risk of price shocks and disruptions to our food supply as pandemic impacts continue,” said Representative Carolyn Dykema (D-Holliston), House Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture. “I want to thank the

Speaker and my colleagues for their steadfast commitment to fighting food insecurity, supporting small businesses, and continuing our leadership on animal welfare at every step of the legislative process.”

An Act to upgrade hen welfare and establish uniform cage-free standards updates a 2016 law passed by the voters of Massachusetts. It would align Massachusetts’ standards to that of other states by:

- Providing detailed cage-free standards that consist of one square foot of usable floor space per hen in multi-tiered aviaries, partially-slatted cage-free housing systems or any other cage-free housing system that provides hens with unfettered access to vertical space so that hens can engage in vital natural behaviors such as perching, scratching, dust bathing and laying eggs in a nest.
- Ensuring protections for various types of egg products. As passed in 2016, the law applied to shell eggs, but not egg products. This legislation would also cover egg products, mirroring legislation passed in other states.

The bill would also enhance market and regulatory certainty by:

- Delaying the effective date of the new standards for pork products to August 15, 2022, to allow the Massachusetts Department of Agricultural Resources (MDAR) ample time to promulgate, and the industry to comply with, robust regulations. The ballot initiative passed in 2016 required regulations to be promulgated 2 years in advance of the effective date

of the act in order to provide adequate time for affected industries to comply. This legislation gives producers not only more time to comply with the new standards but also an additional opportunity to participate in the updated regulatory process.

- Updating authority for promulgating rules and regulations to include both the Attorney General’s Office (AGO) and MDAR. As passed in 2016, the law assigns to the Attorney General

exclusive authority to promulgate rules and regulations as well as to enforce the law. This legislation would update the regulatory authority so that it’s shared between the AGO and MDAR. Enforcement authority would remain exclusively with the AGO. Many states with similar laws include their state department of agriculture in the regulatory process.

STABILIZE

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Real Estate Corner

STABILIZE

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An Act to upgrade hen welfare and establish uniform cage-free standards is endorsed by New England Brown Egg Council, The Country Hen (a major egg producer in the Commonwealth), United Egg Producers, and the Massachusetts Food Association, which notes that the language in this legislation offers a “readily available solution” to ensure retail-endorsed cage-free standards. The bill also has the support of numerous animal protection organizations, includ-

ing the Massachusetts Society for the Prevention of Cruelty to Animals, Farm Sanctuary, the Humane Society of the United States, Animal Rescue League of Boston, Animal Equality, Animal Outlook, The Humane League, Harvard Law School Animal Law & Policy Program, Mercy for Animals, Compassion in World Farming, and World Animal Protection—all groups that have been working to increase welfare for farm animals for decades.

Text of An Act to upgrade hen welfare and establish uniform cage-free standards can be found at malegislature.gov.



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Date	Holliston	Amount
1/14/2022	125 Jerrold Street	\$545,000
1/14/2022	413 Underwood Street	\$750,000
1/12/2022	579 Washington Street	\$505,000
1/11/2022	60 Lakeshore Drive	\$245,000
1/07/2022	79 Northway Street	\$575,000
1/07/2022	230 Willowgate Rise	\$950,000
1/05/2022	2 Skyview Terrace	\$560,000
1/05/2022	116 Marilyn Street	\$585,000
1/04/2022	17 Anna Place	\$1.30 mil
12/31/2021	44 Peter Street	\$1.34 mil
12/29/2021	28 N Mill Street	\$750,000
12/28/2021	147 Turner Road Unit 91	\$185,000
12/23/2021	6 Rocky Woods Trail	\$995,000
12/21/2021	28 Marilyn Street	\$499,000
12/21/2021	147 Turner Road Unit 102	\$185,000
12/17/2021	164 N Mill Street	\$1.02 mil

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