

See our
Camp Guide
on the inside
pages

Resident Celebrates Turning 99 Years Young

On Jan. 19, my grandmother Elvira Haberski, turned 99.

She celebrated her birthday in true Holliston fashion—with a trip to Fiskes, a cake from Gaetano's Bakery, pizza from the Corner Market, and takeout from Casey's!

In addition to Holliston businesses, she was also treated the day before with food from the Medway Lotus and Framingham's La Cantina. We want to thank these local businesses for helping to make her 99th birthday so special!

Originally from the South End, she has lived in Holliston for more than 60 years and raised her seven children here.

Throughout her time in Holliston, she has been an active member of the community. She worked at Outpost Farm for many years, is a regular at St Mary's Church and an active member of their Crochet Group and Women's Group.



ELVIRA

continued on page 2



Two women – Kamala Boutique manager Eileen Bailey (left) and owner Kate Lamontagne inside the shop at 747 Washington Street. The boutique is closing in June after sales drastically dropped during the pandemic. Courtesy photo.

Kamala Boutique to close its doors in June

Pandemic has changed the way people shop

BY THERESA KNAPP

HOLLISTON - After nearly 30 years in business, Kamala Boutique in Holliston center will be closing in June.

In January, owner Kate Lamontagne posted on Facebook, "We have made the hard decision to shut the doors in a few months. In the third year of Covid, customer traffic has dropped off dramatically

and we are not meeting our ends."

Kamala Boutique, which gets its name from the first two letters of its owner's first, middle, and last names (Kate Mary Lamontagne) sells an affordable and curated mix of colorful, uplifting and quality

KAMALA

continued on page 5

COULD YOU SAY THAT AGAIN?

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ELVIRA

continued from page 1

Up until COVID hit, she regularly volunteered at Timothy Daniels Nursing Home and the Senior Center. That's right she volunteered at a nursing home well into her 90s, which is pretty amazing!

She is a very active 99-year-old and spends her free time going to St. Mary's, visiting with friends and family, playing cards, going out for walks, crocheting, and crafting handmade greeting cards.

She is such a special person and loved by all who meet her that our family wanted her to be recognized.

Happy birthday, Elvira!



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Your Money, Your Independence

Book Travel Now - Time for Experience Spending

The financial industry, in particular investment management and financial planning, place limited emphasis on helping clients spend money.

There are reasons for this, advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) with default emphasis on saving more for distant goals, as spending now during windows of opportunity makes analysis harder and recommendation outcomes realized.

To be fair, there are individuals who spend too much and need help saving for their priorities.

That said, my PSA for those adhering to a financial plan: **Book your travel now.**

If you think inflation in autos, housing and materials are bad, wait a few months to see the surge of pent-up demand flooding the static availability within the travel and hospitality industry.

Evidence is already showing in summer rentals, airfares, hotels, and earnings reports.

For example, Disney's October-December quarter reported \$7.2B in Parks & Experiences division, \$1B more than expected

and double the prior-year quarter. And don't think The Mouse fails to understand its pricing power when demand surges.

Yes, the time has come for experience spending with family, friends, and loved ones.

What is Experience Spending?

A concept of having greater value for experiences versus things. Studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.



Glenn Brown

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

Experience Spending isn't limited to just travel.

Consider having many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

In closing, it's important to treat yourself and those you love along the journey of financial independence, as those opportunities and their impact may not be present later. For many, now is the time to act, expect sticker shock or compromise, and enjoy making new memories.

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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Town of Holliston Commonwealth of Massachusetts

Open Offices for the Annual Town Election

On February 1, 2021 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 position
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.
Elizabeth Turner Greendale, CMC/CMMC
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The Central Burying Ground in Holliston after the heavy winter storm of late January was followed by freezing rain.
Credit: Theresa Knapp



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KAMALA

continued from page 1

goods - many crafted by Lamontagne (or her daughter Annie) - including home items, baby gifts, clothing, jewelry, body products, socks, masks, greeting cards, and much more.

Lamontagne tells Holliston Town News the shop is expected to close in June though her lease expires in 2023.

"Sales are so low that I cannot float the shop through the slowest summer months again. 2022 is starting off at a deep low, and immediately in July sales always plummet. I can't imagine their going any lower. This is the only solution, but not the one I had envisioned," she said.

Lamontagne, who grew up in Holliston and has raised her daughter here, says the coronavirus pandemic is closing her doors.

"Kamala's closing is 100 percent pandemic-related. In 2019, we had our best year in the last 20 that I have been open. In 2020, we were closed to browsing for many months because my entire staff is in the higher risk category and I was not going to put their lives in jeopardy for my business," she said, noting that customers were supportive and shopped at the online store for easy pick-up or free in-town delivery during that time.

In the fall of 2020, the shop reopened on a part-time basis but sales were down 50 percent over the year, and the business suffered another substantial financial loss at year end.

Kamala Boutique suffered yet another "massive hit" due to an additional lease of classroom space in the same building. "The shutdown caused [classes] to come to a screeching halt with 18 months remaining on the lease. Although I could not expect my previous landlord to waive the rent, I was paying for the empty space until it ran out. It never felt anywhere near safe to hold classes again."

In 2021, the boutique was open the entire year.

"All I can say is that we did our best with our social media presence. We have a happy active Facebook group. For the last couple of years, I wake each day and say, 'This is the day the customers will come back' - I am a strong Blossom Rule believer - but revenue dropped yet again



Kamala Boutique sells an affordable and curated mix of items, many crafted by owner Kate Lamontagne, including home items, baby gifts, clothing, jewelry, body products, socks, greeting cards, and much more. *Courtesy photo.*

overall with another projected loss," said Lamontagne.

She reported "2022 has started off with not enough sales to even meet overhead in January. That was a hard reality check and I looked at my husband and said, 'It's time to pull the plug.'"

The fact is, Lamontagne says, "The pandemic has changed the way women shop. Remote working has stopped the need for new clothes. Sheltering in place has stopped the need for hostess gifts. It has damaged my store's traffic flow beyond saving. Even when I made the public announcement, one would expect a spike of traffic from those who want to help by shopping, but that has not happened."

Lisa Brady of Hopkinton has been a loyal customer for several years.

"From the first time I stepped into Kamala Boutique, I knew I was in a very special place. It is a lovely experience to browse the special gifts and to see the colors, materials, jewelry, gemstones, art and more; there is a calming sense of tranquility at Kamala. The clothing is extraordinary, with gorgeous colors and delicious flowing fabrics. I am always thrilled to learn about Kate's latest handmade creations...One of my favorites is a handmade purse with various soft fabrics and patterns, including hearts, flowers and chickens, complete with a large red playful button. I love the patterns and color combinations in Kate's clothing, and I have enjoyed combining colors and patterns in all Kamala clothing to dress in a fun and whimsical way! I

receive so many compliments when I'm wearing clothing from Kamala."

Susan Lewis has worked at Kamala for 12 years and says there is something for everyone at the shop with a "wide selection of gifts and clothing for any occasion. A place where people can gather to share a laugh, and feel safe enough to shed a tear."

Lewis says she is sad the store is closing. To Kamala customers she says, "We have loved being open every day and serving Holliston and surrounding communities. We will miss your visits, kindness and most of all the sharing of oneself to us."

Eileen Bailey of Bellingham became a customer several years ago when Kamala was at its 31 Union Street location. She visited often enough that Lamontagne offered her a job and she's been working there for nearly 10 years, currently as manager.

"I have loved so many aspects of my job working at Kamala and am sad about the store closing," Bailey said. "Creating displays that are pleasing to the eye, moving merchandise around to attract customer interest and putting outfits together is my most favorite thing to do while at the boutique" including Bessie, the ever-present well-dressed mannequin on the front porch.

Bailey says, "The hope is that customers will continue to shop with us online. Although we understand it will not have quite the same feeling as being in the store, it will at least offer a way to continue to find great gifts for oneself or others as before from Kamala Boutique."

"Kamala's closing is 100 percent pandemic-related... The pandemic has changed the way women shop. Remote working has stopped the need for new clothes. Sheltering in place has stopped the need for hostess gifts. It has damaged my store's traffic flow beyond saving."

-Kate Lamontagne, owner of Kamala Boutique for nearly 30 years

But the storefront will remain open for a few more months.

Lamontagne says the shop will remain fully stocked for customers to shop. After June, merchandise will be available at www.kamalaboutique.com. Eventually, after Lamontagne and her husband retire to Maine (as they had been planning to do and leave the Holliston store open in the capable hands of

its employees), they will open a storefront near Boothbay Harbor in a large utility building that has been renovated into a shop, studio, and space for classes and retreats in the future.

"I have gone back strongly into my fashion design for Kamala, likely the one factor that has kept us functioning these past few years - the one-of-a-kind clothing that I make. There will be a small store as well, with the highly curated lines that our customers have grown to love, and the fashions and accessories that I design."

In June, Lamontagne expects to have a farewell that is yet to be determined. She encourages people to visit the store and use gift certificates and store credit in the near future.

For more information, drop by the store, visit www.kamalaboutique.com or call 508-429-2124. Free in-town delivery is still available.

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One Call Sends a Roofer, Not a Salesman

Holliston's Irish population rate ranks 104th in the state and 725th in the nation

By THERESA KNAPP

In honor of St. Patrick's Day, *Local Town Pages* consulted research conducted by ZipAtlas.com. The information is arranged by zip code and states that South Walpole, MA (pop 993), has the highest percentage of Irish population in Massachusetts at 44.29%, and has a national rank of 27 for the percentage of Irish per zip code in the country.

Of the 427 zip codes listed in Massachusetts:

- Holliston (pop. 13,801) ranks number 104 with a reported Irish population of 23.11% and ranks 725 in the nation, according to this research

The top 10 Massachusetts zip codes with the highest reported Irish population include South Walpole (44.29%), Milton (38.45%), West Roxbury (35.94%), Braintree (35.65%), Marshfield (35.33%), Scituate (35.21%), South Weymouth (34.08%), Weymouth (34.02%), Pembroke (33.59%) and Abington (33.11%).

This site also ranked 26,819 American "cities" and found that Little Switzerland, NC (pop. 46) and Etoile, KY (pop. 63) are tied for first and second place, respectively, with 100% of its population reporting as Irish.

For more information, visit <http://zipatlas.com/us/ma/city-comparison/percentage-irish-population.htm>



Source: www.history.com

Happy St. Patrick's Day!
Did you know...

1. Holliston has an Irish population rate of 23.11%, ranking 104 among 427 zip codes in Massachusetts.
2. The real St. Patrick was born in Britain. He wasn't Irish but found his faith while being held as prisoner by a group of Irish raiders.
3. Leprechauns are likely based on Celtic fairies.
4. The shamrock was considered a sacred plant.
5. The first St. Patrick's Day parade was held in America (circa 1601).
6. The meal of Corned beef and cabbage is an American innovation.
7. The world's shortest St. Patrick's Day Parade is on the world's shortest street (98 feet) in Hot Springs, Arkansas.
8. There is a long history behind Danny Boy, Ireland's most famous ballad (learn more at <https://bit.ly/songDannyBoy>)

Read more about St. Patrick's Day at www.history.com and www.hotsprings.org

Metrowest Visitors Bureau Announces Mini Grant Program

The MetroWest Visitors Bureau announced today that their annual mini-grant program is now accepting applications. Designed for marketing projects that will promote tourism in MetroWest, mini grants are available for funds up to \$5,000 each. The MWVB will consider applications for projects devoted to marketing a MetroWest event, attraction, business, service, or cultural or recreational offering. The applicant does not need to be a 501(c)3 charitable organization, but must be based in one of the 19 towns that comprise MetroWest or be devoted to attracting potential visitors to those 19 towns.

Eligible projects include brochures, print or online advertising, social media, websites, apps, and other print materials. The marketing project must be targeted, at least partially, at potential visitors who live more than 50 miles from the event or business location. Grant applications can be submitted at www.bit.ly/minigrant2022 and will be reviewed on a rolling basis



from now until April 1. Awarded grant funds must be spent prior to June 30, 2022. For questions, or to discuss your project idea prior to submitting an application, please contact MWVB Executive Director Erin Lynch at erin@metrowestvisitors.org.

The MetroWest Visitors Bureau promotes travel and tourism throughout the 19 towns of the MetroWest region: Ashland, Bellingham, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medway, Milford, Millis, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, and Westborough. For more information, please visit the MWVB website at www.metrowestvisitors.org.

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Local Historical Societies and Library retrace George Washington's 1789 route along an 'Indifferent Road'

By THERESA KNAPP

Hundreds of history buffs gathered online on Feb. 13 to follow the route down the "indifferent road" George Washington traveled in 1789 when he returned to New York at the end of his post-inaugural visit to New England as the country's first president.

The event was hosted by the historical societies of Holliston, Natick and Sherborn, plus the Sherborn Library.

The hour-long virtual presentation was attended by nearly 250 people, and highlighted areas and properties (some still standing) that Washington would likely have seen as he traveled through the area 232 years ago, including:

Natick:

- Morse-Dana-Leach House, 3 Eliot Street (1759)
- Morrill Tavern (1782) - no longer standing, now Shaw Park
- Jeremiah Bacon House, 185 Eliot Street (1752)

Sherborn:

- Sycamore tree at junction of North Main Street and Coolidge Street, across from Dowse Orchards. The last one of four planted by Joseph Dowse when he returned from the Revolutionary War.
- Joseph Dowse House, 100 North Main Street (rear built in 1780s)
- Samuel Bullard House, 33 North Main Street
- Sanger Inn tea cups and saucers, Washington used one of them

Holliston:

- Alden Leland House, 15 Church Place (1780)
- Oliver Leland House, 939 Washington Street (1790)
- Jonathan Cutler House, 1380 Washington Street (ell, 1730)
- Ephraim Littlefield Tavern (1688-1710)

The "indifferent road" refers to an entry Washington made in his diary on Friday, Nov. 6, 1789, as he chose a route he hoped was more scenic than the principal road:



Morse-Dana-Leach House, Natick (1759) - Source: Natick Historical Society



Site of the former Morrill Tavern, Natick (1782). No longer exists, it is now the site of Shaw Park. Source: Natick Historical Society

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 [sic], are 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.”

- George Washington Diaries, Vol. IV, 1748-1799.

To watch the virtual presentation, learn more about Washington's travels, review online historical resources, or learn how to research your own home, visit the Natick Historical Society at <https://bit.ly/3oQLTiM>

Tea cups and saucers from the former Sanger Inn, Sherborn. Washington drank from one of these cups.

Source: Sherborn Historical Society

“A little after seven o'clock, under great appearances of rain or snow, we left Watertown, and passing through Needham (five miles therefrom) breakfasted at Sherburn [sic], which is 14 miles from the former. Then passing through Holliston, 5 miles, Milford 6 more, Menden 4 more, and Uxbridge 6 more, we lodged at one Taft's, 1 mile further; the whole distance of this day's travel being 36 miles. From Watertown, till you get near Needham, the



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View down Greenwood Street, Sherborn (1907 and 2021). The road is virtually unchanged. Source: Sherborn Historical Society



Alden Leland House, 15 Church Place, Natick (1780). Source: Holliston Historical Society



A map of the route Washington traveled, Natick (blue) to Sherborn (green) to Holliston (pink). It is also believed the road curved into Medway for a half mile so President Washington visited that town as well. Source: Holliston Historical Society



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Thanks To Yanks Donates To American Legion

Michael Shain, founder and president of Thanks To Yanks, a local charity that supports those who serve in the military, recently made a donation to the American Legion Auxiliary Unit #59 Milford to support their efforts with Troop Fan Mail - an ongoing mission to write cards and holiday wishes throughout the year to those who serve. Shain says Thanks To Yanks is proud to support such a noble idea. For more information on Thanks To Yanks, visit them on Facebook @thankstoyanks. Courtesy photo.



How to Connect and Communicate with Children and Teens: What Do You Say

On Tuesday, March 8, at 7 p.m., SPARK Kindness will offer an online program featuring

Ned Johnson, educator and co-author of "What Do You Say: How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home." The event will highlight strategies and language

for effective communication with children and teens to increase connection and well-being for children and parents alike. ASL interpretation will be provided at this event. There is no cost.

For more information about this hour-long online program and other upcoming events, visit www.SPARKKindness.org



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2022 CAMP GUIDE

How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches,

parents may be a little less hesitant about sending their kids to camp than they were a year ago. The rollout of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly

continued on next page

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CAMP QUESTIONS

continued from previous page

emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.
- Ask children if they want to go to camp. Everyone is experiencing some measure

of pandemic-related burn-out, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

- Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.



- Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

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5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days



of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be

spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less



familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving

the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want

to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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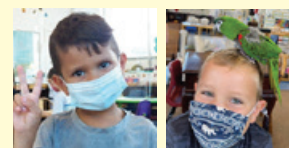
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 - Between 10 a.m. and 4 p.m. from Jan. 15 to April 30
 - At least 75 feet from all dwellings
 - As close as possible to the source of material being burned
 - When air quality is acceptable for burning: Call the MassDEP Air Quality Hotline at (800) 882-1497 or visit MassAir Online at <https://eeaonline.eea.state.ma.us/> to find out if it is safe to burn
- Items that CANNOT be burned include:
- Brush, trees, cane and driftwood from commercial and/or industrial land clearing operations
 - Grass, hay, leaves,

- stumps, and tires
- Construction material and debris
- Items that can be burned include:
- Brush, cane, driftwood, and forestry debris from other than commercial or industrial land clearing operations.
 - Agricultural materials such as fruit tree and bush prunings, raspberry stalks, and infected bee hives for disease control.
 - Trees and brush resulting from agricultural land clearing.
 - Fungus infected elm wood ONLY if no other acceptable means of disposal is available.



How to safely ignite and tend the fire:

- An adult should always be present during open burning, until it is completely extinguished.
- Children and pets should be kept a safe distance away.
- Use paper and kindling to start the fire and add progressively larger pieces of wood, parts of a discarded Christmas tree can be used.

- NEVER use gasoline, kerosene or any other flammable liquid to start a fire because the risk of personal injury is high.
- Burn one small pile of material at a time and slowly add to it, this helps to keep the fire from getting out of control.
- Select a burn location away from any utility lines.
- Monitor the wind and be prepared to extinguish quickly.

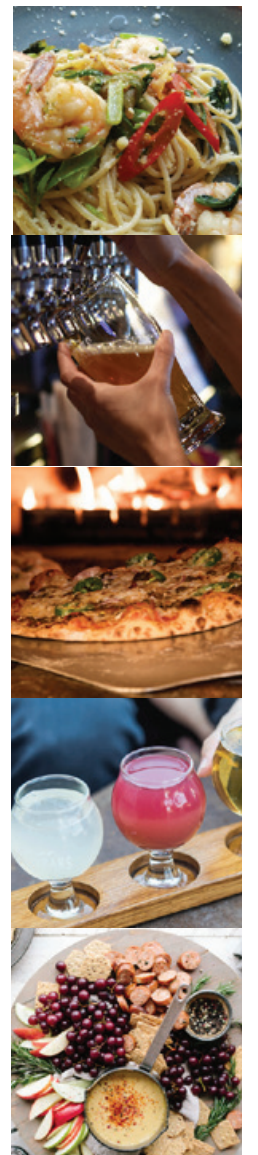
Fire control tools to have on hand:

- Water supply. This can be a pressurized water fire extinguisher, a pump can or a garden hose. TEST the water source before igniting the fire, you do not want to find out that the water is off or that the hose is cracked when you need it.
- Shovels and rakes – you can use dirt to put out a fire.

If the fire gets out of control:

- Call the fire department IMMEDIATELY
- People who allow a fire to get out of control, or who conduct illegal burning, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

For more safety tips, visit <https://www.mass.gov/doc/safety-tips-for-open-burning/download>



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Legislature Approves Nero's Law

Bill creates new protections for law enforcement K9 officers

The House and Senate passed *An Act allowing humane transportation of K9 partners*, also known as Nero's Law, which would ensure law enforcement officers' K-9 partners receive life-saving medical attention and transport if injured in the line of duty. The bill responds to the tragic events that took the life of New Bedford-native and Yarmouth Police K-9 Sergeant Sean Gannon and severely injured his K-9 partner, Nero.

"Providing emergency medical services to police dogs injured in the line of duty is both compassionate and appropriate, especially in light of what we're asking them to do," said Senate President Karen E. Spilka (D-Ashland). "Service dogs play a necessary role in effective law enforcement operations, and they deserve our support. I want to thank Senator Montigny for his hard work and attention to this issue, Chair Rodrigues, and Senators Timilty and Cyr for their advocacy and collaboration on this legislation, as well as Speaker Mariano and my colleagues in the House for getting this important bill to the governor's desk."

"K-9 police dogs provide several indispensable services to the Massachusetts police force, and the Commonwealth as a whole. Given the sometimes dangerous jobs that police dogs are asked to undertake, providing them with any necessary emergency medical care is our moral responsibility," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank Chair Michlewitz, Chair González, and Representative Xiarhos for the efforts they made to ensure the passage of Nero's Law, as well as Senate President Spilka and my colleagues in the Senate for advancing this critical legislation."

In April 2018, Sergeant Gannon was shot and killed while serving a warrant in the Town of Barnstable. Despite the multiple empty ambulances on site, Nero, who had been shot and severely injured, had to be rushed to the animal hospital in the back of a police cruiser. Current Massachusetts law prohibits emergency medical personnel from treating and transporting animals. Fortunately, Nero survived his injuries, but the inability to transport him showed that reform was needed to honor working dogs who risk their lives every day to serve the Commonwealth.

Nero's Law would authorize emergency medical service personnel to provide emergency treatment and transport of K-9 partners. This includes basic first aid, CPR, and administering life-saving interventions such as naloxone.

"K9 officers like Nero are selfless heroes who endure extreme danger in order to keep us safe," said Senator Mark Montigny (D-New Bedford), lead sponsor of the bill. "We must honor their loyalty and service by ensuring EMS personnel can provide basic treatment and transport should they sustain serious injuries. As a native son of New Bedford, Sergeant Gannon, and by extension his K9 partner Nero, is forever a beloved part of our community. The Gannon family has been a tremendous force in ensuring this bill got done, inspiring myself and others to fight for this legislation every day. We hope this law helps honor their son's legacy," said Senator Mark Montigny, lead sponsor of the bill.

"I'd like to thank Speaker Mariano, Ways and Means Chair Michlewitz, Public Safety Chair Gonzalez, and Minority Leader Jones for their leader-



ship in getting this bill passed in the House this session," said Representative Steve Xiarhos (R-Barnstable), who sponsored Nero's bill in the House. "As a former Deputy Chief of Police who was there on the day K9 Nero was shot, I know personally how important this legislation is. We need to send a clear message to first responders throughout the Commonwealth that we support them and their mission."

"Sergeant Sean Gannon was a dedicated officer of the Yarmouth Police Department known for his restraint and his quiet but firm sense of right and

wrong. His tragic murder — and the life-threatening injuries sustained by his canine Nero — left the Cape and Islands in shock and grieving," said Senator Julian Cyr (D-Truro). "We rely on canines to serve alongside police officers to go where we cannot, seek out what we cannot detect, and search for the vulnerable in their most trying moments, yet existing law prohibits emergency responders from treating and transporting police canines like Nero when they are most in need. I'm proud that the Legislature is honoring Sergeant Gannon's legacy and his example by protecting our canine friends who have been our companions and partners in public safety and so much more."

"I am grateful that Nero's Law has been enacted. Each and every day, law enforcement professionals, including police canines, put their lives on the line to protect the citizens of the Commonwealth. It is crucial that our first responders are given the ability to treat them when they are wounded in the line of duty. Our first responders are now

able to provide emergent care to wounded police canines as a result of this legislation," said state Senator Walter F. Timilty (D-Milton), Senate Chair of the Joint Committee on Public Safety and Homeland Security. "Listening to heartfelt testimony during our public hearings on this bill, I was reminded of the important, unique, and strong bond between a police officer handler and his or her police canine. This is a great day for the law enforcement community."

"Thanks to the Speaker and members of the Public Safety Committee for advancing Nero's Law to the Governor," said Representative Carlos González (D-Springfield), House Chair of the Committee on Public Safety and Homeland Security. "Our K-9 officers are heroes, and today we honor all those who have been injured or have lost their lives in the line of duty to protect the public. A special gratitude to Denise and Patrick Gannon for their dedication and advocacy."

Nero's Law now advances to the Governor's desk for consideration.



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Holliston schools and senior center receive \$7,430 in grants to support fire and life safety programs

The Baker-Polito Administration announced in February that 234 Massachusetts municipal fire departments will receive a total of \$1.8 million in grant funding to support fire education programs for children and older adults across the Commonwealth.

Fire departments in 227 communities will receive Student Awareness of Fire Education (S.A.F.E.) and Senior SAFE grants; one community will receive a S.A.F.E. grant only; and

six communities will receive Senior SAFE grants only.

- Holliston received a grant of \$4,575 to teach K-12 fire safety and life safety plus a grant of \$2,855 for “Senior Center presentations and home visits with smoke/CO alarm installations.”

“The Department of Fire Services’ S.A.F.E. grant program continues to make effective fire safety education available to hundreds of thousands of Massachu-

setts kids,” said Governor Charlie Baker. “Thanks in part to these grants, Massachusetts has raised a generation of fire-safe families and we are glad to continue those efforts with today’s awards.”

The average number of children dying in fires annually has dropped by 78% since the S.A.F.E. Program began – a decline almost 30% greater than the decline in fire deaths overall. In light of that success, the Department of Fire Services launched the Senior SAFE Program to provide firefighters with funding to deliver fire safety education to older adults, who face a disproportionate risk of dying in a fire.

“For eight years, the Senior SAFE grant program has helped provide older adults with home visits, smoke and carbon monox-

ide alarm installations, and fire safety presentations led by firefighters and service providers,” said Lt. Governor Karyn Polito. “These grants help keep seniors safe at home.”

“Fire safety education works,” said Secretary of Public Safety and Security Terrence Reidy. “The S.A.F.E. and Senior SAFE grant programs allow trained and trusted firefighters to make a direct connection with youngsters and older adults in their own communities. These grants are an outstanding example of state and local partnerships.”

“The fire departments delivering these safety messages are reducing the risk of fire, injury, and tragedy in cities and towns across the Commonwealth,” said State Fire Marshal Peter J. Ostromsky. “No child has died in a

Massachusetts fire since March of 2019, and fire deaths overall continue to trend downward. Programs like S.A.F.E. and Senior SAFE are among the reasons Massachusetts is one of the most fire-safe states in the nation.”

The S.A.F.E. and Senior SAFE programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. A full list of recipient department and their awards can be found at <https://www.mass.gov/doc/fy22-safe-and-senior-safe-grant-awards/download>. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.

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On a Mission to Combat Veteran Suicide

By GRACE ALLEN

After three military friends killed themselves in one month, David Campisano knew he had to do something. In April of 2020, the Army veteran and former Norfolk resident started 22Mohawks, a non-profit committed to raising awareness around veteran suicide.

Campisano served his country from 2001 to 2016, and after his honorable discharge he returned home and slipped back into civilian life. He was one of the lucky ones. Since the global War on Terror began in 2001, over 60,000 American soldiers have died in combat. While that number is stunning enough, it's eclipsed by the number of military veterans who have committed suicide in the same time frame. By some accounts, it's close to 120,000. On average, 22 veterans commit suicide each day.

"Veterans are trained not to ask for help. They're trained to suppress emotions and not show weakness because there's this stigma," said Campisano. "You're in the military, you get hurt and you're in pain but you're not going to tell anyone and you drive on. And that actually works very well when you're in the military. But when you get out, that doesn't work anymore. Some of the most A-type, hard-charging people I know took their own lives."

22Mohawks began with a few events to gather veterans together



From left, David Campisano, the founder and president of 22Mohawks, with Stacey Coyne, the organization's CEO, and Mike McGee, the first veteran to receive a dog through 22Mohawk's Pups for Vets program. Photos courtesy of 22Mohawks.

in an effort to provide support and create community over shared experiences. But after the chaotic withdrawal from Afghanistan last year, Campisano was inundated with calls from veterans having difficulty processing the end of the war. He decided to create a website to get more visibility for the organization, and also to announce that he would help veterans get emotional support dogs as quickly as possible. There is a two-

year waiting list for a dog through the U.S. Department of Veterans Affairs (VA).

"The website went up and within two days we got a phone call from a veteran asking for a dog," recounted Campisano. "He was in bad shape, so I went to the local shelter, bought a dog, and drove it to his house."

That veteran was Michael McGee.

"22Mohawks sprang into action after I reached out to them," said McGee, a Marine Corps veteran now living on Cape Cod. "The days were getting harder and harder to fight through, but because of their intervention, today I feel confident in my ability to keep fighting on. They helped me understand that it's okay to reach out for help and their generosity and selflessness has given me a new outlook on life."

22Mohawks partners with Professional Canine Services in Middleboro to provide free lifetime training for the dogs, which Campisano gets from area shelters. Since September of 2021, 22Mohawks has placed on average one dog a week with veterans through its Pups for Vets program. If a dog is available, any vet that needs one will get it at no cost within 24 hours. (There can be up to a three-week wait if dogs are not available.) Veterans are responsible for the dog's medical

ills and food, although 22Mohawks provides the first week of food for free.

Campisano and his team are working with local VA offices to become the first point of contact for veterans returning home after a tour of duty. Their goal is to provide support for vets in any way possible, although suicide awareness and prevention remains the organization's primary focus.

Rachel El Massih, the Public Relations Director for 22Mohawks, said Campisano is always taking phone calls from veterans he doesn't know, and often they simply want someone to talk to who understands what they're going through.

"Dave doesn't have a clinical background," said El Massih. "He's just a fellow veteran and I think that makes a difference for people. And that's what we want veterans to know, that we're just a phone call away, providing peer-to-peer support."



Coyne and Campisano, along with Allyson Shean, right, the Pups for Vets program's Lead Ambassador, with a pup recipient.

22Mohawks will help veterans navigate the mental health system, too, if they want or need more support than the organization can provide. Vets are often referred to a direct contact at Home Base, a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of war for service members and veterans of all wars. There is no cost for services provided by Home Base.

MISSION

continued on page 21



A recipient of the Pups for Vets program with Campisano, Charlie Young (rear), and Patrick Martin. Young and Martin of Professional Canine Services provide life-time training for the dogs.

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MISSION

continued from page 19

yearly events 22Mohawks holds for veterans, which include a NASCAR racing experience, a tandem parachute jump, and a firearm safety certification course. Veterans are chosen by lottery to attend.

The goal of the veteran-focused events, according to Stacey Coyne, 22Mohawks' CEO, is to create social connections and camaraderie while providing an outlet for veterans and their families to express themselves.

"We are family-based and we encourage veterans to bring their spouses and children," Coyne said. "Because it's not just about the veteran. The spouse may not understand what the vet is going through and maybe these events will help them see the challenges their spouse is facing."

22Mohawks also holds fundraisers open to the public, with the proceeds going towards the organization's Pups for Vets program, as well as to the yearly veteran-focused events. Upcoming fundraisers include an open skate night on March 26 from 5 to 8 p.m. at the Skating Club of Boston in Norwood, as well

as a trivia night on April 8 from 7 to 11 p.m. at the Norwood Elks.

Campisano and his senior leadership at 22Mohawks hail from Millis, Franklin, Walpole, Norwood, and Wrentham. And while the organization is currently Massachusetts-based, Campisano will try to help any veteran who needs support.

"We want veterans to know that there's a group of people that can be there for them for anything," he said. "If they're having a bad day, they can call us and we'll have a conversation and maybe they'll realize it's not actually a weakness to reach out. We all get sad and we all get depressed. So let's talk, because we don't want anyone else dying by their own hand."

To contact 22Mohawks, call 1-617-680-9852 or 1-781-251-9212. Campisano can also be reached via email: dave@22mohawks.com.

Visit the group's website at <https://22mohawks.com> for more information about the organization, including upcoming fundraisers and events for veterans, or to make a donation. Their online shop has gear available for purchase to help raise awareness about the organization and veteran suicide.

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.



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MassBay and Temple Beth Elohim Partner to Provide Free Meals to Students

MassBay Community College and Temple Beth Elohim (TBE) have launched a new collaboration to provide free meals to MassBay students experiencing food insecurity through the Temple's TBE Table program. Starting at the beginning of the spring 2022 semester, the MassBay Meals program sponsored by TBE Table will provide healthy and nourishing meals to students in need, ensuring they have access to nutritious food.

"MassBay Meals by TBE Table is an innovative and collaborative program of neighbors



helping neighbors, providing students with food made right here in Wellesley," said MassBay Vice President for Student Development and Dean of Students, Liz Blumberg, Psy.D. "We know our students cannot focus on their schoolwork when they are hungry or worried about where they might find their next meal. This initiative eliminates that obstacle

allowing students to continue with their studies and we are appreciative of Temple Beth Elohim for extending themselves to the MassBay community and creating this partnership."

This initiative is coordinated by MassBay's Student Nourishment And Care Committee (SNACC), a group of staff, faculty, students, and community volunteers who are dedicated to eliminating basic need barriers that impede student success. This group was formed in 2015 after the College learned that a significant number of its students were hungry and unable to afford food. Since that time, SNACC has grown to include other basic needs initiatives to provide additional support to students in their pursuit of an education.

"We join President Podell and MassBay staff in this important effort to combat food insecurity at our local community college," said Rabbi Joel Sisenwine, Senior Rabbi at Temple Beth Elohim. "TBE is proud to

contribute these quality meals so the students of MassBay can focus on their studies as they continue on their path to success. This program is closely aligned with our value of comforting and caring for our community."

Temple Beth Elohim is a Reform Jewish congregation in Wellesley of nearly 1300 families, and members modeled TBE Table after a program pioneered by Gary Arthur at the Village Church in Wellesley, with Gary's support and guidance. Since August 2021, the volunteer-based TBE Table has been producing an estimated 500 meals each month and distributing them to partner organizations throughout the Greater Boston area to help combat food insecurity. As part of the MassBay Meals by TBE Table program, the volunteers will prepare 120 meals every other week, freeze them, and deliver them to MassBay. The College will safely store the meals and discretely distribute them to students experiencing food insecurity.

One student who has received meals from the program said, "Before I started receiving these meals through the MassBay Meals program, I was not eating much food throughout the day. I would only eat maybe once a day, usually during lunch, to ensure my son was eating the little food we had. I am very grateful for MassBay, the TBE Table program, and for the meals that provide me and my son the nourishment we need."

MassBay students on the College's Framingham campus will continue to have access to frozen meals provided by Framingham-based Daniel's Table. For more information about the MassBay Meals by TBE Table program or SNACC, please contact the MassBay Student Development Office at studentdevelopment@massbay.edu.

MassBay Community College's MassBay Meals by TBE Table is available on the Wellesley Hills, MA campus, February 2022 (Photo/MassBay Community College).

To learn more about Temple Beth Elohim visit www.tbewellesley.org.



Temple
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To learn more about MassBay visit www.massbay.edu.

Temple Beth Elohim is a Reform Jewish congregation in Wellesley, Massachusetts. We come together from more than 40 towns and are dedicated to creating a sacred community engaged in joyous and meaningful prayer, lifelong Jewish learning, excellence and innovation in education, and social activism.

MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online. MassBay students receive an unmatched educational value by earning stackable credits that transfer to bachelor's degree programs, and workforce-ready skills necessary to advance careers in high-demand fields such as health and life sciences, automotive technology, engineering, business, cybersecurity, and the humanities. MassBay's Associate Degree in Nursing (RN) and Practical Nursing (LPN) programs were both ranked as the #1 Nursing Program in Massachusetts in 2020-2021 by national nursing advocacy organizations RegisteredNursing.org, and PracticalNursing.org. Since its founding in 1961, MassBay has been accredited by several governing bodies and remains firmly committed to its mission of meeting the needs of the diverse local communities it serves. We value the intrinsic worth of all individuals, collectively in pursuit of inclusiveness and prioritize our work towards achieving equity within our community and beyond.



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Revive, Renew and Awaken!

By GINA WOELFEL

We've had some beautiful, spring-like days these past couple of weeks with the kind of weather that makes you want to ditch your winter clothes and get outside. New England's climate is fickle, though. Valentine's Day weekend was a gorgeous 60° for Saturday and a snowy, 32° for Super Bowl Sunday. That's a crazy temperature shift, even for the northeast! Now, I know there's a few of you out there who thrive in this sub-zero climate, strapping snowboards and skis to your feet, only to hurl yourselves down a mountain. To you I say, with a full heart of admiration, to each his own. I'll take my snow by the fire, curled up and cozy and leave the extreme winter sports to the hardier folks.

But as a Bostonian, I do admit, anything above 30° is practically summah, and 60° is downright balmy, so those few sunny days were a pleasant break from this particularly cold and dry season. I normally like to get out and walk, but with so many days in the single digits, I found myself spending much of my time indoors.

If you're like me, some days I don't look up from my computer till well past noon, only to grab a quick lunch, say hello to my family and sit back down again. This past season, those few days be-

came most days and I was feeling stuck and sluggish. It was time for a change, but, as we know, change is difficult. By the end of last year I was feeling uninspired and consciously didn't make any large New Year's resolutions knowing that, far too often, these grand modifications fall flat.

March has always felt like a healthy exhale to me. It's the month we wake from hibernation and feel the first hint of Spring. Each extra minute of sunlight slowly retakes the day and it's warmth nudges Earth into a time of renewal.

2022 felt like the perfect time to make some very small, but monumental changes in my life. I bought a watch. Not an old-school Timex watch, but one that gives me healthy reminders to stand, breath and take mindful minutes. You wouldn't think that this little device could get me out of my winter funk, but it helped. I took those mindful minutes, I stood and stretched and breathed deeply and oddly enough, I started to feel better. I also joined the YMCA and swim two days a week. I try for three, but my goal was two and I've stuck with it.

I've become more cognizant of my screen time and where my focus is. Working in social media and marketing has made this my most difficult resolution, but I'm trying to be more present and enjoy my life past the blue screen.



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And lastly, I decided that I want to experience something wonderful every day, every month and every year of my life. Perhaps, I've just been able to mine out a bit more gratitude for the things I already had? I'm not really sure, but I do know that something as simple as the smell of spring feels like a gift and I consider that a wonderful part of my day.

We'd love for you to experience something wonderful this month!

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Sports

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Castellanos Took Round-about Route To Holliston

By KEN HAMWEY
STAFF SPORTS WRITER

The route Jeff Castellanos took to become Holliston High's athletic trainer was by no means direct. His round-about journey included three colleges, a branch of the military and a regional school in the southwest corner of Massachusetts before joining the Panthers' athletic staff.

The Milford native, who was a Colonial League all-star in soccer at Blackstone Valley Tech, graduated in 2008 before enrolling at Bay State College in Boston to study criminal justice. Not exactly enthralled about a criminal justice career, Castellanos joined the Air Force. When his four-year military commitment ended, he knew he wanted to pursue a career linked to athletics.

UMass-Amherst seemed appealing because of its journalism program but Castellanos wasn't eager to commit to a newspaper career when the market for print journalism was shrinking. Athletic training crossed his mind, but at UMass that curriculum was minimal and on the verge of being phased out.

"So, I transferred to Salem State as a full-time student and got my bachelor's degree in athletic training during the next four years," said Castellanos. "I worked clinical hours on site at Tufts University while studying for my degree and got my certification shortly after graduating in 2020."

Castellanos joined a physical therapy company that assigned him to Southwick Regional, a

school in western Massachusetts that includes the towns of Southwick, Tolland and Granville. When Castellanos' contract at the regional school expired, his firm had another job lined up for him — this time in Connecticut.

"I had two interviews at Holliston, one virtual and the other on site," he said. "I was about to go to Connecticut but when Matt Baker (Holliston Athletic Director) texted me about coming to Holliston, I was overjoyed. I started last August."

Castellanos' work at Salem State, Tufts and Southwick Regional no doubt has prepared him to become a proficient trainer. But, he knows there are attributes that are crucial for success in his current role.

"Trainers need to have empathy and to be trustworthy and objective," he said. "I was an athlete in high school and know how frustrating it is to be injured. Kids rely on me for wellness. Being trustworthy is important, too. I must offer advice that's accurate and I've got to help student-athletes be motivated to do well. Objectivity is another key. I understand that their safety comes first, so I've got to recommend the right path for good healing."

A typical day for Castellanos begins at 10:45 a.m. His first hour involves seeing students for rehab, then from noon to 1:30 p.m. he works with school interns eager to learn the insights of athletic training. From 2:30 to 3:30 p.m. he's taping athletes and assessing their injuries. From 3:30 p.m. on, Castellanos is at



Jeff Castellanos has settled into his role as Holliston High's athletic trainer.

practices and/or games. His day usually ends around 8:30 p.m.

Castellanos is required to be present for football and hockey games, and he strives to be on hand for all home games, no matter what season it is. If needed at practices, he's available.

If athletes are injured, seeing a doctor or undergoing physical therapy, Castellanos monitors their progress and might supplement their physical therapy if they can't attend an appointment. "If there's been surgery and rehab is needed, I'll observe how one's progress is going," he noted. "The kids who see a doctor and get physical therapy have to provide me with paperwork so I know their situation thoroughly."

Castellanos says the most common injuries are concussions and ankle sprains. "A student-athlete typically deals with a doctor for a concussion," he said. "Then, I execute the doctor's advice. A sprained ankle, especially minor sprains, can be dealt with by an athletic trainer."

Paperwork on physicals usually is handled by the high school nurse or Castellanos. "Once a student-athlete gives us a copy of a physical or it's uploaded to a website, then we okay the document," he said.

For an athletic trainer to succeed, a solid relationship must be fostered with coaches, the athletic director and the students. Castellanos is pleased with the way he's been received in his first year at Holliston.

"Matt Baker is a great communicator," he emphasized. "He keeps me informed on schedule changes and postponements. I know most of the coaches and the relationships are positive and growing. As for the athletes, the kids seem to explode with optimism with the way I'm handling their situations."

Castellanos, who's the father of a seven-year-old son, is acutely aware that his role will often involve difficult situations. "It's tough to see a student-athlete go from being active to being hospitalized," he offered. "Another difficult time might occur when an athlete balks at physical therapy. What's challenging for me is to try to motivate that individual to do the necessary therapy to get back to normal."

The highlight of Castellanos' job is when an injured player returns. "That's the best part," he says. "When a competitor goes from being out, to working hard in rehab, remaining determined, then finally returning to action, that's satisfying. To get rehab into an athlete's rear-view mirror is uplifting."

Castellanos enjoys each day at Holliston and finds every day different. "You never know what to expect," he emphasized. "Athletes react differently to injuries. Sometimes we'll see an injury that's a first-time situation for me and also for the athlete."

No matter what transpires or what evolves, Castellanos' mission doesn't change. "I want to deliver the highest quality of care, given the most updated evidence-based practices," he said.

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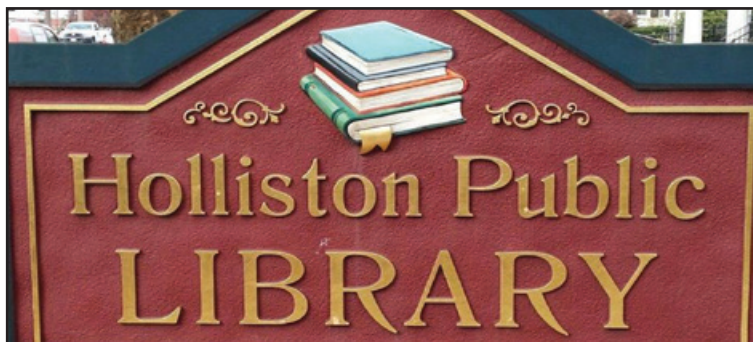
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Holliston Public Library

The Friends of the Holliston Library and the Holliston Garden Club will present “Sustaining the Monarch Butterfly, One Yard at a Time” with Katie Banks Hone on Thursday, March 17 at 7 pm. The program focuses on the dangers to these beautiful creatures and how you can garden to help protect and attract them. The program is virtual and participants need to register to receive a Zoom link.

The Morning Book Club will read *American Dirt* by Jeanine Cummins on Monday, March 7 at 11 am and the Mystery Book Club will read *All the Devils Are Here* by Louise Penny on Tuesday, March 8 at 11 am. The History Book Club meets on Monday, March 28 at 10:30 am to share a book they have enjoyed recently with the group. All three groups offer both in-person and virtual attendance simultaneously and welcome new members. Register to receive a Zoom invitation.

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

The French Conversation Group meets every other Thursday 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. Check website for dates.

Readers who would like to learn how to use electronic books, downloadable audiobooks, digital magazines and streaming movies and TV are offered in-person training for beginners at the library. Email holreturns@minlib.net or call 508-429-0617 for more info. Participants should

bring their device, their Amazon login and password for a Kindle and their Apple ID for Ipad and iPhones if these logins are not saved on the device already.

The Holliston Newcomers and Neighbors has awarded the library a grant of \$ 2050 to purchase passes to the Science Museum, the New England Aquarium and the Children’s Museum of Boston for use by Holliston residents. Passes provide discounted admission year-round. Other passes provided by the Friends of the Library allow discounted entrance to the Museum of Fine Arts; the Peabody-Essex Museum; the USS Constitution Museum; the Mary Baker Eddy Library; the Hall at Patriot Place; Tower Hill Botanic Garden; the Ecoterium, the Isabella Stewart Gardner Museum; Lookout Farm and the Mass state parks. Residents may reserve passes in advance online, by phone or in person with a valid library card.

The Friends of the Library are in the midst of their annual fund drive. Readers may donate by using the Pay Pal button on the website or by cash or check to the library in person or by mail. The Friends pay for museum passes; new services; all programming for all ages; Summer Reading Program for children; furniture and other expenses not covered by the town budget. All donations are tax deductible to the extent allowed by law. The Friends accept up to two bags of donated used books at a time at the curbside pickup or in person at the library.

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Real Estate Corner



180 Concord Street in Holliston recently sold for \$436,000. Image credit: www.zillow.com

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2/9/2022	15 Anna Place	\$1.32 mil
2/7/2022	10 Winston Road	\$1.04 mil
1/28/2022	43 Fairview Street	\$480,000
1/21/2022	16 Pearl Street	\$800,000
1/20/2022	478 Prentice Street	\$515,000
1/19/2022	180 Concord Street	\$436,000
1/18/2022	634 Norfolk Street	\$501,900
1/14/2022	209 Gorwin Drive	\$424,200
1/14/2022	121 Regal Street	\$450,000

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Summer GUIDE

Think Summer! Warm weather. Beaches. Golfing. Hiking. Outdoor dining. Are you looking forward to it as much as we are? Then promote your business and events with our inaugural Summer Guide – jam-packed with things to do this summer. Just add warm weather!

Coming June 2022
Reservation deadline: May 1, 2022

Reserve your space today by contacting
Susanne Odell Farber at 508-954-8148 or
by email at sue@sodellconsult.com

