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Vol. 10 No. 5

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July 2022



Pride Picnic Returns

For the second year in a row, Diverse Holliston held a Pride picnic with good turnout.

According to Barbara Fritts Worby, one of the organizers, about 50 people turned out for the afternoon.

"We had about 50 people attend in total. People were in and out all afternoon. It was very casual, people socialized and kids swam. I made some opening remarks. HCAT interviewed various families with their permission. I had a table

out front with books for all ages covering LGBTQ+ topics. I also had various sign-up sheets for people to volunteer with Diverse Holliston and with Holliston Pride. I also had a petition for people to sign in support of an "all gender model" of sports in town," said Worby.

She said an event like this is important because "When you live in a culture that normalizes straightness and gender conformity, that has historically

and continually to this day wages assaults on your right to live authentically, it is important to create spaces where you are celebrated.

"Pride month celebrates the rights LGBTQ+ have fought hard for and won over the years, and reminds us of the battle we still need to fight.

"The Holliston Pride Picnic is a space that normalizes and celebrates queerness. You can

PICNIC

continued on page 2

Farmers Market Finds

BY CAROLINE GORDON

On Sundays from June through October, you can find locals at the Blair Square Farmers Market shopping and mingling with neighbors.

Bobby Blair, owner of Mayor's Dahlia Plantation, said he organized the market as an opportunity to sell dahlias.

Blair added the market is important for the Holliston community as it allows the vendors to "get out from behind their farms and talk to people."

Eva Bergaloff, a resident of Holliston, said she attended the market to advertise the clothes she designs and the raw drinks she concocts at home.

She said, "I take a lot of pride in the flavor of the drinks and how good they are for you."

Bergaloff added, "The main goal I have for being here today is to spread positivity about physical health and the earth's health."

Ashley Eakins, a resident of Framingham, attended to promote products from ethically sourced, handmade, women-owned businesses from Purely You Aesthetic Boutique, where she works as the spa manager.



She said, "Farmers markets are important because they bring local people back into local business."

Laura Robbins, owner of Wild Robbins Farm in Sherborn, attended the market to advertise the meat from her farm.

Robbins said the farmers market is crucial for gaining business as not all customers can travel to her farm to learn about her produce.

She explained the meat from her farm is healthier than store-bought meat because of how her animals are cared for.

MARKET

continued on page 2

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PICNIC

continued from page 1

find other queer people in town, have your kids see and meet other families that are like theirs, have your kid meet other queer kids, and find solidarity and community in that space.”



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 articles, events, giveaways and
 contest announcements
 for Holliston!

MARKET

continued from page 1

“Our philosophy is we like to raise as sustainably and organically raised meat as possible. We don’t have an organic certification, but we do value animals that are raised outside in an environment they are happy in,” she said.

She added, “As a farmer, I believe all food is good food - eating is the best possible thing.”



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Chief Stone Reflects On Annual Holliston Senior Parade

By CAROLINE GORDON

The Holliston senior parade started as a way for Holliston High seniors to celebrate their graduation in a socially distanced way.

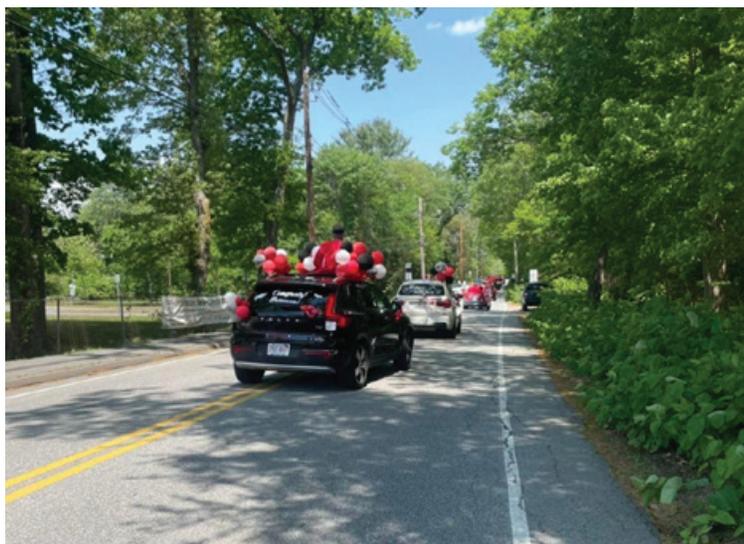
However, the tradition remains three years later.

Mathew Stone, Holliston police chief, said, "The seniors didn't have any events during covid, so the police department and the high school worked together hand-in-hand and we figured we would create a safe parade for the seniors."

He said, "The police department's relationship with Holliston High is excellent."

He added that the police force has a full-time school resource officer working in the high school, as well as a second school resource officer working in the elementary and middle schools.

Stone recalled his favorite part of the senior parade being the names of the colleges the stu-



dents were attending showcased on their vehicles.

"It was nice to see the college and military choices the students were making," he said.

Stone explained that the senior parade has become a popular tradition because it is an event that celebrates the work the se-

niors completed during their final year of high school.

He added, "The class of 2022 was very into it. They were excited to graduate. It seems like a close-knit class."

Courtesy photos, Holliston Police Department Facebook page



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A Nice Spin On Tennis: Pickleball Gains Popularity In Hollison

BY CAROLINE GORDON

In the early mornings, you can find Holliston residents enjoying a game of pickleball at Goodwill Park.

Mark Frank, director of recreation, said after the high-school tennis season ended, pickleball lines were painted on the tennis court, so Holliston residents would have a spot in town to play.

He added, he is looking into "longer-term solutions" for a pickleball location for residents to play.

He said he hopes that when Holliston transitions from the temporary pickleball location, he will see more people trying it.

Frank explained that the majority of pickleball players are elderly, but it's an engaging activity for all ages.

He said, "The one time I tried it was when I got together with

the other parks and recreation leaders in the region - it was a lot of fun!"

Frank added, "It's a great game and we are excited to grow it here in Holliston."

Adam Houk, a resident of Holliston, said he played pickleball when he was younger, noting that he enjoyed the running aspect of the game.

He added, "It's a lot like tennis, so it's easy to understand. You can play with your friends, so that's always a plus."

Sean Canavan, a resident of Holliston, said, "My mom and I play pickleball. I'm not very experienced at it, but I like it. Pickleball is more fast-paced than tennis. It's a lot of pivoting and stuff and I like that."

He added, "It's a nice spin on tennis!"

Holliston's LIONS Club Annual Carnival is coming July 2022

Save the dates, July 13-16. All the rides, booths and great fun return to the Holliston High School grounds. Fireworks are on Saturday night, too

July 13th 5-10 pm

July 14th 5-10 pm

July 15th 5-11 pm

July 16th 1-11 pm
(fireworks at 10 pm)

Wristband Sales:

Thursday July 14th 5pm to 10pm
\$30

Friday July 15th 9pm to 11pm
\$15

Saturday July 16th 1pm to 5pm
\$30

The food tent will be serving up hot dogs, hamburgers, chili, chicken nuggets, fries and more. All proceeds from LION events go to support the many programs serving our neighbors.

Come and enjoy the carnival with friends and family. It



is a summer tradition you don't want to miss. Please leave your dog at home since dogs are not allowed on school property. See you at the carnival.



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Purely You Aesthetic Boutique pairs relaxation with results

By CHRISTIE VOGT

Pampered, refreshed, glowing — that’s how Alicia Nichols envisions clients as they exit Purely You Aesthetic Boutique. Since opening in April, the facial and body spa in downtown Holliston has served a multitude of clients looking for a self-care experience where “relaxation meets results — where it’s all about you,” Nichols says.

Purely You offers nearly 10 different facials to suit a range of skin types. It also provides specialized treatments like dermaplaning (removal of dead skin, vellus hair and oil), LED light therapy and microneedling (a minimally invasive rejuvenation procedure). The boutique also offers full-body waxing services and, at its Boston location, Coolsculpting treatments for non-invasive fat reduction.

Nichols entered the industry in 2004 as a medical aesthetics sales representative working with dermatologists and plastic surgeons. “It was eye-opening to see how much you can really change one’s appearance without surgery and by using clinical-grade skincare instead,” Nichols says.

Eager to give hands-on skincare a whirl, Nichols became a licensed aesthetician in 2012. After working at several med spas, Nichols felt prepared to launch her own business in Holliston, where she has lived for four years. “I love this community,” she says. “I feel so blessed to come to work every day in this gorgeous farmhouse space; it truly set the stage for bringing my vision to life.”

Many medical spas fail to promote relaxation and can come across as intimidating to some consumers, Nichols reflects. “With Purely You, I wanted to create a peaceful space, marry-



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ing a traditional spa atmosphere with results-driven services,” she says.

Also on Nichols’ team is Andrea Boardo, a Holliston native and aesthetician with over 30 years of experience. Boardo has specialized training in European techniques, and one of her most sought-after treatments is an anti-aging deep tissue facial massage that eases stress lines and tension. Clients are also delighted to receive a honey glaze foot treatment with all her services.

Nichols says one of her clients’ favorite treatments is the Hydra-Facial, a multi-step process that includes deep cleansing, exfoliation, hydration, product infusion and LED light therapy.

In addition to its spa services, Purely You has a retail shop featuring curated skincare and self-care items. “So many consumers don’t realize that typical over-the-counter products likely won’t be as effective as using customized, clinical-grade products,” Nichols explains. “We, as licensed aestheticians, can recommend the ideal

products that will offer more correction than your typical drug-store or over-the-counter beauty item.”

Purely You has treatments and products for “all seasons of life,” Nichols says. The team can make specific recommendations for those who are pregnant, for example, or for clients with conditions such as acne or rosacea. Nichols also notes that prospective clients might assume spa treatments are out of their price range, but some services start as low as \$50.

“We’re approachable,” Nichols says. “Our doors are open to all, including those who just want gentle skincare pampering.”

After just three months in business, Nichols is grateful to have a blooming clientele. “I love



Owner and licensed aesthetician Alicia Nichols has been in the aesthetic industry for nearly 20 years.

seeing clients feel so comfortable, even in the waiting area as they relax with a cup of tea or coffee. Afterward, it’s wonderful to see them leave with happy, glowing faces.”

Purely You Aesthetic Boutique is located at 755 Washington St., Holliston. For more information, visit purelyboutique.com or call 774-233-6005.

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Holliston Newcomers & Neighbors Ends Another Great Year

Summer is here which will bring the Holliston Newcomers & Neighbors 2021-2022 membership year to a close and time to look back at all we were able to accomplish. HNN's mission is to coordinate charitable, civic and recreational events and activities that benefit the Holliston community. That also includes the people of our community. Although not completely back to normal, HNN was still able to reach out to our community and reach in to our members.

HNN successfully coordinated a donation drive for both Thanksgiving Baskets and Eas-

ter Baskets supporting the Holliston Pantry Shelf patrons as well as Thanksgiving Meals for Seniors supporting the Holliston Senior Center. The HNN Community Grant Fund was able to support our standing community projects - Holliston Parks & Recreation's Summer Concerts at Goodwill Park and some popular museum passes coordinated by the Holliston Public Library.

Organizing fundraisers to benefit the Community Grant Fund may take a little work, but HNN aims to make these fun events for the community and membership. This year we



held our Pumpkin Walk on the Rail Trail in October, a virtual Gingerbread House Decorating event in December (with instruction by Abby from Sincere Cheer), a No Cook Night with Bazel's in February, A Prize A Day calendar raffle in May and Touch-A-Truck made a fantastic return in June with the partnership of the Holliston Police Association. That's all thanks to the member volunteers that organized these events as well as the members and people from

the community who donated and attended these fundraising events. And of course, the community can always help HNN give back by contributing directly to the HNN Community Grant Fund here <https://hollistonnewcomers.org/Donate>.

HNN isn't all work and no play. Another goal of HNN is to get people together in our community. Something that was especially needed these past few years. So many life-long friendships began at an HNN member social event. This year, we were excited to be able to hold both in person and virtual get-togethers through our monthly book club and many social activities including our annual holiday party with a no-contact yankee swap, wine tasting at La Cantina Winery in Franklin and a hike at Noon Hill Reservation in Medfield. The children of our membership also enjoyed a few get-togethers at Altitude Trampoline Park in Franklin

and Choate Park playground in Medway.

Most important, we could not have accomplished all this without the support of our sponsors. Please check out our list of sponsors on our webpage at <https://hollistonnewcomers.org/sponsors>.

This past year, HNN was able to accomplish our mission of giving back and bringing people together. Whether you have lived in Holliston two weeks, two months, two years or more, Holliston Newcomers & Neighbors has something for you. If HNN sounds like something you want to be a part of - then become a member at <https://hollistonnewcomers.org/members>. We look forward to a new year of membership fun starting again in the fall as well as participating in town wide events along the way. See you around town!

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Enjoy Every Sandwicher Moment.

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communicating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress raised on my mom as a caregiver and daily living/house

routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston, here's some antidotes for Sandwichers:

Small talks instead of "The Talk."

Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

Bring in outside mediators.

My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and



Fathers Day 2022

proxies before making the move.

Your spouse's support is critical.

Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

Through the eyes of a child.

It's not all about you, the girls show the love and benefits of learning by being around grandma and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions

my parents would have faced on their own these past 2-plus years.

Your parents sacrificed many things to make sure you had it

better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting 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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Holliston Senior Center Monthly Programs

Coffee and Coloring

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

Game Day

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

Legal Advice w/Atty Bergeron

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

Monthly Breakfast

Second Tuesday of the Month
9:00 am
(\$3.00 Donation Requested)
VETERANS EAT FREE
Start your day with a smile and a hot cup of coffee while enjoying classic breakfast favorites. You must sign up 2 business days in advance by calling the Center.

Blood Pressure Clinic

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

Book Club

Second Friday of the Month
1:30 pm
Join for great books and thought-provoking conversation! Books are listed on the next page
The Holliston Public Library can assist with getting books and can be reached at 508-429-0617. New members are always welcome.

Writers' Group

First Tuesday of the Month

10:00 am—12:00 pm
Instructor: Lois Hosmer
All pieces are welcome. Enjoy a morning of listening, writing, and camaraderie. Hope to see you there.

Monthly topics are on page 10.

Legal Hour with Jay Marsden

(Taking a break for the summer)
Attorney Jay Marsden can meet with individuals for a complimentary 30 min consultation. You must call the Senior Center in advance to schedule your consultation.

Podiatry Clinic

Wednesday, August 31st
10:00 am -1:00 pm
Dr. William Cooper will be at the Senior Center with appointments starting at 10am. Reserve your time by calling the Center. A fee of \$35.00 is due at the time of your appointment and checks must be made out to Dr. Cooper.

BINGO

1st and 3rd Wednesday
1:00—3:00 pm
Come for lunch and stay for BINGO! Have some fun playing and making new friends.

Veterans Coffee Hour

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

Lunch and a Movie

Last Thursday of July
12:00 pm
(\$3.00 Donation Requested)
Join us for a new movie each month, paired with delicious soups, salads or sandwiches.

Photography

Thursdays, 12:30 pm-2:00 pm
Instructor: Carmen Chiango

Join the class as they share photos and learn how to improve techniques. Beginner to advanced photographers are welcome.

Watercolor

Thursdays, 2:00-4:00 pm
No Watercolor in July
(\$4.00 Donation Requested)
Instructor: Brenda Goldman
Each week, paint along with your instructor, Brenda, as she guides you through your Watercolor painting experience. Experience live demonstrations and lots of individual instruction. Bringing your own supplies recommended.

Friday Crafers

Fridays 9:30-12:00 pm
Open to all types of sewing, knitting and crafts! Our craft group is happy to help you on your personal projects. They will also teach you a new craft project

once a month. A great time to chat and learn from each other.

Tune Timers Band

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

Book Store & Good-As-New Shoppe

Open Daily
Whether you are interested in a good romance novel, mystery, or a cookbook, our Book Store has a great selection of gently-used books at very reasonable prices.
While you are shopping for books, stop by the Good-As-New Shoppe for household items, puzzles, dishes and other novelty items. Sponsored by the Senior

Support Foundation, all monies raised help fund programs and events held at the Senior Center.

Health and Exercise Classes

A \$4 donation is requested for classes

Zumba Gold!

TUESDAYS, 12:30—1:30PM
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Yoga MON + WED, 11:00—12:00PM

Yoga is a wonderful way to stay limber and get more

Holliston Senior Center Monday and Wednesday Lunch Menu

July—August 2022

Monday, July 4th — CLOSED for Independence Day

Wednesday, July 6th
HOT DOGS, Corn Chowder, Tater Tots, Baked Beans, Apple Pie

Monday, July 11th
QUICHE LORRAINE, Tossed Salad, Home Fries, Fresh Fruit

Wednesday, July 13th
CHICKEN PARMESAN, Caesar Salad, Garlic Bread, Ziti with Sauce, Chocolate Cake

Monday, July 18th
MEATLOAF, Tomato Soup, Mashed Sweet Potato, Cauliflower, Banana Bread

Wednesday, July 20th
BAKED VIRGINIA HAM, Chicken Noodle Soup, Green Beans, Roll, Pudding

Monday, July 25th
BAKED FISH, Clam Chowder, Oyster Crackers, Rice Pilaf, Carrots, Jell-O

Wednesday, July 27th
HOT TURKEY SANDWICH with GRAVY, Pasta Salad, Chips, Mixed Vegetables, Fruit Pie

Monday, August 1st
CHICKEN ALFREDO, Spaghetti, Caesar Salad, Broccoli, Roll, Lemon Cake

Wednesday, August 3rd
PORK AND VEGGIE FRIED RICE, Cheddar Broccoli Soup, Brussel Sprouts, Roll, Cupcake

Monday, August 8th
PARMESAN-CRUSTED CHICKEN, Tossed Salad, Mashed Sweet Potato, Cranberry Sauce, Tapioca Pudding

Wednesday, August 10th
BBQ PULLED PORK SANDWICH, Po-

tato Salad, Cucumber Wedges, Chocolate Chip Cookies

Monday, August 15th
CHILI, Tossed Salad, Corn Bread, Sliced Apples, Cheesecake

Wednesday, August 17th
ROAST CHICKEN, Waldorf Salad, Roast Potatoes, Green Beans, Watermelon

Monday, August 22nd
BEEF STROGANOFF, Chicken and Rice Soup, Noodles, Peas, Cake

Wednesday, August 24th
ROASTED PORK, Tossed Salad, Roasted Potato, Apple Sauce, Brownies

Monday, August 29th
FISH STICKS, Clam Chowder, Oyster Crackers, French Fries, Pastries

Wednesday, August 31st
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Under Pressure puts the sparkle back in homeowners' eyes

By CHRISTIE VOGT

Exterior cleaning company Under Pressure is celebrating its 22nd year of “helping homeowners and business owners love and revive their properties,” says owner Mark Mercer. “Even after all this time, we still love what we do.”

The Hopkinton-based company has seen impressive growth in recent years, which had led Under Pressure to expand its team and franchise its business; a northern Georgia division of the company is set to launch this year.

“When the pandemic hit and homeowners were working from home and noticing exterior issues, we were absolutely slammed with work,” Mercer explains. Under Pressure’s services include hot and cold pressure washes in addition to soft washes. From roofs to siding, windows, gutters, solar panels, decks and patios, the company does it all when it comes to exterior cleaning.

Proper technique and products are integral to their customer-approved work, Mercer says. He cautions that anyone can go and buy a pressure washer, but without skilled training, property damage may occur. “People think the pressure is what cleans, but it’s actually eco-friendly chemistry that does the cleaning,” Mercer explains. “For example, we do not pressure wash houses; we offer a soft washing process that is very gentle on siding and does not remove paint.”

Pressure washing, which the company uses for areas like decks and patios, can be dangerous, Mercer adds. Homeowners might etch surfaces or force water under their siding. As for pressure washing off a ladder? “That’s a recipe for disaster,” he says.



“Learning the craft takes time,” Mercer explains. “Our assistant technicians spend about a year working to understand the craft and skill necessary to become a lead technician.”

Customer relationships and trust are one of the biggest takeaways of his many years in business, Mercer says. “All we do is exterior cleaning. We’re not handymen who also do power washing. This gives customers peace of mind that they have hired the right professionals to touch their house.”

Eager to thank the town of Holliston for its support, Mercer says he does not take residents’ business for granted. Happy customers have also prompted the company to offer an automated maintenance plan with annual service visits. Homeowners often wait until they have an issue to call Under Pressure, Mercer explains, so the goal is to “set it and forget it” in order to stop problems before they evolve.

“Spring and summer feel short in New England,” Mercer says, “and the beautiful part about what we do is it helps homeowners enjoy the outdoors more — your decks, your patios, your pool decks. When your outdoor space is cleaned properly, it’s like a magnet for gatherings.”

Having a successful business is great, Mercer says, but it’s the feel-good results that really mo-



Under Pressure handles residential and commercial responsibilities including the recent cleaning of a local church.

tivate him. “When people come home and feel pride in their house again, that’s what I love. We’re all in this together, right? The good-feeling vibes are what we’re all after, and we’re happy to offer that.”

To learn more, visit underpressurewash.com or call 508-422-0700.

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Mark Mercer with his children at Under Pressure’s facility in Hopkinton.



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Sports

HHS Girls Lacrosse Team A Study In Grit & Dedication

By KEN HAMWEY
STAFF SPORTS WRITER

The Holliston girls lacrosse team lost to Wayland, 13-11, in the quarterfinals of the state tourney but don't feel sorry about the Panthers' elimination or their inability to get to the semifinal or the final round.

Because the way the Panthers advanced to the quarterfinal round by edging Agawam was a study in intestinal fortitude — a dynamic example of desire, dedication and devotion to the task at hand.

The Panthers trailed, 11-5, at halftime but outscored Agawam, 11-4, in the second half and won the contest, 16-15. A huge six-goal deficit was erased after the Panthers shook off some weariness from a 1½-hour bus ride and some second-round jitters.

"I stressed at halftime that we had a lot of time left (25 minutes) and to treat our situation like a new game," said coach Ali Jacobs. "I also urged the players to ramp up their effort, go hard for the 50-50 balls and to earn the win."

Jacobs said she sensed the players "were a tad weary" from the lengthy ride to Agawam and "they were a bit nervous."

But, the Panthers, who were 13-5 during the regular season, dominated the second half. Senior captain Abby Glynn scored a total of seven goals from her attack slot, senior attack Cara Chipman notched a pair of goals, and freshman midfielder Kaitlyn Quealy scored the game-



Coach Ali Jacobs has guided Holliston's girls lacrosse team to the third of the tournament for the last two years.

winner with 1½ minutes remaining in the match. Quealy was wide open in the middle, faked a shot high, then drove the ball low past the goalie.

"The girls showed grit and determination," Jacobs said about the second half. "They didn't let their nerves overtake their ability. They knew that playing Tri Valley League teams like Westwood (defending Division 1 champion), Medfield and Ashland were quality squads that competed intensely."

Another factor in the amazing comeback was Jacobs, who's in her fourth year as Holliston's coach. She took the Panthers' varsity job after 13 years of coaching at the club level.

Jacobs played lacrosse on three state championship teams at Westwood High and after transferring from Boston University to Northwestern, she was on three national title teams with the Wildcats. Northwestern beat Vir-



The Holliston High girls lacrosse team finished its 2022 season with a 15-6 record that put them into the quarterfinal round of the state tourney.

ginia, Pennsylvania and North Carolina for its championships (2007-2009).

"I think the girls respect the wisdom I've gained from my playing experience in high school and college," Jacobs said. "When I suggested taking a deep breath and to reset, they seemed to settle down."

Holliston's four senior captains get credit, too, for keeping the players on an even-keel. The quartet includes Abby Glynn and her twin sister Bridget (attack), midfielder Caroline Salley and defender Lily Sawyers.

"The captains have been great leaders," Jacobs said. "They're well-respected, hard-working and unselfish."

The Glynn sisters are not only offensive threats, but also effective in a variety of other ways.

"Abby scored her 200th goal in the Agawam game," Jacobs said. "Our top scorer, she was also outstanding in dodging, passing, and on draws. An accurate shooter, she's an excellent motivator. Bridget is our No. 2 scorer. She sets up her teammates, defends intensely and gets a lot of draw controls. A good stick-handler and dodger, she has great field sense."

Salley and Sawyers have been key cogs in midfield and on defense, respectively.

"Caroline is great on draw controls," Jacobs said. "A good one-on-one defender, she's very effective in transition because of her speed and endurance. A confident player, she's huge in clear-

ing. Lily is our leader on defense, always reminding her teammates to communicate. She gets to the ball and starts our offensive attack from the defensive end."

Sophomore goalie Maya Kirstein has been a key player who's improved greatly.

"Maya came up from the jayvees and started three-quarters of our games when she was a freshman," Jacobs noted. "A great athlete, she reacts quickly, plays the angles well, handles ground balls effectively, is patient and is excellent at anticipating plays."

Chipman also draws praise from her coach. "Cara is great in transition and guards the crease well," Jacobs said. "She works hard is really good at dodging and has blossomed as an attacker."

Senior defender Kathleen Fitzgerald also has been a major contributor. "Kathleen is scrappy and relentless going for ground ball possessions," Jacobs emphasized. "Gritty and feisty around the circle, she's willing to go low to get ground balls and she's got speed when controlling the ball."

Quealy is versatile, playing both attack and midfield. She's also very talented for a freshman. "Kaitlyn has effective stick skills and she doesn't get rattled," said Jacobs. "A good ball-handler, she's got a high lacrosse IQ, understands spacing and has a marvelous work ethic."

Jacobs gives high marks to four players who "do a lot of things that don't show up in the box score." They are junior Car-

oline Brady and senior Bridget Daigneault on defense and senior Katie Crews and junior Martha Walker in midfield.

"They're good in transition, go hard every game and get possessions by creating turnovers," Jacobs said.

The Panthers rolled past Oliver Ames, 20-8, and rallied against Agawam, earning a date in the quarterfinals against powerful Wayland. Holliston never led against Wayland, trailing by as many as five goals.

"We had too many turnovers in the first half," Jacobs said, "but we stayed with it and battled back. We closed the deficit to one goal but Wayland's final score was an empty-net goal. The girls were disappointed but it was a good year. We finished 15-6 overall and this season's road to the third round was tougher than last year when we lost to Bedford in the third round. Wayland and Agawam are excellent teams. It was a special season and I'm proud of the girls."

The Panthers gritty style was linked to key attributes they relied on throughout their 21 matches.

"We did well in the playoffs because of a high lacrosse IQ, speed and quickness, good communication, team chemistry and mental toughness," Jacobs offered. "Team chemistry was our biggest asset and mental toughness provided the resiliency we displayed against Agawam."

The 2022 Holliston girls lacrosse team was a study in desire, devotion and dedication.

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Have you read the new Town Administrator's newsletter?

The Town Administrator Newsletter recently debuted under the moniker, "Holliston Hometown Newsletter."

Town Administrator Travis Ahern told the Select Board at its March 7 meeting that the quarterly newsletter already had 857 people subscribe as of that date.

The eight-page electronic document includes information for town meeting, updates on town projects, important deadlines, lists seasonal jobs, and much more. To subscribe, visit www.townofholliston.us/ subscribe

Take Second Envisioning Holliston Survey

The Envisioning Future Holliston Committee needs your help! They are looking for 1000 residents to fill out Survey #2 to help shape Holliston's future. If you have not already, please take a few minutes and take the Survey. The Town and Committee thanks you for your time and help.

This survey will be used by the Envisioning Future Holliston committee to generate an official town report. Following the presentation at an upcoming town meeting, this report will be publicly available for all town committees, boards, residents and stakeholders.

It seeks your views, priorities and commentary about Holliston in the areas of: water resources & open space, community character & design, hous-

ing, town services, age-friendly services, climate resiliency & sustainability, economy, connectivity, public recreation, schools and library.

This survey should take less than 30 minutes to complete.

Email is collected ONLY to track unique responses and will NOT be used for any other purpose. All responses will remain anonymous.

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For 2022, all the 21 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call our Senior Center at 508-429-0622. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

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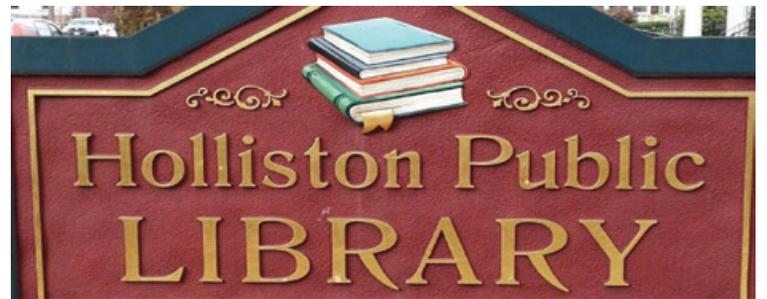
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Holliston Public Library News

The Morning Book Club at the Holliston Library will discuss Frederick Bachman's *Anxious People* on Monday, July 11 at 11 am and the Mystery Book Club will discuss *The Talented Mr. Ripley* by Patricia Highsmith on Tuesday, July 12 at 11 am. The History Book Club meets on Monday, July 25 at 10:30 am. Readers are asked 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 online to receive a Zoom invitation.



The newest film version of Agatha Christie's *Death on the Nile*, directed by Kenneth Branagh is up for Movie Mondays on Monday, July 11 at 12:30 pm. The film is viewed in person at the library.

Holliston residents are reminded that the library has discounted passes to local museums, attractions and parks. Venues include the Science Museum, the Children's Museum, the Mu-

seum of Fine Arts, the Isabella Stewart Gardner Museum, the New England Aquarium, the Ecoterium, the Tower Hill Botanical Garden, Davis Farmland and the Mass State Parks. Visit www.hollistonlibrary.org for a full list and to reserve a pass.

The library offers multiple streaming services for films and television series including Kanopy and Hoopla, Roku and Amazon Fire Sticks with access to HBO Max, Apple TV, Netflix, Acorn, Hulu and Disney Plus. Kindles are also available with current bestsellers and old favorites and hotspots with wifi. The library also has a telescope to borrow to view the night sky. All are perfect for vacations and can be borrowed with a valid library card. For more info call 508-429-0617 or email tpage@minlib.net.

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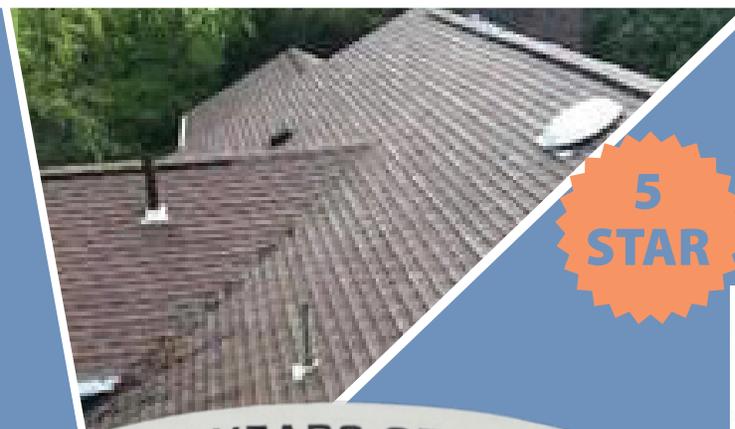
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The b.LUXE *beauty beat*

Easy Breezy Summer Style

By GINA WOELFEL

After a not-so-hot start to the summer, it's finally getting warmer here in New England! The summer season is a time for fun in the sun, but it's also a time when your beauty routine can feel more like a burden. When the sun's out, you want to be out! Who has time for flat ironing or curling! At-home hair care can be time-consuming, especially if you're trying to achieve a certain style that takes a lot of effort. If you're looking for ways to streamline your look and simplify your summer hairstyle, consider these three salon services that, we feel, put more time back in your schedule.

1. The b.LUXE Blowout

If you're working each morning to straighten your hair, try a professional blowout that leaves hair smooth and sleek for days! Summer weekends are magical and the faster you can get out there and enjoy them, the better. If you have a summer weekend that's packed with events and parties, book yourself a b.LUXE blowout on Friday and let the fun roll in! Here's the plan: Blowout on Friday means your hair is salon fresh and red-carpet ready for Friday night! Spray roots with dry-shampoo, twist in a top-knot bun and secure with a scrunchie overnight. Hair is full and wavy for Saturday play! If you're hitting the beach or pool, keep your hair secured in a bun. Meeting your friends for dinner and drinks? Let your hair down and add a few waves with an iron or wand. Repeat the nighttime routine for Sunday and voilà! You just rocked three days of fabulous hair with minimal effort! And for those of you who have thick, more naturally textured hair, there's no need to wash Monday.

Just brush your hair back into a tight pony and you're ready to start your work week!

2. The Cezanne Smoothing Treatment

For those of you who want a smooth, effortless, wash and go, style, there's no better method than the Cezanne Classic Smoothing Treatment! It smooths all hair types, including straight, wavy, textured and curly hair. It's non-toxic, 100% formaldehyde-free and doesn't contain any aldehydes or harmful toxins found in similar products. Cezanne not only adds gloss and shine while it straightens, it makes the hair stronger and healthier, too. It's revolutionary low pH formulation restores the bonds on broken or damaged hair. The Classic Treatment lasts up to five months and reduces blow dry time by up to 30%. You also won't need to rely on extra styling products to get the look you want. The Cezanne Treatment gives you more flexibility and allows you to change your style without affecting your smooth results. If you want to wear your natural curls one day and flatiron it the next, go ahead, you can!

For the month of July, receive your choice of a complementary smoothing product with a Cezanne Smoothing Treatment, valued from \$25 - \$40

3 The DevaCurl Haircut (aka the DevaCut)

Looking for a summer solution that will make your curly hair look its best? Say hello to the DevaCut! This unique approach to haircutting is specifically designed to showcase natural texture, and make styling your curls easier than ever. Most haircuts treat all hair textures the same way - your hair is wet,

pulled straight, and then cut. For people with straight hair, this is a perfectly acceptable method. But, when you have curls, a cut like this usually results in an uneven nightmare. No two curls are the same. Curly hair wet is completely different from dry curly hair. One section can be perfect ringlets, while another might be more wavy. The solution: Dry cutting. By cutting the hair dry, in its natural state, our Deva stylist is able to cut the curls where they normally lay, thus creating a more balanced shape. This is the simple, but game-changing concept behind the DevaCut.

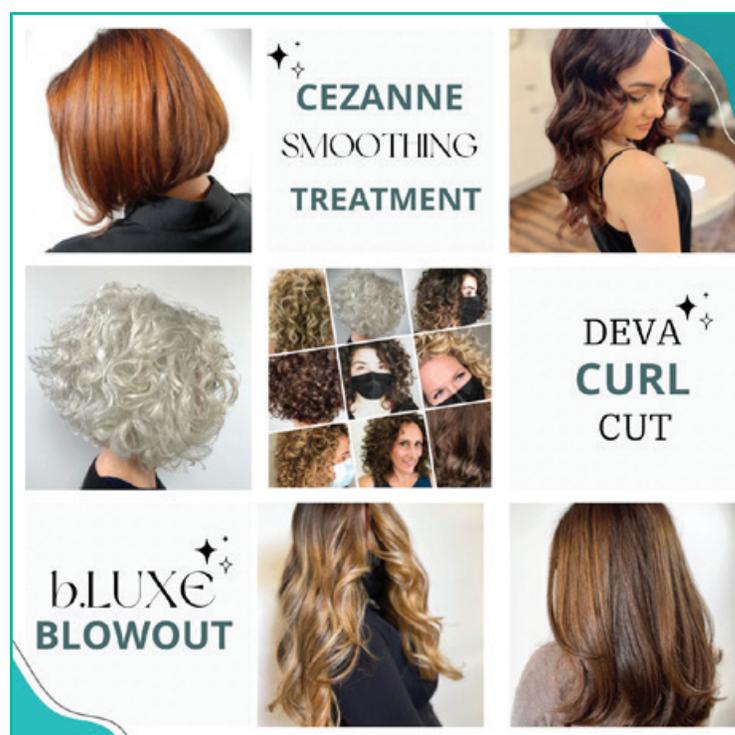
We hope you take some time for yourself and enjoy our summer style suggestions. Eliminating a few hours a week from your "to-do" list is always a good thing, especially during this beautiful time of year.

Be sure to check out our Summer Specials!

We'll see you soon at the studio! The b.LUXE Beauty Team



scan for more info



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Senate Passes Fiscal Year 2023 Budget

The Massachusetts State Senate on Thursday, May 26, 2022, passed a \$49.78 billion budget for Fiscal Year 2023 (FY23). Advanced with unanimous support, the budget makes significant, critical and targeted investments in the areas of education, health care, housing and community supports to meet the on-the-ground challenges brought on by the global pandemic and ongoing financial uncertainty.

“The residents of Massachusetts are at the center of our work and their voice, advocacy and contributions are interwoven throughout our Fiscal 2023 budget,” stated Senate President Karen E. Spilka (D-Ashland). “I take great pride in advancing a budget that contains meaningful investments in early education and childcare, K-12 schools, public higher education, mental health and substance use disor-

der treatment as well as a record level of assistance for low-income residents. At a time when reproductive and gender equity rights are under attack across the country, I am also grateful that the Senate budget adopts new, critically needed measures to protect our providers and health care centers. I want to thank Chair Rodrigues, Vice Chair Friedman and Assistant Vice Chair Lewis, as well as their staffs, the members of the Senate Ways and Means Committee, all of my Senate colleagues who contributed ideas and energy as this budget came together and every advocate and member of the public who made sure we knew what was important to them.”

“Today, the members of the Senate have spoken and moved forward together to pass a Fiscal Year 2023 budget that strengthens our state’s economic founda-



tion, upholds the fundamental rights of our people and continues our efforts to build a more inclusive Commonwealth,” said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. “Under the leadership of Senate President Spilka, the Senate has taken meaningful steps this week to support our long-term economic health, maintain fiscal responsibility, and make targeted investments in education, local aid, health care, housing, workforce development, and many other important areas, ensuring we meet the everyday needs of our communities. Thank you to the Senate President for her guidance, Vice Chair Cindy Friedman, Assistant Vice Chair Senator Jason Lewis, Ranking Minority Member Senator Patrick O’Connor and Senate Minority Leader Bruce Tarr for

their impactful contributions, and to my colleagues in the Senate, whose advocacy throughout the week contributed to a respectful and civil discussion on priorities important to them, which helped shape the overall direction of this budget.”

“The budget that passed the Senate today continues our commitment to funding the urgent needs of our residents, including increased funding for housing, education, child care, and assistance for families,” said Senator Cindy F. Friedman (D-Arlington), Vice Chair of the Senate Committee on Ways and Means. “This budget addresses the mental health crisis in Massachusetts by creating the Behavioral Health Access and Crisis Intervention Trust Fund, which will fund crisis supports and a new behavioral health crisis hotline. And while we know there is more need and more to do, this budget makes significant progress in these areas. I am also incredibly proud that Amendment #388, which I filed, was adopted. This amendment will enhance protections for residents, visitors and providers engaged in lawful reproductive and gender-affirming health care in the Commonwealth.”

“I’m excited that this budget will help move the Commonwealth forward and continue a strong and equitable recovery from the pandemic,” said Sena-

tor Jason Lewis (D-Winchester), Chair of the Joint Committee on Education and Assistant Vice Chair of the Senate Committee on Ways and Means. “I’m particularly pleased that we are continuing to fully fund the Student Opportunity Act as well as beginning to implement the recommendations of the Early Education and Care Economic Review Commission in order to expand access to high quality, affordable early education and care. Thank you to President Spilka and Chair Rodrigues for your leadership and to all my Senate colleagues for helping craft such a strong budget for the residents of the Commonwealth.”

The Senate’s FY23 budget includes a total of \$49.78 billion in spending with \$854.4 million deposited into the state’s rainy-day fund, bringing that account’s total to \$6.74 billion. Structured upon a consensus revenue estimate of 2.7 per cent growth, the budget also funds Unrestricted General Government Aid (UGGA) at \$1.231 billion. Other budget highlights are detailed below.

Education

Drawing on its belief that the state’s recovery is made stronger by a commitment to invest

BUDGET

continued on page 16

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New Suicide Prevention Hotline Number – 988

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988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

The Lifeline's network of over 200 crisis centers has been

in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Answer the call! These centers are looking to bring on new volunteers and paid employees. You will receive training, so if you are a caring person who wants to help those in crisis, apply today. Find your opportunity: samhsa.gov/988-jobs

988 is not yet active across all communications access points in the United States. If you or someone you know is in crisis now, please call 1-800-273-TALK (8255) to be connected to the National Suicide Prevention Lifeline or visit Vibrant Emotional Health's Safe Space for digital resources

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HAPPY 4th of July

BUDGET*continued from page 14*

in early education and care, the Senate's budget makes a \$1.13 billion investment into this sector of the care economy, including \$300 million in new resources to begin implementation of recommendations made by the Early Education and Care Economy Review Commission. These investments will help to stabilize providers, support the early educator workforce, and provide access to affordable care for children and families. Funding includes:

\$250 million for the Commonwealth Cares for Children (C3) Stabilization Grants, stabilizing the early education and care sector by supporting critical operational and workforce needs

\$25 million for a new infrastructure and policy reform reserve to bolster the statewide system of care and assist families in navigating the early education landscape

\$25 million for the center-based childcare rate reserve for reimbursement rates for subsidized care

\$16.5 million for grants to the Head Start program to maintain access to early education services for low-income families

\$15 million for the Commonwealth Preschool Partnership Initiative to expand access to pre-kindergarten and preschool opportunities in underserved areas

\$5 million for the Early Childhood Educators Scholarship

In K-12 education, the Senate delivers on its promise to fully fund and implement the Student Opportunity Act (SOA) by FY 2027, investing \$6 billion in Chapter 70 funding, an increase of \$495 million over FY 2022, as well as double minimum Chapter 70 aid from \$30 to \$60 per pupil. This investment ensures the state remains on schedule to fully implement the law by FY2027, provides school districts with resources to provide high quality educational opportunities, and addresses rising costs and administrative challenges related to the COVID-19 pandemic.

This budget also confronts head-on the issue of higher education student costs by providing \$175.2 million for the scholarship reserve, including an additional \$37.5 million for the MassGrant and MassGrant Plus programs. An amendment adopted by the Senate also dedicate \$1 million to pilot a digital textbook and materials program at a community college or state university to provide student with the opportunity to access free textbooks online.

The Senate also expands access to inclusive education opportunities for young adults with disabilities through the removal of existing barriers and codifying the Massachusetts Inclusive Concurrent Enrollment grant program. The budget dedicates \$4 million in flexible resources for the public higher education system to implement and support inclusive learning options for this diverse student population. Other education investments include:

\$435 million for the special education circuit breaker

\$243.8 million for charter school reimbursements

\$82.2 million to reimburse school districts for regional school transportation costs, representing an 85% reimbursement rate

\$10 million for Early College programs and \$9 million for the state's Dual Enrollment initiative, both of which provide high school students with increased opportunities for post-graduate success

\$5.5 million, after adding \$1.5 million through an amendment, for targeted aid to rural schools

\$1.5 million for the Genocide Education Trust Fund, fulfilling our commitment to educate middle and high school students on the history of genocide and support implementation efforts in accordance with Chapter 98

of the Acts of 2021, An Act Concerning Genocide Education, passed by the Legislature in 2021

Health, Mental Health & Family Care

For too many—especially children—the post-pandemic world continues to be wrought with uncertainty. To address these concerns, the Senate's budget focuses on funding a range of services, including social emotional learning (SEL) support for students, domestic violence prevention, substance use disorder treatment, and strengthening our regional boards of health. The budget also supports the expansion of Family Resource Centers (FRCS), which offer resources to families seeking health, safety, educational, and employment services.

The Massachusetts State Senate's FY23 budget also sends a strong message that reproductive health and gender affirming health will be protected, despite growing legal uncertainty across the United States. Investments include \$2 million for grants for improvements in reproductive health access, infrastructure, and safety. An amendment to the budget also codifies new protections for receiving and providing reproductive and gender-affirming health care in Massachusetts in response to laws in other states

allowing their residents to bring legal action against individuals for traveling out-of-state to receive services and against workers who provide care.

The Senate budget funds MassHealth at a total of \$18.56 billion, providing more than 2.1 million people with access to affordable and accessible health care services. Other health investments include:

\$514.6 million for Department of Mental Health adult support services, including assisted outpatient programming and comprehensive care coordination among health care providers

\$210.3 million for a complete range of substance use disorder treatment and intervention services to support these individuals and their families

\$112.5 million for children's mental health services

\$56 million for domestic violence prevention services

\$40.4 million for Early Intervention services, ensuring supports remain accessible and available to infants and young toddlers with developmental delays and disabilities

\$28.3 million for Family Resource Centers to grow and improve the mental health resources and programming available to families

\$20 million to recapitalize the Behavioral Health, Access, Outreach and Support Trust Fund to support targeted behavioral health initiatives

\$18.5 million, increased during the amendment process, to expand to all correctional facilities the existing pilot program for the delivery of medication-assisted treatment for opioid use disorder

\$18 million for family and adolescent health, including \$7.8 million for comprehensive family planning services and \$6.7 million to enhance federal Title X family planning funding

\$15 million for grants to support local and regional boards of health, continuing our efforts to build upon the successful State Action for Public Health Excellence (SAPHE) Program

\$15 million for emergency department diversion initiatives for children, adolescents, and adults

\$8.2 million to support student behavioral health services at the University of Massachusetts,



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BUDGET

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state universities and community colleges

\$6 million for Social Emotional Learning Grants to help K-12 schools bolster social emotional learning supports for students, and \$1 million to provide mental health screenings for K-12 students

\$4.4 million for the Office of the Child Advocate

\$3.5 million for the Massachusetts Center on Child Wellbeing & Trauma

\$3 million for Children Advocacy Centers to improve the critical supports available to children that have been neglected or sexually abused

\$1 million, increased through the amendment process, for an expansion of the Hey Sam text-based mental health support line, a peer-to-peer suicide prevention communications initiative for youth and young adults

The Senate also adopted an amendment that prevents correctional facilities from charging fees to incarcerated persons or their loved ones for prison phone calls, and it also sets a new requirement that commissary items in correctional facilities shall not be sold at more than 3 per cent over the purchase cost. Both changes ensure that our correctional facilities do not unjustly profit off the basic needs of incarcerated persons.

In addition, the Senate adopted an amendment to address the failures that led to the tragic death of Harmony Montgomery, who was released from state custody in 2019 when she was five years old, but then went missing for two years without being reported. To ensure that a tragedy like this will not happen again, this budget establishes a Harmony Montgomery Commission to study, examine and make recommendations regarding the welfare and best interest considerations of children in care and protection cases and petition to dispense with consent cases.

Expanding & Protecting Opportunities

The Senate remains committed to continuing an equitable recovery, expanding opportunity, and supporting the state's long-term economic health. To that end, the budget includes a record investment in the annual child's clothing allowance, pro-

viding \$400 per child for eligible families to buy clothes for the upcoming school year. The budget also includes a 10 per cent increase to Transitional Aid to Families with Dependent Children (TAFDC) and Emergency Aid to the Elderly, Disabled and Children (EAEDC) benefit levels compared to June 2022 to help families move out of deep poverty.

With skilled workers in high demand and job openings plentiful, the Senate's budget invests more than \$100 million to bolster job training programs, help connect unemployed and underemployed people with higher paying jobs and support career services that help students gain access and skills to apply for future jobs. Economic opportunity investments include:

\$356.6 million for Transitional Assistance to Families with Dependent Children (TAFDC) and \$140.7 million for Emergency Aid to Elderly, Disabled and Children (EAEDC) to provide the necessary support as caseloads increase, and lift families and individuals out of so-called 'deep poverty'

\$55.3 million for adult basic education services to improve access to skills necessary to join the workforce.

\$30.5 million for the Massachusetts Emergency Food Assistance Program

\$24.1 million for summer jobs and work-readiness training for at-risk youth

\$20 million in Healthy Incentives Programs to maintain access to healthy food options for households in need

\$20 million for a Community Empowerment and Reinvestment Grant Program to provide economic support to communities disproportionately impacted by the criminal justice system

\$17 million for the Workforce Competitiveness Trust Fund to connect unemployed and underemployed workers with higher paying jobs

\$15.4 million for Career Technical Institutes to increase our skilled worker population and provide residents access to career technical training opportunities

\$7.5 million for community foundations to provide emergency economic relief to historically underserved populations

\$5 million for the Secure Jobs Connect Program, providing job placement resources and assistance for homeless individuals

\$4.8 million for the Innovation Pathways program to continue to connect students to trainings and post-secondary opportunities in the industry sector with a focus on STEM fields

\$2.5 million for the Massachusetts Cybersecurity Innovation Fund, including \$1.5 million to continue partnerships with community colleges and state universities to provide cybersecurity workforce training to students and cybersecurity services to municipalities, non-profits, and small businesses

\$500,000, through an amendment, for the Economic Empowerment Trust Fund to expand the state's Baby Steps college savings program

An amendment passed by the Senate would also establish a veteran equality review board to ensure that veterans dishonorably discharged under "Don't Ask Don't Tell" receive state-based veterans' benefits. Another adopted amendment directs the state to develop one common application portal through which residents can simultaneously apply for multiple forms of state-administered needs-based benefits and services.

Housing

Based on the Senate's understanding of the strong link housing security has to positive health and economic outcomes, the Senate FY23 budget invests

over \$900 million in increased funding for housing stability and homelessness assistance to work towards keeping people in their homes and helping individuals and families find permanent housing solutions.

The budget prioritizes relief for families and individuals who continue to face challenges brought on by both the pandemic and financial insecurity, including \$213.2 million for Emergency Assistance Family Shelters and \$210 million for Residential Assistance for Families in Transition (RAFT), including \$60 million carried over from the March

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Real Estate Corner

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supplemental budget. The budget also upholds the emergency-level maximum amount of rental assistance that a household can receive at \$10,000. Eligible households facing a housing crisis would also be given access to apply for RAFT and HomeBASE. The budget, through adoption of an amendment, also requires the Department of Housing and Community Development to study and report on the execution of no-fault evictions between 2019 and 2022. Other housing investments include:

\$175 million for the Massachusetts Rental Voucher Program (MRVP), including \$20.7 million in unspent funds carried forward from FY 2022; the budget also recommends structural program changes that, starting January 1, 2023, will allow households to pay no more than 30% of their income for rent to receive rental vouchers for up to 110% of fair market value

\$92 million for assistance to local housing authorities

\$83.3 million for assistance for homeless individuals

\$56.9 million for the HomeBASE diversion and rapid re-housing programs, bolstering assistance under this program to two years with a per household maximum benefit of \$20,000

\$19.3 million for the Alternative Housing Voucher Program (AHVP), which provides rental assistance to people with disabilities, including \$5.6 million in unspent funds carried forward from FY 2022 and \$2.5 million for grants to improve or create accessible affordable housing units

\$5 million for sponsored-based

supportive permanent housing

\$3.9 million for the Home and Healthy for Good re-housing and supportive services program, including \$250,000 for homeless LGBTQ+ youth

Community Support

The Committee's budget reflects the Senate's unwavering support for cities and towns and provides a significant amount of local and regional aid to ensure communities can provide essential services to the public while addressing local impacts caused by the pandemic. This includes \$1.231 billion in funding for Unrestricted General Government Aid (UGGA), an increase of \$63 million over FY 2022, to support additional resources for cities and towns. In addition to traditional sources of local aid, the Committee's budget increases payments in lieu of taxes (PILOT) for state-owned land to \$45 million, an increase of \$10 million over FY 2022. PILOT funding is a vital source of supplemental local aid for cities and towns working to protect and improve access to essential services and programs during recovery from the pandemic. Other local investments include:

\$96.5 million for Regional Transit Authorities (RTAs) to support regional public transportation systems, including \$2.5 million for the implementation of pilot programs for fare innovation and reduction across the state

\$40.8 million for libraries, including \$14.5 million for regional library local aid, \$16 million for municipal libraries and \$4.7 million for technology and automated resource networks

\$22.3 million for the Massachusetts Cultural Council to support local arts, culture and

creative economy initiatives

\$3 million for Non-Profit Security Grants, after an increase of \$1.5 million through the amendment process, to cover vital security enhancements to houses of worship, community centers, and other institutions at heightened risk of violence

\$1 million for the New American Voter Grant Program to provide accessible election materials to municipalities with significant non-English speaking populations and promote public awareness about voting

The Senate also adopted an amendment based on recommendations of the PFAS Interagency Task Force, which would provide \$250,000 for the continued implementation of the AFFF Take-Back Program that funds the collection and proper disposal of Aqueous Film Forming Foam (AFFF) stored by municipal fire departments and other public safety partners in Massachusetts.

Another amendment passed in the budget would also extend COVID-19 state-of-emergency provisions related to remote public meetings, flexible town meetings, remote notaries, remote corporate meeting and remote mortgage video conferencing.

The Senate's FY23 Budget is available on the Massachusetts legislature's website: <https://malegislature.gov/Budget/SenateWaysMeansBudget>. Now that the Senate and Massachusetts House of Representatives has passed their respective budget proposals, both branches will now work together, form a conference committee and reconcile differences.



64 Railroad Street in Holliston recently sold for \$640,000

Image credit: www.zillow.com

Recent Home Sales

Date	Holliston	Amount
06/14/2022	251 Marked Tree Road	\$840,000
06/10/2022	141 Dalton Road	\$911,000
06/10/2022	145 Westfield Drive	\$660,000
06/10/2022	23 Cheryl Lane	\$570,000
06/09/2022	692 Concord Street	\$1.04 mil
06/08/2022	32 Praying Indian Way	\$1.65 mil
06/08/2022	152 Turner Road #2	\$185,000
06/06/2022	84 Prentice Street	\$610,000
06/02/2022	80 Fiske Street	\$675,000
06/01/2022	644 Washington Street	\$640,000
06/01/2022	40 Country Road	\$875,000
05/31/2022	11 Garrett Way	\$697,000
05/31/2022	1869 Washington Street	\$602,000
05/31/2022	91 Dorset Road	\$590,000
05/27/2022	5 Brandon Lane	\$779,000
05/27/2022	780 Marshall Street	\$965,000
05/27/2022	14 Exchange Street	\$329,000
05/27/2022	64 Railroad Street	\$640,000
05/27/2022	10 Dixon Circle	\$725,000
05/26/2022	109 Garrett Way	\$730,130
05/26/2022	85 Monroe Drive	\$675,000
05/26/2022	20 Hargrave Avenue	\$815,000
05/25/2022	19 Fruit Street	\$465,000
05/20/2022	95 Brooksmont Drive	\$590,000

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KATIE MCBRIDE

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LYNN ROSSINI

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The Value of Connectiveness for Seniors: Where You Live Matters

Older adults may experience more loneliness than any other age group due to shrinking social circles, poor health, transportation difficulties or life changes. Many families with senior loved ones start their search for a senior living community to help prevent social isolation for someone in their lives.

According to the Global Council on Brain Health, the body of scientific evidence suggests social engagement can help maintain one's thinking skills and slow down cognitive decline. Other research links an active social life with better cardiovascular outcomes and greater immunity to infectious diseases.

Research spearheaded by ProMatura Group consistently shows that seniors who transition to senior living communities are happier, have an increased sense of well-being and may even live longer. Residing in a senior living community provides seniors a range of opportunities to socialize.

When older adults consider moving to an independent senior living community, most think about what they may have to give up. But what they actually get



beauty and barber shop, outdoor terrace, billiards, card tables, raised garden beds and a fire pit for outdoor entertainment. Abundant activities include live entertainment, lectures, outings and more. The location, near world-class shopping, dining, and medical offices, provides convenience and enrichment.

Fairview Estates offers studio, one-bedroom, and two-bedroom/two-bath apartments with no buy-ins or leases. The month-to-month rental option is another reason this senior living community is in such high demand. There are no hidden costs or fees. Meals, utilities (except phone), cable television, transportation and rent are always included in the monthly rent.

Those who need basic help such as medication reminders can utilize a third-party home health care provider. This allows residents



to pay only for the services they need. Residents appreciate knowing their budget will be balanced and easy to manage every month.

One of the most popular features of the independent living community is the meals. The executive chef and culinary team at Fairview Estates create homemade meals as well as tempting desserts from scratch three times each day. The menu offers a variety of nutritional choices at every meal, and snacks and beverages are available anytime at no extra charge.

Another distinct benefit offered by Fairview Estates is the live-in managers. These on-site managers support and serve the residents throughout the day. Each private apartment also includes emer-

gency pull cords that link seniors to the management team 24 hours a day. Live-in managers eat the same meals in the dining room, enjoy the same amenities, and benefit from the same gracious living experience as the residents. They participate in every aspect of life at Fairview Estates and treat residents like family, because they live in the community too.

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