

General Store, Uncommon Community

**Paltrineris
Mark 50 Years
Running Fiske's**

BY SEAN SULLIVAN

Chirps of checkout-stand buttons being punched could be heard as John Paltrineri stole away to a more serene space to chat. It was the week leading up to Christmas Sunday, and his Fiske's General Store was bustling with shoppers.

"My wife's at the register, running the show right now," he said as the background noise receded.

Last year marked Paltrineri's 50th year running the historic Holliston store, though Fiske's origins are far more mature than that. As Paltrineri tells it, a 23-year-old James Fiske founded the retail enterprise in 1863, specializing in hats, caps and trunks.



The 19th century store also sold railway and steamship passenger tickets. What had checkout conversation been like during those early days? The Civil War was well underway. "Ritty's Incorruptible Cashier," wouldn't be invented for more than a de-

cade, ancestor of the modern cash register.

Fiske's antique storefront font still pays homage to those 1800s origins. The squat typeface stands on blocky ser-

FISKE

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Wreaths Across America Honors Veterans

Holliston High School junior Taryn Holmes, last month organized a National Honor Society project.

She partnered with the Jason Russell Society of the Children of the American Revolution, the Old Middlesex Chapter Sons of the American Revolution, and the Mt. Hollis Masonic Lodge to honor Holliston veterans.

Each year, millions of Americans come together to remember the fallen, honor those that serve and their families, and teach the next generation about the value of freedom.

This gathering of volunteers and patriots takes place in local



WREATHS

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FISKE

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ifs, a departure from the fancy flourishes one might find in advertising of the day. Fiske's is the type of font one might find lining facades of tumbleweed-blown streets in a western film, or etched on the bottle of some 18th-century cure-all concoction.

The message those letters are meant to convey is clear. No nonsense. Honesty. Wholesome simplicity.

The original Fiske's fell to a fire a few decades after its inception, was rebuilt and run by its founder's daughter Annie until the 1950s. During that time, the store began to broaden its offerings, appeal to a more diverse customer base.

Decades later on Jan. 1, 1973, Paltrineri began running the store with his father. At that time, Fiske's was half its future self. In 1985, the Paltrineris took over the square footage occupied by an abutting hardware store that had closed, expanding into the space through the wall that had separated the two businesses.



These days, Fiske's General Store lives up to its moniker, selling everything from clothes to craft supplies, toys to home goods. A loyal and local legion of customers has kept the business going for generations.

Two men chatting with Paltrineri about the store's merchandise and history said Fiske's held a special place in their imagination since they'd visited as children decades earlier.

"We remember this place being sort of magical," one said.

Fiske's is no chain store, but rather a single link in a community that prides itself in living up to the values that word implies. Paltrineri said he's proud that Holliston is home to few nationally-known retail brands, able to count them on a single hand.

"Just quintessentially New England," he said. "We're like a little bubble. We look out for each other."

Unusual for a small business of Fiske's size, the store offers a loyalty program to customers whereby they pay an annual fee to support the store and earn perks. "Friends of Fiske's" can partake in special discounts and other benefits.

During the heady days of Covid, said Paltrineri, local shoppers sustained Fiske's and a sense of community by continuing to shop there. Easter of 2020 was a sign of hope, signaling local support for the store.

Fiske's had offered custom Easter baskets in years past, wherein the store would assemble personalized collections from patrons' specifications. That year, with customers unable to visit in person, the store built 286 baskets. Like many other businesses, Fiske's had also adopted a popular pickup program just outside the storefront.



"We did a lot of sidewalk deliveries," said Paltrineri. "We were building to order. It was keeping us alive."

Paltrineri recalled working the register during those early days decades ago when he and his father began running the store. That was where he first saw and

"was smitten" with Carol, whom he would later marry in 1980. The spot where she stood during their first meeting is memorialized with a permanent marker. The two continue to run Fiske's General Store to this day.

"We've been together ever since."

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WREATHS

continued from page 1

and national cemeteries in all 50 states - most recently at more than 3,100 participating locations - as part of National Wreaths Across America Day.

Each year, a new theme is chosen to help volunteers and supporters focus their messaging and outreach in their own communities. The theme for 2022 was "Find a way to serve."

On Dec. 17, Holmes hosted a Wreaths Across America event in Holliston at the Lake Grove Cemetery.

There are roughly 600 veteran graves in this cemetery.

The event to honor the towns veterans was a success.

Courtesy photos



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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

CRG files new application for 555 Hopping Brook Road

Planning Board hearing on Jan. 12

By THERESA KNAPP

CRG Integrated Real Estate Solutions has filed for a new Special Permit to build a 550,000 square foot warehouse at 555 Hopping Brook Road.

This is a scaled-back version of the CRG building the Planning Board denied last year. That facility had an 820,000 square foot footprint, was 52 feet high, had two parking fields, 180 truck dock spaces, and 278 trailer parking spots. During the previous planning process, the building was altered in some ways but was still referred to as a "monstrosity" in many public comments. That building had been reported by the Metropolitan Area Planning Council to be a planned Amazon Distribution Center, but CRG

representatives said Amazon would not be the tenant.

That application was denied in July 2021 and CRG filed an appeal. A new Special Permit application was filed in November and the Planning Board will hold a hearing on Jan. 12, 2023.

The new application proposes a 550,000 square foot warehouse that (a) shall not be exceed 40 feet in interior height with a minimum of 36' clear interior height; (b) will be a minimum of 400 feet from the rear set back line; (c) will have a 30 foot berm at the boundary on the Medway side of the property as a visual and sound barrier; additional fencing and evergreens are also proposed; (d) will have no more than 110 dock doors or 160 truck parking spaces; and (e) "shall not

exceed the Holliston and Medway bylaws for noise and not exceed MassDEP decibel standards."

The application says the average daily vehicle trips will be 958 and the average daily truck trips will be 258, and "funds will be provided to the Town for enforcement of these trip numbers." It further says that trucks associated with the project shall be restricted to only using Route 16 from the site entrance to and through Milford to access Route 495, restricting trucks to take a left turn out of the Hopping Brook Industrial Park.

No trucks will be allowed to use South Street in Holliston.

For more information, including all documents related to this project, visit www.townofholliston.us or <https://bit.ly/3jbT2Ku>.



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2 <i>Closed in Observance of New Year's Day</i> 	3 9:00 Blood Pressure Clinic 10:00 Writers Group 10:30 Energy Focus Movement 2:00 Coffee with Holliston Police*** <i>Zumba cancelled today</i>	4 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO 1:30 Tai Chi (rescheduled)	5 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	6 9:30 Select Chat*** 9:30 Friday Crafters 1:00 Tune Timers	
9 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day <i>VFW/American Legion Annual Roast Beef Luncheon on Sunday</i>	10 9:00 Blood Pressure Clinic 10:00 Legal Hour with Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold	11 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Council on Aging Board Meeting 	12 9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 RMV REAL ID Presentation*** 2:00 Watercolor Class	13 9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club 	
16 <i>Closed for Martin Luther King Jr. Day</i> 	17 9:00 Blood Pressure Clinic 10:00 What You Need to Know To File Your 2022 Tax Return*** 11:00 UMass Boston Presentation*** 10:30 Energy Focus Mvmt 12:30 Zumba Gold	18 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO	19 9:00 Pilates (Zoom) 9:30 Veterans Coffee Hour*** 10:00 Senior Support Foundation Meeting 10:30 Energy Focus Mvmt 12:30 Photography 2:00 Watercolor Class 3:00 Drop-in Tech Help	20 9:30 Friday Crafters 1:00 Tune Timers <i>Lunch with Lions in-person at the Senior Center tomorrow!</i>	
23 9:30 Coloring and Coffee 10:00 Legal Advice w/ Attorney Bergeron*** 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day 	24 9:00 Blood Pressure Clinic 9:00 Monthly Breakfast*** 10:30 Energy Focus Movement 11:00 UMass Boston Presentation Snow Date*** 12:30 Zumba Gold 1:00 Libby Training by Holliston Public Library***	25 9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch***	26 9:00 Pilates 9:30 Java with Jay*** 10:30 Energy Focus Movement 12:30 Photography 2:00 Watercolor Class	27 9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers 	
30 9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day	31 9:00 Blood Pressure Clinic 10:30 Energy Focus Movement 12:30 Zumba Gold			***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622	

Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my



truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place in Holliston, The Corner Market."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

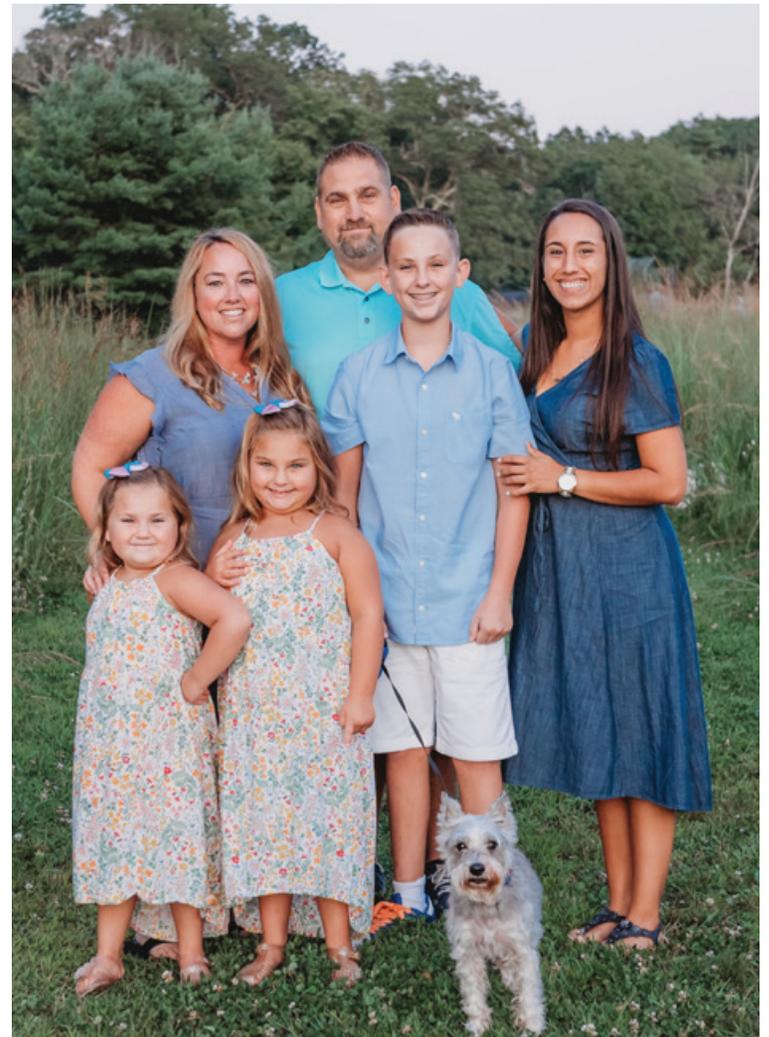
As for Holliston in particular, Schadler says they are proud to have many repeat customers and friends in the area. "In addition to our junk removal business, Holliston residents have been so important to The Corner Market, especially during the pandemic," Schadler says. "We have really appreciated their support." The Schadlers have also sponsored and hosted monthly fundraisers for several sports teams and organizations in Holliston.

Business spotlight

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

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Most people do not realize, bottled water is mostly unregulated. EPA regulation is limited only requiring a company to list the water source on the label. Store-bought bottled water varies by brand in pH, metal content and a host of other inconsistencies. Add the environmental impact of throwing away over a billion plastic bottles a day around the world, store bought water is costly, water quality can be inconsistent and the waste significantly impacts

the environment.

Well, there is a better way. Toppen Health’s Ultra Filtering Water Bottle, a reusable water bottle with a unique patented and proprietary filtering technology, is capable of removing 99.99999% of bacteria and 99.9999% of virus and PFAS/PFOS from water. As one of the world’s most powerful filters, Ultra produces healthy great tasting water, free from bacteria and viruses from the tap, stream, river or even lake water. Traveling to Mexico? Ultra’s Filtering Water Bottle is your best travel companion. Use Ultra Filtering Water Bottle and drink from any tap in the world. Ultra is awesome for hiking and camping and everyday walk-around use.

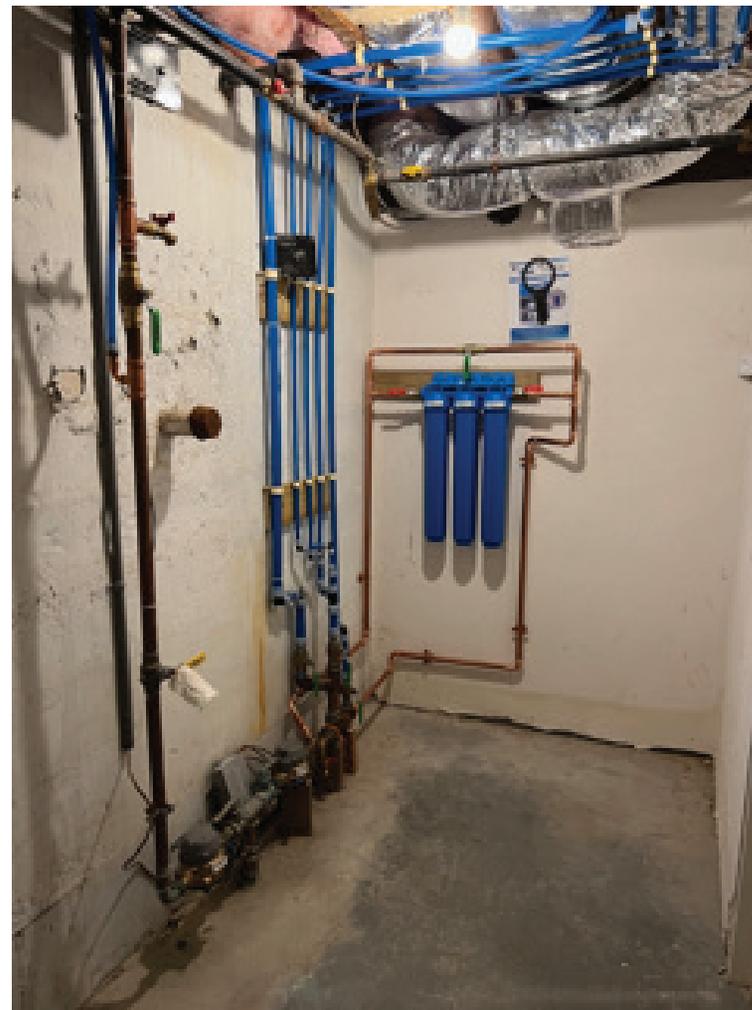
Two of the principle founders of Toppen Health, Owen Boyd and Al Dubé, each with roots in Holliston, have significant water treatment experience. Their combined vision



Business spotlight

for Toppen Health goes beyond providing safe and healthy water. Clean healthy water is a challenge all over the world. One of the major contributors to child deaths around the world is the lack of clean healthy drinking water. Toppen Health’s philosophy is about reaching beyond ourselves –our goal is to leave the world a better place than were we found it. It is our intention for every two bottles we sell, Toppen will donate Ultra Filtering Water Bottles to children and families around the world who do not have healthy water to drink.

Owen Boyd, whose incredible decades-long career includes winning a US EPA Innovator Award from water treatment technology and an award for developing innovation technology in Bangladesh, states, “After decades of water treatment experience, the Toppen Ultra Filtration Technology is the most exciting water treatment



advancement in my career. Superior high efficiency with low back pressure (gravity flow) flexible to create filtration for a residential and commercial markets and compact enough to take filtration with you in a water bottle when you leave the house.

Toppen Health’s Ultra Filtered Water Bottle filtration technology is also utilized within Ultra Under the Sink/ Ultra Refrigerator filters for homeowners or apartment dwellers. Toppen products include UltraSafe Whole House Systems designed to provide healthy and clean water for the entire house. No more chlorine smelly, unhealthy water to drink or shower in.

Toppen’s Ultra water filtration does not require electricity or backwashing, saving money on electricity and excess wastewater. Ultra filtration removes bacteria, virus, PFAS and reduces heavy metals and other contaminants.

The Ultra Filtration Water Bottle are currently available at Fiske’s General Store and Holliston Hardware in Holliston, and the Natick Outdoor Store. You can also purchase the Ultra Filtering Water Bottle, Ultra Faucet and Ultra Whole House water systems and more at www.toppenhome.com.

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Your Money, Your Independence

New Year, New You... Not True?



Glenn Brown

Making New Year's resolutions to improve your financial wellness in 2023?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: Need to start buying "X" to grow my money.

If you started 2022 with FOMO (Fear Of Missing Out) or based new investments chas-

ing 2021 performance, how did that work?

Yes, momentum, innovation, social & macro themes, niche, value and/or low-beta (risk) could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning performance, can you articulate why you own X and when wouldn't own X?

Better Resolution: Need to save ___% and take ___ risk with investments to reach ___ goal.

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards your established goal, not an investment benchmark or The Joneses.

Bad Resolution: Pay down debt.

Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and deprecia-

tion ensure all debt is not equal.

Better Resolution: Execute a debt reduction plan.

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% or lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing those rates over time.

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: Do more for my retirement.

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: How do I retire at 55 or semi-retire in 5 years.

Now you're analyzing cash flows, balance sheet, contribu-

tion rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

Now ask yourself, are your resolutions the same as last year?

What different actions are you going to take to make a difference?

Know what Einstein said about doing the same thing over and over and expecting different results.

Maybe it's time to socialized your goals, set monthly action items to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2023 resolutions happen.

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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Annual Troop 14 Holliston BSA Pancake Breakfast

Boy Scout Troop 14's annual troop pancake fundraiser is back!

The event is all-you-can-eat pancakes and sausages, from 8 AM to noon, on Sunday, Feb. 2.

The cost is \$5 per person - max \$20/family. Any Scout in uniform eats free.



The breakfast will be held at St. Mary's Parish Hall, Washington Street.

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'It's A Wonderful Life'

The Washington Street Players performed the seasonal classic "It's A Wonderful Life" last month.

Courtesy photos

RonsTire.com Ron Saponaro



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Thanks To Yanks Donates To Italian American Post

Pictured are Jacob, Maggie, Ellie, Logan, and Connor McIsaac, and Mike Shain, the founder and president of Thanks To Yanks, a local charity dedicated to supporting those who serve in our military.

For more information on Thanks To Yanks, please like them on Facebook.

Photo credit to Gavin McIsaac

Recently the charity made a \$500 donation to the Italian American Post #40 to support their dedication to service to others.

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REAL ESTATE INSIGHTS

Gathering gloves, scarves and coats is easy. If only there was an oversized sweater for your house! Until someone invents that, it is time to get winter-ready and start prepping your home for the chilly nights ahead.

Now, do not get overwhelmed and try to tackle everything at once. Break it down into manageable tasks and handle them

one weekend at a time. Let's take a look at our top suggestions:

1. Ensure Your Property Is Up to Date

While updating window treatments or getting a new heating system may seem like a pricey cost upfront, overall, it can actually save you hundreds of dollars. Ideally, these investments will pay for themselves over time. If your windows are not properly sealed and insulated, heating costs could skyrocket. Worse yet, if you have an old heating system, it will likely have to work twice as hard to produce half the heat of a modern one. Ensuring your home is up to date can save you from costly electricity bills for years to come.

2. Prep the Plumbing

There is nothing worse than a pipe bursting or freezing over during those extremely cold winter nights. To avoid

this from happening, drain the water from your outdoor faucets and hoses and store them all inside. If you come across any problem pipes along the way, wrap them in heat tape. Another thing to consider is making sure that everyone in your home knows how to turn off the water at the source. This will ensure you and your family have a safe and dry winter.

3. Seal the Leaks

This applies all across the home from pipes to windows and doors. Make sure that everything is sealed shut so that the cold air stays out. This will reduce the need for running the heating system because more of the heat will stay inside and keep you warm longer. This is certainly an investment worth warming up too.

4. Give Your Fireplace a Deep Clean

There is no better way to stay warm than in front of a fireplace, especially when it's not running up your electricity bill. Am I right or am I right? Just make sure you've swept your chimney before lighting it up this winter. Do not let your family be prone to the dangers of house fires.

So however you and your family choose to start getting winter-ready this year, we hope that these tips help you stay warm. Remember that what

may seem like a pricey investment upfront, can actually save you and your family hundreds of dollars in the long run. So suit up for the weekend handy work and start thinking of all the things you are going to spend that extra money on.

Information provided by John Szolomayer, RE/MAX Executive Realty. For more information, John Szolomayer can be reached at 508-259-4788 or Johnszolomayer.com

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Want to know more about Holliston Newcomers & Neighbors?

Whether you've recently moved to Holliston, just moved across town, or have lived in Holliston for years - Holliston Newcomers & Neighbors is a place to get to know your neighbors and give back to our great community. HNN is a not-for-profit organization that coordinates charitable, civic, and recreational events and activities. And no - you don't have to be new to be a newcomer. There is no time limit on when you can join or for how long you can be a member.

HNN gives back by coordinating the Thanksgiving & Easter drives for the Holliston Pantry Shelf as well as Thanksgiving Meals for Seniors delivering a holiday meal to their homes. Our fundraisers like the Great Pumpkin Trail & Touch A Truck events supports community organizations including Holliston Parks & Rec Summer Concerts & Holliston Public Library Museum Passes. Plus there are also many member-only groups and events for both adults and children.



Want to know more? Join us at our General Meeting Social on Wednesday, Jan. 25, from 7-8pm at the Holliston Historical Society Asa Whiting House. Meet the Executive Board and Activity Committee members and hear how HNN might be the place for

you. Coffee and dessert bar will be available. For more information, email hnnexecutiveboard@gmail.com and check us out at hollistonnewcomers.org.
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Baker-Polito Administration Announces \$5 Million in Grant Awards for Fire Departments

308 Departments Awarded Funds for Safety Gear

The Baker-Polito Administration announced \$5 million in grant awards to 308 fire departments from the FY23 Firefighter Safety Equipment Grant Program. The program provides local fire departments with a variety of equipment that makes the dangerous job of firefighting safer.

This is the third year that funding has been awarded for this purpose as part of a five-year, \$25 million bond bill filed by the Administration to support firefighter safety and health in the coming years.

“We ask so much of our firefighters, and no matter how dangerous or difficult the situation, they always do whatever it takes to help,” said Gov. Charlie Baker. “This program is an opportunity to make sure they are properly protected every time they answer a call for help.”

“The decision to become a firefighter is one of the bravest, most selfless choices a person can make,” said Lt. Gov. Karyn Polito. “I am so thankful to the men and women who have dedicated themselves to this calling. In every city and town, these heroes drop what they’re doing and rush to help – even

when it puts them in harm’s way.”

Fire departments in Massachusetts were able to apply to this program for 121 different types of eligible equipment, including ballistic protective clothing, thermal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment, communications resources, hazardous gas meters, fitness equipment, and more. In many cases, the purchase of this equipment will help departments attain compliance with Occupational Safety and Health Administration or National Fire Protection Association safety standards.

“In today’s fire service, firefighters respond to increasingly dangerous calls. Access to the proper protective gear is critical to ensure their safety and ability to meet the modern challenges of emergency response,” said Secretary of Public Safety and Security Terrence Reidy. “Firefighters have a vital role in keeping our communities safe. We are pleased to show our appreciation for their courage and service by providing funding to equip them with the appropriate level of protection.”

“We now know that the occupational cancer risk caused by cumulative exposure to toxins encountered while firefighting is as great of a danger to firefighters as fire and smoke itself,” said Undersecretary of Homeland Security Jeanne Benincasa Thorpe. “This program is an outstanding mechanism to combat that risk by ensuring that firefighters are wearing modern and properly cleaned gear every time they answer a call. The long-term benefits of this program to firefighters and their families will be truly immense.”

“Every time a firefighter goes to work, they could be asked to rescue a child from a burning building, clean up a spill of hazardous materials, treat a patient with a contagious medical condition, or rush into a hostile event to rescue and treat victims,” said State Fire Marshal Peter Ostroskey. “This program is absolutely vital to helping fire departments prepare for the vast array of hazards they face today and making sure that firefighters go home safe after every call.”

“Three years into this program now, we’re really seeing the impact that it is making out in the field,” said Shrewsbury Fire Chief James Vuona, President of the

Item	Quantity
Ballistic Vest	629
Ballistic Helmet	475
Boots	435
Coats	542
Cold Water Immersion Suits	55
Combustible/Hazardous Gas Detectors	81
Extrication Tools	60
Gear Dryers	20
Gloves	948
Hand Tools	84
Helmets	489
Hoods	1,304
Hoses, Nozzles, Fittings, and Adapters	884
Pants	516
Portable (handheld) Radios	173
Rescue Litters	210
Rescue Saw	93
SCBA Bottles	161
SCBA Facepieces	149
Thermal Imaging Cameras	134
Vehicle Stabilization Struts	13
Ventilation Fans	40

Fire Chiefs’ Association of Massachusetts. “Firefighters are responding to calls with the proper protective gear and tools, which makes their jobs much safer. The firefighters of Massachusetts and their families are grateful for this

investment in their health and safety.”

A complete list of the awards by department is attached. A summary of some of the most frequently funded items through this program can be found below:

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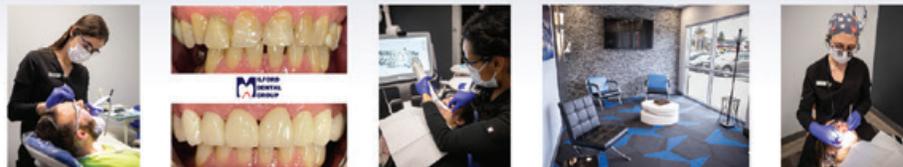
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The b.LUXE *beauty beat*

2023: Small Pivot, Big Results...

BY GINA WOELFEL

Happy New Year! We hope your holidays were amazing! The last few months of the year are always a wonderful time to reconnect and celebrate with the things that bring you joy.

Now that the festivities have come to a close and the onset of winter is fully upon us, we might be feeling the effects of our end-of-year indulgences. I know I was! For the first Beauty Beat of 2023, I was tempted to go down the familiar path of the New Year's resolution. "I'll lose weight, exercise or find more "me" time." Does this sound familiar? As optimistic as we all may be with the goals we set, the fact is, more often than not, they fall flat as soon as the champagne has lost its fizz.

Quick, what were your New Year's resolutions last year? If you're scratching your head, you're not alone.

Why do we set ourselves up for failure with grand promises of change? What if we took the whole idea of the resolution and tossed it out with the New Year's trash and instead, chose small, daily habit changes to jumpstart our goals? Could bite-sized portions of change be easier to swallow? Maybe if we worked smarter, not harder, our chance of success would skyrocket.

Since we're a beauty column, let's talk shop and discuss a few simple ways to amp up your glamor game and add that daily dose of self-care we all crave. No resolutions here! Just a few daily habit changes to slowly, but surely ensure better beauty results!

Hair - Create a routine that you'll stick to. Pick two to three mornings a week to wash and condition with salon quality products and leave time for a deep conditioning mask (It's only 60 seconds, ladies! You and your hair deserve that extra minute!) Check that your styling products contain a heat protectant for blowouts, curls and straightening. This will prevent heat damage and extend the life of your color services. Try to book hair appointments for at least two months in advance and priori-

tize this time. Your hairdresser's an artist who does not want to rush their masterpiece. Booking ahead relieves the stress of having to crunch in a last minute appointment and keeps this time relaxing and enjoyable for both of you.

Skin - As the temperature drops, it's not just more moisturizer that's needed to keep skin healthy. For a happy epidermis, stick to a good four-step regime and wash, tone, treat, and moisturize. Five minutes, twice a day is all it takes for vibrant, younger looking skin. To start, use a moisturizing cleanser that doesn't strip your skin of its natural oils. Micellar water is okay in a pinch, but when used on a regular basis, can leave skin under-nourished and not properly cleansed. Use a gentle exfoliant each week to buff away dry, dead skin cells. An exfoliated skin surface better absorbs products for high-impact results. Ditch low-quality moisturizers that just sit on the skin's surface and switch to reparative serums and moisturizers that contain such beneficial ingredients as hyaluronic acid, vitamin C or Bakuchiol. Targeted skincare products are meant to penetrate the skin and hydrate its deepest layers. Booking a monthly (or bi-monthly) facial is a key step to finding your best skin. Letting the pros extract and exfoliate on a regular basis helps stay one step ahead of acne, fine lines and wrinkles. Their professional grade peels and masks work wonders to revive dull, winter skin. Regular aesthetic appointments prioritize self-care and allow you an invaluable moment to shut down, relax and renew.

Coming soon! February is the perfect time to schedule yourself a little "me-time." For the entire month of February, b.LUXE is bringing back our "Red Envelope Event!" Every client with a booked facial or spray tan in the month of February receives a red envelope on the day of their service and every envelope's a winner! (*must be redeemed that day) See photo for details!

For a winter pick-me-up, don't miss our January WINTER REFRESH EVENT in coopera-



tion with the Medway Business Council at our Medway studio on Thursday, January 11th from 6 - 8PM. Pre-registration required. Light refreshments will be served.

Our b.LUXE experts will be on-hand with demonstrations, for both men and women, on how to battle the effects of the cold, blustery weather. We'll chat about new therapeutic skin care services, as well as DIY recipes you can make at home. All are welcome to this networking event. Special: 10% OFF coupons, swag bags and a chance to win a spa gift basket! Pre-registration required *See photo for details!

Happy New Year, everyone!

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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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If you would like to join our email list, please email our Assistant Director, Amanda at boralessaa@holliston.k12.ma.us or call us at 508-429-0622



Legislature Passes Bill to Protect Open Spaces

Bill codifies 'no net loss' policy into law for conservation areas in Massachusetts

The Massachusetts Legislature passed legislation that protects open and public spaces throughout the Commonwealth and ensures their conservation for future generations. This legislation, known as the Public Land Preservation Act, permanently preserves and protects the amount of land designated as open spaces and prevents it from being used for other purposes.

"As we work to mitigate the effects of climate change we see and feel every day, it's important that we do not allow the quality and acreage of open lands in Massachusetts to decrease," said Senate President Karen E. Spilka (D-Ashland). "Open lands protect against floods, reduce heat from man-made roads

and cities, increase carbon capture from plants and soils, protect our clean drinking water, and provide residents with wonderful outdoor recreational opportunities. I want to thank all the conferees, especially Senator DiDomenico for his leadership and Senator Eldridge for his years of attention and perseverance in seeing this legislation passed, as well as Senator Rodrigues for his review and support."

"I am thrilled that we have reached an agreement on this bill which will protect our public land so our communities can have parks, green spaces, and clean water to enjoy throughout the Commonwealth," said Senator Sal N. DiDomenico (D-Everett), Chair of

the Senate Committee on Bills in the Third Reading. "Protecting our public lands is so critically important in our state because they also help protect our residents from the effects of climate change; our forests keep our air clean, our trees cool down our streets and communities, and our wetlands mitigate the effects of flooding and storms. I am grateful for Senate President Spilka's dedication to getting this important bill passed, Senator Eldridge and Representative Balsler for their years of work on this issue, and all the conference committee members for their help getting this bill over the finish line."

"I am extremely proud that an agreement has been reached between the House and Senate on the landmark Public Land Preservation Act (PLPA), which will strengthen the state's commitment to ensur-

ing that there is no net loss of open space in the Commonwealth," said Senator Jamie Eldridge (D-Acton), Senate Chair of the Joint Committee on the Judiciary and the bill's original sponsor. "I'm grateful to Senate President Spilka's commitment to passing this environmental legislation, the work of the conferees, and the persistent advocacy by conservation groups. I also want to acknowledge the godfather of PLPA, Phil Saunders, who dedicated his professional life to passing this bill."

"With the passage of the Public Lands Preservation Act today, our public lands and open spaces will be preserved and protected for current and future generations to come," said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "Thank you to Senate President

Spilka for her leadership and thank you to Senator Eldridge, Senator DiDomenico, and others for their leadership on this vital issue as well. Ensuring the preservation of our most important public lands, farms, recreational areas, drinking water supply lands, sensitive wildlife habitats, forests, and other conservation and open space lands is critical in our collective efforts to adapt to and confront climate change, while protecting the public health of our communities, and passage of this legislation is a testament to the Senate's steadfast commitment to protecting our environment at all costs."

Since its passage as a ballot initiative in 1972, Article 97 of the Massachusetts Constitution has recognized the importance of public lands. Lands acquired for conservation purposes under Article 97 have protected status, and such lands' sale or conversion to other use must be approved by a two-thirds vote of each branch of the Legislature. Recognizing the importance of maintaining public lands, the Legislature, working with the Administration, has for many years ensured 'no net loss' of open spaces by requiring equivalent replacement land into open space when disposing of Article 97 land.

The conference report passed by the Legislature today codifies a 'no net loss' policy into law, making it legally binding. It ensures a public process takes place when a public entity considers disposing of Article 97 land and that replacement land is located nearby and of comparable acreage, fair market value, and natural resource value. The legislation includes a provision that allows for a cash payment in lieu of replacement land, provided that the payment amount is no less than 110 per cent of the value of the land and the money is used to purchase replacement land within three years.

Having passed the Senate and the House of Representatives, the bill now goes before the Governor for his consideration.



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Sports

Major Improvement A Key Objective for Holliston Six

Bedard In His 2nd Season as Panthers Coach

By KEN HAMWEY
STAFF SPORTS WRITER

Holliston High's ice hockey team finished last year with a 1-17-1 record — difficult numbers to cope with but not surprising for a squad that was playing for its third coach in three years.

Derek Bedard, who previously was an assistant for the Panthers for three years, took the reins and watched his team struggle early in the Tri Valley League Large Division. As the season progressed, however, the Panthers started to show signs of improvement and they began to adjust much faster. And, their work ethic was starting to produce a competitive nature that led to closely-contested games and far less blowout losses.

"We had six losses during the last half of the season that were by two goals or less," Bedard recalled. "And, we were able to get our only victory and a tie in that span. We definitely got better as the season moved along and that improvement occurred because of a relentless work ethic."

A sure sign that better results might be on the horizon came in a matchup against Medway, which lost only two games in the regular season last year. The Panthers bowed, 6-5.

At Local Town Pages deadline, Holliston had a 0-2 record, losing to Norton and Medfield. "Losing to Medfield, 4-1, was a big step in the right direction," Bedard said. "It was a gritty effort and was 2-1 with three minutes left. Medfield ended with two empty-net goals. We're looking to build on the momentum of a solid effort."

Bedard, who was a captain as a senior when he played for Holliston, listed his goals at the start of pre-season practice and they're the kind of objectives that make lots of sense for a team that's in the tender stage of its re-emergence.

"We want to build off what we achieved in the last half of last year," he emphasized. "We also want to improve daily — in games and in practice — and show progress as the season

moves along. And, if we stay healthy, we want to improve over last year's record but that will only occur if we continue to be a hard-working team."

As far as tourney thoughts go, Bedard believes that the relatively new tourney format works in Holliston's favor. "The power rankings take into account close losses," he said, "and that factor could give us a chance at a berth. Our prime focus, however, is to improve our skills and build team chemistry."

Bedard's list of this year's team strengths suggests better days are ahead. "We've got a solid work ethic," he mentioned first. "We're young but that's okay because we're all learning together and that creates a close-knit group. We're also willing to do the nitty-gritty things, like forecheck, backcheck and play hard-nosed defense. Our technique and our hockey IQs are improved and we've got strong goaltending."

The Panthers captains — seniors Nick Larche at center and Jonah Feldman at wing — personify many of the strengths listed by their coach. Both lead by example and are good communicators.

"Nick is willing to do whatever is needed," Bedard said. "His work ethic is superb, he's well-skilled, and smart. Our only TVL all-star last year, we'll rely on him to score and get assists. Jonah is an excellent skater who's strong and technically sound. He's got passion for hockey, works hard and, like Nick, has a hard shot. We'll also rely on him for offense."

Junior James Givens is an assistant captain who leads the defense. "James wins the one-on-one battles, he's tough in the corners and he's physical," Bedard noted. "A defensive defenseman, he's got good instincts and he's fast and quick."

Two key wings are junior Cole Fanara and sophomore Luiz Campos.

"Cole is physical, fast and displays finesse around the net," said Bedard. "Tough in the cor-



Holliston hockey coach Derek Bedard is optimistic his Panthers will improve this season.

ners, he's small in size but strong in stature. Luiz is a fast skater with a high hockey IQ. He's got a willingness to score, he's quick and battles hard in the corners."

Sophomore Evan Kuharich and junior John Pisselli are quality players who, along with Givens, bolster the Panthers' defense.

"Evan was impressive as a freshman," Bedard said. "A fast skater, he's a defensive defenseman who has a high hockey IQ and knows how to get good positioning. John is a high character guy. A tall defenseman, he's always striving to improve. A quick decision-maker, he wins the one-on-one battles at the net."

Sophomore Colin Logan was dependable in goal last year as a freshman and, according to Bedard, should be better than last season.

"Colin is why we were in many games last year," Bedard emphasized. "He's an impressive goalie. He's instinctive, technically sound and has passion for

hockey. He's always in the right position and he gives the team confidence. Our players are comfortable with him in net."

Bedard knows his core group will be counted on heavily but he stresses that "to be successful we'll need everyone to contribute."

Style often matters so Bedard is employing a deliberate style this season that emphasizes positioning. "It's all about our players getting into position and knowing how to get there quickly," he said. "The key is to be quick decision-makers and to be effective with their passing."

Besides Bedard, the Panthers have a trio of varsity assistants who all played in the TVL. They include Mike Donovan, Spencer Wilson, and Chris Johnston. "They all know the ins and outs of the game and they're all familiar with the teams in our league," Bedard offered.

The 26-year-old Bedard will rely on a coaching philosophy that focuses on improvement.

"That's my top priority," he said. "We also want to win but that happens when we improve, reach our potential and enjoy competing. Valuable life lessons I hope our players learn while competing are to develop a strong work ethic, be accountable, deal with challenges and adversity and become quality leaders and teammates."

Bedard says he never got discouraged about last year. "Both myself and our players are eager about the new season," he emphasized. "I'm confident in our core group and expect everyone to compete hard and be in every game."

The transition to a new coach ended after last year and both Bedard and his players are acutely aware that the competitive learning curve won't be as steep as last year.

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Real Estate Corner



9 Irving Place in Holliston recently sold for \$647,000
Image credit: www.zillow.com

Recent Home Sales

Date	Holliston	Amount
12/15/2022	61 Norland Street	\$520,000
12/13/2022	9 Irving Place	\$647,000
12/12/2022	68 Gregory Road	\$565,000
12/09/2022	27 Christopher Road	\$510,000
12/09/2022	36 Dunster Road	\$580,000
12/09/2022	154 Holly Lane	\$685,000
12/09/2022	204 Central Street	\$610,000
12/08/2022	5 Rebeca Lanev	\$1.33 mil
12/08/2022	27 Old Cart Path	\$1.02 mil
12/08/2022	4 Taylor Road	\$500,000
12/07/2022	66 Wedgewood Drive	\$510,000
12/02/2022	11 Beatrice Lane	\$450,000
12/01/2022	321 Gorwin Drive	\$525,000
11/30/2022	21 Constitution Circle	\$1.04 mil
11/30/2022	43 Donna Road	\$550,000
11/30/2022	63 Westfield Drive	\$495,000
11/29/2022	1909 Washington Street	\$490,000
11/26/2022	64 Maple Street	\$470,000
11/22/2022	4 Rebeca Lane	\$1.15 mil
11/22/2022	1 Rebeca Lane	\$1.18 mil
11/21/2022	62 School Street	\$475,000
11/17/2022	57 Carl Road	\$1.10 mil
11/16/2022	21 Garrett Way	\$665,000

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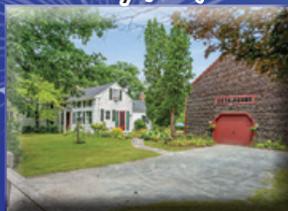
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Community Group Hosting Event Talking About Conversations Of Inclusion With Children

Holliston PTO/Mindshare, Holliston Special Education Parent Advisory Council (SEPAC), Diverse Holliston, Holliston Youth & Family Services, and Holliston Public Schools (HPS) are joining together to present an event open to the community entitled,

How to Have Important Conversations with Our Kids for

Greater Inclusion in Holliston.

This event will be in two parts, with the first part in early winter and the second part in the spring.

Adults interact with Holliston's youth in many different spaces including at community events and activities, in our schools, and in our homes. This program will focus on giv-

ing adults an opportunity to gain insights and share strategies for having safe and effective conversations with children regarding the daily issues that can arise surrounding human differences and commonalities (i.e., race, religion, ethnicity, gender, gender identity, sexual orientation, language, abilities/disabilities, socio-economic status, etc.). The purpose of the program is for all of us to become more comfortable having these conversations.

The group is looking for adults who have a relationship with a young person of ANY age (elementary, middle, high school age) to interview that young person regarding their experiences having conversations with adults about these issues. We are interested in their perspective about what works well and what does not work. Here are the prompt questions we are using (questions can be modified to be age-appropriate):

- When were times you experienced safe and effective conversations regarding human differences/commonalities with adults (differences/commonalities in race, religion, ethnicity, gender, gender identity, sexual orientation, language, abilities/disabilities, socio-economic status, etc.)? What made these conversations work well?
- When were times you experienced challenges w/these conversations with adults? What made these conversations not work so well?

What do you need from the community and from the adults in your life to continue to strengthen your ability to talk openly about human differences/commonalities?

The young person's parents/guardian/caregiver should be asked for permission to do the interview. We are asking that the interviewer either create a voice memo of the interview or create a transcript of it and send it to barb.fritts@gmail.com by Friday, Jan. 6. The identity of the young person being interviewed will remain anonymous. They will draw excerpts from these interviews and these excerpts will be presented anonymously at the community event. A panel of adults who have experience speaking with young people about diversity-related issues will then present their understanding of what they learn from these excerpts about how to have effective conversations with young people. This will be followed by break out groups to allow those attending the event to explore more deeply what we are learning and how to apply it.

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