



Jacob Murasko lines up a shot during Tuesday's Knights of Columbus free throw competition at Hopkinton High School. In addition to Murasko, division winners included Eli Keller, Ryan Dorfman, Nate Pantera, Jack Pantera and Kelsey Cooper. Photo by John Cardillo.

## St. Mary's of Holliston Hosts 13th Annual Youth Basketball Free Throw Competition

On Saturday, Jan. 28, St. Mary's of Holliston Knights of Columbus Council 14224 held their 13th annual Basketball Free Throw Competition at the Holliston High School gym.

All boys and girls from ages 9 through 14 were eligible to compete, and 54 boys and girls entered this year's event.

They all put on a dazzling display of shooting skills in vying to win their age group

for this event. The competition was strong at every age level.

### COMPETITION

*continued on page 2*

## Gallant Effort By Holliston Girls At State Track Meet

### Defending Champs Finish Third

By KEN HAMWEY  
STAFF SPORTS WRITER

It's often been said that a sports team's greatest challenge isn't winning a championship — it's defending a title that's far more difficult. A target on a defending champion's back so often makes winning two straight crowns a Herculean task.

That's what the Holliston High girls indoor track team faced last month when it competed at the Reggie Lewis Center, attempting to win its second consecutive Division 4 State crown.

### TRACK

*continued on page 17*



The Holliston High girls track that finished third at the Division 4 State Championship meet last month. Photo courtesy of Henry Studio



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COMPETITION

continued from page 1

After six hours of competing, the winners were decided, and those boys and girls have qualified for the District Competition coming up shortly.

Winners there will proceed to the Regional Competition at Nichols College in March, with the regional winners qualifying for the State Regional Competition in April.

The Holliston winners were recognized by the KofC Council at a ceremony at St. Mary's in February. They received certificates and trophies and had a party with their families attending the celebration.

This year's winners in each category were:

- 9-Year-Old Boys - William Finneran
- 9-Year-Old Girls - Briana Cooper
- 10-Year-Old Boys - Joseph Lawendi

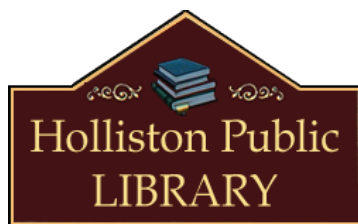
- 10-Year-Old Girls - Danika Rosario
- 11-Year-Old Boys - Leonardo DeFazio
- 11-Year-Old Girls - Mackenzie McDonald
- 12-Year-Old Boys - Chris Baker
- 12-Year-Old Girls - Olivia Kerchner
- 13-Year-Old Boys - Colin Doherty
- 13-Year-Old Girls - Mia Saletta
- 14-Year-Old Boys - Jack McDonald
- 14-Year-Old Girls - Katie Joslin

Don Marden, Council Director of Youth Activities for St. Mary's KofC, said this year's competition was among the best he has ever seen. He praised all the competitors and hopes to see them again at next year's event.

The Council members applauded all the winners at the celebration and thanked their parents for encouraging the boys and girls to participate.

Now - on to the District Competition!

Legos At The Library



Join fellow community members at the Holliston Public Library for Lego Club every Thursday, from 2-5pm.

You never know what you might end up building..

Holliston Library Facebook page. Manhattan, credit: Alex Bailey of Dublin, Ireland. Courtesy photo,



Community Events at Temple Beth Torah

Sunday, March 5:

- Fun with Entertainer Sally Silly
- All Ages Welcome!
- 12:15PM light lunch served
- 1:00PM silly bubble show
- \$10 suggested donation per family
- RSVP to lkpassier@gmail.com

Monday, March 6 at 6pm:

- Purim Bash!
- Kids crafts, Megillah reading, costume contest & comedy sketch
- All are invited - not just for kids!
- We will be collecting tzedakah to support recently arrived Ukrainian refugees.
- Temple Beth Torah is located at 2162 Washington St., Holliston.



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# Congratulations To Retiring Firefighters

**Congratulations!**

FF Fred Carnes (E4)  
1990

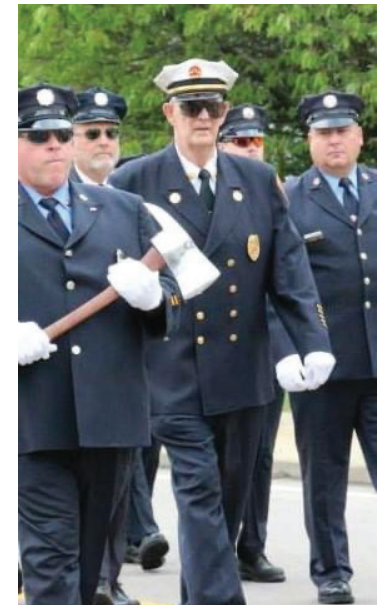
FF Gregg Lewis (L1)  
1988

FF Bob Christensen (E3)  
1988

You will all be missed!  
We enjoyed working with you  
and we thank you  
for everything  
you've done for us and the community.  
Congratulations  
on your retirements  
from fire suppression duties!

FF/EMT Phil Robshaw (L1)  
1974

FF Jim Rossini (E3)  
1982



Congratulations to Jim Moore, who retires today after 37 years, 9 months, and 22 days with the Holliston Fire Department. During his lengthy career with our department, he quickly rose through the ranks of the suppression force, and was subsequently promoted from Engine 1 Captain to Deputy Chief / EMS Supervisor on January 1, 2001.

As an EMT, he treated and transported numerous patients to local hospitals. As a crew chief and duty officer, he ensured the appropriate resources were used to manage emergency incidents. He oversaw members of our department assigned to the annual Boston Marathon detail in Hopkinton. He represented the department at numerous award ceremonies, and coordinated the annual "Fill the Boot" voluntary toll road for Muscular Dystrophy Association at Rossini Corner every August.

Jim mentored numerous members of the department, and was always willing to cover for another officer, or answer a question about something they had not previously encountered.

He worked collaboratively with other town departments, and from time to time would serve as department spokesperson to the media.

Congratulations on a truly deserved retirement, Deputy. You have given your all in the service of others. It's your time to rest and relax now. Enjoy your Florida vacation.

Congratulations to the long-time members of the Holliston Fire Department who retired as firefighters on Feb. 1, after more than 185 years of combined service!

We offer our heartfelt wishes to Fred, Bob, Gregg, Phil, and Jimmy on your retirements. You have worked so hard to earn this milestone. May this new journey refresh and strengthen you.

We would also like to express our thanks to their families who have shared them with us over the decades; often sacrificing precious family time as these firefighters trained and responded to emergencies during nights, weekend, holidays, and other milestones.

Thank you for your legacy of faithful service to Holliston, gentlemen!

*Courtesy photos, Holliston, Fire Department Facebook page*

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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](http://www.townofholliston.us/subscribe)

# TOWN OF HOLLISTON

## Nomination Papers for Town Offices Available

Last month, nomination papers became available to run for an elected office in Holliston. Running for a Town Office can be a rewarding experience, and an opportunity to help your community. Holliston depends on its volunteers.

The following is a list of the offices:

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

To qualify as a candidate you must be at least 18 years old, a registered Holliston voter, and collect 50 signatures from Holliston registered voters by April 4. The Town Election is May 23.

If you would like to discuss the possibilities, or have your Nomination Papers prepared, please call or stop by during business hours: Monday, Wednesday, and Thursday, 8:30 AM to 4:30 PM; Tuesday, 8:30 AM to 7 PM; Friday 8:30 AM to 1 PM

Town Elections are non-partisan.

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

# Holliston Newcomers & Neighbors say "Think Spring and Easter!"

Holliston Newcomers & Neighbors is once again helping the Holliston Pantry Shelf with Easter Gifts!

Donations are being accepted through March 17, so that we can provide the gift cards to the families before Easter.

HNN is asking for monetary donations to purchase gift cards for children 0 – 17 years old (\$25 value.)

We do not have a count yet - so we don't know our goal - but you can donate online at <https://hollistonnewcomers.org/Donate> and select Easter

Baskets, or you can mail a check to Holliston Newcomers & Neighbors, PO Box 6581, Holliston and indicate Easter Gift on the check. If you have any questions, please email: [committee.newcomers@gmail.com](mailto:committee.newcomers@gmail.com)

Be a part of putting a smile on the faces of so many deserving kids in our community. The HNN Easter Gift committee thanks you in advance for your support!

# Cookies calling

While on duty for a 12-hour ambulance shift, EMTs Ryan Jubb and Sarah O'Connell stopped by Out Post Farm to support their new friends from Brownie Troop 83121, who were selling Girl Scout cookies.



Holliston, Fire Department, Facebook page. Courtesy photo



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# How To Refinish Old Tile in Your Bathroom



John Szolomayer

## REAL ESTATE INSIGHTS

Tile goes in and out of style like anything else, and you may find yourself cringing every time

you look at your bathroom floor or shower walls. Still, retiling the bathroom gets put off because it can be expensive to remodel an entire bath. There is another solution because there are plenty of products available to help you refinish old tile in your bathroom to give it a fresh, new look. Painting over tile can transform its look with dramatic results. Here's how to proceed.

### Plan the time frame

Refreshing your tile can take multiple days, so make sure you have somewhere other than your bathroom to take a shower in the meantime. Schedule the maintenance, being sure to build in extra time for potential problems to arise.

### Choose the right supplies

The next step is to pick the paint product for your tile. There are multiple options on the market now, so definitely check with retailers to learn more about meeting your specific needs. Be sure to get brushes, rollers, trays and any other tools you need.

### Clean and prep the tile

This is very important because your tile will need to be cleaned thoroughly and properly. The paint you choose will likely have instructions on how to prep the surface for the best results. Use the right cleanser, and do not cut corners.

### Follow the directions

Next, follow the directions on the product to paint over any tile in your bathroom. Be sure

to properly ventilate the area, and wear a mask to keep from breathing in fumes or other dangerous materials.

### Leave time to cure

Be sure that you allow the paint enough time to cure before you use the shower. Running water on the tiles too soon can cause more significant problems and set you back to square one in the process.

### Are you ready to tackle a bathroom renovation project?

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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## Boys' Track Ends Season With Top 10 Finish

The Holliston High School Boys' Winter/Indoor Track finished its season with a top 10 finish at the MIAA D4 State Championship.

After a 4-1 TVL record, and six relay and individual school records this season, there were also individual and relay medals at the end of season event.

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# Holliston Police Participate In Bruins Fitness Challenge

There was a strong representation from “Team HPD” last month at TD Garden for the 7th Annual BFit challenge.

The Boston Bruins BFit Challenge powered by National Grid is a one-of-a-kind event that invites both first responders, military members, and anyone in the community to walk, run or step to benefit First Responder Charities.



Holliston Police Department Facebook page. courtesy photos

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# Woodland Street Traffic Detour For The Foreseeable Future

As of last month, Woodland Street traffic will be detoured for the foreseeable future while work is planned and performed on the bridge/culvert located at the Factory Pond Dam (across from the 8 Arch Bridge).

When accessing Woodland Street from the northern end – Washington Street (Rt. 16/126) – traffic will be detoured at Lowland Street.

When accessing Woodland Street from the southern end – area of Central Street and Linden Street – traffic will progress no further than the school complex at Placentino & Miller Elementary Schools.

Though the long-term replacement of this bridge was already in the planning stages, the current state of the bridge requires closure until further



notice, per MassDOT and the town's independent engineering consultant, PARE Corp.



## Annual Town Meeting Warrant Open Until March 13

The Town of Holliston's Select Board voted to open the Warrant for the Annual Town Meeting to be held on Monday, May 8.

Articles are to be submitted to the Office of the Select Board by Monday, March 13, by 4 p.m.

Any questions about how to submit an Article for consideration should be directed to Travis Ahern, Town Administrator at [ahernt@holliston.k12.ma.us](mailto:ahernt@holliston.k12.ma.us).

# Envisioning Future Holliston to showcase consultant on March 1

## Five-year strategic plan expected to be complete by year-end

By THERESA KNAPP

The Envisioning Future Holliston Committee will hold its strategic planning kick-off meeting on March 1 at 7 p.m. The meeting will take place in the

Holliston Select Board room at Town Hall and can also be accessed via Zoom.

The public is welcome to arrive between 6:30 p.m. and 7 p.m. to meet and mingle with representatives from Berry-

Dunn, the consultant chosen to develop "a community-based 5-year town-wide strategic plan, including a community vision for 2030," as stated in the town's Request for Proposals.

At this meeting, Waltham-based BerryDunn will lay out their plans including a timeline. The language in the RFP states the strategic plan should

be completed within 10 months from the award date.

The full RFP can be found at <https://bit.ly/3Eamc4A>

Also on the meeting agenda is a review of the results of the latest Envisioning Future Holliston survey which asked residents to share views on various aspects of life in Holliston including water resources & open

space, community character & design, housing, town services, age-friendly services, climate resiliency and sustainability, economy, connectivity, public recreation, schools and library.

For more information, including previous survey results, visit [FutureHolliston.com](http://FutureHolliston.com)

For meeting details, including the agenda and Zoom link, visit <https://bit.ly/3YC4bEp>



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Your Money, Your Independence

# Dividend Investing - Navigating Hype and Pitfalls To Get Results.



Glenn Brown

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**2 High Yields: A Bird In Hand Is Worth Two In The Bush.**

**4 High-Yield Dividend Aristocrat Retirement Dream Buys.**

**Is \_\_\_\_\_ Stock's 5.25% Dividend Yield Safe?**

With headlines like these, who needs enemies?

Dividend stocks are getting a lot of attention given how as a group they outperformed the S&P 500 Index which declined -18.1% in 2022. Witness leading dividend ETFs (exchange traded funds) from Schwab, Vanguard and iShares (BlackRock) ranging from -3% to -9% for the year, keeping 10-year annualized returns still above 10%. Add US bond market index down -13.1% due to rising rates, you can see the attraction on a relative basis.

Unfortunately, due diligence by many investors buying or sell-

ing dividend stocks is based on yield and a story with a catchy headline. They ignore a company's business model, free cash flows, payout ratios, dividend growth, stock appreciation and other key factors.

Even worse is mantra of "I don't care about the stock price, as long as I get my dividend".

Here's a few considerations I use to avoid pitfalls and manage a Dividend Growth & Income portfolio.

- 1. Be diversified across industries.** Far too often see self-directed investors own 20 companies and think they're diversified. Problem is 15 are in the same sector (i.e. today it's energy, 5 years ago REITs, 17 years ago financials). Be across at least 5-6 sectors to reduce portfolio volatility throughout economic cycles.
- 2. Seek total return approach.** Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.
- 3. Growth of dividends.** Growing companies reinvest earnings into projects to increase future cash flows.

Dividends come from cash flows, and many growth companies yield 1.5% or less today. Given this, these are ignored by income investors. Huge mistake, let me explain via concept of Yield-On-Cost (YOC).

**4. Yield-On-Cost (YOC).** Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example. Five years ago software company is yielding 1.0%, today through dividend increases YOC is 2.8%. Meaning your initial investment 5 years ago now pays out 2.8% annually even though current yield still ~1%. Bonds can't do this, they're fixed. But there's more... add 216% stock appreciation and you see the mistake of only selecting high dividend yields.

Other examples:

- Managed Care: 1.3% yield, 5-year YOC 3.9% + 131% total return.
- Environmental Industrial: 1.7% yield, 5-year YOC 3.9% + 134% total return.
- Semiconductor: 0.8% yield, 5-year YOC 3.8% + 380% total return.
- Pharmaceutical: 1.3% yield, 5-year YOC 5.3% + 394% total return.

**5. Balance with consistently boring.** Boring is reliable. Boring is necessary. This can include companies increasing dividends each year for 25 years (just 64) or 50 years (only 37). Additionally, this is also where you can add some slow growth, high-yield opportunities to help increase overall portfolio income. Again business model matters, debt matters, visibility matters.

Dividend investing can play a part in your investment and/or income distribution strategy, but it's more than yield with a story if

you want results to stay invested over economic cycles.

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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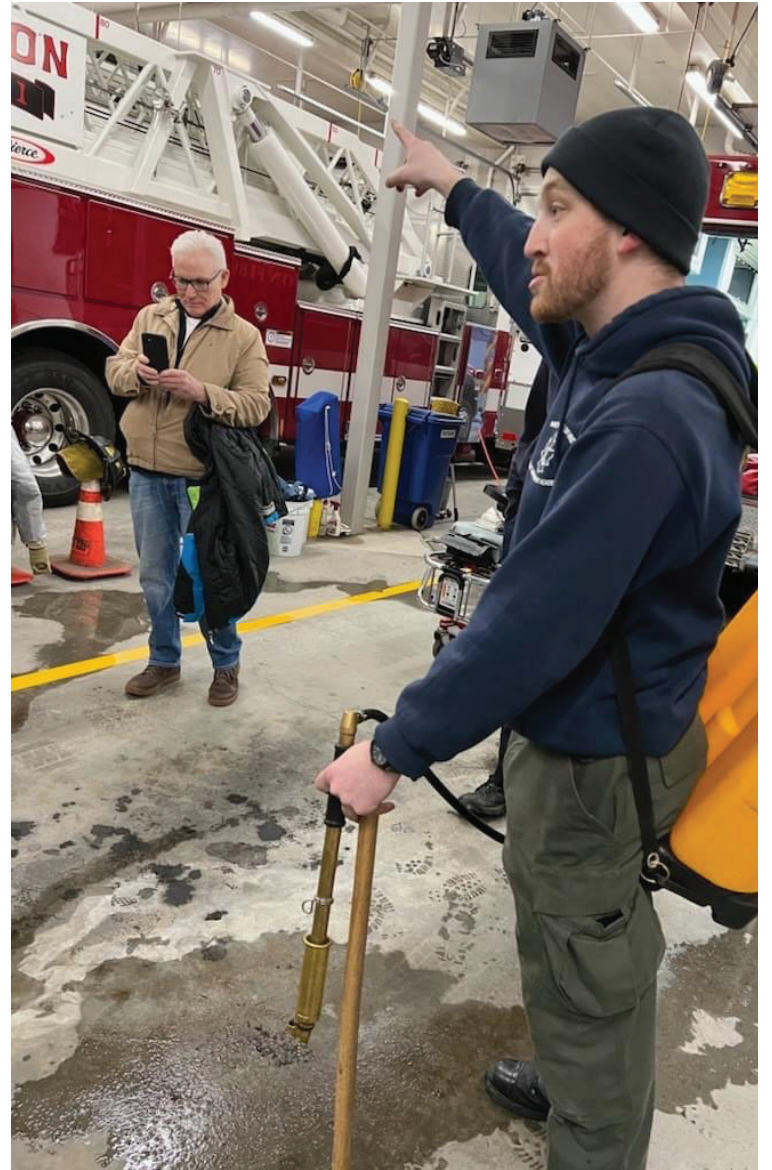


# Cubs Scouts Get Hands-On Training

Capping off a busy day, FF/ EMT Derick Valovcin, FF/ EMT Nick Cutone, and EMT Sarah O'Connell helped some

local Cub Scouts who stopped by the station prepare for their Bear Badge; educating them about safety, how to respond to

an emergency, and the role of first responders in helping their community.



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# A hot topic – more efficient heating and cooling, with guidance from Pro Comfort Control

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By LINDA CHUSS  
CONTRIBUTING WRITER

## Business spotlight



Everyone seems to be grumbling about heating costs these days, as energy prices have been rising quickly. There is also considerable talk of reducing energy usage in buildings to alleviate climate change, along with financial incentives towards that aim. Advertisements point to newer technologies, like heat pumps and improvements to traditional systems. But changes mean consumers need to learn about the new options, and the information can be confusing.

Pro Comfort Control's Ryan McKernan is helping homeowners and light commercial building owners find the right solution for their situation. With over 20 years of experience, he brings impressive expertise and provides the personal attention needed to properly design and install it.

"I come from a family of tradesmen. As a teen, I started working with my uncle, a plumber, and my father a well-known local builder." McKernan has roots in the community, living in and serving Holliston and surrounding towns.

"Right now, people are most interested in heat pumps, an extremely efficient and more environmentally friendly way to heat and cool your home," McKernan explained. "Customers regularly ask how they can limit their dependency on fossil fuels and go green. We take the extra time to educate them so they can make knowledgeable decisions.

For each customer, we complete a comprehensive evaluation of their home and provide the best recommendations tailored to them."

Homes with central air have a ducted system, so Pro Comfort Control typically suggests a ducted solution using forced-air heat pumps. However, in older homes or those with structural limitations, the solution might be to install ductless heat pumps. Pro Comfort Control could recommend high efficiency boilers or furnaces based on the specific configuration of the home. "Tailoring the recommendation to the home is part of what differentiates us," said McKernan.

Customers appreciate Pro Comfort Control's individualized focus, as well as their responsiveness and commitment to quality. Paul Olson of Framingham, who used Pro Comfort Control to install a heat pump, furnace, and hot water heater said, "I knew right away when getting an estimate that Pro Comfort was different. With other contractors it was more of a cookie-cutter ap-



The professionals at Pro Comfort Control bring their expertise in heat pumps and all facets of heating and cooling systems to the Holliston community.

proach. Ryan knew exactly what made the most sense and how to do it. We went from 'This needs to be done' to 'Wow! I'm really glad we did this!'"

Pro Comfort Control even does a full walkthrough after installation. "We explain how their system works, the maintenance needed, and the benefits," McKernan related. "People are surprised by our passion for quality and the attention they receive. That's gratifying to us."

Another way Pro Comfort Control exceeds expectations is by guiding customers through the financial incentives. Mass Save offers a 0% heat loan, post installation rebates up to \$10,000, and up to \$2,000 in tax credits, all with stipulations. To obtain the heat pump incentives, a customer



Pro Comfort Control's Ryan McKernan takes pride in delivering heating and cooling solutions tailored to the customer's home.

needs to use a certified Mass Save Heat Pump installer, which Pro Comfort control is.

For more information or to discuss your home project, contact Pro Comfort Control at 508-955-4PRO or info@pro-

comfortcontrol.com. Services include oil, gas, and electric solutions for water heaters, furnaces, boilers, A/C and heat pumps.

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		<h1>March 2023</h1>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p><b>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</b></p>		1	2	3		
		<p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p>9:30 <b>Select Chat***</b> 9:30 Friday Crafters 1:00 Tune Timers</p>  <p style="text-align: center;"><b>World Wildlife Day</b></p>		
6	7	8	9	10		
<p>9:00 <b>AARP Tax Appts***</b> 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>  <p><b>Purim Begins at Sundown</b></p>	<p>10:00 Writer's Group 10:30 Energy Focus Movement 12:30 Zumba Gold 1:00 <b>Libby Training by Holliston Public Library***</b> 2:00 <b>Coffee with Holliston Police***</b></p>	<p>11:00 Yoga 12:00 <b>Celtic Celebration with Davis Bates &amp; Traditional St. Patrick's Day Lunch</b> 2:00 Council on Aging Board Meeting</p> <p style="text-align: center;"><b>Women's Day</b> </p>	<p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography</p>	<p>9:30 Friday Crafters 10:00 <b>Habitat for Humanity Home Repair Info Session</b> 1:00 Tune Timers 1:30 Book Club (See book title on page 10)</p> <p style="text-align: center;"><b>Harriet Tubman Day</b> </p>		
13	14	15	16	17		
<p>9:00 <b>AARP Tax Appts***</b> 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p> <p style="text-align: center;"><u>Sunday, March 12th— Daylight Savings begins!</u></p>	<p>9:00 <b>Monthly Breakfast***</b> 10:00 <b>Legal Hour with Attorney Marsden***</b> 10:30 Energy Focus Movement 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p> <p style="text-align: center;"><math>\pi</math></p>	<p>9:30 Walking Fitness 10:00 <b>Podiatry***</b> 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:00 BINGO</p>	<p>9:00 Pilates (Zoom) 9:30 <b>Veterans Coffee Hour***</b> 9:30 Senior Support Foundation Meeting 10:30 Energy Focus Movement 12:30 Photography 3:00 Tech Help</p>	<p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club</p> <p style="text-align: center;"><b>Happy St. Patrick's Day!</b></p> <p style="text-align: center;"><b>Lions Club Free Lunch on Sunday, March 19</b></p> 		
20	21	22	23	24		
<p>9:00 <b>AARP Tax Appts***</b> 9:30 Coloring and Coffee 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p> <p style="text-align: center;"><b>Welcome Spring!!!</b></p> 	<p>10:00 <b>What You Need to Know To File Your 2022 Tax Return***</b> 11:00 <b>UMass Boston Presentation***</b> 10:30 Energy Focus Mvmt 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p>	<p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p> <p style="text-align: center;"><i>Ramadan Begins at Sundown</i> </p>	<p>9:00 Pilates (Zoom) 10:30 Energy Focus Mvmt 12:30 Photography 3:00 Drop-in Tech Help</p> 	<p>9:30 Friday Crafters— <b>Easter Bunny Door Hanger</b> 1:00 Tune Timers</p> 		
27	28	29	30	31		
<p>9:00 (Final) <b>AARP Tax Appts***</b> 9:30 Coloring and Coffee 10:00 Legal Advice w/ Arthur Bergeron 11:00 Yoga 12:00 <b>Weekly Lunch***</b> 1:30 Tai Chi 1:30 Game Day</p>	<p>10:30 Energy Focus Movement 12:30 Zumba Gold 12:30 <b>Intergen Create Session at Miller</b></p>	<p>9:30 Walking Fitness 11:00 Yoga 12:00 <b>Weekly Lunch***</b></p>	<p>9:00 Pilates (Zoom) 9:30 <b>Java with Jay***</b> 10:30 Energy Focus Movement 12:00 <b>Lunch and a Movie***</b> 12:30 Photography</p>	<p>9:30 Friday Crafters 12:00 <b>Dementia Friendly Lunch and Learn***</b> 1:00 Tune Timers</p>		



# Senate Passes Comprehensive Rules Package

The Massachusetts State Senate passed a comprehensive rules package updating the Senate and joint rules to incorporate the best practices learned during the COVID-19 pandemic. This package reflects the societal shift toward hybrid operations while building on the Senate's commitment to transparency, inclusivity, and equity.

To maintain accessibility to state government, the Senate voted to include language in both the Senate and joint rules codifying the use of hybrid hearings by joint and Senate committees. This change will allow increased public participation and ensure that those who cannot be present

in the State House can still participate in the legislative process.

Keeping in line with the emergency remote voting procedures adopted during the pandemic, the Senate also voted to continue the option of remote participation, which will allow members to take part in Senate sessions even when they have extenuating circumstances. These changes build on the best practices that were developed during the pandemic, and they also promote greater inclusivity.

"I am proud of the Senate for its commitment to increased transparency, inclusivity, and equity as reflected in this rules package," stated Senate President



Karen E. Spilka (D-Ashland). "We have learned the lessons of the COVID-19 pandemic, and this rules package ensures that operations in the Senate continue

to reflect the reality of work and civic engagement in the digital age. I'd like to thank Senator Lovely for her leadership and all of my Senate colleagues for their contributions."

"The rules package released today takes the lessons learned during this unprecedented time and incorporates them into the Senate's practices and procedures," said State Senator Joan B. Lovely (D-Salem), Chair of the Temporary Senate Committee on Rules. "By continuing remote participation options for hearings, publishing committee votes, and allowing public access to testimony, we can create better pathways for people across our Commonwealth to access and participate in state government. I would like to thank Senate President Spilka for her leadership, my fellow committee members, and all my Senate colleagues for putting forth a rules package that is reflective of the Senate's

shared goals to meet the needs of our constituents."

The Senate's rules package also includes robust transparency and diversity measures related to committee proceedings. Under the Senate's joint rules package, joint committee votes will be required to be posted on the Legislature's website, as is currently the practice with Senate committee votes. In addition, joint committees will be required to make testimony publicly available upon request, while allowing for the redaction of sensitive information. In addition, committees soliciting expert testimony will be required to make every effort to ensure that such testimony comes from a diverse group of individuals.

The Senate rules adopted today are now in effect for the remainder of the 193rd legislative session. The joint rules passed by the Senate will be reconciled with a proposal by the House of Representatives.

# Senate Passes Bill Supporting Parents Running for Public Office

Legislation would recognize child care costs as a valid campaign expense

The Massachusetts State Senate passed legislation that would support parents running for public office by recognizing childcare as a valid campaign expense.

"Public service is a personal choice made more complicated and daunting for working parents, especially women, who face the added costs of childcare," said Senate President Karen E. Spilka (D-Ashland). "While we've made great strides in diversifying our electoral representation in Massachusetts, there is much more we can do to make the decision to run for office eas-

ier for people with kids. I want to thank Senator Jehlen for championing this issue and look forward to it advancing in the legislative process."

"This bill would break down a major barrier to open elective office to people who have traditionally not had that opportunity," said Senator Patricia D. Jehlen (D-Somerville), Senate Chair of the Joint Committee on Labor and Workforce Development. "Many of us currently in office would not be here today if we didn't have trusted people taking care of our kids while we knocked doors for our first campaigns. Allowing campaign finances to be used for child

care means that more people in our communities can participate than ever before and amplify the voices of those who have previously not been heard."

Under the bill, a political candidate would be able to expend campaign funds for childcare costs, using money raised in support of a political campaign. The bill tasks the Director of the Office of Campaign and Political Finance with the creation of regulation to oversee the implementation of this change.

The bill now heads to the Massachusetts House of Representatives for consideration.

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# Holliston Senior Center Monday and Wednesday Lunch Menu

- |  |   |
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| <p><b>Wednesday, March 1</b><br/>BAKED MAC AND CHEESE, Steamed Broccoli, Mandarin Orange, Apple Pie</p> <p><b>Monday, March 6</b><br/>QUICHE LORRAINE, Tomato Soup, Spinach Salad, Peanut Butter Cookies</p> <p><b>Wednesday, March 8</b><br/>TRADITIONAL BOILED DINNER, Corned Beef, Potatoes, Carrots &amp; Cabbage with Roll and Butter, Carrot Cake</p> <p><b>Monday, March 13</b><br/>HERB ROASTED CHICKEN THIGHS, Cream of Mushroom Soup, Rice Pilaf, Mixed Vegetables, Pastries</p> <p><b>Wednesday, March 15</b><br/>HAMBURGERS, Vegetable Soup, Fresh Cucumber, Potato Salad, Chocolate Cookies</p> | <p><b>Monday, March 20</b><br/>BAKED HAM, Lentil Soup, Sweet Potato, Green Beans, Roll with Butter, Cheesecake</p> <p><b>Wednesday, March 22</b><br/>PASTA W/BROCCOLI AND CHICKEN, Tossed Salad, Mandarin Orange, Chocolate Pudding</p> <p><b>Monday, March 27</b><br/>MEATLOAF, Buttered Egg Noodles, Butternut Squash, Three Bean Salad, Chocolate Pudding</p> <p><b>Wednesday, March 29</b><br/>BAKED SCROD, Rice Pilaf, New England Clam Chowder, Tossed Salad, Oatmeal Cookies</p> |
|--|---|

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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.

## Would you like to receive your Holliston Senior Center newsletter digitally?

The Senior Center is happy to send you our newsletter to your email inbox, if you prefer. It is good for the environment and you will receive it sooner since you do not need to wait on the mail!

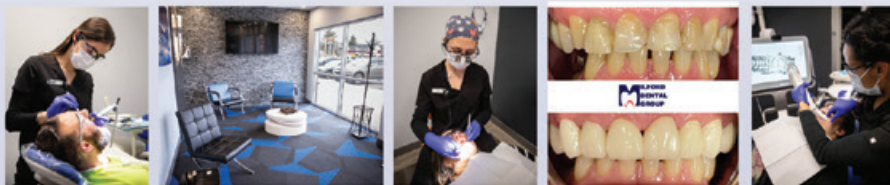
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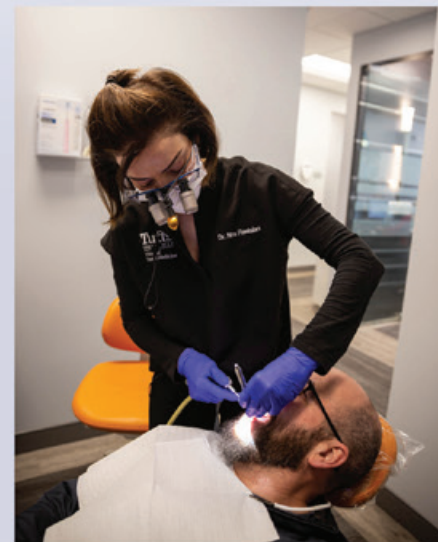
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# The b.LUXE beauty beat

## PAWSitively Amazing!

By GINA WOELFEL

Everyone knows that our beloved four-legged friends bring us so much joy and love, but did you ever stop to think about how they make us look and feel? Our canine companions are always loyal, warm, and wildly goofy – all qualities that help them shine as the incredible furry friends we know and love. But it’s more than just their lovable personalities that keep drawing us back in; there is a real science behind why man’s best friend can quickly become our favorite confidant. Let’s take a closer look at why exactly our dogs make us look good, feel great, and smile even wider!



Our pets give so much more than just their company. Owning a pet may decrease stress, improve our heart health, and even boost our mood. Pets keep us moving and specifically, dogs, increase our activity levels with daily walks, play and cleaning up all those doggy toys! Exercise on its own is great, but exercise with a pet adds an added layer of fulfillment and social support.

At b.LUXE, we’ve always maintained that beauty starts from within. Sure, a fresh cut and color can make you feel great, but a happy heart radiates true beauty and for the b.LUXE ladies, nothing makes us feel more beautiful and joyful than our pups (and cats, horses, guinea pigs and chickens!)

If you haven’t guessed already, we’re animal people, so our PAWSitively Amazing fundraiser this month to benefit PAWS New England is an important one for us! Read on for details...

**PAWSITIVELY AMAZING FUNDRAISER:** For the entire month of March, b.LUXE Hair and Makeup Studio is donating 10% of our retail sales to PAWS New England! For every hair, skincare, makeup and tanning product sold, 10% goes directly to our friends at PAWS!

Leading the way in all this pooch affection is b.LUXE owner, Heather Cohen, who’s been a canine advocate and dog fosterer with Paws New Eng-

land for the past 20 years. She’s always said, “Dogs are my favorite people” and judging from her house full of them, we believe her!

Heather first started her rescue journey with Joanne Hutchinson, one of the three original founders of PAWS New England. I recently interviewed Joanne and she shared with me how PAWS began and where they are today.

“Paws New England started with a small group of women who saw the need for adoptable dogs in the New England area and an abundance of dogs in our southern shelters who were being euthanized for space only, a practice that’s, surprisingly, still in use today. Rescue was in its infancy 20 years ago, so we followed the lead of some of our predecessors and began rescuing dogs from the Memphis, TN area. We rescue abandoned, neglected, and abused dogs from high-kill shelters and desperate situations and provide them with vet care, behavioral training, boarding, food, medications, and anything our dogs and foster families need to succeed! We then bring them to New England where we place them in safe, loving homes.

Joanne shared with me a picture of “Jackson” (featured above), a Golden Retriever mix who came to PAWS with a severely injured leg in need of amputation. Through PAWS, Jackson received the care he needed and was placed in his forever home this past year. These are the kinds of stories that melt our hearts. Nothing compares

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to the feeling of coming home to our loyal, tail-wagging friends and their unconditional love. Heather Cohen and I have both adopted our pups from PAWS and there’s no denying how much joy they bring to our lives.

Joanne further explained just how far PAWS has come: “Fast forward to 2023 and we’re now sending approximately 10-15 dogs per week to adopters or foster homes, which are a critical part of our organization. We’re a volunteer operation and well known for accepting dogs who’ve been injured and abused into our program and, as such, donations are the only way we can continue to assist those dogs who need us the most. 98% of every dollar donated goes directly to our dogs. We even share our tax documents right on our website.”

b.LUXE wants every dog to have an amazing home where they feel safe, loved and adored.

We know you feel the same way about your beloved pooches and hope you’ll stop in this month and grab a few beauty products to help support PAWS New England!



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# Sports

## TRACK

*continued from page 1*

Coach Jenn Moreau's forces finished third, behind North Reading, the meet champ with 69 points. Whitinsville-Christian was second with 55 points and the Panthers were third with 46.

"We're not disappointed because there's a lot to celebrate," Moreau said. "Trying to win two straight State championships is difficult because of the expectations and the pressure. We had a young team and a core nucleus of only 12 girls. But, they competed hard, gave 100 percent and showed how dedicated they are."

Their dedication was front and center in three events — the mile and the 4x400 and 4x800 relays. Holliston collected 19 points in the mile event and 16 points in the two relays.

Carmen Luisi was first in the mile, Maggie Kuchman was second and Paige Kuchman finished eighth. The 4x400 squad featured Ella Bosselman, Kaitlyn Quealy, Annabelle Lynch, and Luisi, and the 4x800 contingent included Bosselman, Casey Wig, Lynch, and Maggie Kuchman.

"Those teams gave us a strong effort and kept us in the meet," Moreau said.

Last year, the Panthers, who finished their dual-meet season unbeaten at 5-0, made it a clean sweep, winning the Tri Valley League Large Division crown, then rolling to the State title. Holliston compiled 66 points, Wilmington was a distant second with 50 points and Medfield was third

with 45.

"That was the school's first state championship in girls track," Moreau said. "It was a thrill but a total team effort made it special. Our senior leadership was excellent. The veteran competitors knew we could do well and they provided the spark. We had a talented group that was athletic, technically sound, experienced, and had a high track IQ."

Captains Ava Bergloff (shot put), Peyton Hastings (distance events), Mia Luisi (sprinter/long jump), and Jessica Smith (sprinter) provided most of the senior leadership. Although they fell short of a second straight title, the 2023 edition of the Panthers, nevertheless, was a squad that had strengths. "We had depth, experience, athleticism and a high track IQ" Moreau said. "The team also had a lot of heart, the girls were coachable, they worked hard to promote team chemistry.

Holliston's senior captains — Kleah Cenolli, Inga Jung, Wig and Maeve Garvey — personified leadership. "They led by example, by being vocal and communicative and they were supportive," she said. "They're team-first competitors."

"Kleah's event was the shot put," Moreau noted. "A quiet leader, she was extremely helpful and supportive of our younger kids. An experienced and dependable competitor, her work ethic was outstanding. Inga competed in the 55-meter sprint, the 4x200 relay, the high jump and

long jump. Her speed and technique were dynamic. She'll be competing at Sacred Heart University in Connecticut next year.

"Casey ran middle distance races. A determined runner, she was a role model on and off the track. Her work ethic was exceptional. Maeve also ran middle distance races. She was consistent, determined and very coachable."

Sophomores Maggie Kuchman and Lynch competed in distance events and the underclassmen were impressive. "They relied on endurance and speed," Moreau said. "Intense competitors, they were very coachable and showed lots of heart."

Quealy, another sophomore, was versatile, competing in the sprints and the high jump. Her 5-foot-2 high jump was a personal best. "Kaitlyn's technique is very good, she's determined and has a lot of natural talent," Moreau said.

Bosselman, a senior, and Luisi, a junior, ran the mile and two-mile events. Luisi was last year's top scorer and Bosselman will be competing for UMass-Amherst next year.

"Ella was a member of last year's cross-country team that won a State title," Moreau emphasized. "A great competitor, she's got a fantastic will to succeed. Her endurance and form are very good. Carmen's work ethic is terrific, her endurance is top-notch and her determination is a great asset."

During the season, Holliston finished with a 3-2 TVL record

and a third-place finish in the league meet. "We were dealing with illness and injuries early in the season," Moreau said. "But, what's so rewarding working with this group was the trust we built and the rapport we had. My two assistants also played key roles. Dave Bergloff is our throwing coach and Mark Reytblat coaches the jumpers and the sprinters."

When Moreau stressed the goals she had set for the squad during pre-season practice, there was no mention of TVL titles or a State championship repeat. She made sure not to place any undue pressure on her forces.

A motivating coach, Moreau says her competitive philosophy stresses reaching one's potential, striving to be your best, and having fun along the way. "If those things occur, then winning will follow," she said. "And, valuable life lessons can be learned in sports. Some of them are overcoming adversity, being resilient, learning how to lead and to be good teammates."

The 42-year-old Moreau, who's been the Holliston girls track coach for 12 years, was a dynamic high school athlete at Mount Ararat High in Topsham,

Maine. She played soccer and ran indoor and outdoor track. Voted the Gatorade Player of the Year and Athlete of the Year in Maine, she earned a full scholarship to Syracuse University where she ran winter and spring track. Married and the mother of two children, she's been on Holliston's faculty for 12 years, teaching health and wellness.

"It's not like we're dejected after finishing third at the State meet," Moreau said. "We can look at it as great preparation for the outdoor season."

Moreau is the spring track coach and she'll again be coaching most of the girls who competed indoors. Last year, after winning the indoor State crown, her outdoor team lost at the State meet to Wilmington by a score of 70.2 to 70.0. "That was a time to be disappointed and dejected," she said.

Holliston's 2023 indoor track team should be remembered for its resilience, especially the way it battled through injury and illness. "We relied on each other and dealt with the highs and the lows. The team had character and it always gave 100 percent," Moreau said.

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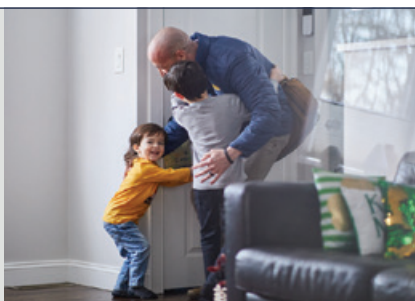


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# Real Estate Corner



76 Regal Street in Holliston recently sold for \$450,000. Source: www.zillow.com / Compiled by Local Town Pages

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## Recent Home Sales

Date	Holliston	Amount
02/15/2023	34 Maple Street	\$350,000
02/10/2023	270 Gorwin Drive	\$581,000
02/10/2023	589 Prentice Street	\$1.18 mil
02/09/2023	15 Northway Street	\$595,000
01/31/2023	115 Dalton Road	\$729,000
01/31/2023	30 Queens Terrace	\$662,000
01/31/2023	76 Regal Street	\$450,000
01/30/2023	74 Westfield Drive	\$515,000
01/27/2023	75 Garrett Way	\$620,000
01/26/2023	708 Prentice Street	\$200,000
01/26/2023	45 Old Cart Path	\$1.03 mil
01/23/2023	798 Central Street	\$535,000
01/23/2023	1014 Highland St (1.39 acres)	\$190,000
01/20/2023	235 Fiske Street	\$1.35 mil

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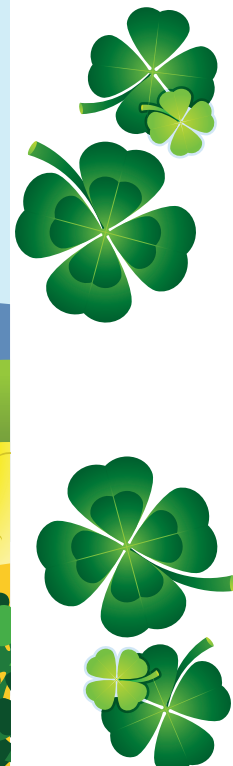
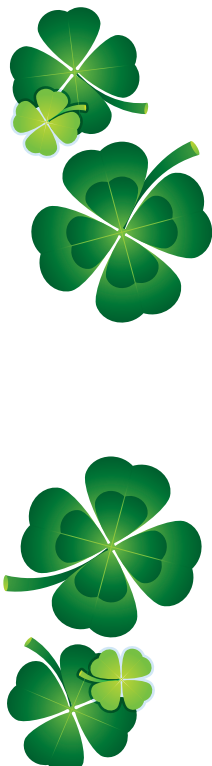
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