



Resident Calls for Ambulance, Coverage Upgrade

By PATRICIA ROY

When Liz Theiler was diagnosed with a heart tumor two years ago, her treatment involved surgery to remove the growth as well as a bicuspid valve replacement.

About eight months later, Theiler felt ill again and called 911 for an ambulance.

Holliston responded in a timely fashion, she said, but with only Emergency Medical

Technicians (EMTs) on board, they were limited in what they could do for her.

“All she could do was to hold my hand and say ‘relax,’” Theiler said, referring to the limits of treatment an EMT is allowed to provide.

EMT Basic level treatment, which is what the town’s ambulance provides, generally means patient assessment, first aid and transport.

Since Theiler’s situation involved a heart patient, Ashland ambulance with its Paramedic level staffing and a portable electrocardiograph machine was called, arriving about 15 minutes later to transport her to Newton-Wellesley Hospital. This is known as Advanced Life Support or ALS staffing.

AMBULANCE

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DECA Club Finds Success

The Holliston DECA Club has had great success in year two of competing.

DECA is a business club where students compete around business topics of their choice including marketing, accounting, entrepreneurship, hospitality, entrepreneurship and finance categories.

It challenges students to think on their feet, strengthen presentation, communication and leadership skills.

This year they had a record 52 members join the club, doubling their club size and getting recognition from National DECA for the accomplishment.

At districts, out of 47 HHS competitors, 22 members earned spots to SCDC in Boston, which is competing at the state level.

Out of 29 competitors at states, 11 will move on to ICDC, which is the national competition in Orlando, Fla.


Holliston DECA will continue to grow and wants to spread the word to the community about their successes.

Taryn Lang, Business Teacher at Holliston, started the club last year in her first year at Holliston. This is her seventh year as a

DECA CLUB

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AMBULANCE

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In spite of the wait for a second ambulance to respond, Theiler considers herself lucky. It takes two EMTs to man an ambulance call and there are not always two on duty at the Holliston station. In that case, a second EMT has to be called in by the dispatcher. If no one responds, the call must immediately be passed on to another town or a private service.

Theiler was unsure of the amount of time it took the town's ambulance to respond in her own case, but taking on the additional wait for an upgraded ambulance shouldn't have to happen, she thought. Nor should anyone have to wait for a second EMT to provide ambulance staffing when there could be a full-time roster.

"I don't comprehend it at all," Theiler said. "To just leave it wide-open when it comes to people's health and safety is not reasonable."

Her experience prompted Theiler, a researcher who has a PhD in biomedical chemistry to become an advocate on the issue of coverage.

"Our town is staffed by paid on-call EMTs," said Fire Chief Michael Cassidy. "We strive to have three members on each ambulance shift, exceeding the state minimum staffing of two."

Having the third member available helps with division of labor, lifting and moving patients and a faster turnaround time at the hospital, he said.

There are 17 EMTs who regularly work ambulance shifts, he said.

"There is not always at least one EMT at the station," he acknowledged. "Most shifts there are one or more EMTs at the station, but not every shift."

Shifts are 12 hours (6 a.m. – 6 p.m. and its opposite) and the town changed its pay structure last summer to incentivize personnel to be at the station for a full shift.

The move was successful, Cassidy reported.

Mobilization time (from unit notification to en route status) was reduced from an average of 4 minutes, 28 seconds to 3 minutes, 52 seconds. Response time (unit arriving on scene) was also clipped from 8 minutes, 10 seconds to 7 minutes, 22 seconds.

Police officers are often first on the scene, he said, and they are equipped with first aid bags, oxygen, defibrillators, glucose and naloxone. Triage and treatment can begin even before the ambulance arrives, he said.

Theiler remains critical of the apparent staffing shortage and the lower level of care provided by the town ambulance service.

"What does a hole in coverage mean to the resident who calls 911 for an infant or ill family member?" she asked.

Most of the surrounding communities have ALS coverage or in the case of Sherborn, two EMTs are paid to be mat the station at all times, she said.

The Municipal Resources, Inc. (MRI) a study on fire and emergency medical services commissioned by the select board

made recommendations for ambulance service upgrades, warning ambulance staffing shortage is a slowly building crisis.

The MRI study suggested a number of fixes to be made over three to five years.

About 70 percent of calls to the fire station are for an ambulance, Theiler said.

According to FireNews online, the town has more than 1100 ambulance calls each year.

Theiler suggested new job descriptions be posted that require new hires to work a certain number of shifts at the station while offering a pay differential for holidays and weekends.

Currently, EMTs are not required to work one shift a week to maintain health benefits, she said, but are only required to work nine shifts in a quarter.

She objected to Fiscal Year 2024 budget request for funding to create three auxiliary fire officer positions that were not recommended by the MRI study at a rate of \$35 per hour.

"This money should be used to hire EMTs or paramedics

required to work at the station so that Holliston would have a sound and timely Basic ambulance service while we advance to ALS service which is the standard for our region," Theiler said.

The EMT shortage is nationwide, Cassidy said, providing a CBS report from Dec. 22, 2023. Low rates of reimbursement from Medicaid for non-emergency transport has worked to depress wages.

Currently, about 39 percent of EMT positions and 55 percent of paramedic positions have gone unfilled nationally since the COVID pandemic, the report said.

Theiler called back to the MRI study that stated on page the operational deficit of the town's ambulance service "should not be dismissed as acceptable and should be recognized for the operational crisis and risk it represents to the town."

"Holliston residents should not have to wait three to five years to have reliable EMS treatment," Theiler said.

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Quilling Card & Gallery opens its first store for renowned high-end craftwork

By LINDA CHUSS
CONTRIBUTING WRITER

Holliston is fortunate to now have the first-ever retail venue for a high-end card and craft business. Quilling Card & Gallery, which opened in March at 326 Woodland St. features an extensive display of the stunning, unique handmade greeting cards they have been selling online and through retailers worldwide for over a decade. The cards are created by artisans in Vietnam following fair trade practices. And while the roomful of art in the form of cards is reason enough

to visit the store, three additional rooms contain exquisite new offerings, from bright sculptures and decorative tables to woven bamboo purses, also handmade in Vietnam.

Huong and Rafe Wolf, who used to live in town, founded their quilling card business in 2011. “We didn’t know the industry, but we had a passion for the art of quilling and learned the trade,” said Huong. “Even before we started, greeting card sales were declining. But ours are a work of art, a reasonably priced gift at \$11, so we’ve been able to thrive.”



Business spotlight

The novel cards have been sold in local establishments, but for anyone not familiar with them, they are a wonder to admire. People often frame them, as they would a painting or print. The picture is a three-dimensional design, made from strips of Japanese paper, each of which is rolled up, carefully shaped, and glued to the card stock. Crafters train intensively for six months before achieving the high-quality results needed. While quilling may have originated in ancient Egypt, in more modern times, it’s been adopted in Vietnam, a culture known for perfecting fine crafts.

Rafe described their company’s expansion into town and a new field. “The cards are made by us in Vietnam. We then distribute them from our facility in Framingham and they make their way to retail stores all over. We had to add more space and



Huong and Rafe Wolf in their new retail store, Quilling Card & Gallery at 326 Woodland St., Holliston

leased the Holliston location. It’s in the downtown area where people come to shop, so there was an opportunity to directly sell to buyers at a retail venue.”

“Then we took it a step further. We’ve spent a lot of time in Vietnam, admiring the unusual handmade items that we know people here would value. We decided that in addition to the quilling cards, we’d offer that artwork here too, for people and decorators.”

For creation of their cards, the company adheres to fair trade practices and the just treatment of employees. “We provide our crafters with a safe work environment and healthcare benefits. They are passionate about their

work and we’re glad to help them earn a sustainable living from it,” explained Huong. Rafe added, “The Fair Trade Federation verifies our operations, and some of the largest companies in the greeting card industry regularly audit us for conformance.”

Patrons of the store can appreciate the principled origins as well as the stunning beauty of the items at Quilling Card & Gallery, 326 Woodland Street, Holliston. The store is open Tuesday through Saturday from 10:00 am to 4:00 pm. For more information, call (508) 405-2888, or visit QuillingCard.com, where cards are available for purchase.

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A skilled artisan makes a quilled card by rolling up the strips of paper (shown at right), shaping each into part of the design, and precisely gluing them to the card



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Holliston Mom to Run Boston Marathon Again For Her Son — and in Support of Pediatric Cancer Research

On Monday, April 17, Joanne O’Connell will once again run the iconic Boston Marathon route in memory and in honor of her late son, Tim O’Connell, who died of acute myeloid leukemia in 2008. This will be Joanne’s 10th marathon and the ninth time she will be running the Boston Marathon.

This year Joanne will be joined by Claire Picard, a long time Holliston teacher who taught Tim in third grade, as well as by Bobby Kiley, a Holliston native who, as the Panther football player who won the Timothy O’Connell Courage Award his senior season, knew Tim’s story and was inspired to run.

You can support Joanne’s, Claire’s, and Bobby’s runs and all the good works of the Timothy O’Connell Foundation at www.timsteam.org. Go to the EVENTS tab and click on the Boston Marathon, where you will find bios and links. As Joanne stresses, “All dollars donated make a difference. The Foundation donates all money raised to cancer-related causes. Because many fundraising efforts for the The Timothy O’Connell Foundation had to be put on hold during the pandemic, our

fundraising has suffered, so our community’s financial support is more important than ever to help fund the mission of the Foundation.”



Following Tim’s specific wishes, the Foundation continues its support of Make-A-Wish. Tim and his family experienced the joy of a Make-A-Wish trip in December of 2007, to Disney World. Also following Tim’s specific wishes, the Foundation supports the Just For Sibs Program at Children’s Hospital Boston. The Just For Sibs Program supported Tim’s brothers - Brendan, Matt, and Chris - during Tim’s illness.

“Tim understood the great impact of that support for his brothers and for the siblings of other sick children,” said Joanne.

The Foundation also continues its financial support of a research project named for Tim at the University of Minnesota. Tim’s oncologist at Children’s Hospital Boston, Doctor Peter Gordon, is now at the University of Minnesota. He is studying the FLT-3 mutation that so impacted the course of Tim’s cancer. The Foundation continues to support the National Bone Marrow Donor Program, as well. Tim was the recipient of an almost perfectly matched bone marrow donation from a stranger.

The Foundation takes great pride in its Scholarship Program. To date, nearly \$150,000 has been donated to dozens of Holliston high school students who plan to study in health-related fields.

“We are thrilled to help students become doctors, nurses, physical and occupational therapists, pharmacists, researchers, and other caregivers. It is an honor to be able to give back to the community in this way,” said Joanne.

The Timothy O’Connell Foundation has raised over \$1.25 million dollars over the last 14 years, all of which has gone directly to support the Foundation’s goals. Please consider helping further the mission of the Foundation by making a donation in support of this year’s Marathoners at www.timsteam.org.

Submissions Needed For Holliston 300th Anniversary Book

For many of us the town’s 300th is a milestone. Like this writer, many of us simply won’t be around for the 325th. A trio of authors, Mary Greendale, Joanne Holbert and this writer Bobby Blair had an idea over a year ago to write a Holliston book for the 300th. The book will be unique in that the trio is looking for many authors. While the book will contain a small amount about Holliston’s early history, it mainly picks up where Dorothy Rees left off with her book and we begin in the early 1950’s moving up to the present day. The project comes in two parts, the book itself and a website.

So what brought you to Holliston if you’re not native born. Was it the schools, churches, quaint downtown or maybe relatives already living here?

What events do you remember in the last seventy five years. You get the idea.

In the last several months three Holliston long time businesses have either gone out of business or changed hands. Will anyone remember Holliston Jewelers, Nick’s Central Garage, or the Coffee Haven ten years from now?

Do you have pictures from the 1950’s onward with a small story?, we’re interested. While few will remember Nellie T. O’Brien’s shop on Central Street or Jimmy Inches shop on Washington Street someone may have a photo. How about the bonfire atop the cliff in 1962 which was set alight by vandals.

We hope to have the book in print in time for the 300th and have a deadline of July 23. Submissions can be emailed to MaryGreendale@gmail.com

Holocaust Remembrance Service April 18

Honoring Our Past, Envisioning Our Future: A Yom HaShoah Commemoration, will take place Tuesday, April 18, at 7 pm, at Temple Beth Torah in Holliston.

Please join Temple Beth Torah and the wider Holliston community for a Holocaust Remembrance service.

We will hear from Guest Speaker and child Holocaust survivor Janet Singer Applefield, and from local leaders who are paving the way for a future free from hate and injustice for all people.

Please RSVP to rabbi@bethtorah.org.





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Struggling With Acne?

By LISA MASSIMIANO,
LICENSED ESTHETICIAN AND
CERTIFIED ACNE SPECIALIST

If you have been diagnosed with acne and haven't been satisfied with drug store products or the suggested treatment from your doctor, consider seeing an Acne Specialist.

What is an Acne Specialist?

An Acne Specialist is a licensed skin care professional who is specially trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Most physicians don't have the time to spend educating patients

on the root cause of their acne. They often prescribe oral antibiotics and strong topical retinoids that can leave skin dry, red and irritated. Patients get frustrated with these side effects and stop using the products.

How an Acne Specialist Can Help You.

An Acne Specialist will assess your individual skin type, and the type of acne you have, to develop a plan of action specifically for you. They will take the time to teach you about the root cause of acne and provide information on lifestyle, diet, medications, and ingredients in makeup and skin care products that exacerbate acne. They help you to get your skin clear and teach you how to keep your acne under control.

For people struggling with acne, it can be frustrating to try and communicate with their doctor on a timely basis. My clients tell me that the best part of working with an Acne Specialist is that we are there for them to answer their questions and provide support while they go through the process of getting their skin clear.

Questions about acne? Email Lisa Massimiano, owner Skin Smart Salon and Acne Clinic at skinsmartsalon@aol.com or call 508 881-1180. Visit the website skinsmartsalon.com for information about Skin Smart's acne program and other services.

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DECA CLUB

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DECA advisor and teacher, coming from Nashoba Regional High School and before that the business world.

The following students will be competing and representing Holliston at ICDC:

Seniors Ellie Freeman, Abigail Roche, Camryn Ramkin, Ananya Kommineni, Dayanara Castro, Elizabeth Frassinelli, Arjun Pillai, Venkat Atluri and Neo Paradis.

Sophomore competitors include Sohan Javali and Vedant Rajeev.

The team looks forward to reporting back how they do in April.

Paul Revere Visits Holliston April 23

Join Holliston Historical Society in the Barn on Sunday, April 23, at 2pm, for a visit from none other than Paul Revere.

Actor Daniel Berger Jones from Boston Historical Tours will portray the renowned midnight messenger and silversmith. He will recount his days leading up to



his midnight journey of 19 April 1775 as a member of the Sons of Liberty and many other stories, including his early apprentice years and his post-Revolutionary days as a successful businessman

in the Copper rolling and bell making industries. You might even be surprised to learn that this famous Revolutionary figure had ties to Holliston! Come and find out what those were.

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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

France H. Murphy – February 25, 2023



Madame France Murphy of Boylston, MA, lost a short and overpowering battle with cancer on February 25, 2023. Born in Issy les Moulineaux, France, she came to America at 19 years old with only a backpack and \$100 dollars. Encouraged by her teacher who recognized that she had language skills and the courage to go out into the world. She came here for a year to work & study on an exchange program. While here with one month to

go on her studies she met the love of her life, Paul, on a train in the middle of the night heading to Washington DC. They spent the next 43 years together.

While raising her two children, Sondra, and Sean, Madame Murphy obtained her Bachelor's and Master's degrees that opened the doors to her successful teaching career. She had a love for language and French culture and found ways to share that love throughout her career. Her belief was, as a teacher, to treat her students as the adults they were to become. Students felt comfortable with her honesty and gained the confidence they needed to speak the language. As a testament to her talent for teaching, students have gone on to spend semesters in France, study in French Universities and even settle in France and other parts of the world. Her classes were always full of song, presentations, group participation and laughter.

France was a creative spirit and a lover of all things that grow. She was also a talented ceramic artist and potter with over 30 years of experience. She assumed the ownership of The Fire Works in Worcester Ma. a pottery studio that provided artists and students a place to discover the beauty of working with clay. She also was a dedicated Bonsai artist and found great joy in tending her many plants and gardens to perfection.

France had "une joie de vivre" and wanted everyone to share that joy. She adored her grandchildren, Anila and Orion, and had an unquestionable love for her children Sondra and Sean. Paul and France shared everything in their lives and were bonded by their two souls that touched on that first train ride. Many will miss her adventurous spirit.

Get Ready for the Spring Invasion!

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TOP FOUR SIGNS OF A TERMITE INFESTATION

Red flags that could indicate the presence of a termite infestation

This year, WPC Pest and Termite Control and the National Pest Management Association (NPMA) are working to spread public awareness about termites during the spring of 2023. With spring on the horizon, termites will begin swarming and could seek out your home for their new nesting space. Because the damage from a termite infestation can easily go unnoticed, WPC Pest and Termite Control is educating homeowners and offering FREE inspections to help identify the top four signs that signal their home is infested.

"Experts with the NPMA estimate that termites cause \$5 billion in damage every year," said

Jim Mazzuchelli, owner of WPC Pest and Termite Control. "This could mean a costly repair bill for homeowners if they don't spot and stop an infestation in its tracks. Unfortunately, most homeowners don't recognize the signs of an infestation until it is too late."

While pest professionals don't recommend a homeowner inspect their home on their own, there are a few red flags that they should look out for that could signal the presence of an infestation. With the help from experts at NPMA, WPC Pest and Termite is sharing the top four signs that a home has termites:

1. Swarmer or Discarded Wings:

Swarms, also known as reproductives, are young female and male winged termites. In the springtime, after the last freeze, termite swarmer will emerge from their nest to mate and search for a new location to start a colony, which typically includes our homes. Termite swarmer, or their discarded wings near windowsills and doors, are often the first (and only visible) sign of a termite problem.

2. Mud Tubes:

Subterranean termites, the most destructive termite species, build mud tubes to provide moisture while they travel between their colony and food source. Mud tubes are most often found near the home's foundation and look like encrusted, dry dirt similar to the size of a drinking straw.

3. Wood Damage: Termites tend to eat wood from the inside out, so wood that sounds hollow when tapped often signifies a termite infestation. Additionally, homeowners should also look for blistering pieces of wood.

4. Uneven or Bubbling Paint: Uneven or bubbling paint is often a sign of moisture build-up, which could mean one of two things – water damage or termites.

"If you suspect you have a termite infestation, it is best to contact a licensed pest control expert as soon as possible to stop the damage before it gets worse," added Mazzuchelli. "It is also recommended that homeowners have an inspection done every year to ensure their home is safe from termites."

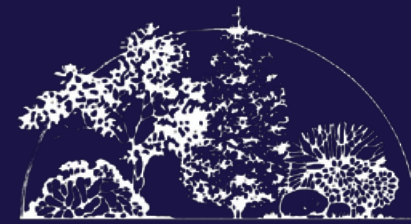
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Peak Earnings Years Are Your 50's - Parents Maybe, You... Not So Much.



Glenn Brown

A myth young professionals face from family, peers, marketing and even financial professionals is that your peak earning years are in your 50's. There's trouble with this assumption in a financial plan. Let me explain.

Do you make over \$162,051 a year?

If you're age 42, then congratulations you're a Top 10% earner in the United States per the monthly Current Population Survey (CPS), conducted jointly by the U.S. Census Bureau and the Bureau of Labor Statistics.

Given your earnings at 32, you may believe a similar trajectory of promotions and compensation will occur over the next 10 years into your "peak earning years".

Let's find age 52 to see the Top 10% earn over... \$150,222.

Wait a minute, must be a mistake.

How about age 51? \$160,822.

Look, if you're head of a division or executive entering your 50's, you're exceeding. But by age 55 or older, you're also in the ~1-3% of workforce at that age in those positions.

As I explain to new clients in their late 30's and 40's, ageism is real in corporate America. Some

dismiss it, so I ask, "How many peers on your level or above are in their 50's?" They answer, "There are some". Next I ask "How about over 55?". It's then that I get a pause with realization.

Several things can be done, start with 3 foundational steps.

Act As If. Apologies if you hear Ben Affleck's voice, but act as if you're at peak earnings today. What would you be doing differently? Do you save more? Do you invest differently? Is there a career change? Would one of you in the household take a risk to work for a start-up, start a small business or become self-employed? How are your future income streams?

Budget. I know, it's a dirty word. Especially in dual income households making \$250-400K. Yes, we all need our "play hard" moments and/or family experiences, but has a once or twice a year indulgence become a

monthly habit because you can?

Effective budgets are not envelopes, obsessive tracking or family meetings, but running a Cash Flow Analysis and review every 6-12 months to see if the projections are your reality. A proper analysis should show projected net free cash flow after all categorized expenses, taxes, and automatic savings allocations.

Savings Prioritization. In conjunction with your Cash Flow Analysis, you should have a clear rationale of where your savings are going. There is balancing between what's for today, the next 1-2 years and for the future unknown.

Is it 401k, HSA or FSA, 529 plans, IRAs, Roth, brokerage, bank, down payment, emergency or an upcoming experience? Defined percentages or amounts are best, however it's more important to understand the purpose for prioritization and impact of your choices.

In closing, if you've done a financial plan see if the income assumptions are only adjusting for inflation and not bumping up in your 50's or worse, remaining constant until 65. If you haven't, consider a Certified Financial Planner that can help you build, execute and monitor.

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. He 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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Exsultet! presents An Evening of Roses

Music of romance will fill the air at Exsultet's spring concert series. Exsultet! will perform "An Evening of Roses" on Saturday, May 6, at 7pm, at First Congregational Church, 725 Washington St., Holliston, and on Sunday, May 7, at 2pm, at Allin Congregational Church, 683 High Street, Dedham.

These performances will include songs ranging from the 1920s to current Broadway hits that tell the story of a woman

looking for love (sometimes in the wrong places). Join us for a kaleidoscope of sound and emotion!

General admission tickets are \$20; students and seniors (65+) are \$15; and children 12 and under are free. Performances are not suitable for children under age 5. Tickets can be purchased starting April 1, through our website (www.exsultet.us) or by calling Stacey Balardini at 508-395-5600.

Founded in 2013, Exsultet! A Celebration of Voices is an auditioned women's chamber ensemble combining great music and poetry to inspire audiences with adventurous and innovative concerts. Exsultet's mission is to give women an opportunity to join together to make music, to showcase the works of up and coming composers and arrangers, to feature the talents of local musicians and actors, and to combine performance and ad-

vocacy by focusing on important community issues and partnering with other local organizations.

For more details, please visit www.exsultet.us.



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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.

A Prize A Day for the Month of May Calendar Raffle!

Holliston Newcomers & Neighbors 'A Prize a Day for the Month of May' calendar raffle is back with all proceeds going to the HNN Community Grant Fund. Every day of our 'Month of May' calendar is filled with great give-aways from businesses in Holliston and the surrounding communities. Every calendar will have a unique number assigned to it. Then each day in May, a calendar number will be selected and whoever has that number will win that day's prize.

Want to be one of the lucky winners? Purchase one or more calendars at hollistonnewcomers.org (\$15 for 1 calendar with discounted prices for multiples) and wait to see if your name is picked. You can buy as many calendars as you want and you can win twice on each calendar - how



fun is that!

HNN would like to thank the local businesses that have donated helping to make this fundraiser a success including Ashland Ale House, BDR Automotive, Big Y, E-Z Way Car Wash, Firefly's BBQ, Goldfish Swim School-Milford (an HNN Silver Sponsor), Lyric Photos, Prana Center, Ryan Family

Amusements, Salone De Bella (an HNN Gold Sponsor), Soul Spirit Studio, The Wine House, The Yoga Exchange, TJ's Food & Spirits, Wegman's and Yama Fuji Restaurant.

Holliston Newcomers & Neighbors is a not for profit all volunteer organization that coordinates charitable, civic, and recreational events and activities in Holliston. Through the years, the HNN Community Grant Fund has awarded grants to the Holliston Parks & Recreation for its free concert series, Holliston Public Library Museum Passes, Holliston Police Department and Holliston Fire Department, amongst others. *Learn more and join us at hollistonnewcomers.org - Building Friendships, Building Community.*

Knights Of Columbus Holding Swing For Charity Golf Tournament

In 2022, the Holliston K of C held its First Swing for Charity Golf Tournament at Pinecrest Golf Club & raised \$9,000 for the Holliston Pantry Shelf.

This was made possible due to the support of 23 sponsors and 87 golfers.

The Holliston K of C will be holding its 2nd Annual Swing for

Charity Golf Tournament on Friday, June 9, at Pinecrest Golf Club.

Just like last year, all proceeds will be donated to the Holliston

Pantry Shelf.

Last year's tournament sold out, so register today at KofC-swingforcharity.com.

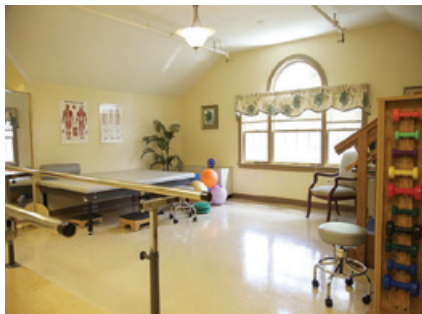
You can register as a sponsor,

single player or foursome at KofC-swingforcharity.com.

Alternately, payment can be made via Venmo @KofC14224, or can be done by check payable to K of C Council 14224 and mailed to Tony Polise at 172 RollingMeadow Dr, Holliston, MA 01746.



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Winter is Over! Spring Cleaning 101



John Szolomayer

spring cleaning, it helps us refresh our home environment after a long, cold winter and move refreshed into a bright new season. But where should you focus your attention?

Freshen your mats and rugs

Indoor and outdoor mats and rugs can collect a lot of dirt tracked into the house by people and pets over the winter months. Vacuuming doesn't always get everything, so you might consider buying or renting a portable steam cleaner. Pay special attention to the doormats inside and out since those collect the most dirt.

Clean windows and blinds

Seeing the difference between a dirty window and a clean one will make you feel a great sense of accomplishment. Your windows will get dirty throughout

the year, so take this time to clean them. Start on an overcast day to make it easier to see streaks left behind by a cloth. Double-hung windows that tilt in for cleaning, can make it even easier. And don't forget to wash the blinds while doing this.

Wipe down your walls

While mopping floors and regularly cleaning counters is part of a usual cleaning routine, we seldom think to wash the walls until it's time to repaint. But doing it once a year will prevent a lot of grime from building up, making that task even more manageable in the future. Use a little all-purpose cleaner or vinegar and water on a clean micro-fiber cloth to freshen your walls quickly.

Refresh carpets

If you have carpeting in your home, you can buy or rent a steam cleaner or hire a company to do a deep clean. You only need

a deep clean every few years, unless you have young children or pets, in which case you may need to deep clean more often. Otherwise, sprinkle deodorizer on the carpet according to the package directions, and your household vacuum cleaner should do the trick during spring cleaning.

Other spring-cleaning tasks

Don't forget these often-forgotten tasks: (1) Toss any expired food from your refrig-

erator, freezer or pantry. (2) Run your oven's self-cleaning cycle. (3) Replace your furnace filter. (4) Change the batteries in your smoke alarms and carbon monoxide detectors.

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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REAL ESTATE INSIGHTS

When the trees start budding again, and flowers begin to dot the yard with their bright colors, it's the perfect time to spring clean. While we might dread

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April Senior Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***RESERVATIONS ARE REQUESTED IN ADVANCE. CALL THE SENIOR CENTER AT 508-429-0622</p>				
<p>3</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>4</p> <p>10:00 Writers Group 10:30 Energy Focus Mvmt 12:30 Zumba Gold 2:00 Coffee with Holliston Police***</p>	<p>5</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 1:00 BINGO</p>	<p>6</p> <p>9:00 Pilates (Zoom) 10:30 Energy Focus Movement 12:30 Photography 1:00 Libby Training by Holliston Public Library***</p>	<p>7</p> <p>9:30 Select Chat*** 9:30 Friday Crafters 1:00 Tune Timers</p>
<i>Passover Begins at Sunset</i>			<i>Good Friday</i>	
<p>10</p> <p>9:30 Coloring and Coffee 11:00 Yoga 12:00 Weekly Lunch*** 1:30 Tai Chi 1:30 Game Day</p>	<p>11</p> <p>9:00 Monthly Breakfast*** 10:00 Legal Hour with Attorney Marsden*** 10:30 Energy Focus Movement 12:30 Zumba Gold</p> <p><i>National Pet Day!</i></p>	<p>12</p> <p>9:30 Walking Fitness 11:00 Yoga 12:00 Weekly Lunch*** 2:00 Council on Aging Board Meeting</p>	<p>13</p> <p>9:00 Pilates (Zoom) Foundation Meeting 10:30 Energy Focus Mvmt 12:30 Photography 3:00 Drop-in Tech Help</p>	<p>14</p> <p>9:30 Friday Crafters 1:00 Tune Timers 1:30 Book Club (<i>See book title on page 10</i>)</p>
<p>17</p> <p>CLOSED FOR PATRIOT'S DAY</p>	<p>18</p> <p>10:30 Energy Focus Movement 12:30 Zumba Gold</p>	<p>19</p> <p>9:30 Walking Fitness 10:00 Podiatry*** 11:00 Yoga (Zoom) 12:00 Weekly Lunch*** 1:00 BINGO 1:30 Tai Chi (rescheduled)</p>	<p>20</p> <p>9:00 Pilates (Zoom) 9:30 Senior Support 9:30 Veterans Coffee Hour*** 10:00 Libby Training by Holliston Public Library*** 10:30 Energy Focus Movement 12:30 Photography</p>	<p>21</p> <p>9:30 Friday Crafters 12:00 Dementia Friendly Lunch and Learn*** 1:00 Tune Timers</p>

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General and Emergency Dentist

Dr. Raeisian completed her undergraduate studies in FL and earned her doctorate from Tufts University, School of Dental Medicine . She focuses on general and cosmetic dentistry. She is certified in implant dentistry, Invisalign, and cosmetic dentistry. She joined Milford Dental Group in 2001, where she holds a full-time position as our clinical director. Dr. Raeisian is also an FBI-trained forensic dentist.

The b.LUXE *beauty beat*

b.LUXE Visits Mexico for 5th Scholarship Trip

BY GINA WOELFEL

We're back from our trip to visit our sister school, The Martello Instituto de Belleza in Cancun, Mexico, a cosmetology academy owned by Cinthia Martello! Fourteen of the b.LUXE team made the trip this year and, as always, Cinthia and her students treated us like family and welcomed us with warmth and excitement! We toured the school, met the students, and saw the amazing work they've been doing there. It's always so exciting to see the progress the students have made.

We've now visited The Martello Institute five times, and each visit is just as rewarding! It's no surprise that The Martello Institute holds a special place in our hearts. Thanks to Heather Cohen's initiative in 2016, b.LUXE employees have had a chance to give back through philanthropy - perfectly encapsulating our workplace values of community outreach and generosity at its very core.

We believe that education is paramount for personal growth and the key to unlocking a better future. We're so excited to be part of that journey for so many of these students. To date, b.LUXE has given 13 individuals the gift of a beauty career, and is honored to provide some of the resources and professional training necessary to make their dreams a reality.

This was one of our largest salon groups to travel to Mexico and we decided to teach a class on hair extensions. We brought enough supplies to provide all 18 students with an amazing swag bag that included flat irons, professional hair care products, makeup and styling tools. To give our class an extra boost, Heather treated them to a complete hair extension kit from Bellami Hair with enough supplies for the entire class to master the cutting-edge trends of the hair extension industry. Our trip was made all the more remarkable thanks to the generous support of Masello Salon Services, Goldwell and J Beverly Hills - three distributors who we are forever grateful for!

Our holiday had it all - beautiful beaches, delicious meals and time to relax, unwind and reconnect. It was the perfect blend of business and pleasure with days spent laughing 'til we could laugh no more and every step on the warm, soft sand reminding us how lucky we are to work side-by-side each day.

Our travels together proved the strength of friendship - how it can solidify us on our path and encourage great accomplishments. It's a lesson in both personal relationships and professional pursuits that will stay with us forever.



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Scan for this month's specials!

We're counting down the days till we see our Martello sisters next year! Their welcoming spirit and kind-hearted nature was a blessing we won't soon forget

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Holliston Walk Followed By a Soup Social

SATURDAY, APRIL 1

The Walk 'n Mass Volkssport Club invites walkers to complete a 5km or 10km (3.1 or 6.2 mile) walk route in Holliston, and join in on the Club's Soup Social. This is a walk-at-your-own pace, just-for-fun event "in your own backyard".

The start point is the First Congregational Church, 725 Washington St., Holliston. The 5km start time is 10:15- 11:00 a.m. and the 10km start time is 9-10 a.m. The walk times are staggered so that walkers will finish shortly before noon when the soups are served.

The 10km walk is comprised of two loops and the first loop, much of which is on flat paved surfaces, is also the 5km route.

The 5km loop traverses through downtown before venturing into the Mudville neighborhood. A tribute to Casey at the Bat and Irish immigrants who originally settled Mudville will be seen before heading to Arch Street walking under a 1-arch railroad bridge, listed in the Guinness Book of World



Records as the smallest railroad bridge in the world.

Walkers will then head up to the Upper Charles Rail Trail to Blair Square and continue on the Rail Trail. If conditions do not allow walking on the Rail Trail over the 8-Arch Bridge, a parallel street route will be used offering a view of it.

The second loop of the 10km route travels through the Thomas Hollis Historic District with stately antique colonial homes dating to the early 19th century.

Volkssporting events sponsored by Walk 'n Mass Volkssport Club promote fun, fitness and friendship through non-competitive walking and biking free to the public. There is also an achievement awards program through the "AVA America's Walking Club" contact Bev at 774-279-0740 or email wkearnso@gmail.com or visit www.walknmass.org.

Senior Center Lunch Menu

Monday, April 3

TRADITIONAL CHEF SALAD, Chicken Soup, Roll and Butter, Vanilla Cupcakes

Wednesday, April 5

PEPPER, STEAK AND ONIONS with Rice, Grapes, Fortune Cookies

Monday, April 10

TURKEY CLUB SANDWICH, Pea Soup, French Fries and Cheesecake

Wednesday, April 12

RIGATONI with MEAT SAUCE, Caesar Salad, Roll with Butter, Vanilla Ice Cream

Monday, April 17

SENIOR CENTER CLOSED FOR PATRIOT'S DAY

Wednesday, April 19

BAKED, STUFFED SHELLS, Tossed Salad, Cauliflower, Roll, Chocolate Cupcakes

Monday, April 24

CHICKEN CACCIATORE, Egg Noodles, Asparagus, Apple, Italian Cookies

Wednesday, April 26

POT ROAST, Mashed Potatoes, Gravy, Mushrooms, Green Salad, Tapioca Pudding

PLEASE SIGN UP AT LEAST 2 BUSINESS DAYS IN ADVANCE -

Call the Center at 508-429-0622 for reservations. Monday & Wednesday meals are a \$3 donation and include a drink and dessert (unless noted).

Kimayo's "My Queer Faith" tour coming to Holliston

Singer-songwriter Kimayo will perform at First Congregational Church in Holliston on Sunday, April 30, at 6 pm, as part of her tour, "My Queer Faith." The concert is a joint production of First Congregational Church and Temple Beth Torah.

Kimayo said, "My Queer Faith" was birthed out of three core desires:

- To highlight and introduce the LGBTQIA+ community to existing Open & Affirming faith-based safe spaces.
- To emphasize the need for and value of Open & Affirming faith communities to the LGBTQIA+ community.
- To provide her a way to connect with Open & Affirming faith communities as she continues her own faith journey.

Kimayo lived in Gilford throughout the first two years of the pandemic. During that time, she recorded multiple singles at The Greenhouse recording studio in Gilford, which were released by Unlabel Records. Her third single, Becoming Untamed, celebrates her coming out as queer in May 2020. She has since recorded another single, Something Real, and a full-length album that includes all of the songs from her tour.

In welcoming Kimayo to perform, Rabbi Mimi Micner of Temple Beth Torah said, "We are excited for this collaboration between Temple Beth Torah and the First Congregational Church of Holliston. It is our shared work and our shared hope to support members of the LGBTQ community in their religious and spiritual flourishing."

This concert is open to adults and mature teens with parental



discretion as this event contains sensitive topics relating to physical and mental health. For more details contact Rev. Bonnie Steinroeder at 508-429-8608 or revbonnie51@gmail.com.

Doors open at 5:30 pm, with the concert scheduled from 6 - 7 pm. This is a donation-

based event. Following the performance, there will be an opportunity to meet Kimayo and purchase her merchandise. To learn more about Kimayo or listen to her music visit www.kimayomusic.com.

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Sports

There'll Be Some Senior Moments

By KEN HAMWEY
STAFF SPORTS WRITER

Senior leadership will be front and center for the Holliston High softball team this season.

Coach Don Quindley, who's in his fourth season as the Panthers coach, has four senior captains and he'll be relying on all of them to help the Panthers achieve the four goals he's outlined for the 2023 campaign.

"We want to improve daily, repeat as Tri Valley League Large Division champions, qualify for the tourney and advance as far as possible," he said.

Success in the tourney is what every team strives for, but for the Panthers, their stay in the playoffs last year was short-lived. Although they had a 15-5 regular-season record, their tourney opener against Somerset-Berkley ended in defeat.

So, as a new season is about to unfold, Quindley will be counting heavily on his captains — Emma Wood, Lucy Muraao, Josie Quinn, and Amelia Harris. "They're the core of our nucleus," he emphasized. "They're different in their leadership styles but they're like coaches on the field."

Wood is the squad's No. 1 pitcher. Her statistics last year included: a 12-5 record with an earned-run average of 3.04, 114 strikeouts and 29 walks. She hit .557, scored 20 runs, knocked in 33 and hit one home run.

A three-year varsity player, Wood was a first-team TVL all-star last year and she'll be playing next year for Rhode Island College.

"Emma has a great work ethic, lots of desire and dedication, and a high softball IQ," Quindley said. "Her control and location with her pitchers are excellent. She relies on an effective change-up, a fastball and a drop."

Last year, against Westwood, Wood threw a perfect game in an 8-0 victory. "It was one of the best games I've ever experienced," Quindley said. "She totally dominated. Not one player had to make a spectacular play to preserve the outcome. She kept the hitters off balance and was on her game that day."

Muraao, who can play either first or third base, also was a league all-star last year. She hit .480, scored 25 runs, had 23 RBIs and 2 homers.

"Lucy is driven, so determined," said Quindley. "She's an aggressive power hitter who can find the gaps. A smooth, outstanding fielder, she's got a strong arm and will hit cleanup. She'll start the season at third base."

A two-year veteran, Quinn plays shortstop and she's adept in all facets of that position. On offense, she hit .385, scored 26 runs and had 21 RBIs.

"Josie is very energetic and very positive," Quindley said. "She'll make plays at shortstop whether they're routine or spectacular and she's got a strong arm. She's also a student of hitting and very solid in her batting approach."

Harris is the Panthers' center-fielder. Last year her numbers included a .360 batting average, 21 runs scored and 10 RBIs.

"Amelia is our leadoff hitter," Quindley said. "She's got great bat control and a tremendous ability to place the ball. A contact hitter, she can find the gaps. Her speed is good, she reacts quickly in the outfield and she's a capable fielder."

Quindley is acutely aware of what the Panthers need to right their tourney disappointment.

"The keys are to move on from last year, strengthen our non-league schedule, and focus on what's happening in the moment," he emphasized. "We were all disappointed last year but that's in our rear-view mirror now. Stronger non-league games will better prepare us so we've added games against Attleboro, Framingham and Nashoba."

"A must for success is to concentrate on the moment. It's all about focusing on one at-bat at a time, one pitch at a time and one game at a time."

Peaking at playoff time is crucial but for many teams it's not easy. Quindley believes the formula involves three situations. "It's about being physically healthy, being relaxed and being mentally ready to compete," he said.

Holliston's captains lead in a variety of ways and Quindley admires what each brings to the table.

"Emma leads by example and relies on a vast amount of experience," he offered. "Lucy is vocal, brutally honest, focused and determined. Josie is one of the most energetic competitors I've had and she's supportive of everyone. Amelia leads by example, is confident and very sincere around her teammates."

Quindley knows that his four captains will be catalysts but he also understands that more help is required. He'll be counting on junior Vanessa DeSimone (third base) and sophomores Kaylee MacDonald (catcher) and Caroline Harris (outfield).



Holliston's captains are, from left, Emma Wood, Lucy Muraao, Amelia Harris, and Josie Quinn.

"They're smart players and they're extremely coachable," he noted. "Vanessa is gritty, Kaylee is an instinctive player and Caroline is versatile, able to play either the outfield or the infield."

Quindley, who teaches English and is the department chairman at the high school, is optimistic that his four goals will be achieved. He views the TVL Large Division pennant race as a battle between Medfield, Hopkinton, Norwood and Holliston. "Our opponents have tradition

and they're well-coached," he said.

The Panthers will open their season on April 4 at home against Ashland but at Local Town Pages deadline there was a possibility the contest could be moved to Ashland. No matter where the game is played, fans no doubt will see a Holliston lineup with plenty of ability from top to bottom.

And, they'll also see a team steeped in senior leadership.



Holliston coach Don Quindley is always quick to encourage his players.

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Real Estate Corner



332 Central Street in Holliston recently sold for \$530,000. Source: www.zillow.com / Compiled by Local Town Pages



Local Organization Ships Girl Scout Cookies To Our Troops

Pictured is Michael Shain the founder and president of Thanks To Yanks a local nonprofit dedicated to serve those who serve, recently the charity continued the mission to always remember those deployed by shipping Girl Scout cookies.

Shain said "Nothing is more welcome to those deployed than

delicious Girl Scout cookies, we ship them annually a Taste of Home is always appreciated."

For more information on Thanks To Yanks please visit them on Facebook, should our readers know of anyone deployed that could use a care package, please reach out to us.

Recent Home Sales

Date	Holliston	Amount
03/16/2023	49 Brooksmont Drive #10	\$695,000
03/15/2023	45 Garrett Way	\$662,000
03/10/2023	332 Central Street	\$530,000
03/10/2023	97 Wingate Road	\$730,000
03/06/2023	607 Prentice Street	\$1.25 mil
03/01/2023	5 Rebeca Lane	\$1.23 mil
02/24/2023	454 Norfolk Street	\$520,000
02/23/2023	40 Regency Drive	\$175,000

Holliston Town News

now has its own Facebook page!



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Porthouse Tax Advisors Offers Individualized Approach to Your Tax Needs

Are you prepared to handle issues with the IRS on your own? Do you have a lien, levy or garnishment on your wages? Are you a business with unpaid payroll taxes? Or are you just a procrastinator who's let things go way too long?

If you find yourself in a tax predicament, head to Porthouse Tax Advisors in Medway, Mass. They are a team of experts located at 166 Village Street across the street from the town hall.

Dawn Porthouse, a long-time Bellingham resident, started Porthouse Tax Advisors five years ago, with her main goal being to help people. She has an MBA from Babson College, an MPA from Framingham State University and a business degree from UMass Dartmouth. With nearly 20 years of experience in the financial world, you're in great hands if you go to her with your tax issues.

Porthouse Tax Advisors is a boutique firm which specialize in helping individuals and busi-

ness owners deal with tax problems. They help people who owe significant amounts to the IRS navigate the IRS maze. "I speak government," Porthouse says. "We are local and very methodical." The first steps to helping are pulling transcripts and analyzing the severity of the situation.

Porthouse Tax Advisors does not use a "one size fits all" approach. Instead, they will use an individualized approach, where they assess your situation in stages. According to Dawn, "Everyone's tax situation is different. No two are ever the same and require different solutions."

Porthouse states she loves "helping people navigate the complexities of taxes." Her employees are from local communities, and they do not outsource the work. Porthouse Tax Advisors is open year-round, with their busiest season being from February through May. Their hours of operation are Monday through Friday, 9:30 a.m.

to 4:30 p.m., by appointment only. This way they can ensure each client receives the time and attention they deserve, and no one is sitting around waiting to be helped.

Business spotlight

If you are in need of tax assistance, have any questions, or would like more information on how they can help you, contact Porthouse Tax Advisors by phone at (774) 613-2600.

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