

## Transforming Beaver Brook: A Bold New Chapter for a Beloved Hollis Treasure

Submitted by Beaver Brook Association

If you grew up in Hollis, chances are you've walked the trails of Beaver Brook. Maybe you came for the school field trips to Maple Hill Farm, or you've brought your own children to spot frogs in the pond and watch the seasons shift among the sugar maples. Beaver Brook isn't just a nature center; it's a thread that ties generations together.

Now, Beaver Brook is embarking on the most ambitious project in its 60-year history called Transforming Beaver Brook. It's a bold campaign to restore, rebuild, and reimagine our facilities to match the depth and evolution of our programs and to meet the moment as more and more people turn to the outdoors for learning, connection, and renewal.

For decades, Beaver Brook has quietly shaped the way our community connects with the natural world.

Every year, approximately 7,500 people participate in our programming from school groups learning about ecosystems to adults rediscovering their love of hiking, birding, and conservation. Our mission has always been rooted in a simple truth: that nature belongs to everyone, and everyone belongs in nature.

But as our community has grown, so has the demand on our infrastructure. Our programs have outpaced our spaces. Our staff have stretched themselves to serve thousands with facilities built for far fewer. And after years of thoughtful planning, it has become clear: to truly serve our mission and community for the next 60 years, we need to build for it.

The Transforming Beaver Brook campaign is a capital campaign designed to support a series of vital

upgrades across our main campus. The first is a brand-new education building, replacing the yurt. This new facility will be accessible, energy-efficient, and designed specifically for hands-on, year-round environmental education. The second priority is an upgrade to the historic farmhouse that serves as our main office. While the adjacent barn will remain untouched, the renovated farmhouse will become an accessible welcome center where all visitors can stop in for information, fill a water bottle, or simply get oriented before heading out on the trails. These improvements will also provide safe,

functional working conditions for our dedicated staff.

This campaign has been years in the making. For decades we have focused on conservation and trail maintenance. During that time, we have

seen our programs continuously grow. "While this growth is exciting, it has also shed light on our aging facilities," said Jay Nannicelli, former Board President and Facility Committee Chair. "The Board of Trustees knew the time had come to not only support our buildings but the dedicated and passionate staff who help make Beaver Brook what it is."

Beaver Brook has never been a place built by one person. It's a place shaped by thousands of hands, by volunteers who clear trails, donors who make our work possible, staff who pour their hearts into every field trip, and neighbors who share their love of this land with the next generation. That's why the Transforming Beaver Brook campaign was built the same way: with

Continued on page 14



Maple Hill Farm

## Mark LeDoux's Lasting Impact

By Liz Barbour

Join us as we celebrate the service of Mark LeDoux, whose tenure on the Hollis Select Board helped shape the town's direction for nearly two decades. Anyone who knows Mark knows he doesn't just walk into a room, he fills it, with a smile, a warm greeting, and a story or two. His warm personality and genuine interest in the well-being of others were hallmarks of his leadership style.

"Working with Mark has been awesome," said Hollis Town Administrator Lori Radke. "He is engaging, friendly, and always took the time to visit every staff member when he came to Town Hall. Our conversations went beyond town matters, he always left me with something new to think about."

Mark began volunteering in Hollis with appointments to the Planning Board and the Land Protection Study Committee. "I always believed that Mark had our backs," remarked Sherri Wyskiel, Chair of the Hollis Trails Committee. "He was a true supporter of preservation and conservation efforts."

No job was out of bounds for Mark. He once stepped in pro bono to serve as interim town administrator, helping ensure a smooth transition before the hiring of Lori Radke. But it's his years on the Select Board, some serving as Chairman, that were the most satisfying. "Did I ever think I would serve 18 years? No," Mark said. "But between negotiating labor contracts, fighting a proposed gas pipeline, handling litigation, refinancing bonds, and creating a capital lease program, there was always something to do." Mark is the founder, Chairman, and CEO of Natural Alternatives International with facilities in San Diego County and Lugano, Switzerland.



Mark LeDoux

He's applied the practical experience of a seasoned executive and under his leadership, Hollis saved more than \$750,000 in interest payments, raised its credit rating from

"junk" status to the highest available for a town its size, and supported the expansion of town-owned and conserved land to more than a third of its total acreage.

His most meaningful memories, though, come from lesser known events that fell within the duties of his position. "One winter, we needed to act quickly to replace a boiler for an elderly resident. I remember the great sense of relief we all felt when we were able to provide that help in time."

When asked about Mark, Police Chief Brendan LaFlamme shared, "During my early days as Chief, Mark was instrumental in helping me get up to speed. I'll always be Continued on page 14

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# Letter from the Editor

Dear Reader:

**This month**, we celebrate volunteerism in Hollis. Our town runs on the time and talents of so many residents. From town committees to schools, nonprofits, and civic groups, there are lots of ways to get involved. Even a few hours a month can make a difference. Joining a local organization is also a great way to meet people in town who share your interests and passions.

**We're sharing stories** about just a few of our standout town volunteers. Mark LeDoux, a longtime public servant, has helped shape Hollis through his leadership. When I first shared the idea for The PH Post, Mark encouraged me to pursue it. It was the support I needed to turn an idea into this fun community project. Jim Belanger has dedicated decades to our town, estimating more than

300 combined years of service across numerous committees. He even served on the town's volunteer police force back in the day. And Sam Petrella, our star HBHS reporter, interviews Corinne Beaubien, who has led Old Home Days for nearly a decade. Corinne proves that one person's commitment to her community can rally a whole team to create an event the entire town looks forward to year after year.

**Finally, we thank** our contributors and local advertisers who make this paper possible. The PH Post is here to celebrate our town. Visit [www.positivelyhollis.com](http://www.positivelyhollis.com) to share your story.

**Wishing you** a fun and happy fall—see you in December!

Warmly,  
*Liz Barbour*  
Publisher/Editor

## PH Post Team

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# Advice Column with A.C. Worth

Dear A.C.;

I was recently informed about the death of a family friend through a group text message. I felt that being told such a thing this way was very impersonal and insensitive. When I was a child, my parents and grandparents always impressed upon me the importance of delivering bad news in person. I know times have changed. What is the current etiquette regarding the delivery of bad news?

Sincerely,  
*Shocked*

Dear Shocked,

You're not alone in feeling surprised. While our modes of communication have changed, the need for empathy and sensitivity has not. Delivering bad news, especially news of a death, requires more than just speed. It requires heart. On a warm August afternoon, I brought your question to my circle of friends over watermelon mojitos. Here's what they had to say:

"Delivering bad news in person or over the phone allows for a more personal and compassionate approach," said Gil Ford. "It shows that you care about the person and their feelings, and that you're willing to be there for them during a hard time."

"If the person has questions or needs support," added Fitz William, "a real-time conversation helps them process what they've just heard. It gives them clarity and connection."

"Text messages can easily be misinterpreted," warned Connie Cord. "There's no tone, no body language, and no space for the emotional weight of the message."

Monty Pelier chimed in, "Your voice, your presence, even just over the phone, offers comfort. You can respond to emotion in the moment. That matters."

Still, as Clare Mont reminded us, there are exceptions. "Sometimes distance or urgency makes a text unavoidable."

"In that case," advised Fran Conia, "choose your words carefully. Be direct but gentle. Then follow up with a phone call as soon as possible to answer questions and offer support."

My own advice? Always consider the recipient's emotional well-being. If you wouldn't want to hear news that way, chances are they wouldn't either. Choose the most compassionate way to communicate. That may look different depending on the relationship and the circumstances—but empathy is never out of date.

As the mojitos melted and my friends drifted off, your question lingered. Thoughtfulness is timeless.

Warmly,  
*A.C. Worth*

*Do you have a problem that needs some good old-fashioned common sense advice? A.C. Worth is ready to help. Send your questions to [A.C.WorthAdvice@gmail.com](mailto:A.C.WorthAdvice@gmail.com). All correspondence will be kept confidential.*

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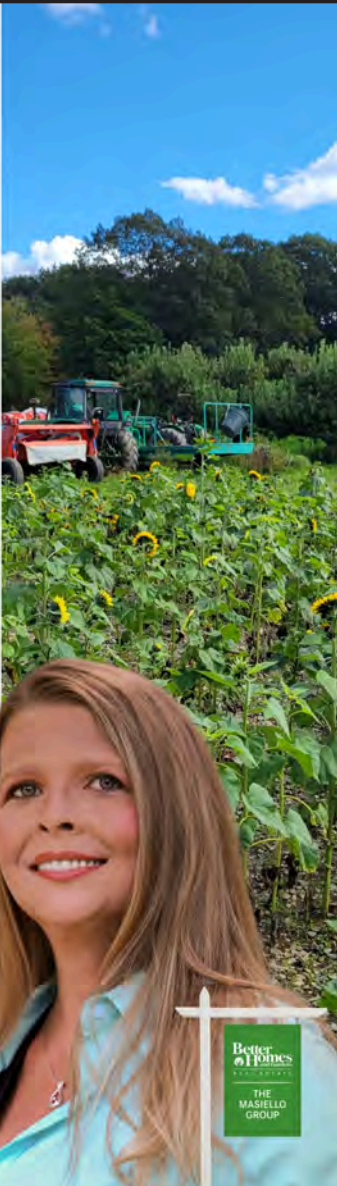
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# Hollis Heritage Happenings

By Karla Vogel,  
Hollis Heritage Commission

**Scenic Hollis Calendar** - Be sure to visit the Hollis Heritage Commission booth at Old Home Days. There, you can purchase a copy of the 2026 edition of the Scenic Hollis calendar. This edition is dedicated to Robert (Bob) Heyer, a master photographer who captured much of what makes Hollis special. He contributed many gorgeous pictures of our town to the calendar publications over the years. The cover of the 2026 calendar was taken from an open cockpit airplane ride Bob took over the town. It is appropriate that Bob can now look down on the fall beauty of Hollis, his favorite subject matter.

**We greatly appreciate** the 18 talented local photographers who submitted their images this year as well as the local businesses who generously sponsored each calendar month. The 2026 edition will be available at Old Home Days and in local businesses throughout Hollis. At \$20, it makes a great gift.

**Fundraising** - The calendar sales remain a vital source of revenue for the HHC. The restoration of buildings such as the Gambrel Barn, Ice House, Cooper Shop, and the White Barn preserve the history and character of Hollis's farming community. The HHC is expanding fundraising efforts to create a maintenance fund to address ongoing repair of restored buildings.

During Old Home Days, be sure to walk into the Noah Dow Cooper Shop located at Nichols Field. Visitors are welcome to tour the building during Old Home Days as well as on select weekends in the fall. Look for the "Open" flag to explore the history of coopering, a barrel-making winter industry that once supported local farms.



Calendar Cover Photo: Bob Heyer

**Current Projects** - The Commission is now focused on the White Barn located at Woodmont Orchard. Over the years, the barn has fallen into disrepair and became an eyesore of vines and peeling aluminum siding. The Heritage Commission has been working to improve the appearance and adopt uses for this space. Built in 1939 by the Lievens family, the barn stored fruit and packing crates for shipment to Boston. Ron Peik, Hollis resident and owner of Alpine Environmental, joined the project in 2023. His company has restored doors, repaired windows and siding, and painted the front of the barn. This year, a new roof and rear siding repairs are planned.

**The Heritage Commission** welcomes your help, donations, and comments. Contact us at: HollisNH.Heritage@gmail.com.

## Slice Into Something Sweet with the Hollis Woman's Club

By Ardie Henry,  
The Hollis Woman's Club



Kaaren Eastman and Cathy Gast

**The Hollis Woman's Club (HWC)** is excited to participate once again at Hollis Old Home Days on Saturday, September 20th, selling slices of homemade Apple Pie, as well as whole pies-the only booth doing so! Preorders for whole pies are available and can be placed online using the QR code below.

**In addition to** our famous pies, the HWC booth will feature membership information and a selection of Hollis-themed items for sale. Be sure to stop by and say hello, we look forward to seeing you there!

**First Club Meeting of the Year** - We will hold our first meeting of the year on Wednesday, September 10th at 9:00 a.m. in the Lawrence Barn. The program will feature Rachel Lessard, a licensed esthetician with over 20 years of experience, who will share expert tips on maintaining healthy skin. All meetings are open to the public, please join us as we kick off another exciting year of monthly programs!

**Founded in 1906**, the Hollis Woman's Club is a local philanthropic and social organization open to all New Hampshire women. The club is committed to community improvement through charitable giving, educational programs, civic engagement, and social activities. It is a proud member of the General Federation of Women's Clubs, one of the oldest and largest volunteer women's organizations in the world. Membership is open to women age 18 and older. To learn more or apply, visit: [www.holliswomansclub.org](http://www.holliswomansclub.org). Hope to see you there!!



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# Say Cheese, Skippy! Hollis's New K9 Has Arrived (and Nailed His First Photoshoot)

By Laurie Cesati, Young Pups Photography, Hollis

It was small-town breaking news of the “beast” kind....a community in need that banded together for a good cause....do I have your attention yet? The date was July 14, 2025, and the official announcement was made by the Hollis Police Department that they had welcomed their very first K9 for the force! Reporting for duty... meet SKIPPY! Skippy's role of Community Resource and Comfort Dog is perfectly suited to him as he has a seemingly endless amount of love to give and has already wrapped everyone who meets him around his little paw! His journey to NH involved several community organizations, businesses, and individuals who stepped up to the plate to bring him here and/or offer ongoing support in the form of routine medical needs, food, and miscellaneous essentials (which surely include lots of toys and treats!). Many thanks to Operation Delta Dog, Hollis Veterinary Clinic, and Orde Farm for their generous support!

As for me, it was an honor to have been able to play a very small part in this large community effort in my own hometown. Skippy wasn't shy about stepping in front of my camera, nor should you be! As the owner of Young Pups Photography, I focus primarily on kids and pets. I am often asked, “Do you realize you have chosen the two most difficult populations to photograph? They're always on the move!” Apparently, I like to give chase!

But in all sincerity, from baby's sweet and sleepy first days at home right on through to your rising senior's high school portraits (and of course your four-legged family members!), I promise you'll never look back at the images and wish you hadn't had them taken. Your family is your greatest creation. This is your legacy. Document it. Photograph it. Treasure it.

Skippy's superpower will be to bring comfort to those who find themselves in need of a friendly furry face. Young Pups Photography's superpower is to freeze time. Allow me to help you freeze time. What's YOUR family's story? Camera in hand – sneakers on my feet – I'm ready for the CHASE!

To find out more about Laurie Cesati and Young Pups Photography, visit her website: [www.youngpupsphoto.com](http://www.youngpupsphoto.com).



Skippy, courtesy Laurie Cesati

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*Fun Fact!*

Did you know that cucumbers have a higher water content than watermelon?

Watermelon is about 92% water, while a cucumber has around 95%. So, if you're going to the beach and want to stay hydrated, try packing these two high-fiber foods and enjoy!

## Pawsitively Hollis Pets



**Skippy!**

The Hollis PD Community Resource and Comfort Dog

Photo Credit: Young Pups Photography  
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## Family Fun New Attractions Bring More Fun to Hollis Old Home Days

By Lindsey Sud, OHD Committee

The Old Home Days Committee is bringing exciting new experiences to this year's celebration! On Friday night, September 19, the fun starts with a Block Party, featuring food trucks, lawn games, FREE 9 hole glow mini golf, and a dance party hosted by Hollis's favorite DJ, Carryl Roy! Bring the family to enjoy an evening of food and fun! Saturday will kick off with the parade at 10:30 am and continue with all your favorite heritage demonstrations, silent auction, raffle baskets and artisan fair in the Lawrence Barn, a petting zoo, balloon twisting, live music, and 50+ booths on the midway, representing school boosters, local businesses, and organizations.

After providing amusements since 1997, our longtime carnival partner is no longer available. In response, the OHD Committee has lined up a whole new set of inflatable amusements and a \$25 wristband admission system. Your wristband grants access to bounce houses (including one for ages 5 and under), an obstacle course, jousting, a giant slide, and midway games. A mechanical bull and climbing tower will also be available for a separate per-ride fee. As always, the festivities will conclude at 8 pm with a fabulous fireworks display, so bring your blankets and chairs to enjoy the show!

None of this would be possible without the dedication of the 14-member Old Home Days Committee, led by Chairperson Corinne Beaubien. They've been planning since April. A legion of volunteers—students, Scouts, and townsfolk—helps with setup, cleanup, and everything in between.

The Department of Public Works (DPW), Rec Commission, and Police/Fire departments also support the event. If you'd like to help continue this tradition, consider joining the committee—several positions are open. We also need over 100 volunteers to keep things running smoothly during the actual event. Sign up at: [hollisoldhomedays.org/volunteer-sign-up](http://hollisoldhomedays.org/volunteer-sign-up).

The Old Home Days tradition cannot be accomplished without the generous support of our sponsors. Please consider supporting OHD with a donation or a business/family sponsorship to help keep this beloved tradition going. New this year, a family sponsorship level has been created, which includes four amusement admission bracelets with your donation. Learn more at [www.hollisoldhomedays.org/support](http://www.hollisoldhomedays.org/support). As always, we look forward to seeing you at Hollis Old Home Days!

### Hollis Old Home Days 2025

September 19–20 at Nichols Field & Lawrence Barn

**Friday Block Party - 5 to 9 pm**

Food trucks, lawn games, FREE 9 hole glow mini golf, and a dance party.

**Saturday - 10 am to 10 pm**

Parade - 10:30 am  
Midway and amusements - 11 am to 8 pm  
Fireworks - 8 pm  
Parking is limited near the event—a shuttle will run from the high school.

Visit [www.hollisoldhomedays.org](http://www.hollisoldhomedays.org)

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# Hollis Runs on Volunteer Energy

Each year in April, the annual Hollis Town Volunteer Breakfast is held at the Lawrence Barn. Though the tables are full, the number in attendance barely reflects the hundreds of residents who give their time and talents to our town. From governance and schools to clubs, sports, churches, and civic organizations, Hollis runs on volunteer energy.

Many important projects would never get off the ground without volunteers. Their efforts are cost effective and efficient. Whether you are a senior citizen, someone with a little extra time on your hands, or a student, your time is invaluable. This section highlights current town committee openings through our Volunteer Match and features just a few of our neighbors who give their time.

**7 Hollis Volunteers Needed!**  
**America 250th Committee**



AMERICA  
250

The Town of Hollis is proud to join in a national celebration, and we are seeking seven (7) dedicated Hollis residents to serve on this committee. The committee will help plan, organize, and support festivities taking place July 1-11, 2026 – 11 days of patriotic celebration, community pride, and historical reflection.

Interested Hollis residents should complete a Volunteer Interest form: [www.hollisnh.org/volunteer-information/webforms/volunteer-interest-form](http://www.hollisnh.org/volunteer-information/webforms/volunteer-interest-form)





**Building Code Board of Appeals**

Vacancies: 2 Regular (term exp. 2026), 1 Regular (2028)  
Reviews appeals related to building code decisions.  
Meets as needed

**Cable Advisory Committee**

Vacancy: 1 Regular (2027)  
Advises the Select Board on cable contracts and programming.  
Meets as needed

**Capital Expenditure Advisory Committee**

Vacancy: 1 Regular (2026)  
Work with Boards to develop a long-term plan for large expenditures and investments.  
Meeting times TBD

**Conservation Commission**

Vacancy: 1 Alternate (2026)  
Protects natural resources and manages open space.  
Meets 1st & 3rd Wednesdays, 7PM

**Energy Committee**

Vacancies: 2 Alternates (2026, 2028)  
Promotes energy efficiency and sustainability.  
Meets 2nd Monday, 4PM

**Highway Safety Committee**

Vacancy: 1 Alternate (2028)  
Addresses road and pedestrian safety.  
Meets quarterly

**Historic District Commission**

Vacancies: 1 Alternate (2028)  
Preserves Hollis’s historic architecture.  
Meets 1st Thursday, 7PM

**Old Home Days Committee**

Vacancy: 1 Member (2028)  
Plans Hollis’s biggest annual celebration.  
Meets monthly, increases as event nears

**Nashua Regional Planning Commission (NRPC) Representative**

Vacancy: 1 Member (2027)  
Represents Hollis in regional planning.  
Meets typically 3rd Wednesday, 7PM in Nashua

**Trails Committee**

Vacancy: 1 Alternate (2027)  
Maintains and improves town trails.  
Meets 2nd Wednesday, 7PM

*If you have any questions about these positions, please contact Melissa Binette at 465-2209 x111 or visit the Hollis town website: [www.hollisnh.org/volunteer-information](http://www.hollisnh.org/volunteer-information).*

# HB Rebels: Building Spirit Through Service

Staff interview with Robin Giaconia,  
President of the HB Rebels Cheerleading

When it comes to community spirit, the HB Rebels Cheerleading program brings it full force on and off the mat. On September 20, the team will march in the Old Home Days parade and perform under the big tent, showing off their cheer spirit. Be sure to stop by their booth to learn more about the program and how to get involved. Then, on October 5, the HB Rebels will for the third year serve apple desserts as the Hollis Town Band entertains the crowd at the Apple Festival.

**How does volunteering at events like the Apple**



HB Rebels

**Festival influence your athletes?**

*HB Rebels:* Volunteering shows the athletes that being part of HB Rebels is not just about the sport, it’s also about personal growth and being a good community member. From a young age, they begin to understand how nonprofit organizations operate. During the Apple Festival, they focus on helping attendees get their desserts quickly so they can relax and enjoy the show. We’ve even implemented features like credit card payments and our popular “Order Ahead” option to better serve festivalgoers. And once the event wraps up, our volunteers donate leftover food to local public service workers like firehouses and police stations.

**How will the HB Rebels be helping at the Apple Festival?**

*HB Rebels:* Our participation has evolved over the years. Planning begins during the winter months when we submit permit applications with the Town of Hollis. We partner with local businesses for sponsorships and donations of ice cream and apples. On the day of the event, our athletes help run the booth, serve orders, and perform during intermission. All four teams will perform

cheers, stunts, and tumbling to highlight what they’ve learned and mastered throughout the season. We love working with the Hollis Town Band and being part of this event!

**What is the mission of HB Rebels Cheerleading?**

*HB Rebels:* The Hollis-Brookline Rebels started in 2023 and are committed to providing a volunteer-run, nonprofit youth recreational cheerleading program that teaches and builds upon the fundamentals of cheerleading with a focus on safety, good sportsmanship, teamwork, and fun. We work to help our athletes build self-confidence and trusting relationships. Academics and community service round out the balance of these athletes. We offer cheer clinics, a summer cheer camp, and winter programs. We practice weekly and literally “pick each other up when we are down.” Our teams truly enjoy spending time together both on and off the mat.

*To learn more about the HB Rebels, visit their website: [www.hbrebels.com](http://www.hbrebels.com), and find them on Facebook at:*

*Hollis Brookline Rebels Cheerleading, or email them at: [President@hbrebels.com](mailto:President@hbrebels.com).*



# The Volunteer Police Force

## Small-Town Stories with Jim Belanger

By Staff

The PH Post is all about sharing stories from you, our readers. Recently, longtime resident Jim Belanger offered us a firsthand account of what it was like to serve as a volunteer on the Hollis Police force during the 1970s and 1980s. Jim has lived in Hollis since 1969 and has held over 30 volunteer roles, including firefighter, EMT, police officer, school board member, selectman, state representative, and town moderator. Jim estimates that he has given the town of Hollis 334 years of volunteer service. Wow! His memories are a look back to a time when residents regularly took on public safety roles. What follows is shaped from the personal notes he shared with us.

The Hollis Police Department of the 1970s and '80s was headed by a full-time chief of police and staffed by part-time "Special Police Officers" who volunteered their time, purchased their own uniforms and equipment, and often worked full-day patrols around their day jobs. They were neighbors first, law enforcement second. This was public service, Hollis-style: practical, personal, and sometimes hilariously human.

At the time, Hollis was home to only about 700 houses. Local law enforcement relied less on force and more on judgment and flexibility. According to Jim, "We had a firearms instructor, accident investigation and reconstruction officers, as well as some trained in domestic violence situations. Training was done in Hollis by instructors from the NH Police and Standards office, but none of our Specials went out of town for training. Officers had to purchase their own weapons and uniforms—and we even had one who purchased his own radar unit."

While driving down the road, if you spotted a dusty TV repair van with a blue light stashed in its grill parked on the roadside, that was probably Jim's. The real cruiser would be parked discreetly ahead, ready to catch speeders by surprise. Once, a driver challenged the stop



Jim Belanger

in court, objecting to being pulled over by a man in street clothes driving what looked like a plumbing van. The judge was unmoved: "Small towns use what they've got," he said. Case closed.

Relations between police and residents were informal at best. If Frank West on Farley Road felt the cruiser had overstayed its welcome in front of his house, he'd step out onto his porch and fire a rifle into the air. Message received. Down on West Hollis Road, Amy "Annie Oakley" Stoddard preferred a shotgun to express her displeasure. Jim, unfazed, radioed it in. "It's just Amy," came the calm reply from dispatch.

Stoddard preferred a shotgun to express her displeasure. Jim, unfazed, radioed it in. "It's just Amy," came the calm reply from dispatch. Back then, dispatch was handled from the McGilvray livingroom at 5 Broad Street, known to many as the old Locke's Ice Cream shop. "Dispatching was done via a series of 'red phones' in homes," Jim recalled. "All the phones rang at the same time. Someone in the home would pick up the red phone and listen to the instructions on the specific emergency." Eventually, dispatch was

enjoyed tradition that reflects the Hollis spirit over the years. "I have volunteered throughout my life," she said. "Old Home Days felt like the right fit—I love this town and what the event is about."

This year brings major changes; most notably, the absence of the old carnival. "Our carnival vendor backed out, and it's been a challenge to find someone who fits our budget and timeline," Beaubien said. In its place will be an overhauled Friday night Block Party with food trucks, a DJ, glow-in-the-dark mini golf, and lawn games. Another new addition this year is an array of inflatable attractions on Saturday including a mechanical bull, rock climbing wall, and 70-foot obstacle course.

Planning this massive event is no easy feat. The 10-15 member committee labors from April to October. "It's planning a wedding, without RSVPs," she joked. Each member of the team has an assigned task, from field layout to social media, with new faces among the volunteers bringing innovative ideas and energy to the Hollis tradition.



Corinne Beaubien

Baubien's commitment to community involvement shows through in every aspect. Community and school clubs and

moved to the Eveready Engine House, where the town's one (and rarely used) holding cell was also located. Most domestic calls were resolved through conversation. Drunks were sent to Nashua to sober up.

And when juveniles got in trouble, Officer Sandy Belanger, Hollis's first female police officer and Jim's wife, took the lead. "When responding to domestic complaints, if at all possible, Sandy and I would respond together," Jim wrote. "We would separate the male and female, each of us taking the person of our gender. We did our best to defuse the situation, lend some understanding about marital spats, and either leave the couple in relative friendship or ask one to spend the night elsewhere."

One such call was particularly memorable: "Sandy and I responded to a domestic complaint. When we arrived, and even before we could approach the home, we were fired upon. I don't recall that they were aiming to shoot us, just to scare us. We were not in an official police cruiser. Sandy and I crouched down on the opposite side of our vehicle. She looked at me and said, 'I have four kids at home. I don't need this. Let's go home!' That's what we did. I don't recall what happened as a result of this shooting, but no SWAT team was ever called in, and no huge public issue was made of it. The couple must have settled their differences. I can't recall ever arresting anyone at a domestic call nor using our holding cell to detain one."

And while this story reflects a different time in Hollis history, we'd be remiss not to recognize and thank the Hollis Police Department. Today's officers carry on the tradition of public service with professionalism, compassion, and integrity. Chief of Police Brendan LaFlame, himself raised in Hollis, now leads the Hollis PD. Looking back, Jim's stories are more than nostalgic; they're a reminder that public service, especially in a town like Hollis, has always been about knowing your neighbors, staying calm under pressure, and being able to laugh at yourself. Back in Jim's day, Hollis needed a guy who could fix your TV on Wednesday and write you a speeding ticket on Thursday. For a more about the history of the Hollis PD, visit:

[www.hollisnh.org/police/about-us/pages/history-hpd](http://www.hollisnh.org/police/about-us/pages/history-hpd).

local youth teams are given first priority for vendor space, and food truck vendors are carefully planned so that local groups can raise money without competition. "This event is really about the people here, and the Hollis community coming together," she said. "It's amazing to see everyone support each other."

In the process, Beaubien added thoughtful enhancements like hand-washing stations, new signs, a tent for an entertainment center, and a revamped website. She also helped market the pre-firework show, now a crowd favorite.

When it comes to her legacy, Beaubien offers plain-spoken counsel: "Do it your way. Grow the event, but don't forget its roots. This community is incredibly supportive; people wait all year for this." Old Home Days will be observed the weekend of September 19-20. As Hollis comes together to celebrate, it will be an opportunity for us all to show our gratitude to a woman who has given so much to continue the tradition. Thank you, Corinne!

Sam Perella is a sophomore at Hollis-Brookline High School and aspiring journalist. In addition to writing, Sam plays on the school's soccer and lacrosse teams and referees at youth lacrosse games.

### Did You Know?

Old Home Days is entirely volunteer-run and funded through donations, sponsors, and vendor fees – with no funding from the Town of Hollis. Show your support by making a donation today! [www.hollisoldhomedays.org](http://www.hollisoldhomedays.org)

## Thank You, Corinne: A Decade of Dedication to Old Home Days

By Sam Petrella

**Editor's Note:** When this article was written, Corinne Beaubien believed she would need to step away from the Old Home Days Committee after this year's event due to her upcoming move out of Hollis. The Hollis Select Board is now considering whether to extend her role through the remainder of her current term, which runs until 2028. We hope they do. Leaders like Corinne, who inspire others to give as much as this committee does, are hard to replace.

As Hollis prepares for Old Home Days this September, one woman at the center of the activity is ready to say goodbye. Corinne Beaubien, who has organized the event for the past nine years, will lead the team for the last time this year, closing a chapter of dedicated service. While she'll no longer be a Hollis resident, which is required to run Old Home Days, she'll still be close by, working at the middle school and staying connected to the community.

Baubien's involvement in Old Home Days began a decade ago as a volunteer for the silent auction but quickly evolved into running the event. She made it into an efficiently run, much-



# Brookdale Fruit Farm: Ten Generations of Farming in Hollis

By Cameron Hardy and Liz Barbour

Farms in New Hampshire face serious challenges: development pressure, rising land costs, and unpredictable weather. In places like Hollis, where farming is central to a town's identity, the loss of farmland would mean more than a change in scenery. It would erode a way of life. The Hardy family has been farming in Hollis for over 250 years, with continuous operations at the current Brookdale Fruit Farm location since 1847. Like many multigenerational farms, Brookdale's longevity is due to its ability to adapt to market demands by diversifying crops, expanding into wholesale and retail, and offering pick-your-own experiences. Brookdale has kept a ten-generation promise to care for the land, feed their neighbors, and keep New Hampshire farming alive.

In 1847, Edward Hardy began dairy farming on eight acres purchased at the intersection of Ash and Broad Streets. Here he built the white farmhouse that still stands at the entrance to the wholesale distribution site. By 1865, he had planted what's believed to be New Hampshire's first McIntosh orchard. Operations remained focused on dairy until the 1950s, when shifting markets prompted a pivot toward produce. Today, the farm cultivates 240 acres of fruit and 275 acres of vegetables. Over 30 varieties of apples, sweet corn, and tomatoes dominate the fields. The business includes retail and wholesale produce, pick-your-own orchards, flower fields, and irrigation services for farms across New England. Brookdale uses regenerative practices such as crop rotation, no-till planting, cover crops, and integrated



Rick Hardy, Madison Hardy, Chip Hardy, Zoe Hardy and Henry Hardy  
pest management, and precision irrigation to protect soil and water. The approach has always been to harvest at peak ripeness, nurture the soil, and leave the land better than it was found.

Fourteen family members from three generations now operate the farm. Brothers Rick and Chip Hardy have always farmed with their families, and each member has a role. Rick manages the greenhouses and retail stand. "Peppers, broccoli, tomatoes, they all start here," he says, surrounded by young plants. From April to December, the stand offers fresh produce, eggs, baked goods, specialty foods, gifts, and New England-made items. Cameron Hardy, Rick's son, oversees marketing and organizes hayrides and corn mazes with help from daughters Siena and Quinn. His wife Nikki bakes pies, muffins, and bread in the farm kitchen. Chip and

daughter-in-law Madison, wife of the late Tyler Hardy, manage wholesale operations. Chip's wife Leigh helps families in the pick-your-own fields, and their son Trevor and his wife Zoe run the irrigation supply business. "Many Hardy hands make light work" is the family motto. Cousins Joan Marcum and Ruth Whittemore handle the books, and longtime employee Mike Lynch supports day-to-day operations.

The farm is also known for hiring teens and local residents at the farm stand and in the greenhouses. Seasonal workers hired through the H-2A program return year after year from Jamaica, often as father-son teams. All are hired legally under proper visas and are considered part of the extended Brookdale family.

Its commitment to community goes far beyond farming. The farm donates to more than 28 food pantries annually and supports local churches and scout troop drives. Their signature "Brookdale Blue" tractors roll through town parades, and fall attractions like the corn maze and sunflower fields bring families from across the region.

In addition to its core operations, Brookdale played a central role in reviving the historic Stefanowicz property after it was acquired by the town for conservation in 2017. In 2020, they submitted the winning bid to lease and restore 120 acres of overgrown fields to productive farmland. They cleared invasive species and improved soil and water management. Thanks to a public-private partnership between Hollis residents, the Conservation

*Continued on page 14*

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### Hollis’s Conservation Land: Walk, Wander, and Explore

By Holly Park, Member, Hollis  
Conservation Commission

If you’re like me and moved to Hollis in recent years, the beautiful protected land may have been part of the draw. Our town is home to hundreds of acres of conserved land, including Town Forests, Beaver Brook properties, and land cared for by the Hollis Conservation Commission.

If you’ve ever wandered down one of Hollis’s quieter trails through woods, open fields, or wetlands, the Conservation Commission likely played a role in protecting it. We’re a volunteer committee that works to preserve the natural places that make Hollis feel like Hollis. That includes wildlife habitats, clean water, scenic views, and meadows.

One of the best ways to support conservation is to get outside and enjoy it. Hollis has many beautiful trails to explore. For a quiet escape, visit the Silver Lake trails. If you enjoy history, head to Federal Hill and walk the streets and trails of Monson village, our very own “ghost town.” Dunklee Pond, Eastman Meadow off Ridge Road, and Rocky Ridge off Proctor Hill Road are also great spots for a peaceful walk.

Not sure where these places are? To find Hollis conserved land, check out the interactive map created by the Nashua

Regional Planning Commission via the QR code below. The Hollis Trails Committee has created a website to share trail maps and trail updates at: [www.hollistrails.org](http://www.hollistrails.org). Coming soon, the NRPC Trail Atlas will soon feature Hollis trails.

The Conservation Commission is always looking to protect more land. If you are a landowner curious about conservation options, or just someone who wants to get involved, we would love to hear from you. Visit the Conservation Commission webpage for more information: [hollisnh.org/conservation-commission](http://hollisnh.org/conservation-commission). You can learn more about Monson, Hollis Conserved Land, and the Trail Atlas via the QR codes below. Hope to see you out on the trails!



### Hollis Obituaries

We honor the memories of those we  
have lost.



In June, the Cudworth and Marvell families came together with friends to celebrate the lives of Robert “Bob” Marvell Cudworth and Richard “Dick” Marvell, who both passed away in January 2025. They were close cousins who grew up in Hollis and shared a lifelong bond.

They stood up at each other’s weddings, raised their children together, and worked side by side at the “Sat.-Sun. Sawmill.” Dick started the mill behind his house and Bob enjoyed helping him out. Dick ran the saw, and Bob stacked the boards. Together, they shared stories and produced lumber that built sheds, horse barns, and homes across Hollis. Robert Cudworth’s obituary can be found at [www.hollisbrooklinenewsonline.com](http://www.hollisbrooklinenewsonline.com).



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# Live Free & Dine: Hollis Chef Introduces Sourdough Pizza and a Mission

Submitted by Karen Calabro, Live Free & Dine

*Chef Karen Calabro is a longtime Hollis resident with over forty years of professional culinary experience. In addition to leading kitchens across the country, she served Hollis as a New Hampshire State Representative in 2022 and worked in health care as a primary care provider and Mobile Crisis medical lead for HarborCare. Today, Karen owns Live Free & Dine in Nashua, a scratch kitchen inspired by what she calls “a simple mission: connecting local farms to your dinner table with delicious, wholesome meals.” Her menu showcases the very best of New Hampshire and supporting Hollis-based businesses (see the list below). As she says, “Stay Local. Live Free & Dine!”*



Karen Calabro

While Live Free & Dine (LFD) Gourmet Market opened back in 2023, we’ve had time to discover how best to serve our communities with ready-made, healthy locally-sourced foods. Originally, we tried to make the model work, and as the heat came, we saw less folks looking to order the many meals we offered. So, we went back to the drawing board and discovered an ancient product that is making waves out West. We went back to California, to train at LA’s most popular sourdough pizzeria.

Hail Mary Pizza, at Atwater Village, is among the top four or five pizza restaurants in the entire city, being featured in the news and on television regularly, with a near cult-like following. They create hundreds of pizzas nightly, and all with the same dough as that being offered at Live Free & Dine Gourmet Pizza & Carry-out. The only difference? We use OUR local agriculture & live

stock, which is among the best in the country.

New Hampshire beef, for example, has a long and proud history. It was once prized by Uncle Sam and shipped on every naval vessel. Today, we honor that tradition with our own twist: local beef seasoned with our signature LFD dry rub, smoked over apple and peach woods, and basted with Old Man Bourbon from Tamworth Distilling. This flavorful brisket stars in our pizzas and paninis, alongside other locally raised meats. We’ve raised the bar with proteins smoked in-house or sourced from trusted partners like Blood Farm and North Country Smokehouse. Of course, we still offer all the classic toppings you’d expect, but the real star is the sourdough crust.

Why sourdough? Whole wheat sourdough is easier to digest, better tolerated by those suffering from gluten-allergies, lowers the glycemic index for those who are

watching blood sugar, and increases fiber and hunger-staying power, unlike traditional crusts. They are chewier and have a crunch when first baked. We baste each crust with extra virgin olive oil, which locks in all that chewy goodness. Each crust takes two to three days to mature, is hand tossed, stretched, and baked to order. Our online ordering makes it easier than ever to select items, modify your preferences, and schedule it for pick-up or delivery whenever you need it. However, we have a lot more than pizza.

Our soups are all from scratch with bone stocks made with local meats or organic chicken from Coleman’s, and in high season, most of the main ingredients are harvested locally from area farms. In fact, we have over forty participating farms, stores, or individuals from whom we source our meals and beverages (a partial list is at LiveFreeDine.com). With healthy sides, salads, baked goods, and our lengthy dessert list, including homemade frozen custard ice cream, tiramisu, and fruit crisps, we have a little something for everyone, even if pizza’s not your thing.

We know folks have little free time and money is tight, so we changed our website to be more user-friendly, permitting discounts, a rewards program, and scheduled orders for pickups and DELIVERY. We enjoy working with food, and creating these meals, so let your inner Julia Child guilt go. Your time is valuable, and you can spend it doing what you need to. We hope to see you soon so you can understand the quality of our agriculture

*Continued on page 14*

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SHEERS	U W S G N I N U R P
WEEDWACKER	E S H E E R S T R W
GREENERY	E Y R E N E E R G R
SHRUBS	R E U R A K E I R E
PRUNING	S M B E E E W M L A
FERTILIZER	U G S A L A E M E I
PLANTING	R E K C A W D E E W
TRIMMER	R E Z I L I T R E F



## Hollis Community Spotlight Shines on Connie Cain: 25 Years of Service at Town Hall

By Liz Barbour



Connie Cain

If you've ever had a question about your property assessment in Hollis, chances are you've spoken with Connie Cain, the Town of Hollis Assistant to the Assessor and Deputy Tax Collector. For 25 years, Connie has welcomed residents into her office to help them through one of the most complex and often emotional aspects of local government—property assessments.

Connie was first hired as a temporary employee so she never imagined the role would turn into a full-time career. "It's an interesting position and offers a lot of challenges," she says. "I remember the first reevaluation that I experienced in 2002. So many people were upset with me, and now some are my best friends."

Her hiring was no accident, says Cath Hallsworth, former Town Administrator who originally brought Connie on board. "Boy, I did a good job, didn't I? She came in and she just fit. Everything was mainly on paper, all of our records." Connie brought with her a strong computer background and was critical to shifting handwritten records online.

Today, Connie wears many hats. She reports to Town Administrator Lori Radke and provides support to the Town's contract Assessors, the Board of Selectmen, and the Tax Collector. She also serves as the Town Hall Staff Representative to the Conservation Commission, providing administrative support.

In her daily role, Connie helps maintain accurate records and tax maps, and assists residents with questions about assessments, exemptions, and tax programs. While assessments may seem like numbers on a page, Connie knows they carry real weight for homeowners. "I can answer questions, put people at ease. I'm always honest, and I relay information so that it is easy to understand," she explains. "People leave my office satisfied, and I can honestly say that ours is the friendliest in New Hampshire and across New England."

Over the years, Town Hall has been more than just a workplace for Connie. On March 11, 2002, Connie married her husband Paul in the Town Hall Community Room. The ceremony was officiated by former employees Cathy Hoffman and Debbie Adams, with all of the Town Hall staff there to celebrate.

"They threw us a little party afterwards," Connie recalled with a smile. Today, she and her husband share seven children and twelve grandchildren, and she told us that she made almost all of their birthday cakes.

Though now a Nashua resident, Connie lived in Hollis from 2004 to 2013 and still feels a strong bond with the community. I asked Connie if there was anything else she'd like our readers to know. "One thing I'd like to add if it's okay. I've enjoyed working, and living, in Hollis tremendously. The people of Hollis warmly welcomed me 25 years ago, and I've met so many wonderful people and made some great friends along the way. Hollis is a uniquely special community and will always be where my heart is. Thank you to all of you, it has been, and continues to be, a wonderful experience."

The next time you are at Town Hall, stop by Connie's office door to say hello and congratulate her on her 25 years of dedicated service to Hollis.

## Farley Building Receives Historic Designation— Could Hollis Benefit?

By Liz Barbour

The Farley Building has been officially listed on the New Hampshire State Register of Historic Places, recognizing its significance in Hollis's history. This designation, awarded by the New Hampshire Division of Historical Resources, does not place legal restrictions on ownership, use, or renovations. The designation does offer benefits such as access to technical guidance and eligibility for state grants and tax incentives.

In March 2024, the town approved \$300K to fund a complete construction and bid management package. The FBCC Committee worked with Misiasek Turpin pllc to create detailed architectural and engineering plans, including drawings for structural, mechanical, electrical, plumbing, civil, and interior design.



These plans are available at the Town Hall and at [www.farleyforhollis.org](http://www.farleyforhollis.org).

With the town's investment, the groundwork is in place for the use of the building to meet the town's space needs, while preserving the building's significance in our historic town center.

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## Transforming Beaver Brook community at the heart.

*Continued from page 1*

Since quietly launching the campaign earlier this year, we've raised over \$2.3 million of our \$7.1 million goal thanks to generous early supporters. Now, we're turning to the wider Hollis community, those who love Beaver Brook, who believe in outdoor education, and who want to see this treasured place thrive.

We know that not everyone can give at the same level but every gift matters. Every single donation moves us closer to a future where every student, every visitor, every family that steps onto this land feels not just welcome but inspired.

There is something uniquely powerful about investing in a place like Beaver Brook. Your gift doesn't just build a building; it builds a legacy. It ensures that the children who visit tomorrow will have a place to learn, to grow, and to fall in love with nature the same way generations before them did.

While this is an ambitious project, we know that with the community behind us, we will succeed. This effort is about preserving and strengthening the deep connection people feel to this land so that Beaver Brook can continue to be a place of learning, wonder, and belonging for years to come. As our founder Jeff Smith once said, "Beaver Brook will become an island of green in a sea of humanity." That vision still guides us today. We know that our community's bond with nature and with one another is what makes Beaver Brook so special. That will never change.

We invite you to be part of a lasting legacy that will preserve Beaver Brook now and for tomorrow's students, explorers and families.

To learn more visit [www.beaverbrook.org/transformingbba](http://www.beaverbrook.org/transformingbba) or contact us to schedule a tour. Let's transform Beaver Brook together.

## GOT NEWS TO SHARE?

We're looking for your stories to fill the December issue.

Write about an event, a special announcement, or celebrate your group.

December Issue Deadline  
October 22  
[www.positivelyhollis.com](http://www.positivelyhollis.com)



## Mark LeDoux's Lasting Impact

*Continued from page 1*

be grateful for his guidance and support, not just then, but throughout the many years I've known him."

Mark believes in giving back not only through service but through personal investment. "Hollis welcomed my family in 2002, and I've always felt it was important to give back to our new home town however I can." Through the Marie LeDoux Foundation, named in honor of his late mother, Mark has supported several building projects that serve the town and preserve the character of Hollis. He helped fund the completion of the Lawrence Barn, financed the reconstruction of the ice house and gambrel barn at Woodmont Orchard, and donated the cedar roof for the Cooper Shop located at Nichols Field..

When asked what's next, Mark replied, "I am looking forward to enjoying more time with my children and grandchildren and with my lovely wife Julie - as we continue to pursue our interests in business and community. I wish my colleagues well as they continue to navigate the road of governance ahead. I will miss my time with the staff and with the department heads overseeing the Police, Fire, Communications, Emergency Management, Town Hall and the Department of Public Works - but I believe we are in very good hands with their leadership."

For Mark, volunteerism is a responsibility he loves and encourages others to do. "Hollis is a unique place and we have so much to be thankful for. Those who rise to the challenge of helping others by offering their time and expertise, they're the real heroes of our day." Mark LeDoux is one of those individuals. And because of his service, Hollis is stronger and better prepared for the future.

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## Brookdale Fruit Farm

*Continued from page 10*

Commission, and Brookdale, the land is now farmed once again.

Beyond the borders of Hollis, the Hardy family supports agriculture statewide. Family members serve on state boards advocating for farmland preservation, water management, and labor access. Brookdale has earned national recognition for stewardship, including awards from President Clinton and industry associations. "We're just caretakers," says Rick. "The land was here before us, and if we do our job, it will be here long after us."

As the sun sets behind the orchards, you can look across the same fields Edward Hardy first tended in 1847. Much of that land is now protected under state conservation covenants, preserving the view and the farm for future generations. "We embrace new technology," says Rick, "but the goal has always been the same, protect the land and grow good food for our neighbors." For the Hardys, farming is more than a livelihood. It is a legacy, and a promise they intend to keep. You can help keep that promise alive. Support our Hollis farms by stopping in and buying local.

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*Continued from page 12*

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Sunday, October 5th, 2 - 4 pm  
Monument Square, Hollis

Rain location: Hollis-Brookline Middle School



Proceeds support both the Band & Rebels

Hosted by the HOLLIS TOWN BAND and the REBEL CHEERLEADERS

Volunteers Needed email: [htbdirector@gmail.com](mailto:htbdirector@gmail.com)

## Hollis Apple Festival and Town Band Concert



# A Patriotic Week in Hollis

By Liz Barbour

On September 17, Americans across the country will celebrate the signing of the U.S. Constitution. This year brings new significance to the observance in New Hampshire. Governor Kelly Ayotte signed legislation assuring that all New Hampshire public schools dedicate at least one session during the week to lessons and activities about the U.S. Constitution. Students statewide will join in honoring this cornerstone of American democracy.

In 1955, the Daughters of the American Revolution (DAR) petitioned Congress to set aside September 17–23



annually for the observance of Constitution Week. The resolution was adopted by Congress and signed into law in 1956 by President Dwight Eisenhower.

Thanks to the ongoing efforts of our local DAR, the Anna Keyes Powers Chapter, the observance of Constitution Week is already a tradition in Hollis and in our schools. Each year, the DAR secures a Constitution Week proclamation from the Hollis Select Board and provides educational materials to Hollis Brookline Middle School, the Hollis Social Library, and Town Hall to help students and residents reflect on the importance of the Constitution.

## How well do you know the U.S. Constitution?

### Test Your Constitutional IQ

1. How many times does the word “democracy” appear?
2. Which state is misspelled?
3. What foreign language is used?
4. How many signers were born in Ireland?
5. Which two amendments cancel each other out?
6. Where can you see the Constitution today?
7. How many states had to ratify the Constitution before it became the law of the land?
8. Which state was the ninth to ratify the U.S. Constitution, making it officially effective?
9. What is the only day you can see all five pages of the Constitution at one time?

*Don't peek!* Answers: 1) It doesn't 2) Pennsylvania (They left out an "N") 3) Latin 4) Four 5) 18th & 21st – Prohibition and Repeal 6) At the National Archives 7) Nine 8) New Hampshire 9) On Constitution Day, September 17

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## Hollis Harvest Zucchini Banana Bread

Makes 2 loaves | Recipe submitted by Karen Calabro, Live Free & Dine, Nashua

### Ingredients:

3 cups all-purpose flour  
2 cups cane or light brown sugar  
1 tsp baking powder  
1 tsp baking soda  
1 Tbsp ground cinnamon  
1/4 tsp sea salt  
1 cup olive or avocado oil (we use EVOO)  
1 tsp vanilla extract  
3 eggs or egg substitute (we use flax meal & water for vegan options)  
1 1/2 cups grated zucchini  
2 crushed old bananas  
1/3 cup chopped walnuts plus more to top loaves (optional)

### Instructions:

Preheat oven to 350°F. Mix dry ingredients in a large bowl, set aside. Mix wet ingredients in a large bowl and fold in the dry ingredients in stages until fully combined. Pour into pre-sprayed loaf pans (8" x 4" x 4"), dividing evenly. Tap pans to settle the batter, then bake in the center of the oven for 38–43 minutes, or until a toothpick inserted in the center comes out clean. If using vegan substitutes, lower the oven temperature by 10 degrees and bake for an additional 15–20 minutes. Serve warm or let cool fully before slicing.

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With cold and flu season approaching, I've stocked my freezer with fresh ginger root, my go-to winter herb. Ginger is easy to find, pleasant to taste, and offers a wide range of health benefits. One of its key strengths is its antiviral action, which helps interrupt the reproduction of viruses. This is how most antivirals (including Tamiflu), work—not by killing viruses directly, but by stopping them from multiplying. Ginger does the same, only naturally.

It also boosts circulation and warms the body, which is especially helpful when you're dealing with chills. Ginger thins mucus to ease congestion, reduces inflammation, and calms nausea. Fresh ginger root, with its aromatic oils, provides the strongest effect. Below are two simple remedies you can make at home and keep on hand to start taking at the first sign of illness. It's always better to keep a virus away than to fight it once it takes hold.

### Ginger Lemon-aid Tea

This warming tea can help relieve congestion and support your immune system. Grate a thumb-sized piece of fresh (or frozen) ginger into a mug or teapot, pour 8 to 12 ounces of boiling water over it, and cover to steep for 15 to 20 minutes.

Add the juice from half a lemon and honey to taste. Drink 4 to 6 cups throughout the day.

### Ginger Garlic Cough Syrup

This potent syrup helps calm coughs and supports respiratory health. In a quart jar, mix 1/4 cup each of lemon juice, honey, and water with 1 teaspoon of grated ginger, 2 pressed or finely chopped garlic cloves, and a pinch of cayenne pepper. Let the mixture sit in the refrigerator for a few days before using. Take 1 tablespoon as needed. You can eat the garlic or strain the solids out. It will keep for several months in the fridge.

I love sharing herbal recipes you can make in your own kitchen. It's my goal to help you build a toolkit for better health. That's why I named my practice Health and Hearth. For times when ginger or elderberry syrup isn't enough, I offer more-advanced care options.

To learn more about holistic herbal practitioner and Hollis resident Rivka Schwartz and her classes, visit her website: [www.healthandhearthis.com](http://www.healthandhearthis.com) or send her an email: [healthandhearthis@gmail.com](mailto:healthandhearthis@gmail.com).



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