



ONCE UPON A TIME

This is the magical story about a country Santa Claus who brought joy to his community, riding through town in a horse-drawn sleigh. It's a reminder of the true spirit of Christmas. Bud King was a man devoted to spreading happiness, especially to the children of Hollis. According to his wife, Phyllis, it all began unexpectedly in the early 1960s. The couple had been invited to a Christmas party, where Bud decided to dress up as Santa for the first time to surprise the children. Bud loved the experience so much that he decided he needed an "authentic" Santa costume. The following year, Bud made a special trip to New York City in search of the perfect suit. He found a suit made of rich red cloth trimmed with soft white fur. From that moment on, he became Hollis's Santa Claus.

Bud's daughter, Sharon McCaffrey, recalls that her father wasn't the typical mall Santa seated on a throne, waiting for children to approach. Instead, he lived and breathed the season. For nine years Bud would appear as Santa Claus, riding in a sleigh pulled by his friends Sam Rogers and George Whelton through the snowy streets of Hollis. And if the weather didn't cooperate, they swapped the sleigh for a carriage, always making sure the magic of Christmas reached every corner of the town.

In 1970, tragedy struck when a stroke left Bud paralyzed on one side and struggling with his speech. It seemed the end of his Santa Claus days, but his heart was too full of Christmas spirit to give up the role that brought so much joy to others. Understanding how much it meant to Bud, Sam and George rallied around him, ensuring the tradition continued, creating lasting memories for countless more children in Hollis.

One Christmas in particular stands out in the memories of Teresa and Gerry Gartner. In 1980, their son Joseph wished for a puppy. You see, Joseph's parents had promised him that one day, if they moved to the country, they would get him the puppy he dreamed of. Bud heard about Joseph's wish and was determined to make it come true. On Christmas Eve, Bud was met along his sleigh ride by a gentleman who handed him a beautiful Golden Retriever puppy named Chica d'Oro



BUD KING, SAM ROGERS & GEORGE WHELTON
Photo Courtesy: Sharon McCaffrey

("golden little girl") and, with Chica lying at his feet, Santa Bud arrived and handed the puppy to a wide-eyed and overjoyed Joseph. It was a moment of pure Christmas magic, a moment neither Joseph nor Bud would ever forget.

Though Bud has since passed, his legacy lives on. Like the mythical Santa Claus, Bud embodied the hope and joy of the season, and his spirit will always shine in the hearts of those who knew him—and those who hear his story.

So, now that you know the story of Bud King, the Santa Claus of Hollis, we hope that you will carry forward the spirit of the season that he cherished. Though Bud no longer rides through town in his sleigh, his hearty "Ho, Ho, Ho!" echoes through the streets of Hollis.

Editor's Note: It was a gift to bring Hollis resident and author Michaeline Della Fera out of retirement to collaborate with Liz Barbour in the creation of this story. Michaeline was a writer for the Nashua Telegraph and is the author of several mystery novels as well as two books about women who held office at the NH State House.

SHARE THE LIGHT THIS SEASON

by Liz Barbour

The holiday season in Hollis is filled with traditions that invite us to gather, share, and illuminate the darkest days of winter. This year, the Holiday Luminaria Stroll sets the stage for a rare alignment of two sacred celebrations: Christmas and Chanukah, both falling on December 25 - a convergence that last occurred in 2005 and won't happen again until 2061. Each of these observances - the Stroll, Christmas, and Chanukah - shares the theme of light as a symbol of hope, resilience, and renewal. Together, they inspire a sense of unity and a renewed commitment to bring warmth and brightness to our world.

On December 14, the sidewalks of Hollis's town center will be lit by the glow of over 2,000 white luminaria. The Hollis Holiday Luminaria Stroll is a tradition that began 10 years ago, envisioned by Hollis Woman's Club member Kimber Harmon when she first moved to town and set her eyes on our historic town center. "I grew up outside of Minneapolis, where our neighborhood celebrated Christmas Eve with luminarias. We'd gather to light them, sing carols in the street, and share the joy of Christmas and being together. When I first saw the Hollis town center, I imagined people coming together to stroll along sidewalks lit by the soft light of luminarias." Kimber's vision has become a reality, and the lights of the luminaria draw us together even as we celebrate different traditions.

The glow of the luminaria is one layer of light in our story; to explore the next layer, I had the pleasure of speaking with Hollis Congregational Church Pastor Tanya Rasmussen, who explained the meaning and symbolism behind their Christmas Eve service and the lighting of candles at its conclusion.

"Our Christmas Eve service is a traditional service of 'Lessons and Carols,' brief readings from throughout the Bible (including the Christian New Testament and the Hebrew Scriptures, which Christians often refer to as the Old Testament) interspersed with carols and choral anthems that, woven together, loosely lay out the 'Christian Story.' The final reading is always the Prologue to the Gospel according to John, which starts: 'In the beginning was the Word, and the Word was with God, and the Word was God ... What has come into being in him [Christ] was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.' (John 1:1, 3b-5)

Continued on pg. 8

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- Charles Dickens*

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A Letter from the Positively Hollis Team:

Dear Readers,

It's beginning to look a lot like Christmas in Hollis. Our front page highlights two holidays that share the symbolism of light—Christmas and Chanukah. We also share the story of a special Hollis Santa Claus, who rode through town in a horse-drawn sleigh over 50 years ago. His story reminds us that the most lasting memories are made when we give of ourselves to those we love.

We are excited to introduce new contributors to you in our Healthy Hollis and Family Fun sections. As winter turns to spring, you can explore tips for homemade maple syrup and fire cider, and preparing your garden for next season. Looking to give back? Check out our Volunteer Match feature to find local groups in need of your support.

We hope this issue brings you peace, comfort, and inspiration. May the Spirit of Christmas and Chanukah fill your hearts with joy, and may our shared goodwill carry you into a bright and blessed 2025.

From all of us at the Positively Hollis Team, we wish you a Merry Christmas, a Happy Chanukah, and a joyful New Year!

With warm regards,
The PHP Team

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A MESSAGE OF UNITY FOR HOLLIS

As we approach the holiday season, the winter solstice brings with it the longest night of the year, a moment that cultures around the world celebrate as a symbol of rebirth and renewal. It's a time when light holds special meaning, illuminating even the darkest days and guiding us forward toward brighter days ahead.

I'm filled with gratitude for the journey our town of Hollis has taken. I have watched Hollis blossom as it grew from a small farming town to the beautiful, close-knit community we call home. We are so blessed to live in a place that cherishes tradition, honor, and family. This season always gives us an opportunity to come together, set aside our differences, and celebrate what unites us. It's a time to recognize our shared values and prioritize civility, even when we disagree. Let's be grateful for the

freedoms we enjoy in this wonderful country and for the sense of community we share here in Hollis.

My hope is that we all embrace the spirit of this Christmas season, rekindling joy, savoring time with loved ones, and creating memories that will carry us through the years ahead. I encourage each of you to pause, reflect, and connect with family and friends.

Hollis will always be a place of warmth and tradition, my beloved hometown. Many blessings to you and your family, and may your holiday celebrations and New Year be filled with joy and peace. I look forward to joining all of you at the Holiday Luminaria Stroll on December 14 where together, we can experience the light and hope of the season.

David Petry
Selectman, Town of Hollis, NH

BACKYARD MAPLE SYRUP A Sweet Adventure from Tree to Table

by Liz Barbour

If you've ever considered making maple syrup, I encourage you to give it a try. There's something very satisfying about harvesting and preparing syrup from your own trees. However, the sugaring season is short, so early preparation is key. Sap typically flows for four to six weeks, starting as early as mid-January and lasting through early April. The flow depends on weather patterns—sap runs when freezing nights are followed by warmer days. The season ends once trees begin to bud or when temperatures stop cycling between freezing and thawing.

In April 2019, my husband and I decided

to try making maple syrup. With a basic understanding of the process, we tapped our only maple tree and waited for the sap to flow. Unfortunately, we started too late - by April, nighttime temperatures stayed between 33 and 43 degrees, too warm for the sap to run properly. It was disappointing to miss out and have to wait another year to try again. To help others avoid the same mistake, I reached out to Jeff Babel of Babel's Sugar Shack in Mason, NH. Jeff now manages over 500 taps, most of which are in Hollis, and collects 7,500 gallons of sap in a good season. He shares his expert tips for a

Continued on pg. 11

The Positively Hollis Team



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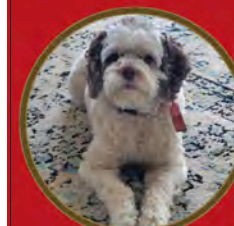


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EXPLORE HOLLIS TRAILS THIS WINTER

Hollis offers an extensive network of trails that makes it easy to enjoy the outdoors throughout the winter. Whether you prefer snowshoeing, cross-country skiing, snowmobiling, or simply taking a peaceful walk through snow-covered woods, the Hollis Town Trails, Beaver Brook Association (BBA), and Nor'Easters Snowmobile Club provide the perfect winter escape close to home.

After a fresh snowfall, the town transforms into a snowy playground. Snowmobiles pack down the trails, creating ideal conditions for cross-country skiing, snowshoeing, and fat-tire biking. With the right weather, these trails offer something for everyone of any age.

While weekends are often busy on the trails, weekdays offer a more peaceful experience. Whether you're out for exercise or simply to enjoy the beauty of winter, Hollis's trails are there for you.

The Hollis Town Trails boast more than 40 miles of paths, perfect for snowmobiling, cross-country skiing, snowshoeing, walking, and fat-tire biking. For more information and trail maps, visit the website at www.hollistrails.org.

Beaver Brook Association is another option for winter recreation. BBA maintains over 35 miles of scenic trails. These paths are ideal for winter walking, hiking, snowshoeing, and cross-country skiing. The natural beauty of Beaver Brook creates the perfect backdrop for those looking to experience the quiet of winter in the woods. Trail maps can be found at www.beaverbrook.org.

Nor'Easters Snowmobile Club is an excellent resource for snowmobile trail information and events in the area. The club is committed to maintaining safe and fun trails for all winter adventurers. Visit their website at www.noreasters.org to learn more about how they support the local snowmobiling community.

Winter Trail Etiquette

- Watch and listen for snowmobiles. If you hear one approaching, move off the trail to let them pass safely. Snowmobiles can be

heard well before they are seen, especially on blind corners or hills. If multiple riders are coming, the lead rider may signal how many are following, and the last rider will indicate with a closed fist that the trail is clear.

- Be cautious at intersections and blind spots. Trails are multi-use, so at any time, expect to encounter people on foot, skis, or bikes.

- Move off the trail if you need to stop.
- Leash your dogs and clean up after them (and horses, too!).
- Pack out any trash to keep the trails pristine.

All of Hollis's trails are maintained by dedicated volunteers, whose hard work ensures we can enjoy these spaces year round. Be sure to thank them by respecting the trails and following winter guidelines. We hope you have many wonderful adventures exploring the Hollis this winter!



Winter Adventures from Mommy, UP! - No Snow Required

by Stacy Begin

Hollis mom Stacy Begin started the blog Mommy, UP! to make it easier for all grownups to get UP and out of the house with the kids in their lives. She shares new adventures every week on mommyupnh.com, highlighting things to do outside. Here she shares some of her favorite winter activities that don't require snow:

The Worcester Mill historical site is a no-hike-required tranquil slice of nature on Rocky Pond Road in Hollis. After rainfall or as the snow melts, there is a beautiful waterfall. Learn about the brick explosion and then hunt for bricks in the ground!

The Brookline Skating Rink is a free, volunteer-managed rink at the Brookline Ball Field. Complete with amenities like crates for learning and a warming shed, it is a great place to find your community in the winter. The ice is weather dependent so if it isn't open, Roby Park in Nashua has a rink with a cooling system to keep it frozen.

The Andres Institute of Art and the Beaver Brook Association's Fitness Trail

are two interactive hikes with extra fun to keep up the energy and spirits on winter hikes:

Andres Institute of Art is a sculpture park spread out over a network of trails on the side of a mountain-esque hill. There are over 100 touchable works of art hidden along the trails to keep your crew moving. If you have never been, trek up the paved trail to get your bearings. Andres trails are mostly on inclines so avoid them when the ground is icy.

You can find the **Fitness Trail** at Beaver Brook's main Maple Hill Farm location. It is a one mile, jogging-stroller-friendly loop with sturdy wooden fitness stations along the way. Avoid telling your crew how the station is "supposed" to be used, and see what they come up with so that kids of all sizes can practice their gross motor skills at their own level.

The Federal Hill Trails on Federal Hill Road are also a great place to explore. Mostly consisting of a network of snowmobile trails, they can usually be counted on to be wide, easy, jogging-stroller-friendly paths if they are not covered in snow. An out-and-back walk to Michaela's Way is a short and flat option to start with.

Lastly, use **Mommy, UP's! Guide Maps**, for sale on mommyupnh.com, to download hundreds of locations of playgrounds, zoos, and aquariums to fill up your winter weekends and vacation adventures.

Visit mommyupnh.com for more adventures around Hollis and New England. On the blog, I capture details and logistics you need to know so you can focus on getting there and having fun. From a simple stop at a playground to a weekend road trip, the mission is a childhood spent outdoors. Find me on Facebook and Instagram as *MommyUPNH*.

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Hollis-Based Heartfelt Dreams Foundation Brings Hope to Patients and Families

Hollis is fortunate to be home to a truly special organization making a difference in the lives of so many. The Positively Hollis Post extends our gratitude to the Heartfelt Dreams Foundation for sharing their inspiring story with us. Founded in 2019 by Hollis residents Lori and Eric Ankerud, this incredible nonprofit is the only one of its kind in the United States dedicated to improving the treatment experience for congenital heart defects (CHD) patients and their families.



Story of Perseverance, Providence, Faith, and Love to evoke inspiration and faith for those living with complex medical conditions like congenital heart defects.

In his book, Eric tells their story of faith and providence that placed Lori's family near the one hospital in America that could care for her and eventually led them to the best doctor in the world for Lori's care as an adult.

The book offers encouragement and support to congenital heart defect patients and their loved ones. As we continue to find different avenues to support CHD patients, we have launched our new Heart to Imagine program to help CHD patients improve their quality of life by satisfying a Heartfelt Desire. We've granted Heartfelt Desires for a child to see Jurassic Park Live and a teenager to attend the Broadway show SIX: The Musical, and with each Heartfelt Desire experience shared, we inspire CHD patients of all ages to live their best lives.

Heartfelt Dreams Foundation will celebrate National Heart Month this February by continuing to raise awareness for CHD. The foundation will partner with the Springfield Thunderbirds AHL hockey team to further this mission up to and including a game vs. Providence Bruins on February 8, 2025. This new partnership follows past February events held at Boston's Museum of Science, in collaboration with MGH.

For more information about the Heartfelt Dreams Foundation and to make a donation, please visit heartfeltdreams.org.

Heartfelt Dreams Foundation

is a Hollis-based nonprofit organization that provides emotional support, educational programs, and financial assistance to CHD patients and their families through the lifelong challenges of a condition that has no cure.

CHD is the most common birth defect, impacting approximately 1 out of every 100 births. Fortunately, thanks to medical advances, people with CHD are surviving and thriving into adulthood more than ever before—nearly 2 million American adults live life every day with CHD in some form, and the population grows by 5% annually. However, despite the advances, today fewer than 10% of all adult CHD patients receive the specialized, lifelong care they need.

Lori Ankerud was born with a CHD defect known as tetralogy of Fallot. This rare condition is caused by a combination of four heart defects, including a hole in the heart, that are present at birth. These defects, which affect the structure of the heart, cause oxygen-poor blood flow out of the heart and to the rest of the body. Lori has received specialized care for more than 20 years through the Heart Center at Massachusetts General Hospital (MGH).

"Lori is my hero and by sharing how she faced adversity without complaint in her quest to survive, I hope others will find inspiration in her story," said co-founder Eric Ankerud who recently published a book, Heartfelt Dreams: A

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DECEMBER EVENTS

December Wreath Making Workshops at Beaver Brook Assoc.
Schedule: www.beaverbrook.org

12/8 Wreaths Across Hollis-Cong. Church Cemetary at 9AM
Donations for wreaths are welcome.
Contact: Facebook-Wreaths Across Hollis or
info@fulchinovineyard.com

12/13 to 12/15 Christmas Festival and Toy Drive-Fulchino Vineyard
Nov-Dec 15-Toy Drive
Event and visit with Santa and Mrs. Claus information:
www.fulchinovineyard.com

12/14 Hollis Holiday Luminaria Stroll and Town Band Concert
Schedule: www.hollisluminaria.org

12/25 Christmas Day and 1st Day of Chanukah

12/28, 1/4, 1/11 Christmas Tree Pickup by Hollis BS Troop 12
Suggested Donation \$20
Email to schedule: hollistroop12@gmail.com

HOLIDAY TOY DONATIONS

Toy Drive-Hollis Police Department
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Toys for Tots-Fulchino Vineyards
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Wishing you a very merry Christmas!

My team and I want to wish you a merry Christmas. We hope this holiday is joyous and peaceful for you and yours.



Max Thorp

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Holiday Craft Sale, Town Hall 3 -6:00 pm
Story Time for Children, Library 3-4 pm
Music Cong. Church Squire's Patio, 2-4 pm
Cong. Church Open to warm visitors 3:30 pm
Always Ready Engine House Open House, 4-6 pm
Tree Lighting Ceremony, Monument Square 4-4:30 pm
Tractor Parade, Historic District 4:30pm
Chili Supper Cong. Church 4:45-6:15pm
(Eat in or take out)
Santa & Cookie Sale, Lawrence Barn 4:45-6:30pm
Hollis Town Band Concert, HBHS Auditorium 7 pm
Bring a canned good for admittance.



Check website for schedule updates
www.hollisluminaria.org

New Pledge Program Fuels Support for Farley Building Community Center

by Dave Sullivan, Chairman of the FBCC Committee



FARLEY BUILDING COMMUNITY CENTER

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The restoration of the historic Farley Building into a multi-generational community center is progressing steadily, fueled by the collaborative efforts of the Fundraising subcommittee's new Pledge and Donation Program, the Building Management, and the Building Design subcommittees. These dedicated teams are working together to ensure the project is well funded, well managed, and thoughtfully designed to meet the needs of the community.

The Pledge and Donation Program provides individuals, families, alumni, and businesses an opportunity to make a lasting impact on the town with their tax-deductible contributions. This initiative builds on the support of the Builder's Partner Circle, which currently includes eight local businesses: Viking Roofing, Alpine Environmental, Custom View Property Maintenance, The Doty Group, Daskalos Outdoor Services, Pioneer Tree Service, Michael Timothy's Dining Group, and Growth Words Advertising & Publicity. These partners have committed their time, materials, and expertise to the project, with more opportunities available for other businesses to join the effort.

The initial focus of the pledge campaign is to secure pledges for 78 windows and three exterior entrance doors. Large windows are available for pledges at \$2,000 each, small windows at \$1,000 each, and doors at \$5,000 each. Contributions will be recognized on a plaque displayed within the building. The campaign officially launched at Old Home Days raising an impressive \$24,000 in pledges. This early success reflects the community's excitement in the project. Every pledge and donation builds momentum and confidence, moving the project forward. Pledges and donations of all sizes are welcome, and supporters can visit FarleyforHollis.org to choose a level that fits their budget. Additionally, the committee is actively seeking to connect with Farley School alumni, inviting them to participate in preserving the legacy of this beloved building.

The Fundraising subcommittee is developing strategies, reaching out to potential donors and sponsors, and organizing events and campaigns to raise money. Residents with fundraising and event coordination experience are encouraged to join the team.

In tandem with fundraising, the Building Management subcommittee is planning the day-to-day operations of the center. The team has consulted with other historic community centers, including the Stevens-Buswell Community Center in Bedford, NH, and is adapting its management plan to meet the specific needs of the Farley Building. Programming will be aligned with feedback gathered from the 2023 Recreation Survey and existing activities at the Lawrence Barn, ensuring the center meets the needs of the community. The team is also working on staffing models, operational hours, and financial plans to ensure the center's long-term success. Meanwhile, the Building Design subcommittee continues to collaborate with Misiaszek Turpin, PLLC architects while the construction documents are drawn up. This phase of development is essential to ensuring the project remains on track.

The restoration of the Farley Building is a shared effort that honors Hollis's past while creating a space for future generations to gather, learn, and grow. Each contribution—whether financial or in service—brings the project closer to completion. Those interested in getting involved can email info@farleyforhollis.org.

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 INSTAGRAM ACCOUNT: @POSITIVELYHOLLIS

"Share the Light" continued from pg. 1

As in all of the world's religions, lighting, candles in the Christian tradition is powerfully symbolic! It speaks of illumination (spiritual understanding), of a Power greater than ourselves, and of the gifts from that Power so that in our lives might we might 'see' and 'know'; it speaks of warmth, of mystery, and of remembrance; of hope, peace, joy, and love.

When we 'share the light' as we do at the end of our Christmas Eve ceremony, as each person lights the candle of the one standing next to them, it's inspiring to notice how the simple act of individuals sharing their light with another person can quickly illuminate the entire space."

The timing of the Christmas celebration is also meaningful. "It's no coincidence that we celebrate Jesus' birth as the days are shortest," Pastor Tanya reflects. "In these moments, we feel that longing for light to return, for the days to lengthen, and for the hard earth to soften."

Seeking to learn about the third layer of our story, the symbolism of light during Chanukah, I visited Temple Beth Abraham in Nashua. I spoke with Rabbi Jon Spira-Savett and Director of Education and Engagement Sarit Tsor.

During our conversation, each shared insight into the miracle of light, enduring faith, and the belief in the divine that Chanukah represents.

"Festival of Lights," commemorates a powerful story of resilience and divine intervention. In 164 BCE, after the Jewish Maccabees reclaimed the Second Temple in Jerusalem, they found only a small flask of oil to light the menorah, the seven-branched candelabrum that was meant to burn continuously in the Temple. This amount of oil, however, was enough to last for only one day. Miraculously, the oil burned for eight days, allowing time for the priests to prepare and consecrate more oil. This event is seen as a sign of divine intervention, and it is why Chanukah is observed for eight days.

While Chanukah is celebrated within the homes of observant Jews, it symbolizes the spreading of God's light. The center candle of a menorah, or chanukiah, is lit and then used to light the others, one each night of Chanukah. The light that increases as another candle is lit magnifies the blessings of the holiday, which suggests spreading goodness and righteousness not only in the home but also inspiring faith and hope to all beyond our doors.

The Luminaria Stroll, Christmas, and Chanukah each celebrate light as a symbol of hope, resilience, and renewal, reminding us to share our own light with others. May the lights we kindle this season in our homes and in our community bring warmth, faith, and joy to all in Hollis. Happy Holidays!

Stories You Can Find at PositivelyHollis.com:



A Christmas Lifeline

Our town's legacy of extending kindness to those serving far from home traces back to World War II when a dedicated group of Hollis locals created the "Hollis Lifeline," a monthly newsletter that bridged the distance for soldiers. The mimeographed copies of each issue provided a comforting tether to the events and heart of the Hollis community. In each December issue, stories of Christmas pageants, caroling parties, and community celebrations chronicled home as it was in 1940's Hollis.

Fast forward to today, Hollis resident Dr. Laura Landerman-Garber continues this tradition of compassion through her Holiday Card Challenge. Starting in 2003, Laura's project began as a simple act of

distributing holiday cards among loved ones with messages for those in service. Now, 20 years later, this present-day lifeline for military service members, echoes the sentiment of the earlier "Hollis Lifeline". The Holiday Card Challenge connects courageous individuals to the spirit of home and community. The legacy of spreading happiness and joy during the holiday season to our service members has endured across generations, highlighting our town's commitment to those who bravely serve our nation.

Visit our website to read our story about the Hollis Life Line, which includes excerpts from the December 1943 issue. It is a true synopsis of what Christmas was like in Hollis in 1943.

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Healthy Hollis

Holiday Nutrition Tips from Moderate Nutrition

by Holly Brasset



We are thrilled to introduce Holly Brasset, owner of Moderate Nutrition and one of our valued advertising partners. Holly grew up in Hollis and still cherishes the small-town feel, often stopping by her favorite farm stands whenever she visits her parents. Holly lives in Londonderry, NH, now with her husband and two daughters. Her passion for balanced living shines through in her practice Moderate Nutrition where she provides personalized nutrition counseling through convenient virtual appointments tailored to today's busy families. We hope you enjoy Holly's article as she shares her insights on maintaining healthy habits during the holiday season.

The holidays are a special time to enjoy the season with family and friends but can be very hectic. Many of us struggle to find time for exercise and healthful eating while juggling holiday commitments and stress. As the celebrations increase so do temptations from all the holiday treats shared by well-meaning colleagues, neighbors, and friends. It's easy to indulge throughout November and December, leading us to start the new year with a few extra pounds and some ambitious resolutions. My approach to nutrition is simple: "everything in moderation." I believe that all foods can fit into a balanced diet and lifestyle. As the holiday season approaches, here are a few tips to help you stay on track and finish the holiday season happy and healthy.

1. Keep up with exercise! Healthy movement every day warms you up and is so good for you. As a bonus, if you keep it up year round, you do not have to start in January with everyone else!
2. Cook at home during the week as often as you can. While dining out is fun, restaurant food is full of extra fat, calories, and sodium. Save extra indulgences for the weekend when you know you will be attending parties and dining out.
3. If you don't enjoy cooking or are too busy during the week, try to meal prep for a couple of days. Soups, chilis, stews, and casserole-type dishes can be made ahead, frozen, and saved for later.
4. Limit caloric beverages. Juices, soda, and alcohol add extra calories without nutritional benefits. Try sipping on a seltzer in between drinks.
5. Don't go to a party hungry. Have a small, high-protein or high-fiber snack so you don't overindulge in rich foods. Cottage cheese, plain Greek yogurt with fruit or nuts, and a cheese stick are great options.
6. Finally, have fun! Remember, the holidays are a season and not a day. A full day of going off track will not be a problem; it's the multiple days that tend to get us in trouble.

At Moderate Nutrition, I work with clients managing diabetes, gestational diabetes, weight management, IBS, heart health, and preventive nutrition. I accept most insurances and offer self-pay options. My goal is to help you understand your unique nutrition needs through small, achievable steps. Learn more at ModerateNutrition.com.



Chanukah Latkes (Potato Pancakes) and Applesauce

Submitted by Hannah Thompson Boyd

- 4 Russet potatoes (about 2 pounds)
- 1 small onion
- 2 large eggs
- 1 tablespoon kosher salt, more for seasoning
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup matzo meal or all-purpose flour
- Oil for frying
- Applesauce and sour cream (for serving)

1. Peel and grate the potatoes and onions, then place in a strainer over a bowl. Squeeze out as much liquid as possible or use a clean dish towel to wring them dry. Let the liquid settle in the bowl, then pour off the water, keeping the potato starch. Combine the potatoes and onions with the potato starch, eggs, salt, pepper, and matzo meal or flour.

2. Heat about 1/4 inch of oil in a heavy pan over medium-high heat.

3. Make small patties (squeeze out and discard any excess liquid) and place them in the hot oil without overcrowding. Fry until golden on both sides (2-3 minutes), then onto paper towels or metal rack. Repeat, adding oil as needed. Serve with a sprinkle of kosher salt, applesauce, and sour cream. Enjoy these yummy latkes!

Homemade Hollis Applesauce

- 6 tart Hollis apples (mix of crisp varieties)
- 6 tablespoons local honey
- 1 tablespoon lemon juice

Optional: dash of cinnamon

Peel, core, and cut the apples into large chunks. Toss them with lemon juice in a large pan. Simmer over medium heat, stirring in honey. Cover, reduce to low, and cook for 10 minutes or until apples soften. Uncover and cook for 10 more minutes, stirring until apples are very soft. Mash or puree to your desired texture, adjust honey to taste, and add cinnamon if desired. Cool before serving.

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Down in the Dirt

by Jeff Begin

The trees are bare, the weather is colder and the holidays are upon us. For avid gardeners, this is a slow time of year. The relief that the busy gardening season has ended slowly passes into anticipation of what to grow next year.

But there's still work to keep you busy! Did you know this is a great time of year to spread compost and prep your vegetable beds for next year? Assuming your compost isn't yet frozen solid, you can simply apply 1 to 2 inches of compost to each bed now and roughly spread it out on the soil surface. Don't bother to dig it in or break up the clumps; they will all get broken apart by the frost through the winter. Then in the spring, you can plant directly into the compost mulch, or till it into the soil depending on your preference.

Speaking of compost, did you save your leaves from the fall? Put them in a compost heap with four sides and a top, then add grass clippings or other green matter to the pile in the spring. If you do that through the end of June, give it a good stir so the green matter and the leaves are well distributed, soak everything so it's wet, cover it with a tarp, and you'll have perfect compost to apply next December.

Finally, the time of year every gardener loves: picking out seeds from the seed catalog. The best time to do this is January, as seeds are often out of stock after that. Most

seed purveyors will give you high-quality seeds, but the options in the big-box stores can be lacking.

Professional growers will often order from Johnny's Selected Seeds (johnnyseeds.com) and High Mowing Seeds (highmowingseeds.com). Baker Creek (rareseeds.com) is a good option for hard-to-find varieties.

In our climate, especially when choosing tomatoes or other nightshades, F1 varieties offer the best disease resistance, which can reduce the need for spraying. If you're a cherry tomato grower, Supersweet 100 and Sungold cherry tomatoes cannot be beaten for their sweetness. If you're looking for cucumbers, Diva produces small, tasty, thin-skinned cucumbers. Carmen is a variety of sweet Italian peppers that have a superior taste to bell peppers, and are easier to grow. Finally, check out Sunshine and Winter Sweet Kabocha squash, the flavor of which surpasses that of butternut by a wide margin. Happy growing!

Jeff Begin is the owner of Begin Family Farm in Hollis. Please send your gardening questions to jbegina@beginfamilyfarm.com, and they may be answered in our next issue!



Kick Up Your Health with Fire Cider

By Rivka Schwartz

Fire cider is a simple, herbal tonic that supports the immune system. Enjoy it by the teaspoon or tablespoon to help clear sinuses, soothe sore muscles, or add heat to a Bloody Mary or salad dressing.

Ingredients:

- 1 quart raw apple cider vinegar
- 1/2 cup grated horseradish root
- 2 tablespoons chopped garlic (~16 cloves)
- 1/2 cup chopped onion (1 medium onion)
- 1/2 cup grated ginger (freeze for easy grating)
- 1 teaspoon cayenne powder (or start with 1/4 teaspoon)
- 2 tablespoons grated turmeric root (or 2 teaspoons ground turmeric)
- Honey to taste (optional)

Instructions:

To make fire cider, add all the herbs to a quart jar and pour in enough vinegar to fully cover them, leaving about an inch of space at the top. Seal the jar with a plastic or glass lid, or if using a metal lid, place plastic wrap between the lid and jar to prevent corrosion. Store the jar in a cool, dark place for four weeks, shaking it occasionally. After four weeks, strain the mixture into a clean jar and, if desired, add honey to taste. Keep the finished fire cider in a cupboard for easy access.

To learn more about holistic herbal practitioner and Hollis resident Rivka Schwartz, read her story in the Healthy Hollis section of our website or visit Rivka's website: healthandhearthis.com.

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Snowmobiling in Hollis Defied a 20-Year Thaw to Come Back Stronger Than Ever

Submitted by Hollis Nor'Easters Snowmobile Club

It was the 1960s and 1970s, a golden era for winter sports enthusiasts when snowmobiling was all the rage. With nearly 100 manufacturers fueling the frenzy, snowmobile clubs were popping up across New Hampshire like snowflakes in a storm. Among these was the Hollis Nor'Easters Snowmobile Club, formed in 1970. Back then, the club maintained over 30 miles of trails winding through the Hollis countryside, and its grooming machine, a Ski-Doo Alpine with a single-ski, dual track, with an old bedspring in tow. It wasn't elegant, but it got the job done. The 1970s brought good snow, and the Nor'Easters flourished. But then, the seasons of snow ceased.

The snowless winters of 1980 and 1981 hit like a drought in the desert. Ski areas across the state shuttered, and the once-thriving Nor'Easters faded into memory, disbanding and seemingly lost to time. For two decades, the snowmobile club was little more than a nostalgic legend in Hollis. Southern New Hampshire was in the throes of a building boom, with new subdivisions cutting through old trails. The once-sprawling snowmobile network was shrinking, and the question was, could it ever come back?

Then in 1996, the state sounded the alarm. Concerned about the rapid disappearance of trails in southern New Hampshire, officials turned to towns like Hollis to preserve what remained. Enter the Hollis Trails Committee, spearheaded by the town's Board of Selectmen. But even with the committee's efforts, the old Nor'Easters seemed destined to remain a relic of the past—until Doug Cleveland took a leap of faith.

It was 2000, and Cleveland, then chairman of the Trails Committee, decided it was time to resurrect the Hollis Nor'Easters. Was there any interest left? Would anyone remember the snowmobile club that had vanished two decades before? Cleveland called for a meeting at the town hall, and what happened next was nothing short of extraordinary. The room was packed—standing room only. The response was overwhelming, and just like that, the Nor'Easters roared back to life.

By 2001, the club had been revived with 75 eager members, and it hasn't looked back since.

Now, the Nor'Easters are not just a



club—they're the heartbeat of winter in Hollis, keeping more than 40 miles of trails maintained and groomed. Membership has soared to as many as 800. The club's impact stretches far beyond snowmobiling: maintaining trails for hiking, mountain biking, cross-country skiing, horseback riding, and more. The Nor'Easters are a testament to the power of community, supported by volunteers like Amos White, who have poured countless hours into preserving Hollis's trail system, all without costing taxpayers a dime.

As the largest snowmobile club in Hillsborough County, and one of the most active in the state, the Hollis Nor'Easters have not only survived but thrived. Two members have been crowned Snowmobiler of the Year, and the club, along with its sister clubs in Brookline and Wilton/Lyndeborough, was named Club of the Year in 2018. Their annual Pink Ride has raised over a quarter of a million dollars for breast cancer care at St. Joseph Hospital in Nashua, and every year, they bring their energy to Hollis Old Home Days and a variety of charitable events.

The resurrection of the Hollis Nor'Easters Snowmobile Club is more than just a success story; it's a tale of resilience, community, and a love for winter that refuses to fade. With snow falling once again on those same trails, the Nor'Easters are ready for many more seasons of adventure and camaraderie. As winter approaches, the only question left is: Are you ready to ride?

To learn more about club events, membership, trail maps, and safety classes, visit their website: www.noreasters.org/home.html



"Backyard Maple" continued from pg. 3
successful backyard sugaring experience.

Tap the Right Trees: While sugar maples (*Acer saccharum*) and red maples (*Acer rubrum*) are ideal for syrup production, other maple species can also be tapped. However, the syrup from these trees may not have the same richness of flavor.

Collect Sap Throughout the Season: The flavor of maple syrup changes as the season progresses, and part of the fun is experiencing these variations. Early-season syrup is typically lighter in color and often has a delicate, subtle flavor. As the season advances, the sap changes due to environmental factors such as temperature, which causes microbe and bacteria growth and will affect the flavor. Mid- to late-season syrup becomes darker and richer in flavor, which some people prefer.

Tap Responsibly: A healthy maple tree can produce sap without harm as long as you don't over-tap it. Jeff recommends using no more than one or two taps per tree, depending on the tree's size, and he suggests using a smaller, 5/16-inch tap. "Using a smaller-gauge tap helps the tree heal faster, ensuring that it can be tapped again in future seasons," Jeff explained.

Making Syrup Takes Time: Boiling down gallons of sap can take several hours, so you'll need to be patient. It takes roughly 40 gallons of sap to produce just one gallon of syrup.

Don't Boil Sap Indoors: One common mistake beginners make is boiling sap indoors. The steam is sticky and can coat your ceiling and damage cabinetry and wall finishes. Jeff advises setting up your boiling station outside. We cooked our sap in an open garage using a single propane burner and a large, deep pan. We took the reduced sap inside to finish the syrup on the stove, where it's easier to control the final stage of cooking. Jeff emphasizes "Never leave the boiling pot unattended, especially when you're close to syrup con-

sistency. Things can go wrong quickly. The batch can foam up, boil over, and you could burn your entire batch."

Ensure Your Syrup Reaches the Proper Density and Temperature: Once your sap has boiled down, it's important to check the density of the syrup before bottling it. This is where a hydrometer comes in handy, measuring the sugar concentration to ensure the syrup has reached the correct thickness. Syrup temperature is also crucial at this stage; the ideal bottling temperature is around 190 ° F. Jeff suggests heating smaller bottles (8 oz or less) to keep the syrup hot, which helps sterilize the containers and prevent mold during storage. When sealed properly, the syrup should be stored in a cool, dark place; once opened, it should be refrigerated. For detailed instruction, go to: extension.unh.edu/resource/maple-sugaring-tips-beginners-and-backyard-maple-sugar-producers

For those who want to learn more, Jeff and Paula open their sugar shack to visitors during the season, offering an up-close look at the process. While making your own syrup can be a rewarding and educational experience, Jeff admits that most people try it for a year or two before deciding it's easier to buy it from a local sugar house.

You can find Jeff's syrup at Beaver Brook's gift shop or visit Babel's Sugar Shack in Mason. Jeff opens his sugar shack every year on the third weekend of March, coinciding with the statewide Maple Weekend sponsored by the New Hampshire Maple Producers. Follow his Facebook page for open house updates. Visit the NH Maple Producers website for a list of member sugar houses: nhmapleproducers.com.



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Volunteer Match

Hollis Luminaria Stroll Volunteers Needed!

Time commitment: 1 ½ hrs. Email Kimber Harmon at Kimberharmon106@gmail.com

- **Luminaria Bag Placement and Lighting:** Join the HB Boy Scout of Troop 12 on December 14 at 2:00 pm at Monument Square to help place and light luminarias.
- **Luminaria Bag Cleanup:** Help clean up luminaria bags on December 15 at 8:30 am. Meet at Monument Square.

Adults Needed! HBHS Robotics Team

The HBHS Robotics Team (FRC1073) and the Hollis Brookline Robotics Boosters are seeking dedicated adult volunteers to support their efforts in guiding students in the field of robotics.

- **Team Meeting Volunteer:** No technical experience is required—just enthusiasm and a desire to help the team achieve their robotics goals!
- **Booster Volunteer:** Minimal time commitment to attend periodic board meetings and help support the local robotics teams.

If you're interested in either of these roles or would like more information, please email JoAnn Tomczyk at joann.tomczyk@frc1073.org. Visit their website: www.hollisbrooklinerobotics.org

Reenactors Wanted! Be part of Hollis's celebration of America's 250th!

We're seeking reenactors, musicians, and performers of all ages. To learn how you or your organization can participate, email Dave Sullivan at ds.gcsnab@gmail.com.



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