



THE Positively Hollis POST

Volume II, Issue 1

"CELEBRATING HOLLIS & CREATING COMMUNITY"

March 2025

Bob Heyer in Focus

A Decade of Capturing the Heart of Hollis By Liz Barbour

In late October 2024, Bob climbed into the front seat of an open, lipstick-red, two-seater monoplane piloted by Mark Andrews, owner of "Come Fly With Me." Together, they shot down the runway and headed up into a clear blue sky. Down below, the perfect New Hampshire autumn day filled the landscape as they flew over Hollis. Mark secretly videotaped Bob photographing the scenes of his last great adventure over the town he loved. Anyone who knows Bob's wife, JoAnn, felt her joy as she watched him from below: "Check out my 'Flyboy' taking off with 'Top Gun' Mark Andrews...man-o-man! Perfect day for the most incredible experience for hubs. HO-LEE SMOKES!!!"

On December 3, 2024, Hollis lost Bob Heyer, who passed away and left behind a cache of photographs that have chronicled Hollis's community life for the last 10 years. Bob lived an extraordinary life and with JoAnn, his wife of 37 years, he shared countless adventures rooted in his love of photography.

Bob's interest in photography began in childhood when his father taught him the now vanishing art of developing and printing black-and-white photographs. After a successful career in advertising, Bob married JoAnn in 1987. The couple moved from Chicago to New England, settling in Hollis in 1999. Here, Bob honed his photographic skills, devoting himself to capturing on film the town he and JoAnn had grown to love. "The New England area opened my eyes to a whole new beauty. Living in Hollis has allowed me to develop my skills in pursuing all the incredible beauty around me: landscapes, nature, and the night sky," Bob reflected in an autobiography he wrote for a video project at Brigham and Women's Hospital.

In 2002, Bob founded his own business, Pure Waters of New England, which he operated until selling it in 2017. Bob's life took a dramatic turn in 2012 when he contracted a terminal lung disease.

However, a lifesaving lung transplant in March of

2016 gave him a new lease on life. Grateful for the gift he received, Bob decided to use his photography to give back. "I have chosen to donate my work to various charities, along with any proceeds from the sales to benefit Brigham and Women's Hospital, to whom I owe my life," he wrote.

Since 2014, JoAnn began planning their vacations around Hollis town events, ensuring Bob could



continue capturing the special moments of community life in Hollis. At Bob's Celebration of Life on January 18, former Hollis Police Chief Joe Hoebeke read from a letter he wrote to Bob on the day he passed away, "It is important for you to know that you are appreciated by me and many others, including the men and women of Hollis PD. You never missed an event and truly are a pillar of the community, a Hollis institution of sorts, and your passion for life is and always will be illustrated in the beauty of your photographs."

In 2014, the late Vahrij Manoukian, a former Hollis Selectman, asked Bob to become the official town photographer. "Bob was so proud," JoAnn recalled.

Continued on page 15

Joshua's Journey By Liz Barbour

It was a beautiful fall morning when I visited The Sweetheart Baking Company at 23 Ash Street to pick up one of Nikki Wright's delicious custom cakes. I immediately noticed that the former bakery showroom had been transformed into a Star Wars universe—a floor-to-ceiling display of her son Joshua Kyrias's collection, complete with intricately themed dioramas. As Nikki brought out my cake, I asked if the display was a new business. "My son Joshua has taken over the space with his collection. It's pretty detailed." "It's wonderful!" I said. "Does he live here?" "Yes," she replied. "He loves having his own apartment, and he can be close to work. He has autism, so this is a great arrangement for us both."

As we continued talking, it became clear that Joshua was living an independent life with a loving family close by, great friends, full-time work, and a hobby he truly loves. His journey to this point, however, was filled with hard work—a story I found truly inspiring.

In 2002, we moved from California to Hollis with my children Tommy, Joshua, and Krystal. Our youngest, Meli, arrived two years later," Nikki shared. "Their father, Major George Kyrias, was deployed to Iraq with the U.S. Army during our first year here. Josh is especially proud of his dad."

Joshua's journey began at Hollis Primary School (HPS), where his teacher, our special angel Mrs. Fallon, put us on the path of an Individualized Education Plan (IEP) and extra support. She even recommended we contact Gateways of Nashua for additional resources." At HPS, Joshua received speech therapy, occupational therapy, and an autism diagnosis. "Dr. Catherine Monaco from NH Neuropsychology, LLC, conducted a full neuropsychological evaluation that was instrumental," Nikki said. "I highly recommend her."

Joshua's path was supported by a team of professionals at each step. "We hired Angela Kouroyen of SPED Solutions in Derry as an advocate to help navigate Joshua's IEPs," Nikki noted. "She stayed with us through high school, and her guidance positively changed everything for Joshua's progress. I suggest everyone hire an advocate for representation in IEP meetings!"

Hollis proved to be a nurturing environment for Joshua. "We had many wonderful paraprofessionals, specialized therapists, and staff who helped Joshua excel through his HUES and HBMS years," Nikki shared. "At the high school, we were blessed to have Mrs. Sacco (his case manager) and Mrs. Johnson (his para) join our team! Their support made an incredible difference in his ability to transition into adulthood successfully."

While in high school, Joshua attended the Milford Culinary Arts Program, which led to his first job at

Continued on page 13

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Letter from the Editor

Dear Reader:

March is here, and that means it's time for town elections. Attending annual meetings and voting in the town election are the most important ways you can help to shape your community. To help us all navigate the process, we've created a special informational section. Don't miss the opportunity to make your voice heard.

In December, Hollis bade farewell to photographer Bob Heyer. Bob's stunning photography captured the beauty and spirit of our town in ways that words never could. We've placed photos of and by Bob throughout the issue and hope our tribute offers a glimpse into the joy he found in every photo he took.

As always, we thank the many article contributors and advertisers who make

The PH Post possible. In this issue, we welcome Kali Walton and Sam Petrella, two talented young contributors. We also welcome eight new local businesses to our pages. Their addition has allowed us to expand from 12 to 16 pages. If you are keeping track, that means The Positively Hollis Post has doubled in size in just one year. Wow!

Thank you for reading, supporting, and being part of what makes Hollis special. Here's to another issue of celebrating the best of our community together!

Warmly,
Liz Barbour
Publisher/Editor

PH Post Team

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Haley Brown
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Kristen Hettig
Ad Design

Liz Barbour
Publisher/Editor

Ted Barbour
Business Mgr.

Mother's Day Advice Column With A.C. Worth

Dear A.C.:

My mother is always giving me advice on all aspects of my life. Of course, sometimes I follow her advice and sometimes I don't. When I don't follow it, things invariably don't work out quite right or I get into some kind of trouble. In honor of the upcoming Mother's Day, would you share with us the best advice your mother gave you?

Sincerely,
Love My Mom

Dear Love My Mom:

Not only will I share the advice my own mother used to give me, but this was a great topic of conversation with my circle of friends as we sat around drinking some Sangria on a nice warm day. Everyone had a gem or two to share. The first to share her mother's advice was Brooke Line. "My mother always told me that I could do anything I put my mind to because I am more powerful than I realize. She told me not to limit myself. 'If other people can accomplish something or get through some difficulty, then so can you.'"

"Always make your bed in the morning, is what my mother told me," declared Kay Nan. "Then no matter how bad your day is, you will always have a neatly made bed to come home to."

"My mom told me never to go to bed with a messy kitchen," shared Nelle Son. "You don't want to wake up with dirty dishes in the sink. On the other hand, she would tell me that

the mess will still be there tomorrow; spend time with your family."

"Wow," commented Jeff Erson. "My mother would tell us that if we couldn't say something nice, to think harder."

Liz Bon explained, "My mother gave me very practical advice. Go to the bathroom before you leave the house, always take a sweater, and never go to someone's home for dinner without taking a gift."

"My mother got me started on my love of adventure," divulged Mo Nadnock. "She told me to say 'yes' to invitations, opportunities, and adventures. If you have the choice between going and not going to a party, always go! Explore as much as possible, look around that corner, but don't be reckless."

My own mother used to tell me something very simple yet profound, "You are responsible for your own fate. You make your own luck. If you want help, look to the end of your own arm." My friends and I would like to wish all the mothers, grandmothers, great-grandmothers, and future mothers a very happy Mother's Day.
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. Worth via email to bzrdb8@live.com.

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"The earth laughs in flowers."
-Ralph Waldo Emerson

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Down in the Dirt

Garden Advice From Jeff Begin

Spring is here! While there may be snow in the forecast, it's time for home gardeners to start gearing up. Planning and preparation now are key to a great growing season.

Should I buy seedlings? What are the pros and cons?

The pros: Nursery seedlings are convenient and ready to go into the ground, making them a good option for the casual or new gardener. When buying seedlings, you'll get the best results from a local nursery or farmstand rather than a big-box store. Purchasing seedlings from a local nursery or farmstand ensures healthier plants that are better suited to our region. And you'll be supporting small local businesses and the community.

The cons: As you plan your garden, keep in mind that nurseries don't usually open until later in the spring, and you may miss some early planting opportunities. Another downside of buying seedlings is the variety/selection can be limited. Finally, there's the cost: if you have a larger garden, filling it with purchased seedlings can be expensive. If you're willing to be a little adventurous, raising your own seedlings will give you a head start on the

growing season, lots of options on all the varieties to grow, and cost you less. Finally, there's less chance of disease coming into your garden if you raise your own plants.

What vegetables can I get started in March?

Now is the time to start cold-hardy varieties that can be transplanted outside in the first weeks of April; plants that can tolerate light freezes without cover. Get your alliums-onions, shallots, and leeks started in trays or plugs. This is also a good time to start your brassicas like cabbage, broccoli, cauliflower, and kale. Leafy greens like head lettuces and endive can also be started now. For more variety suggestions, see the December issue of The PH Post.

Peppers should be started in a warm place in the second half of March; they're not cold hardy and shouldn't be exposed to temps much lower than 60F unless cold hardened by exposing the seedlings to slightly lower temperatures to improve their resilience to cold temperatures.

Start tomatoes in late March/early April. Tomatoes need a minimum of five weeks from seed to transplant. Keep in mind that tomato seedlings

shouldn't be exposed to temps below 60F, or you'll get irregular fruit at harvest time.

If you've set your plants out early but a hard freeze is forecast, you can use row covers to protect your plants. Heavyweight row covers are best and can be suspended over the plants to provide some frost and freeze protection. Be careful the row cover doesn't touch the plants if temps go below freezing as that can damage the plant. Nine-gauge tension wire for chain link fences cut to length makes great hoops for keeping row covers off plants. If snow is in the forecast, it's usually best to remove row covers to prevent collapse. Best of luck this season!

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



"Bob asked if he could come take pictures of Piper and me in 2021. It was a bitter cold February morning. He thoroughly enjoyed himself! I cherish the photos and the time I spent with him. He was truly an amazing man and touched so many lives. He is truly missed."
-Amanda Schwartz Flanigan, photo by Bob Heyer



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Outdoor Adventures with Stacey Begin



Spring is here! Shake off the winter blues and get your family outside. These local farms are the perfect places to visit our furry friends and kick off spring.

Hollis's own:

Lull Farm and Brookdale Fruit Farm

Both have various animal residents that make it easy to drop by and break up the day with some animals.

Mommy, UP! Favorite:

The Friendly Farm in Dublin, NH

The actual opening date each season is weather dependent, usually mid-to-late May. There are lots of animals and multiple large, open, grass-covered pastures that let you mingle with the animals in a comfortable way. Just keep your grain bags hidden unless you are ready to hand out some! Don't forget to stop in the barn to pet the bunnies and see all the baby chicks.

In the city:

Strawbery Banke, Portsmouth, NH

Every spring, Strawbery Banke hosts special heritage-breed baby farm animals. Visitors learn about the history and importance of these now rare breeds of animals.

Open all year:

The Educational Farm at Joppa Hill in Bedford, NH

Free to visit, this is a nice low-commitment outing that

you can make as long or as short as you like. The farm is open for visitors all year from dawn until dusk. There is a self-serve grain cup purchase station. Visitors feed the animals from outside their pens so hesitant kiddos are safe from being mobbed in classic petting zoo fashion. Don't miss Dundee the Emu!

For an amusement-park vibe:

Davis Farmland in Sterling, MA

Make it a day trip! Davis Farmland opens mid-April and what started as a petting farm has grown into much, much more. There is an all-new water spray park set to open this summer along with endless other opportunities for exploration and play.

Save for later:

Parlee Farms in Tyngsborough, MA

A popular pick-your-own farm that also features Annie's Animal Barns. They will reopen around strawberry season in early to mid-June and their goats are a delight to visit. Make sure you find the grain conveyor belt and leave time for a stop in the giant sandbox! Happy Adventuring!

Hollis mom Stacy Begin started the blog Mommy, UP! on a mission to support a childhood spent outdoors. Check out the Mommy, UP! Farm Animals Guide Map for even more fun on the farm! Guide maps download into the Google Maps app, pinning hundreds of playgrounds, farms, zoos, and aquariums throughout New England.

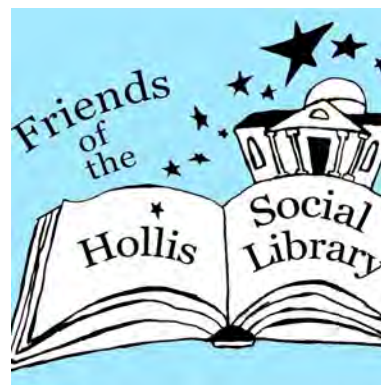


"I'll never forget spending over 12 hours last February taking photos alongside Bob at the state championship meet – he had more endurance than I did, as he stayed till the very end! You will be missed by our community, Bob Heyer. He took a lot of wonderful photos but this one of my son will always be my favorite."

*-Sarah Birch,
photo by Bob Heyer*

The Friends Behind the Hollis Social Library

By Liz Barbour



The Friends of the Hollis Social Library play a crucial role in enriching our library's programming and services. Since its founding in 1988, this dedicated organization has served to help fund initiatives of the library. The Friends was created to support a much-needed 4,000 square foot expansion completed in 1993. The Friends have since grown into a much-appreciated source of funding that supports the library in its mission to be a welcoming space for learning, exploration, and community engagement.

At the heart of the Friends' efforts is their commitment to raising the funds necessary to sustain the library's various programs and resources. Through membership dues, the annual used book sale, and the sale of Hollis-themed merchandise, they generate crucial financial support that goes beyond the library's regular budget. Membership dues are a key source of revenue. If you have been looking for a way to support the library, joining the Friends is the best way to show your support and contribute directly to the library's needs.

The annual used book sale, held each May on the Friday and Saturday before Mother's Day, is one of those community sales that is a lasting memory in every book lover's mind. This year's sale will be held on May 9 and 10. Squeezing through narrow aisles of books organized in boxes by category is almost thrilling; flipping through book bindings, looking for new stories, old favorites, and maybe a hidden gem first edition. You just never know what you'll find and isn't that the fun of the hunt for used books? "Whose book was this?" is answered by discovering a familiar name written on the inside cover. You might hear someone exclaim, "Look, a full series!" or smile at a parent saying, "Oh, I read this to my kids over and over before bedtime." This event has become a favorite in Hollis, attracting readers of all ages. For those who miss the book sale, there is a smaller selection of books available year round on a bookcase inside the library.

All of these efforts support the library's enrichment programming, which includes the Children's Summer Reading Program, the Adult Winter Reading Program, and museum passes that allow free or discounted access. You can find a complete list and reservation details on the library's website. Each museum offers different discounts, so the pass information varies for each institution. Participating museums include the Currier Museum of Art, Isabella Stewart Gardner Museum, Museum of Fine Arts, Museum of Science, New England Aquarium, NH Philharmonic, NH State Parks, SEE Science Center, Strawberry Banke Museum, and Zoo New England (Franklin Park Zoo & Stone Zoo).

Beyond programming, the Friends' contributions enable the library to purchase technology like iPads, computers, coding kits, and more. They also provide funds for new furniture, study carrels, and improvements to the children and young adult areas. The Friends have even helped make the library more accessible by installing ADA-compliant bathroom doors and creating a Homebound Book Delivery Service.

Looking ahead, the Friends are eager to continue enhancing the library based on community feedback. They're always seeking adult and teen volunteers who are willing to lend their time and talents. Being part of the Friends of the Hollis Social Library is more than just donating—it's an opportunity to be actively involved in the growth of a wonderful community institution.

The dedication of the Friends has helped make the Hollis Social Library a central part of our town for all ages. To learn about the Friends, how to become a member, and how to volunteer, go to: <https://www.hollislibraryfriends.org/>



"Bob's pictures were a gift to all. His keen eye and skill captured his intimate relationship and respect for the beauty of nature, the littlest, the magic of light and darkness, scenes we know, places he and JoAnn stopped to admire, and the moon we all wish upon."
-June Litwin, photo by JoAnn Heyer

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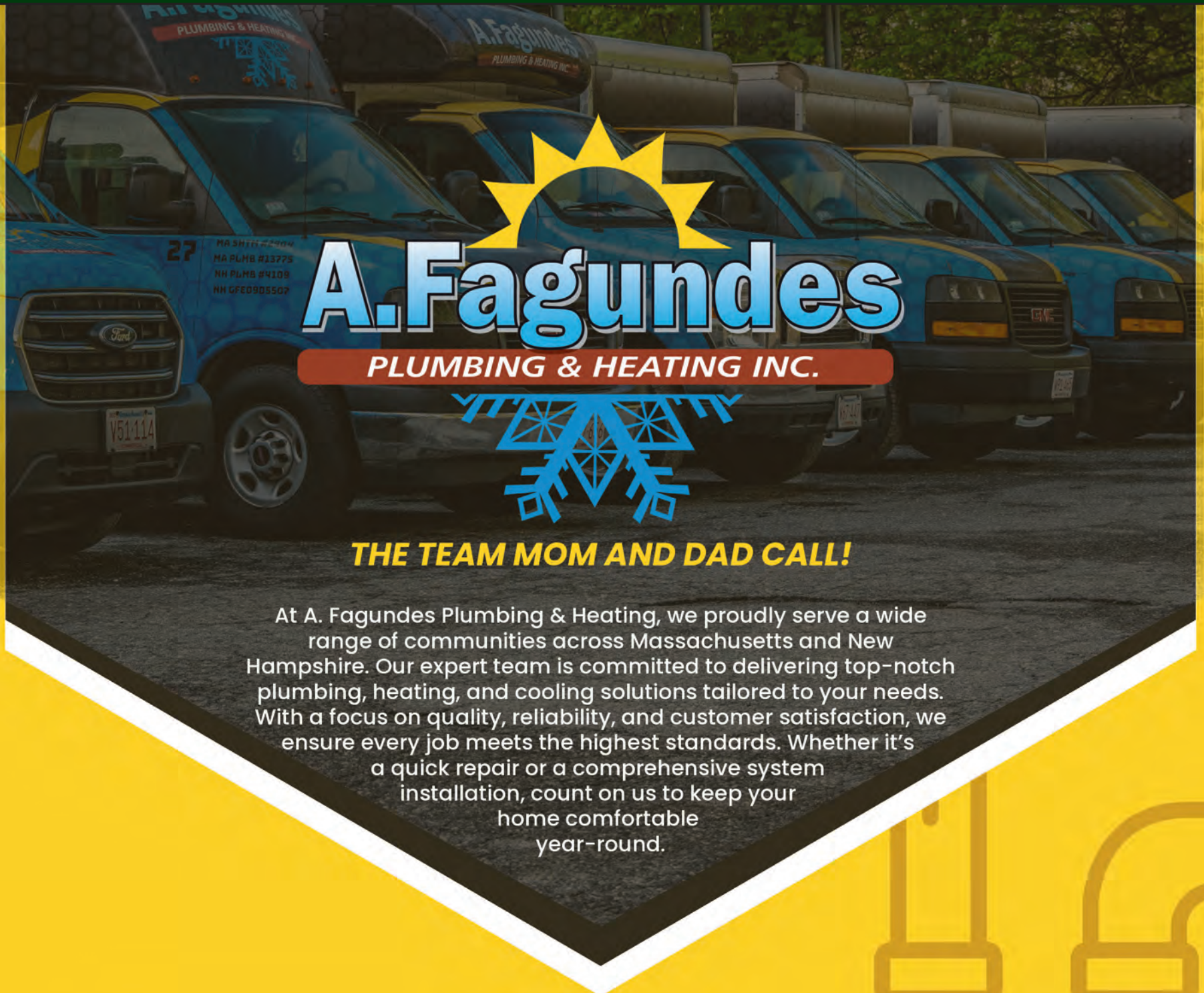
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MARCH ELECTION GUIDE

Guide to Town of Hollis Elected Offices

This guide provides an overview of the roles and responsibilities of the positions up for election in March 2025. For a complete guide, including school district elected positions, visit our blog at www.positivelyhollis.com.

HOLLIS TOWN OFFICERS

Selectman for Three Years

The Board of Selectmen serves as the executive body of the town, overseeing municipal operations, managing financial affairs, and fulfilling duties prescribed by law. Members collaborate with town departments, committees, and the Budget Committee to ensure fiscal responsibility and maintain a superior community credit rating. Five-member body.

Budget Committee for Three Years

The Town Budget Committee prepares and presents the annual and special meeting budgets for the town and school districts, collaborating with officials to review costs, revenues, and services. The committee conducts public hearings, ensures timely delivery of budgets, and supports transparent, responsible fiscal planning for voter consideration. Six-member body.

Cemetery Trustee for Three Years

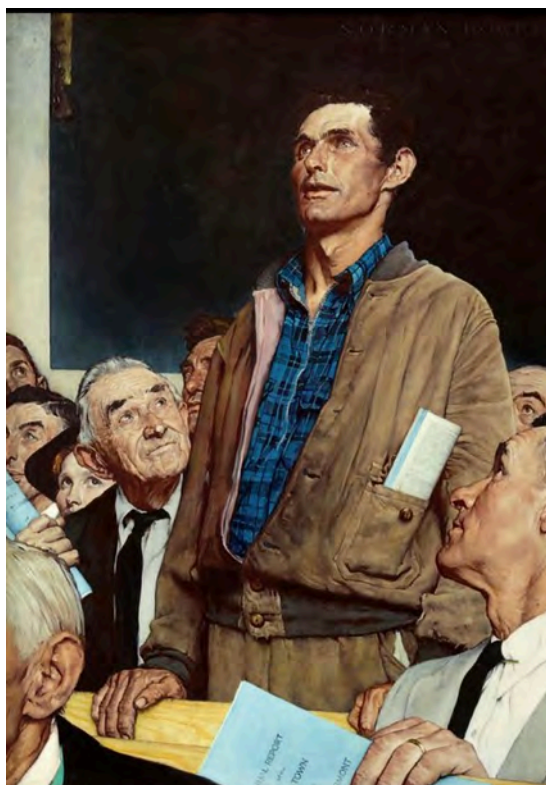
The Cemetery Trustees manage the grounds, work with residents on requests or concerns, coordinate with the DPW regarding cemetery administration and concerns, monitor compliance with state laws (RSA), plan for the short- and long-term needs of the cemeteries, and set the policies, budget, and fees. Five-member body.

Library Trustee for Three Years

Library trustees oversee the library's operations, budget, and policies. Their responsibilities include hiring and compensating staff, maintaining facilities, managing funds, and ensuring the library serves the community effectively. Seven-member body.

Trustee of the Trust Fund for Three Years

The Trustees of the Trust Funds manage two portfolios for the town: one comprising legacies invested in stocks, bonds, and mutual funds to support various town entities, and the other a Capital Reserve Account that funds town and school services through investments in fixed income and money market securities. Both portfolios are managed to ensure safe growth and provide income to their respective beneficiaries. Three-member body.



Freedom of Speech by Norman Rockwell

CANDIDATES



HOLLIS TOWN OFFICERS

Select Board
(2 seats, 3-year term)
Erin Hubbard
Mark A. LeDoux
Tom Whalen

Cemetery Trustee
(1 seat, 3-year term)
Marc V. Squires

Trustee of the Trust Fund
(1 seat, 3-year term)
F. Warren Coulter

Budget Committee
(2 seats, 3-year term)
Chris Hyde
Tom Gehan

Library Trustee
(2 seats, 3-year term)
Jone LaBombard
Kathryn Begley



HOLLIS SCHOOL DISTRICT OFFICERS

School Board
(1 seat, 2-year term)
Jonathan Fontaine

School Board
(1 seat, 3-year term)
Carryl Roy

School District Moderator
(1 seat, 1-year term)
Elizabeth Brown

School District Clerk
(1 seat, 1-year term)
Diane T. Leavitt

School District Treasurer
(1 seat, 1-year term)
Claudia M. Dufresne

HOLLIS BROOKLINE COOPERATIVE SCHOOL DISTRICT OFFICERS

School Board, Hollis
(2 seats, 3-year term)
Amy Kellner
Holly Deurloo Babcock

Budget Committee, Hollis
(2 seats, 3-year term)
Anthony Stanizzi
Darlene Mann

School District Moderator
(1 seat, 3-year term)
Drew Mason

Guide to Annual Town and School District Meetings

Ah, March in Hollis! It's the month when mud season begins to make its mark, and New England traditions like annual town meetings and elections take center stage. It's an experience full of lively debates, a bit of good-natured ribbing, and plenty of chances to spot neighbors you haven't seen in a while. Attending a town meeting ensures your voice is heard and your perspective is part of shaping our community's future.

Town meetings and school district meetings follow a very similar process. Both offer a chance for residents to deliberate on set budgets and vote on important issues called warrant articles. While the topics might differ slightly—focusing on municipal matters at one and educational needs at the other—the structure and principles are nearly identical. Town and school budgets, which are central to these meetings, outline appropriations for the year. Budget committees draft the proposed budgets, which are reviewed in public hearings before the meeting to ensure transparency and public input. If you've never attended a town meeting before, this guide will help you navigate the basics so you can engage in a tradition that defines the democratic process itself.

Town Meeting vs. SB2: Town meeting formats vary depending on whether a town uses the traditional method or the Senate Bill 2 (SB2) system. In traditional town meetings, voters gather to publicly discuss, debate, and amend budgets and warrant articles before voting on them during the meeting itself, while officer elections are conducted by secret ballot on election day. In Hollis, our Town Meeting, the Hollis Schools Annual Meeting, and the SAU41 COOP Annual Meeting are all held in the traditional meeting format. In contrast, the SB2 system separates these processes, holding a deliberative session where voters discuss and amend warrant articles, followed by final voting on the articles through a secret ballot on election day.

Town meetings are open to all, but only registered Hollis voters can debate and vote. Residents act as legislators at these meetings. One could compare the town meeting to the legislative body of our municipal government. Town meetings allow residents to have the final say in shaping budgets, proposing amendments, and deciding the questions on the agenda. This is accomplished by structured debate of the positive and negative impacts of the questions on the agenda which is called the warrant. Individual questions to be decided are known as warrant articles.

Checking In at Town Meetings: When attending a Hollis town meeting or school district meeting, checking in is a required first step. Upon arrival, voters must check in (bring your identification) with the supervisors of the checklist to confirm their

registration and receive their voter card, which is used for “yea” or “nay” voting during the meeting.

Voting: In Hollis town meetings, voting is typically conducted through a division vote, where a voter raises an index card. However, any five voters can request a secret ballot before a division vote is taken. If a secret ballot is used, voting is conducted by marking a slip of paper and depositing it in a ballot box. For some votes, voting may remain open for one hour, giving non-present residents time to check in and cast their votes. For division votes, voters must be present in the room when the vote is called. Secret ballot recounts can be requested immediately after results are announced if the vote is close, ensuring fairness and transparency.

The Role of the Moderator in Town Meetings: The moderator plays a vital role in town meetings, ensuring they run smoothly and fairly. The moderator proposes the rules of order which are voted on at the beginning of the meeting, including setting speaking time limits and managing the line at the podium to ensure every voter has the opportunity to voice their opinion. Moderators guide discussions, facilitate votes on warrant articles, and maintain orderly conduct throughout the meeting. While participants can question procedures and overrule a moderator's decisions with a majority vote, all actions must comply with state laws.

What is a Warrant Article and a Petition Warrant Article?: A warrant article is an item on the official agenda of a town meeting, typically prepared and submitted by the town's governing body, such as the Select Board. These articles reflect the priorities of town officials and address issues like the town budget, capital expenditures, or new policies.

A petition warrant article can be initiated by residents who gather signatures from at least 25 voters to propose an issue for discussion and voting at the meeting. Petition warrant articles often represent grassroots efforts to bring specific concerns to the town's attention.

Town meetings empower residents to make local decisions. By attending, debating, and voting, citizens shape their communities and uphold the traditions that have guided New Hampshire towns for centuries. Information about town meetings, elections, and warrant articles is available at Town Hall and on the town's website at www.hollisnh.org. The annual Town Report, which includes all warrant articles and reports from town committees and departments, will also be available at the town meeting.

Agendas and meeting details
for SAU 41 can be found at:



What the Heck Does “Vote for No More Than 2” Mean?

Election ballots can sometimes seem confusing, especially when instructions like “Vote for no more than two” appear. What does that actually mean, and how should voters approach it? Let's break it down.

Understanding “Vote for No More Than 2”

When a ballot says this, it means you can select up to two candidates in that particular contest. You can vote for: one candidate, two candidates, or none at all. However, if you select more than two candidates, your vote for that contest may not count at all. This is why it's important to follow the instructions carefully.

What is Undervoting?

Undervoting occurs when a voter selects fewer choices than allowed in a specific contest on their ballot. For example: If a ballot says, “Vote for no more than two,” and the voter selects only one candidate (or none), that is an undervote. It can also refer to leaving an entire contest blank. Undervoting is not the same as making a mistake. It's a conscious choice to vote for fewer candidates than permitted.

Why Undervoting is Throwing Away a Vote

Many people misunderstand the impact of undervoting. Here's why it can diminish the influence of their vote:

Missed Opportunity: If voters don't select all the candidates they're allowed to, they're effectively leaving part of their voting power unused. This weakens their voice in shaping the final outcome.

The Myth of Strengthening a Single Vote: Some voters believe that voting for only one candidate in a “vote for two” contest makes their choice more impactful. This isn't true! Each vote is counted individually, and choosing a second candidate doesn't dilute the vote for the first. It simply adds another vote to someone else they support.

The Mathematical Reality: If you vote for one candidate in a “vote for two” race, and someone else votes for two candidates, their total input into the election is higher than yours. By undervoting, you're effectively giving other voters more influence over the final result.

Maximize Your Voice: To make the most of your ballot, follow these simple tips: Review the instructions for each contest carefully.

Learn about the candidates and their platforms to ensure you are casting an educated vote that aligns with your values and priorities. Remember that voting for the maximum number of candidates allowed strengthens your influence in the election.

By understanding the impact of undervoting, you can ensure your voice is fully heard and your participation has the greatest possible effect. Maximize your vote and make it count!



“Miss Isla Daisy got her first real photography lesson from the man himself...Mr. Bob!”
-JoAnn Heyer; photo by JoAnn Heyer

Monument Square Market: Where the Community Meets

By Sam Petrella

When you think of Hollis, one of the first things that comes to mind is Monument Square, and in particular the friendly atmosphere of Monument Square Market, a favorite gathering place for great food in Hollis. It started as a family project pizza shop, but evolved to be Hollis's local hangout for good food and familiar faces. Mike, one of the owners (along with Pete and Martha), recently chatted with me about how the business began and what sets Monument apart. Mike's story started with his family being in the restaurant business. "We had a pizza place with the Papa Gino's franchise," Mike said. After college, Mike and his family decided to open their own place. "We found this location and created what we have today," he said.

Monument Square Market opened roughly 20 years ago, and over that time it has become a staple in the Hollis community. Customers arrive at all times of day, with different groups stopping at different times each day. "Most of our morning customers just get coffee and breakfast sandwiches," Mike shares. Other customers grab lunches to take to work or hand out to kids as they head off to school. By lunchtime, the place is

jammed with people from all over the neighborhood—mostly contractors, landscapers, neighbors, and other local businesses. The most popular sandwich? The Super Italian, beloved by many. When school lets out, the after-school crowd shows up, mostly hungry kids looking for something quick. There is always a big group walking down from the middle school once the bell rings. "For the kids, it's mostly pizza, soda, candy, chips—just junk food," Mike laughs. They love to pick up a fresh slice after school, and they also come by on game days or after sports practice. As the evening approaches, families stop by for dinner; most of them are coming from local sporting events or practices. "Parents dropping off kids before or after practices" are regulars in the evening. The most popular pizzas at night are Classic Cheese and Pepperoni, but the Buffalo Chicken and Hawaiian pizzas have their fans as well.

What really stands out to Mike isn't just the food. It's the relationships he's built with the customers. "The best part is just being able to interact with all the people in town," he says. Monument is more than just a place to eat, it's

where people gather to talk and connect. Mike enjoys knowing many of the customers personally, making sure everyone feels welcome. "We're so thankful for the support we've had over the years," Mike adds. Running a family business isn't always easy, but Mike credits his team as a big reason for the restaurant's success. "It's the loyalty and dedication everyone has," he explains. That's not always an easy thing to do, finding people you can count on, but Mike says they've built a strong team over the years, and it has paid off. "It's honestly just about the people," Mike says. Monument's success has come from the locals supporting them through the years, and Mike believes in treating every single customer like family. After more than two decades in business, Monument remains a mainstay of our community, and that is not going to change anytime soon.

Meet our newest contributor, Sam Petrella, a ninth grader from Hollis and a student at Bishop Guertin, class of 2028. Sam, who loves English class, plays midfield for both soccer and lacrosse, participates in student council and the astronomy club, and works as a soccer referee in his spare time.

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And the Award Goes to: HB Girls Varsity Volleyball

By Kali Walton

For the past 25 years, the Hollis Brookline girls varsity volleyball team has received the New Hampshire Volleyball Club Association (NHVCA) Team Academic Award. This award is very special for the team, as it means that they have the highest grade point average (GPA) out of all the other division 1 girls varsity volleyball teams in New Hampshire. The girls varsity volleyball team has been the recipient of this award ever since the volleyball program started at Hollis Brookline High School. The players know and value the level of academic excellence needed to receive this award and it has become an expectation of the team, rather than a goal that cannot be accomplished. The team from last season 2023-2024 finally received its academic award in November of 2024 at the Lawrence Barn. The girls were awarded for all the hard work they put forth throughout that season.

To the players Shelby Klaassens '26 and Kate Berrigan '25, this recognition is a huge deal, their high school careers and even playing varsity sports is always a big commitment. To four-year varsity player Kate Berrigan, academics has always been her sole focus in order to set herself up for a better future. In her junior year, she took three AP classes and balanced being on different volleyball teams and participating in clubs at school. "It's a big accomplishment, and it's not just individual, either. I mean, it really goes to show how

the hard work of the team goes beyond the court," said Berrigan. "We're student-athletes, student comes first," she explains, so prioritizing academics is always the goal of every player who works so hard to gain that recognition.

For two-year varsity player Shelby Klaassens, she states that stress can definitely overcome her when she is busy with the school team and her club team in Massachusetts. To help remedy this, "the next day at practice, I just hit the ball really hard," said Klaassens. And sometimes, that is all you need after a stressful day at school! Klaassens also says that taking a "study" class each semester helps her balance her school work, athletics, and a part-time job, on top of being in student council!

This award is a true accomplishment for the girls volleyball team, and Berrigan reminds us that "I love playing volleyball and I work hard at it because it's something that I want to improve in, so I've got to put, you know, hard work and dedication into that as well."

With the boys volleyball season starting up soon, some of the girls will be managers for their teams, keeping track of statistics, and helping out in practice. So, make sure you stop by to see a game!


Kali Walton, a junior at HBHS, brings her passion for storytelling to The Positively Hollis Post as a new contributor. When she's not excelling in her favorite class, Honors US Literature, or playing as



an outside hitter on the girls volleyball team, Kali writes for the school newspaper, the CavChron. In addition, Kali participates in school clubs—Model UN and the Homefront Club and works at Monument Square Market. Welcome, Kali!



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Community and Recreation: A Year of Growth

Submitted by the Hollis Recreation Commission

The past year has been an incredible time for recreation in Hollis, marked by vibrant programs, thrilling events, and a shared commitment to bringing joy and connection to our community. From the youngest residents to the young at heart, there was something for everyone to enjoy.

2024 was an outstanding year for recreation programs in Hollis, featuring youth softball, futsal leagues, and adult soccer and volleyball. The athletic fields buzzed with energy as spring and fall softball teams competed in the Souhegan Valley League. Collaborations with local clubs like Cal Ripken Baseball and HB Cavaliers Soccer ensured many opportunities for year-round fun and fitness. In December, the Recreation Commission took charge of the Holiday Luminaria Gingerbread Contest for the first time. It was a wonderful success, adding a creative element to the annual holiday event.

Facilities saw significant upgrades in 2024, highlighted by the final phase of the Little Nichols Playground project. Volunteers constructed a new fence, flower boxes, and a Free Little Library. The playground was the place to be for several events: the grand reopening celebration party, the Easter Egg Hunt featuring over 1,000 eggs, and Trunk or Treat for Halloween. Don't miss this year's Egg Hunt and Easter Bunny on April 19 at 10 a.m.!

Plans are in motion to further enhance Waugaman Field, at Nichols Field including the renovation of the beloved snack shack. Hardy South field will see continued upgrades this year. To ensure a safe and enjoyable space for sports and gatherings, automated external defibrillators (AEDs) will be installed near the fields—a vital addition to protecting players and spectators alike.

Perhaps the most exciting project is the creation of Hardy West, a new playing field on existing town land currently not in use. This land, located adjacent to the existing playing fields near the Lawrence Barn, offers a prime location for expansion without requiring additional parking or increasing traffic. The new field will play a crucial role in a field rotation strategy that allows existing fields to rest and undergo much-needed repairs. By reducing the strain on current facilities, Hardy West will help ensure that the fields remain safe and playable while reducing the need to borrow fields from the school district—whose fields also require rest and maintenance.

The project will be completed in carefully planned phases. Phase 1 will focus on tree and stump removal and the creation of an irrigation pond. Future funding strategies are being carefully considered to minimize the financial impact on residents. Subsequent phases will bring the playing field and supporting infrastructure to life, offering a high-quality space for sports and recreation and reflecting Hollis's commitment to its vibrant, active community.

None of this would be possible without the support of our volunteers, town departments, and the residents of Hollis. To each coach, referee, program coordinator, and supporter, thank you for making this journey so rewarding. We look forward to continuing this partnership in 2025 and beyond.



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HBHS Gov't Studies Students Head to D.C.

Hollis Brookline High School's AP Government Studies students are making their mark once again as they head to the "We the People" National Finals in Washington, D.C., this April.

"We the People" is a program created by the Center for Civic Education to give students a richer understanding of the U.S. Constitution, the Bill of Rights, and the principles of American democracy. The program combines civic education with a competitive format, allowing students to develop their knowledge and presentation skills in a real-world environment. In January, HBHS students participated in a simulated congressional hearing competition at the New Hampshire Bar Association, where they took on the roles of constitutional experts. They presented and defended their research before a panel, showcasing their critical thinking, public speaking, and analytical skills. Competing in six units of constitutional study, the HBHS team secured a victory, winning four of the six units. As the top-performing class in New Hampshire, they have earned their place at the National Finals, where they will compete against teams from 47 states. This marks the fourth state

championship in six years for HBHS and their second consecutive trip to Nationals under the guidance of Civics teacher Trevor Duval. As the students prepare for Nationals, they will tackle complex constitutional issues, debating their historical significance and modern relevance. Here's a question from one of their units – how would you respond? "In what ways did the Renaissance change the way people thought about individual rights and their role in society, and how do these changes still influence today's conversations about personal freedom?"

While you give that question some thought, the students will be preparing for the April competition and raising money to help defray the costs of the trip. The competition costs \$2,100 per student. The students will hold bake sales at the Town Meeting and COOP Annual Meeting, and donations are always welcome. To contribute, email Trevor Duval at trevor.duval@sau41.org (Subject: We The People), or mail a tax-deductible donation to: HBHS, 25 Main Street, Hollis, NH 03049. (Memo: AP Government We the People DC Trip). Your support will help these dedicated students represent New Hampshire on the national stage and continue their legacy of civic excellence. We wish them success!

TOWN EVENTS

SAU41 COOP Annual Meeting
March 4 – 6:30 pm to 9 pm
Hollis Brookline High School

Town Election
March 11 – 7 am to 7 pm
Lawrence Barn at 28 Depot Road

Hollis Schools Annual Meeting
March 12 – 6:30 pm to 9 pm
Hollis Brookline Middle School

Town Meeting
March 15 – 9 am to 3 pm
Hollis Brookline High School

Town-Wide Clean-Up Day
March 22 & April 26 -9 am
Transfer Station

Easter Egg Hunt
April 19 – 10 am
Little Nichols/Library Playground

Garden Club, Plant Sale
May 10 – 9 am to 12 pm
Nichols Field at 28 Depot Road

Friends of the Library, Book Sale
May 9 and 10
Lawrence Barn at 28 Depot Road

Memorial Day Celebration
May 26 – contact Town Hall for details



Joshua's Journey

Continued from page 1

Hollis House of Pizza. "Tiffany and Al [Wentzel] taught him so much," Nikki said. "He started with dishwashing and folding boxes but eventually learned to cut pizzas and interact with customers."

Joshua's high school years were highlighted by his involvement in football. "His coaches were amazing, and he loved the camaraderie of his teammates," Nikki said. "That year, Joshua scored an unforgettable touchdown that had the whole town talking. After graduation, he became an assistant coach, and in 2019, he celebrated their championship win alongside the team. His prized possession is his championship ring." During his school years, Joshua received services from Opportunity Networks, Gateways, and the PLUS Company. He went to Camp Allen in Bedford, NH, and participated in their "Life Camp," where he learned about daily routines and money management.

Today, Joshua works full time at Worthen Industries in Nashua as a shipping and receiving clerk, a position offered in partnership through the PLUS Company. He also works Saturdays at the Hollis Transfer Station. "This, by far, is his favorite job!" Nikki said. "He loves assisting and socializing with the townspeople. Someday, he hopes to become a full-time employee, but for now, he's just happy to be part of the community."

Joshua's passion for Star Wars is evident the moment you step into the showroom turned display room. "I started collecting in middle school," Joshua shared. "Before that, I collected other things, but Star Wars became my favorite." His collection now includes well over 1,000 items. When asked about his favorite piece, he said, "My Clone Troopers from Episodes 2 and 3, and my uncle's vintage collection that he left to me after he passed away." Joshua has a keen eye for rare finds and is currently on the lookout for a Commander Cody from Episode 3 and a Clone Commander Bacara from the Black Series. His favorite display is the Clone Hangar scene, which features all his favorite Clone Troopers.

When asked what advice she would give to parents of children with autism, Nikki offered these tips:

- Notice if your baby isn't meeting developmental milestones, and don't listen to a doctor who makes excuses if your child lags behind.
- Ask for help and accept it.
- Get occupational therapy for your child and use the tools at home.
- Pursue thorough testing.
- Do your own research.
- Find ways to connect learning with your child's interests.
- Build your team and appreciate their efforts.
- Use local agencies and resources.
- Secure guardianship before your child turns 18.
- Be patient and keep going—it's worth it.



Joshua Kyrias

Joshua's life today is a testament to perseverance, support, and community. He works full time, lives on his own, and plays softball and basketball with the Special Olympics. His Star Wars collection remains a source of joy, but what he cherishes most is time spent with friends and family. If you see Joshua at the Transfer Station, wish him a happy birthday. He turns 29 on March 8.

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Healthy Hollis

As nature emerges from its long winter's nap and we leave the cold, dark winter behind, it's time to transition to lighter and brighter days. Spring is a wonderful time to renew our focus on health and wellness.

We may be entering this spring season feeling heavy and sluggish after eating lots of hearty winter food and being cozied up to the fire for too long. So, it's time to lighten up, get outside, and shed the many aspects of our "winter coats."

There are so many ways to focus on our well-being in spring after the slow pace of winter. Here are five ideas to get you springing forward!

Lighten up. It's time for spring cleaning! For your home, that means washing your windows to let in the radiant spring sunshine. For your body, it means flushing out the heavy foods you have been enjoying all winter and recharging with fresh foods of the season. Winter foods are meant to be heavy and fortifying. But as winter gives way to spring, you may notice a shift in your cravings for food that is light and fresh. Embrace the bitter, pungent, and astringent flavors of spring. Visit a local farm stand or farmers market and incorporate in-season greens like lettuces,

Five Ways to Spring Forward This Season

By Amy Medling, CHC

dandelion, mustard, collard, and kale, as well as asparagus, green peas, and radish.

Get outside. After months of being cooped up in our homes and offices, getting outside and reconnecting with nature will boost energy, mood, and creativity. Walking, hiking, cycling, and gardening can help shake off the winter doldrums.

Watch spring unfold. Create mindfulness and reduce stress by taking note of all the signs of spring. On your walks and even on the way to school or work, notice all the subtle changes. These may include increased bird song, the change in sunlight, greening grass, the tiny buds on the trees, or the first crocus blooming. Find pleasure in the little things.

Reconnect and socialize. It can often feel like we've emerged from winter caves after hibernating at that time of year. Spring is a wonderful time to get out again, so make plans to socialize and reconnect with family, friends, and neighbors.

Open up and clear out. Open your windows and let the fresh spring breezes fill your home with delightful scents. Spring is the perfect time to declutter your space. Clutter creates stress — it

drains your energy and can leave you feeling anxious, overwhelmed, or even depressed.

Research suggests that clutter might even contribute to overeating. By clearing out the clutter in your life, you can enjoy a fresh start and gain a clearer sense of who you are and what truly matters to you.

Hollis resident Amy Medling, CHC, is the bestselling author of Healing PCOS and founder of PCOSDiva.com. She studied holistic nutrition at the Institute of Integrative Nutrition and is a Certified Health and Wellness Coach. Amy is currently an Executive Coach at The Fasting Method and she helps women of all ages with metabolic and hormonal health. She can be reached at amyimedling@gmail.com.



Bob Heyer and Mark Andrews.
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Bob Heyer in Focus


Continued from page 1

“He had a contract, press pass, and was sworn in. He immediately went into his basement studio to churn out the photos and send them to Town Hall.” “I have the honor and privilege of being the Hollis Town Photographer,” Bob often said with pride anytime he mentioned it to anyone (which was often!). For Bob, being Hollis’s town photographer was an absolute joy. In 2019, Bob was awarded the Hollis Citizen of the Year, and in 2021, he was the featured artist at the Beaver Brook Fall Festival.

For a decade, Bob’s dedication to capturing the heart of Hollis made him a central figure in preserving the town’s history. His photography brought joy and inspiration to countless residents, and as his health declined, tributes poured in on Facebook. Friends and neighbors shared stories of how Bob and his work touched their lives, ensuring that his legacy would endure.

As JoAnn and the community continue to honor his memory, Bob’s photos remain a testament to his talent and his love for life through the lens of adventure. Bob’s website and Facebook page remain active, showcasing the incredible body of work he left behind. You can purchase Bob’s photographs at Hollis Artspace on Ash Street in Hollis and view his photo gallery at his website robertheyer.mypixieset.com.

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Spring is almost here, and it's the perfect time to get moving!

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Mix It Up: Longer days mean more time for hiking, cycling, and other outdoor activities.



Spring Clean Your Fridge

It's the perfect time to declutter your home and let in the fresh energy of spring. Clearing clutter isn't just for your living spaces but also for your refrigerator. A clean, organized fridge makes meal prep easier, reduces food waste, and helps you focus on more-healthy choices.

Start with a clean slate: A clean fridge sets the foundation for efficient organization.

Begin by emptying your refrigerator. Toss expired items and anything you have not touched in the last six months. Ask yourself, "Why did I buy this? When will I use it again?" Wipe down shelves, remove drawers, wash and dry them thoroughly.

Use the Proper zones: Different foods stay fresher when stored in specific areas:

Top shelf: Ready-to-eat foods, drinks, and prepared meals.

Middle shelf: Eggs and leftovers do well here where the temperature is consistent.

Bottom shelf: This shelf is the "cold zone" and is perfect for dairy products such as yogurt, cheese, and milk. Store these at the back, where it is coldest. Raw meat, fish, and poultry should go here as well, stored in leak-proof containers to prevent cross-contamination.

Crisper drawers: Store fruits and thick-skinned vegetables in the low-humidity drawer, while leafy greens and thin-skinned vegetables belong in the high-humidity drawer. A helpful tip: Think about the vegetables that grocery stores

mist—those are the ones that thrive in a high-humidity environment.

Door: A good place for items high in preservatives and less-perishable items. Condiments like ketchup, pickles, and salad dressings are fine in the door. Beer, wine, and other bottled drinks also do well here.

Additional tips for success:

Practice the "first in, first out" rule by placing newer groceries behind older ones. Foster independence and store healthful "kid-friendly" items on the lower shelf, in an easy-to-reach drawer, or on the door where they can grab them. This spring, make your refrigerator part of your decluttering journey for a fresher, more healthful start!

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Thumbs Up!

Thumbs Up! to Chief Brendan LaFlamme

Bob Smith, who has a good vantage point of the police station from his apartment at the Hollis Village senior housing complex, noticed that some of the lights were out in the back of the police station so he called the station to let them know. After the light bulbs were replaced, Chief LaFlamme passed along a message to Bob to look out toward the police station after it got dark that night. In addition to fixing the lights, Chief LaFlamme created a special lit sign facing the Village that said "Hi Bob"! - Sue H.

Thumbs Up! to Juliana Rowland for her tireless efforts in bringing Hollis and Brookline an electronic newspaper with timely articles and links reflecting the goings on in our two towns and the people who live here! - Erika M.

Thumbs Up! to Heidi Foster and Arne Godtfredsen who walked the entire route of Rideout Rd in Hollis on New Year's Eve, picking up all the roadside trash. Thanks for keeping Hollis beautiful and caring for our community! - Sharon S.

If you would like to give a Thumbs Up! to someone or something in Hollis, submit it at www.positivelyhollis.com/thumbs-up-1



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