

Studios Without Walls

BY SEAN SULLIVAN

For a few short weeks more, art aficionados and amblers alike will be treated to a constellation of creativity along a stretch of Natick's Cochituate Rail Trail.

The outdoor exhibit was produced by Studios Without Walls, an organization that works to bring down the barriers between art and a public that otherwise might miss out.

Artist Bette Ann Libby was in Maine in early September when we spoke over the phone about the installation, soon to make the trek south to participate in installing art.

"I feel like it's giving a gift to the community," she said. "It's a nice way to engage family and friends. Just get a little perspective on life and what sculpture is."

Studios Without Walls is somewhat of a misnomer. Much of the art is fabricated inside those safe spaces of creativity, so that materials (and artists) stay beyond the reach of fickle New England weather. Tough to focus on creativity when heat and humidity



STUDIO

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Walking Toward Healing

BY SEAN SULLIVAN

During a routine checkup when Nicholas was 2 years old, medical staff realized something was wrong.

"They said 'go to the hospital immediately'", said Catherine Collins, the boy's grandmother.

"That's where the journey sort of started."

Treatments included a bone-marrow transplant, a taxing procedure that nevertheless failed to turn the tide in Nicholas'

WALK

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STUDIO

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soar, and heavy summer rains roll in seemingly at whim.

Still, the artists were out installing their creations early last month, when a heat wave rolled in to usher in September. Thankfully, much of Cochituate Rail Trail is still sheltered by shade well into late summer and beyond.

The art installation is situated along a Natick stretch of the CRT between Superior Drive and Chrysler Road. Natickians who reside south of Route 9 can bike or walk to the CRT, then cross its bridge over that highway. From there, it's not long before one begins to encounter installations that comprise the constellation dubbed "the sum of its pARTS."

"We started out small, 24 years ago," said Ann Libby of the organization that brought the exhibit to fruition. Since then, Studios Without Walls has grown more sophisticated. The institution now has a curatorial committee, a group concerned with ensuring each showing has a



discernible and logical thread or idea running through and uniting all its pieces.

"You want a flow and you want everything to work together," said Ann Libby.

That common theme might be said to have an ecological bent, right at home among CRT's green borders and sprawling bodies of water that neighbor it. Ann Libby's own contribution to the exhibit is entitled "Hello Earth," a work inspired by photographs taken of the "pale blue dot" from outer space.

That latter phrase was popularized by scientist Carl Sagan's 1990 book, inspired by an image



captured of earth in which the planet appears in the vast distance as a speck of sun-warmed and illuminated dust among the cold debris of space.

The idiom also appears in the title of another work adorning the CRT, named "A PIECE OF THE IMMENSE UNIVERSE - THE BLUE DOT," rendered

by artists Gail Bos and Marnie Sinclair.

Other sculptures and paintings bring the beholder back down to earth, among the flora and fauna that populate the planet.

Anne Alexander's offering is "Blue Gastropods," ode to the group of animals that counts snails, slugs and sea hares among its members.

Called "site responsive sculpture" in its literature, the exhibit's ecological spirit is meant to mirror and pay homage to its environs.

"To my mind," said Ann Libby, "you can't beat mother nature when it comes to patterns and colors."

Studios Without Walls is a travelling tableau of art, relocating its exhibitions to various locales to enhance exposure. Before coming to Natick, "the sum of its pARTS" could be viewed astride the tributary of Brookline's Riverway Park, where it resided for most of the summer. The current exhibit will be on display until October 15th.

In its own right, the Cochituate Rail Trail has become platform to somewhat of a moveable

feast in Natick's cultural fabric. On December 31st last year, the well-trodden trail welcomed Natickians to usher in 2023, hosting a NYE celebration with a string of late-night fire pits and other festivities.

Studios Without Walls worked with the Natick Center Cultural District, friends of the CRT, and a group of local sponsors to bring the exhibit to life.

"I've done a lot of community art organizing over the years," said Ann Libby. "I'm just very proud and kind of surprised that I get to do this."

Art that adorns these outdoor canvases is the work of veteran painters and sculptors, and newcomers to the art scene. One piece in the current exhibit was created by students at Wayland's Loker Elementary School.

That the art is featured outdoors in common spaces, said Ann Libby, makes for an informal and welcoming exhibit. Indoor galleries and shows, she added, can be intimidating to casual consumers of creativity.

"It creates a feeling of inclusivity. We want to bring people together."

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WALK

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favor. His parents were desperate for any potential lifeline and signed on for some experimental treatments. Yet it was soon apparent that Nicholas' illness was too much for his small frame and few years.

"They realized it's not going to work," said Collins.

Family and friends lost him in the spring of 2022.

And like most parents, relatives and friends watching loved ones struggling with grievous illness, Collins felt like a bystander in the battle.

"They had plenty of family support," she said of Nicholas and his parents, but there was precious little anyone could do to directly combat the cancer threatening the young boy.

"I was so powerless," said Collins.

Yet her husband had known a friend who had some experience in trying to beat back cancer, someone who'd suggested an avenue through which Collins might direct her energies and emotions – the Jimmy Fund Walk.



Established in 1948, the walk's parent charity was aimed at raising funds for the newly-founded Dana-Farber Cancer Institute in Boston. "Jimmy" was the ep-



ithet assigned to a young cancer patient at the time, the nickname adopted to maintain the child's anonymity. His illness captivated the country, and the fund inspired by Jimmy continues its work to this day.

Collins sees her own efforts with the charity as partly a way

to keep her Nicholas' name alive and on people's minds, as well as the illness he struggled with.

"It gives an opportunity to continue talking about our grandson," said Collins. His affliction was an uncommon species of the disease, which often means attracting fewer resources in the research and battle against it.

"This is a pediatric cancer that doesn't get much funding," said Collins. There was little question, then, that she would walk to help remedy that shortfall. "I said, 'I'm doing it. I'm doing it'."

Walking had already been an engrained habit for Collins; her regular routine included sauntering Natick suburbs, sometimes taking photographs during her strolls. Now, that commonplace and familiar custom took on extraordinary new meaning.

Making strides on behalf of her newly-adopted charity allowed the 59-year-old Natick resident a sense of fighting back against the illness that had robbed them of their Nicholas.

"I rapidly raised a whole lot of money for the Jimmy Fund," she said.

Though this year's walk in now in the near rearview, walkers and fellow fundraisers alike con-

tinue to actively solicit donation on behalf of their chosen charity.

The first of this month marked Collins' second walking of the event, which fittingly follows the route of the Boston Marathon. It's no short neighborhood stroll, Collins completing the 26.2-mile trek last year in around eight hours, pushing through from start to finish.

"It's one of the most well-run things I've ever seen," said Collins

The walk employs a rolling start, with groups setting out in staggered intervals throughout the morning and early afternoon. Water and snack stations are maintained by volunteers all along the route, but Collins resisted the temptation to take a seat that first year.

During traumatic times, momentum can carry one through fatigue and grief for a while. Whether in the form of slow steps, and/or the stalwart solicitation of donations, forward movement can be a sustaining salve for both body and spirit.

"If I stop," said Collins, "I'm afraid I'll seize up. I just keep walking"

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Upcoming SPARK Programming



discuss her new book - "The Emotional Lives of Teenagers" and offer the concrete, practical information parents/caregivers need to steady their teens through the journey into adulthood. ASL interpretation will be provided at this event. This event is being generously

Kindness this year? Share your pictures, stories, and messages with us at info@SPARKKindness.org or tag us on Facebook @SPARKKind and on Twitter and Instagram @sparkkindness #KindnessConnectsUs #SPARKKindnessNatick

Intergenerational Big Leaf Rake - Sunday, Nov.5 from 9am-12pm at Cedar Gardens, 14 Cedar Avenue, Natick

For community members of all ages

Join neighbors and friends from Keep Natick Beautiful, The Rotary Club of Natick, Natick Housing Authority, and SPARK Kindness for an intergenerational Connect and Serve Community Big Leaf Rake. Come rake in honor of Veterans Day and to show special kindness to neighbors during SPARK's Kindness

Week. Bring your family, bring your friends, bring a rake (if you have one!), and bring a smile! To register: Email enolangreer@sparkkindness.org or visit www.sparkkindness.org/programs/

Community Connecting & Mindfulness Walk on the Rail Trail - Sunday, Nov. 5 at 1-3 pm - Meeting location - Natick Amvets, 79 Superior Dr., Natick on the Cochituate Rail Trail

For community members of all ages

Join the SPARK Kindness team and neighbors for a walk along the rail trail. We will connect with each other, and in nature, for this special community walk. Please note, this is not a public parking lot but we have special permission from our AM-

VETS friends to park here for our connection walk!

Open Door Dinner - Monday, Nov. 6 from 4:30-6:30 pm at the Natick Elks Club, 95 Speen St., Natick

For adult and teen community members, and children with adult supervision

Please join SPARK during Kindness Week in connecting with and serving our neighbors a delicious community dinner! Natick's Open Door is an all-volunteer organization that provides a weekly, free meal, fellowship, and a place for connection and conversation every Monday, September through June. Interested in preparing/donating food for the meal or serving at the event? Email:enolangreer@sparkkindness.org

Dr. Lisa Damour on Raising Connected, Capable and Compassionate Adolescents

Wednesday, October 18 at 7pm in the Natick High School Auditorium, 15 West Street, Natick

For parents, caregivers, and educators of adolescents (ages 10-25)

World renowned author/expert Dr. Lisa Damour (NY-Times, CBS This Morning) will

co-hosted by The Resilience Project: A Newton-Wellesley Hospital Initiative to Support Youth Mental Health.

Kindness Week – Nov. 4-11

A community-wide effort to shine a spotlight on good deeds that happen every day, and to inspire people to SPARK Kindness through simple, but powerful actions. Kindness changes the world! Join us! How did you SPARK

Natick Cultural Council (NCC) seeks proposals for grants

NCC is accepting proposals

for community-oriented arts, humanities, and science programs through Oct. 17.

Oct. 17, is the postmark deadline for organizations, schools, and individuals to apply for grants that support cultural activities in the community.

These grants can support a variety of Arts, Humanities and Science projects and activities (virtual or in-person) -- including public art, exhibits, festivals, field trips, short-term artist residencies or performances in schools, workshops, and lectures. All applications will be

considered but preference will be given to Natick based artists and organizations that provide benefit to Natick community. Preference will be given to projects that are well-planned and meet council priorities. For more information, refer to the Natick Cultural Council website.

NCC is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based

projects in the arts, sciences, and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Last year, NCC was allocated \$14,300 which it distributed in grants to projects such as, What's in your Heart, Natick? (Denise Girardin), (Love: A Community Movement (Smitha Radhakrishnan), MetroWest, Inc.), School Mural (Lilja Elementary School) and, Radical (Voices of Know your History:

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For additional assistance please reach out to NCC on natickculturalcouncil@gmail.com.

Application forms and more information about the Local Cultural Council Program are available online at https://massculturalcouncil.org/communities/local-cultural-council-program/application-process/.

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Fall is a Great Time to Sell, Says Nina Sable



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**Business
spotlight**

BY CHRISTIE VOGT
CONTRIBUTING WRITER

Mums are in bloom, leaves are changing, pumpkins are on the front stoop — now is an excellent time of year to sell your home, says real estate agent Nina Sable. “Fall is a great season to have your house on the market because it’s easy to create curb appeal through things like landscaping and harvest decor. You can also stage your home with fall accents, and the nice weather means people are

still out and about shopping for homes,” Sable says. “This is a really good time to capture buyers.”

Sable says we’re still in a seller’s market, and home inventory continues to be low. But, she cautions, “just because there’s low inventory doesn’t mean everyone’s home is going to sell over-asking. There’s a myth that all homes are going over-asking, and that’s not actually true.” Nevertheless, if sellers want to maximize and streamline their home-selling experience, Sable says she is the person to call, regardless of their situation.

“I’ve worked with a lot of different types of real estate

and haven’t limited myself to one area or one type of home to sell,” Sable explains. “I know how to sell multiple types of properties — single family, mobile homes, multi-family, condos, unique homes, old homes; you name it. I’ve sold hundreds of houses at this point and aim to keep that momentum going.”

Real estate has always been a part of her life, Sable says. Her father was a real estate developer and her grandfather was a multifamily housing investor. Sable got into real estate herself in 2015 after transitioning out of the senior services industry where she helped people find nursing homes and get better care while in such facilities.

Given this experience in senior services, one of Sable’s real estate specialties is working with families in crisis. “A typical family I might work with is someone who is older, has health complications and who needs home care or dif-

ferent types of assistance in the house,” Sable explains. “I’m good at working with partners that help in that capacity, as well as packing up, preparing and selling the house.”

“With families in crisis, it’s often the case that a house has gotten ahead of them in terms of maintenance,” Sable elaborates. “I’m equipped to spend more time with them and help them figure out referrals that they’ll need, get them to the next step, and get them out of the house in a hurry without having to take the steps to fix it up first. I’m good at making sure the process doesn’t affect them.”

When working with all types of sellers, Sable says her approach is characterized by patience and attention. “I’m careful to go at their pace and listen to what they’re trying to achieve,” she says. “I work with them, I don’t push them, and their timelines are respected and met.”

Sable’s ability to build trust

and relationships with clients has been an advantage in this industry, she says. “Being a real estate agent is a very good job if you like to work with people. You get to learn about them in a way that’s so personal,” she says. “When the transaction is over, you actually miss them because you ended up spending so much time getting to know them. Likewise, I tell people that choosing a realtor you like is a really important piece because you may be working with them for quite some time.”

Whether you’re considering selling now, later in the year or in 2024, Sable says it’s not too early to get in touch. For more information, contact Nina Sable at 508-733-8935, nina.sable@raveis.com or visit www.sellwithsable.realtor.

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Affordable Junk Removal specializes in house and estate

Business spotlight

cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

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Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

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Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous

call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emer-

gencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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LANDSCAPE INSIGHTS

Summer has come to an end and fall is officially here. When is the best time to install new plantings? In the spring or fall? There is no simple answer, but by evaluating your needs you can make an educated decision based on several factors.

Where and why-

You're looking through your favorite gardening magazine and you come across a plant you are not familiar with. It seems like it would be the perfect fit for an open space you are looking to fill in. When we are looking at what to install in our garden we often focus on color and texture. While those are key factors, there are other things we need to consider as well. One of the most important factors is the hardiness zone (Natick MA. 6a and 6b) (Ashland 6a) and why selecting a plant from your zone is so important as well as other characteristics to keep an eye out for. Before choosing a plant, you must consider wind, soil condition, sunlight, drainage, soil PH, and nutrient availability. It is also important to factor in what size space you want the plant to fill, maintenance needs, pest resistance and functionality. If you want a perennial, shrub, or tree to survive, it must tolerate year-round conditions in your area. Plants with no sig-

nificant pest problems, drought tolerance, and beauty in at least two seasons are top of the list.

How-

Once you have selected a plant, it is important to install it properly. Improper planting, particularly planted too low, or too high are found to be major causes of tree mortality in managed landscapes. When planting the hole for the new plant it should be 2-3 times the size of the root ball and the root ball itself should be installed on undisturbed ground. While backfilling with native soil, the plant should be watered when halfway through, the water should be allowed to drain and rewater when backfilling is complete. In some situations, you will want to mix in some peat moss or compost. Once the plant is installed it is important to keep a proper watering regimen based on existing weather conditions.

When-

Planting broadleaf evergreen shrubs in the fall might be bet-

ter avoided until spring planting is possible. Mostly because they need more time to prepare for winter sun and strong winds. The stress of these elements can be extremely hard on the plants. When planting evergreens, you want to make sure they are installed by mid-October, ideally six weeks before the ground freezes, and you want to be careful not to disturb the root ball to give your new planting the best chance to survive. Deciduous plants on the other hand can be installed if the ground is workable. Warm air in the fall and damp soil conditions promote vigorous root growth. Select trees and bushes

are considered a fall dig hazard and should only be installed in the spring.

Information provided by Chris Hopkins, Greenleaf Landscaping LLC — experts at fall lawn care. And for more information on any of these topics, contact Greenleaf today. Talk to Greenleaf today: 774-421-9570.

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On the back of your pumpkin write your name, whether you are entering in the Adult or Kid category, the "Title" of your pumpkin, and your email. Please also

include a candle.

Jack O'Lanterns will be on display outdoors from 5:30 to 6:30, with pick up and awards right after that.

You take back your masterpiece to use on Halloween! Questions/RSVP to info@theeliotchurch.org (please DO RSVP so we can send any updates).

Natick Art Association Hosting Open Studios Oct. 21 And 22

The Natick Art Association is delighted to once again sponsor their annual Open Studios event the weekend of Oct. 21 & 22.

From 11 am to 5 pm in several locations throughout the town, there will be over 40 artists displaying and explaining their creativity and processes.

Details can be found at natick-artistsassociation.org.

A new group location for the event will be the ballroom in the Masonic Building at 20 Main St. There is an elevator so please come, enjoy the art and the historic architecture.

Other group locations include The Morse Institute Library, 3 Adams, 43 Main, 75 Middlesex and 3 Malden. Several artists will be showing in their home studios. Directions to their locations will be on the website. Please note the library will open at 1 on Sunday.



This event is free and an opportunity to enjoy the talent of the artists in our community.

Many of our local artists' work can also be seen at The Morse Institute Library in the main gallery and the Lebowitz Hall throughout October.

Natick Health Department Events

Prescription Drug Take Back Day

On Oct. 28, Natick is collecting expired/unused medications as part of the National Prescription Drug Take Back

Day that happens twice per year.

Natick Flu Clinics

There are a few dates in October when Natick is hosting free community flu clinics.

Your Money, Your Independence

Update: Changes to 2024 Catch Up 401(k) Contributions

Since 2019, Congress continues to place a growing number changes as well as restrictions on Americans' retirement planning.

Passed in December 2022, Secure Act 2.0, which stands for "Setting Every Community Up for Retirement Enhancement," was designed to further improve retirement-saving opportunities.

One would believe expanding personal choices would be an enhancement.

Think again.



Glenn Brown, CFP

Planned changes for 2024.

For Secure Act 2.0, when lawmakers drafted changes to 401k catch-up provisions (currently \$7,500 additional to 401k plans by those over age 50) they "mistakenly" left out specific language. As a result, under their original Section 603, no participant could make catch-up contributions whether on a pre-tax or Roth basis starting in 2024.

This was a big problem.

Congressional leaders said this was not the intended outcome, but instead to broaden the amount of employers offering a Roth option in their 401k plans. Interesting, cause simply mandating a Roth option in 401k plans does this and provides more

choice for everyone.

Instead, Congress determined it was best to require individuals who earned more than \$145,000 in FICA wages the previous tax year to make all catch-up contributions on a Roth basis only. Meaning, it eliminated the choice of taking upfront tax break on catch-up contributions for "higher earners" by only allowing these deposits in after-tax Roth accounts.

With this as the only catch-up option available, lawmakers know this pressures employers to update both retirement plans to allow the Roth option AND align payroll service capabilities with

retirement plans to identify those who earned more than \$145,000 in FICA wages the previous year.

The cynic in me asks:

- Why is this link being established?
- What's in future laws given these new aligned capabilities?
- When did \$145,000 become the new \$400,000 for "high earners"?

It gets complicated.

Beyond employers, plan administrators and plan/payroll service providers having to update capabilities at additional costs, there are several unanswered questions on how to execute.

For example, what's in place to allow an employer to verify a new employee's FICA wages made the previous year at a former employer? Or what of those who don't have FICA wages and are omitted from the new law, like state and local government employees or partners at a law firm? Ironic or mistakenly omitted?

This led to over 200 entities made up of Fortune 500 companies, firms, and public employers, plus the American Retirement Association and plan administrators including Schwab, Vanguard, and Fidelity to ask Congress for a two-year delay to the Roth catch-up rule to 2026.

IRS delays changes until 2026.

On August 25, 2023, the IRS released Notice 2023-62 which pushed enactment of Section 603 out to January 1, 2026.

Thus, it is business as usual for 2024 and 2025, while stakeholders work behind the scenes to get compliant. It also gives time for revised Congressional legislation.

Your next steps.

If over age 50, you can continue making catch-up contributions to 401k plans based upon your personal choice of what's best for you now and later in retirement, regardless of income.

Now, don't get me wrong, the Roth 401k selection can have tremendous benefits.

Furthermore, I've actively illustrated to clients the potential benefits and drawbacks to switching to the Roth 401k option. But in the end, it should be about choice for the individual to do what is best for them in planning for their retirement.

If you don't know which choice is right for you, talk to your Certified Financial Planner.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Bacon Free Library in October 2023

Library Hours

Monday through Friday, 9:30-5:30 with extended hours on Tuesday until 7:00pm

Saturdays 9:30-1:30

Curbside pickup is available during all open hours

Check our website for the most up-to-date information and to register for programs: <https://baconfreelibrary.org>

Children's Programs

Outside Story Times (if rainy or less than 55 degrees, we move inside): Every Monday and Tuesday @ 10 am: We'll feature a combination of stories for listening and songs for singing & dancing.

Openings at Bridge 12 Technologies, Inc (Natick, MA):

Mechanical Engineer (Ref#00040194): Plan & design tools, machines & other mechan'ly func-tioning equip. for M/W & THz generators, particle accelerators & other sci. instrumen. Min reqs: Masters in Mech. Eng'g, Mechatronics Eng'g, Indus. Eng'g or rel. fld. +add'l reqs.

Mechanical Engineer (Ref#00040195): Develop M/W & THz generators, particle accelerators & other sci. instrumen. Min reqs: Masters or foreign equiv in Mech Eng'g, Physics, Aerospace Eng'g or rel. fld. +add'l reqs.

Hardware Engineer (Ref#00040196): Develop control syss. for M/W & THz generators & parti-cle accelerators. Min req: Masters in Electrical Eng'g or rel. fld. +add'l reqs.

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Wednesdays @ 10am -- Baby Time (indoors): Join us for a cozy story time filled with lap bounces, rhymes, songs, and simple stories. Geared toward infants and young toddlers with their grownups.

Dog Tales Story Time -- Monday, Oct 2nd @ 10am. Join us for dog-approved stories and a chance to pet a calm, sweet, and soft therapy dog. (outdoors, weather permitting)

Jammin with You -- Fridays, Oct 6th & 20th @ 10:30am: Be prepared to laugh, dance, sing, and jam your way through 30 minutes of non-stop family fun! This performance is geared for kids ages 1 - 7, but fun for the whole family. With modern takes on children's classics and classic original tunes, you'll be humming and bopping your way all the way home. (outdoors, weather permitting)

Read to a Dog -- Saturday, October 7th, 10-11:15am: Kids build confidence and practice reading skills by reading out loud to a registered therapy dog! Children ages 5 and up can

sign up for a 15-minute reading session with Sophie, a gentle golden retriever who loves belly rubs, stories, and cuddles. Registration is required.

Puppet Story Time -- Friday, October 13th @ 10:30am: Through Me To You Puppetry invites you to join Newton and the gang for some story time fun! Newton and his puppet friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say hi to Newton and even play with some of the puppets during a hands-on free play session. (outdoors, weather permitting)

Local Author Event and Kids' Poetry Workshop -- Saturday, October 21st @ 10:30am:

All are welcome to attend a reading by local author and educator Marcie Schwartz of her new picture book, *When Someone Deeply Listens to You*. The book includes poems by several local children, who will also participate in the reading! Books will be available for purchase at the event. After

the reading, kids in grades K-3 are invited to stay for a free poetry workshop with the author. Please register on the BFL website if you plan to attend the workshop.

Hands on Nature: Nature's Real Vampires -- Monday, October 23rd @4pm: Just in time for Halloween, come learn about bats and other real-life spooky creatures, then make a fun craft to bring home. This program is presented by Hands on Nature and is recommended for ages 4 and up. Please register on the BFL website.

Preschool Pumpkin Party -- Friday, October 27th @ 10:30am: Join us for some messy fall fun! We'll have a variety of craft stations, sensory bins, and fine motor activities, all involving pumpkins. Recommended for ages 1-5 with a caregiver. Wear clothes and shoes that can get messy! This program will be outdoors, weather permitting. Due to limited supplies, registration is required and opens one month before the event. Please register for each child attending.

All Ages Programs

Featured art display: Barbara Levine's painting collection titled "Here and There" will be on display at the BFL from September 6th through October 18th.

Statewide Read-In -- Tues, Oct 3rd, 3-6pm: Libraries across the state are celebrating the freedom to read with a Statewide Read-In. Come together on the BFL lawn and read anything you want! All ages - kids and adults - are welcome. Stop by anytime between 3:00 and 6:00pm and enjoy apple cider and doughnuts while you read. This program will take place outdoors, weather permitting. Bring a blanket or chair for sitting on the grass.

Adult Programs

(Virtual) Mass Audubon's The Nature of Fall, with Patti Steinman -- Weds, October 4th @ 7pm:

This program will introduce the seasonal dynamics of the nature of Massachusetts in fall, including the plants and animals that experience it. You'll also leave with ideas and suggestions for observing, appreciat-

ing, and supporting nature near home. This program will be held over Zoom. Please register at the BFL website to receive the program link.

Learn to Play the Ukulele, for Adults -- Tues, October 17th @ 5:30pm: Did you ever want to learn to play the ukulele? The Bacon Free Library is partnering with Bach to Rock in Wellesley to bring you this free program. B2R will teach you the basics of playing the ukulele. This program is geared towards ages 14+. Ukuleles will be provided, but feel free to bring your own if you have one. Class size limited to 10. Please register at the BFL website.

Adult Book & Film Clubs - registration required for all clubs

<https://baconfreelibrary.org/clubs-programs/>

Mystery Book Club - first Thursday of the month @ 1pm on Zoom

Oct 5th: Vera Wong's *Unsolicited Advice for Murderers* by Jesse Q. Sutanto

History Book Club - second Thursday of the month @ 11am on Zoom

Oct 12th: *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz

Environmental Book Club -- second Tuesday of the month @ 7pm on Zoom & in person at the library

Oct 17th: *The Dawn of Everything: a new history of humanity* by David Graeber and David Wengrow

Tuesday Night Book Club - fourth Tuesday of the month @ 6:30pm, both Zoom & in person

Oct 24th: check the BFL website for the book of the month and to register.

Nonfiction Book Club - fourth Saturday of the month @ 10am, on Zoom & in person at the library

Oct 28th: *White Hot Hate: a true story of domestic terrorism in America's heartland* by Dick Lehr

Cinephile Mondays -- last Monday of the month @ 4pm on Zoom; watch and discuss films. Check the BFL website for the film of the month and to register.

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Mary Ann Morse Healthcare Center Opens New On-Site Dialysis Suite for Residents

Mary Ann Morse Healthcare Center is pleased to announce a new partnership with Fresenius Kidney Care, a leading provider of kidney care support and dialysis services to provide on-site dialysis care to residents at Mary Ann Morse Healthcare Center in Natick, MA. The new on-site dialysis service opened on Monday, September 11, and can accommodate multiple patients.

The first-of-its-kind service at Mary Ann Morse Healthcare Center allows short-and long-term residents living with kidney failure to receive home dialysis treatments on-site at the nursing community's dedicated treatment area, called a dialysis suite. On-site dialysis treatments allow residents to have more control over their schedules, reduce unnecessary hospitalizations and emergency room visits, and improve patient care coordination between the skilled nursing center staff and dialysis care team. Residents can receive all necessary treatments on-site at the nursing facility, rather than being transported to another facility multiple days a week for dialysis treatments, reducing travel time and costs.

"The opportunity for patients to receive dialysis treatments at our facility on the same days as their other therapies (physical, occupational or speech therapies) can be a life-changing experience," says Katie Celeste, Executive Director of Mary Ann Morse Healthcare Center. "It's less stressful and more efficient, leading to shorter recovery times and more freedom to participate in quality-of-life events. It also helps to decrease their community exposure to potential illness."

Lisa Kubiak, President & CEO of Mary Ann Morse Healthcare Corp., expressed her excitement, saying, "The introduction of the dialysis suite at Mary Ann Morse Healthcare Center represents our unwavering commitment to enhancing the quality of care and convenience for our residents, ensuring they receive the best possible, coordinated healthcare services right within our Center."

Acting as home hemodialysis care partners, Fresenius Kidney Care provides the staffing, equipment, supplies, and



support for residents to receive staff-assisted home dialysis treatments. Staffing support includes a registered nurse and dialysis technicians to help deliver on-site treatments using NxStage home hemodialysis equipment. The on-site care team from Fresenius Kidney Care works with staff at Mary Ann Morse Healthcare Center to help residents coordinate with various health care professionals, including a social worker, dietitian, nephrologist, and medical director to manage a patient's care.

Upon discharge from Mary Ann Morse Healthcare Center, patients may return to their previous off-site dialysis center or continue home dialysis, in accordance with their treatment preferences and physicians' guidance.

"Many residents of skilled nursing facilities have different care requirements than other dialysis patients. We are excited for the opportunity to bring state-of-the-art equipment and the highest quality care directly to dialysis patients where they live, in the nursing facility," says Kristen Bailey, Home Therapies Clinical Manager, Fresenius Kidney Care. "We believe residents at Mary Ann Morse Healthcare Center will have a better quality of life with this new treatment option, which is part of our commitment to providing comprehensive care to people living with kidney disease so that they can lead fuller lives."

To learn more about Mary Ann Morse Healthcare Center and our onsite dialysis care services, please contact us at 508-433-4404. To learn more about how Fresenius Kidney Care can support dialysis within a Skilled Nursing Facility, visit <https://fmcna.com/snf/>.

About Mary Ann Morse Healthcare Center

Mary Ann Morse Healthcare Center has proudly served as a trusted provider of exceptional and affordable healthcare



OPENING DAY CELEBRATION: Mary Ann Morse Healthcare Center in Natick, MA, proudly marked the inauguration of its state-of-the-art on-site dialysis suite, established in collaboration with Fresenius Kidney Care. Lending a helping hand in the ribbon-cutting ceremony are, from L – R, Dr. Michael Gottlieb, Mary Ann Morse Healthcare Corp. Board Member and retired Chief Medical Officer, MetroWest Medical Center at Vanguard Healthcare; Kristen Bailey, Home Therapies Clinical Manager, Fresenius Kidney Care; Lisa Kubiak, President & CEO, Mary Ann Morse Healthcare Corp.; Katie Celeste, Executive Director, Mary Ann Morse Healthcare Center, and Patience Osei-Waree, RN.

for over three decades in the MetroWest region. Our dedicated community offers a comprehensive range of services, including short-term inpatient and outpatient rehabilitation services, encompassing physical therapy, occupational therapy, speech therapy, respiratory therapy, and LSVT BIG® Parkinson's Therapy. The Center also provides inpatient psychiatry services working closely with the therapy team for comprehensive rehabilitation and pain management. In addition to these services, the Center offers long-term skilled nursing care with a special focus on memory care, as well as interim and respite care. Mary Ann Morse Healthcare Center is part of the nonprofit Mary Ann Morse Healthcare Corporation continuum of care, which includes Mary Ann Morse at Heritage, providing traditional, mental health, and memory care assisted living, and Mary Ann Morse Home Care, offering skilled nursing and personal in-home care across 19 MetroWest communities. At Mary Ann Morse Healthcare, we are committed to helping seniors live their best lives and embrace healthy aging, regardless of their stage in life's journey.

About Fresenius Kidney Care

Fresenius Kidney Care, a division of Fresenius Medical Care North America (FMCNA), provides kidney care support and dialysis services to more than 200,000 people with kidney disease every year whether in their own homes or at more than 2,600 facilities nationwide. Fresenius Kidney Care's

dedicated teams help address the physical and emotional aspects of kidney disease through personalized care, education, and lifestyle support services. For more information about Fresenius Kidney Care, visit www.FreseniusKidneyCare.com.

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Sports

Fleming's Goals Are Lofty For NHS Cross-country Team

Senior Runner A Captain in 3 Sports

BY KEN HAMWEY
STAFF SPORTS WRITER

Sean Fleming is a dynamic ambassador for Natick High because he checks lots of boxes.

The 17-year-old senior is a three-sport athlete (cross-country, basketball and track) and he's a captain in all three. A leader in athletics who relies on a team-first approach, he also demonstrates versatility in the classroom. Fleming is a National Honor Society student who's considering Villanova, Boston College, Holy Cross and Providence College as a future academic venue where he plans on majoring in either economics or communications.

A native of Natick, the 5-foot-9, 138-pound Fleming also is quick to deflect praise. The Redhawks' cross-country team is talented, has depth, and experience. And, it's Fleming who credits the squad's moderate success to the other captains — Jacob Tobin, Nick Bianchi, Brady Miller, Sebastian Vickers-Richard, Steven D'Alessandro, and Brian Authur.

"They are all encouraging and motivating every day and that pushes everyone on the team to get better every day," Fleming said.

Fleming, who started running at nine years old, has set three team goals that he believes can be achieved.

"We can win the state title," Fleming said. "I'd also like to see us finish in the top two of the Northeast Regional Meet, and

winning the Bay State Conference meet is also realistic. Our team constantly strives to develop a strong work ethic."

Running the mile and two-mile events in outdoor track, Fleming has become a top-notch cross-country competitor. Now in his fourth varsity season, he possesses some key assets to handle distance running.

"I rely on endurance, mental toughness, a high running IQ and hard work," Fleming offered. "Running lots of miles while training builds endurance. Mental toughness helps one to become resilient, and a good running IQ helps me to know when to relax and when to kick. And, a relentless work ethic leads to success."

Fleming's best meet so far was the BSC championship meet last year. He finished 19th in a time of 16:32 and Natick finished third after compiling a 6-3 league record.

"What made it special was finishing 19th after recovering from surgery in the six weeks leading up to the meet," he said. "I had a bone fragment removed from my femur (thigh). The result was a confidence-booster; it built up my mental toughness and it motivated me. My personal goals this year are to break 15:45 and to finish in the top 10 at the All-State meet"

"Sean is ferocious when it comes to finishing a race," said Natick coach Matt Miller. "There are very few athletes who are as

competitive as he is when he's in a tight race with a lot on the line. He can really extend himself beyond previous limits. He's primed to be in our top five of a very strong team. His strength and commitment are such that he could be anywhere from our No. 1 runner to No. 5. Ultimately, he's going to help us tremendously in our quest for a state championship. And, he's willing to do what-

Wellesley and Braintree was a personal best," Fleming said. "I cut 20 seconds off what was my best (16:32). Our 2-2 record is a good start because Brookline and Wellesley are ranked in the top 10 in the state. Our loss to Wellesley was by only two points and we didn't have one of our top runners available."

Last year, at the Northeast Regional in New York, Fleming was



Above, Sean Fleming is the starting point guard for the NHS basketball team.

Left, Fleming is a top-notch cross-country competitor, relying on endurance, mental toughness, a high running IQ and hard work.

ever it takes to lead the team and set a great example.

At Local Town Pages deadline, Natick had a 2-2 record after a pair of tri-meets. The Redhawks defeated Milton and Braintree and lost to Brookline and Wellesley. Fleming was Natick's No. 3 runner in the meet against Brookline and Milton, but against Wellesley and Braintree, he was Natick's No. 1 runner and third overall for the meet.

"My time of 16:12 against

Natick's No. 3 runner, helping the Redhawks to a 12th-place finish.

"I enjoy cross-country because it's a team sport with an individual focus," Fleming emphasized. "We all train together but when a race begins, it's every man for himself. Runners who place score points that increase the team's total. Some meets offer bigger challenges and that builds mental toughness. And, a runner has to trust the process — which involves practice where improvement and technical adjustments occur."

Fleming has fared well in outdoor track, too, running his best two-mile in 9:46.25 as a junior in the Division 2 All-State meet.

"That was my best meet," he noted. "And that's my best time. I was relaxed and that meet provided confidence."

At the New Balance National Meet at the University of Pennsylvania last spring, Natick's 4 x one mile relay team set a school record in a time of 18:28.24. Fleming ran a 4:29 mile.

The starter at point guard in basketball, Fleming helped the Redhawks go 14-6 last year before bowing to Waltham in the tourney. An excellent passer who sees the court well, he makes his teammates better.

"My best game last year came

FLEMING
continued on page 2

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Natick Community-Senior Center Events

Walking Group - In Person - Wellesley College with Natick Community Senior Center, call to register 508-647-6540.

Tuesday, 9:30-10:30 am, free-Drop-In

October 3, 10, 17, 24, 31

Meet us for our weekly walk around Wellesley College. Meet at the Sports Center visitor parking lot off Central St. This casual walk is a great way to start the day, meet new people, get outside and move! Please wear sneakers/walking shoes, and any other outdoor stuff you need. Goes rain or shine. Meet in the FIRST parking lot after the entry on the left after the hill/next to the soccer fields, 900 Washington St. Goes rain or shine. Questions- skirby@natickma.org, 508-647-6540 X1907

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at 508-647-6540 x1908 between 9:00 am-4:00 pm on Monday-Thursday and 9:00 am-2:00 pm on Friday.

Tower Hill Botanic Gardens 11 French Drive, Boylston Open year-round, 7 days a week, 10:00 am-5:00 pm

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The pass may be reserved in person or by phone 508-647-6540 and can be picked up at the Center or emailed to you. Thank you to Whitney Place for sponsoring this program.

Mindfulness Meditation-Zoom & In Person: Every Thursday with Sharon 2:00-2:40 pm. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

Mondays At A Museum-October: Monday 3-4pm, free, with Natick Community Se-

nior Center, call to register 508-647-6540.

Join us as we visit museums all over the world and view artwork with commentary by artists, curators and more.

October 2- NO Mondays at a Museum

October 9- Indigenous People's Day- COA CLOSED

October 16-MFA Native American Art

October 23-Constable, Velazquez at the Frick

October 30- Funerary Practices in Egypt

Meetup At The McMullen Museum At Boston College

Monday, October 16, 10:00am, free, with Natick Community Senior Center, call to register 508-647-6540.

Meet at 2101 Commonwealth Ave, the McMullen Museum on the campus of Boston College for a docent-led tour of their collec-

tion. The McMullen Museum's permanent collection spans the history of art from Europe, Asia, Africa, and the Americas in many media. A special exhibit, Gateway to Himalayan Art will be on display. Parking lot and street parking available.

Climate Preparedness- In Person

Tuesday, October 17, 1:00-2:00pm, free, at Natick Community Senior Center, call to register 508-647-6540.

The Metropolitan Area Planning Council (MAPC) will share resources about climate preparedness that were developed by residents of the Town of Natick, and the City of Framingham in summer of 2023. These resources include steps that residents should consider taking to prepare for climate emergencies, such as extreme heat and severe storms.

Understanding Medicare- In Person

Tuesday, October 17, 6:30-7:30 pm, free,

If you are close to age 65 or already on Medicare, this class is for you! Learn how Medicare works and the choices available. Dan Williams from The Dover Group, will cover: looking at how parts A, B, C and D are integrated; Medicare Advantage; pros and cons of HMOs, PPOs and Medigap plans; taking Medicare if you're still employed; avoiding late sign up penalties and long-term care expenses.

Internet Research For Genealogy - Zoom

Wednesday, October 18, 1:30-2:30 pm, free, call to register 508-647-6540

Join genealogist, Seema Ken-

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FLEMING

continued from page 12

against Brookline," he recalled. "I scored only six points but I had 13 assists. It was fun getting all those assists. I started the game with a turnover but didn't commit another one the rest of the way."

His basketball coach, Mike Masto, is impressed with his versatility.

"Sean is a relentless worker," said Masto. "He's always willing to learn and isn't afraid to fail. He's such an impressive young man. During the summer, he volunteered countless hours to both the boys and girls youth basketball programs. Sean averaged 4 points, 4 assists and 5 rebounds a game for us last year. He has great court vision and selflessness, and he puts his teammates in a great position to score."

To be selected a captain in three sports isn't a unique situation but it sure is special. Fleming calls it his top thrill in sports.

"I'm honored because it shows respect," he said. "Teammates vote and the coaches approve the choices. I'll lead by example and by being communicative, vocal and supportive. I enjoy a leadership role because it's all about influencing the team in a positive way."

Fleming also admires the way Miller directs both the

cross-country and the outdoor track teams. "He's a great motivator, who's super dedicated to the team," Fleming said. "He knows both sports and we trust his judgment."

Calling his parents (Jack and Kathleen) role models for their support and encouragement, Fleming relies on an athletic philosophy that focuses on winning,

reaching one's potential and having fun. "When you win, you create fun," he said.

Fleming says that sports go a long way in helping to learn valuable life lessons. "I've learned how to overcome adversity, how to lead, and how to communicate," he offered. "Sports also push competitors to be goal-oriented."

Sports, especially running, has been a way of life for the Fleming family. Jack, who ran track and cross-country at Boston College, is the CEO of the Boston Athletic Association. Kathleen, who competed in track and cross-country at Villanova, ran the 1500-meter event for New Balance, Nike and Reebok. Fleming's sister, Caroline, is running track and

cross-country at Boston College, and his brother, Patrick, plays soccer at Villanova.

Cross-country, track and basketball seem to suit Sean Fleming. A captain in all three sports, there's little doubt that his leadership ability will be a great asset in his future whether it's in athletics, the classroom or the workplace.



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SENIOR CENTER

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ney to explore search techniques that should make finding any type of information on the Internet easier. Both subscription and free sites will be discussed. Handout and lists of sites will be available.

Sarah Gardner Jazz Trio-In Person: Monday, October 23, 1:30-2:30pm, free

A Halloween surprise! Join vocalist, Sarah Gardner and her trio playing favorite jazz standards including I Put a Spell on You, The House is Haunted, Jeepers Creepers, Moon Ray and more. Halloween theme refreshments will be served - apple cider, Halloween decorated cookies, pumpkin muffins. Thank you to our sponsor Whitney Place, Assisted Living Residences, Natick.

Day Trip- Salem Cross Inn & Quabbin Reservoir

Tuesday, October 24, \$125 pp due upon registration, 9:00 am departure from Fisk Methodist Church, 107 Walnut St, Natick, return approximately 4:30 pm.

Join us today for a lovely fall day trip to rural Central Massachusetts. The highlight of our day will be a lovely luncheon at

the Salem Cross Inn. The Salem Cross Inn is a National Historic Landmark, and is still owned and operated by descendants of Peregrine White, born on the Mayflower. Built in 1705, the structure features extensive antique furnishings. Choose your entrée at registration: Classic Yankee Pot Roast with Pan Gravy or Old Fashioned Chicken Pie. We will have a guided tour of the Quabbin Reservoir, an amazing "accidental wilderness" with an equally amazing history when its creation caused four towns to be "drowned." The great city of Boston and 45 surrounding towns gets its water supply from the Quabbin. A visit to Breezlands Orchards is also included and a bag of apples given to you!

Registration deadline is Monday, October 16.

Please note: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Questions? Please call Sharon at Natick CSC 508-647-6540 X1907, skirby@natickma.org

Culturally Curious-Shaken: Art That Rocked The World- Zoom

Wednesday, October 25, 1:30-2:30pm, free, call to register 508-

647-6540

The history of art is felled with stories of paintings and sculptures that ruffled feathers and riled audiences. Sometimes artists intended to make a splash and sometimes they unintentionally fell into controversy. This program considers some of the biggest scandals in the art world in terms of dubious reception and includes works such as Donatello's David, Manet's Luncheon on the Grass and Sargent's famous Madame X.

Creatures Of The Night-In Person And Zoom

Thursday, October 26, 1:00-2:00pm, free, call to register 508-647-6540

Join Joy Marzolf from The Joys of Nature. From bats to fireflies, frogs and more, learn about the animals that come out in our neighborhoods at night. Many of these animals include important predators, such as bats, frogs and owls, and help us unseen under the cover of darkness. Some of these animals, such as fireflies, are also under threat. Learn what you can do to help these amazing creatures of the night! Thank you to Whitney Place for sponsoring this program.

Cocotree Has Helped Almost 15,000 Children In Massachusetts In Two Years

Volunteers, including Laura Hahn (Center), Director of Communications and Events for Cocotree Kids worked a booth at Natick Days which took place on Saturday, Sept. 8.



Catherine Maloy (right) Founder and Executive Director of Cocotree Kids.



Cocotree Kids is a Natick-based registered 501(c)(3) non-profit organization, that provides

new underwear to at-risk youth. Last month, they announced that they surpassed distribution of 100,000 pairs of underwear to 14,280 children in Massachusetts since they started in May 2021.

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Farmers Market Continues Through Winter

The Natick Farmers Market is 25 years old and has grown from six vendors to over 50, not including crafters and musicians.

For more than 10 years, it has been year-round with three pro-

duce vendors, sauces, meats, fish, baked goods, and much more.

On Nov. 4, the market will move into the Common Street Spiritual Center, on 2 floors and in the back parking lot in order

to continue providing healthy and delicious products.

Each week, at www.natick-farmersmarket.org, there will be a listing of vendors scheduled for that week so you can plan your

shopping list. We are very grateful to the many generous musicians who play each week to add to your enjoyment.

The market is sponsored by the Natick Center Cultural District. Gift

certificates are available for your holiday gift shopping

Real Estate Corner

Recent Home Sales

Date	Natick	Amount
09/15/2023	68 Harwood Road	\$765,000
09/15/2023	5 Allen Street	\$1.12 mil
09/15/2023	3 Wayside Road	\$1.33 mil
09/12/2023	26 Sherwood Road	\$1.18 mil
09/12/2023	27 Fern Street	\$680,000
09/08/2023	74 Hartford Street	\$660,000
09/01/2023	38 Curtis Road	\$1.58 mil
09/31/2023	12 Oak Knoll Road	\$833,000
09/31/2023	33 Fox Hill Drive	\$1.15 mil
08/31/2023	11 Chestnut Street	\$795,000
08/31/2023	5 Carlisle Terrace	\$1.20 mil
08/31/2023	10 Nouvelle Way #T724	\$621,000
08/30/2023	11 Morgan Drive #304	\$750,000
08/28/2023	20 Garden Road	\$581,000
08/25/2023	5 Stanley Street	\$655,000
08/24/2023	18 Moore Street	\$1.04 mil
08/24/2023	1 Fairs Lane	\$1.90 mil
08/23/2023	19 Village Hill Lane #5	\$385,000
08/23/2023	260 Eliot Street	\$1.15 mil
08/22/2023	17 Walden Drive #8	\$442,182
08/22/2023	228 Pond Street	\$469,000

Source: www.zillow.com / Compiled by Local Town Pages



The 4-bed, 4-bath 2,507 sf house at 5 Allen Street in Natick recently sold for \$1.12 million. Image credit: www.zillow.com

Looking to advertise in our Real Estate Corner?
 Contact **Susanne Odell Farber** at 508-954-8148 or by email at sue@sodellconsult.com

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78 WEST CENTRAL, NATICK - FOR SALE

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67 BEVERLY ROAD, NATICK UNDER CONTRACT

7 PLEASANT VIEW ROAD, NATICK UNDER CONTRACT



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