



'Tis The Season!

PHOTOS BY SEAN SULLIVAN

Natick residents celebrated the holiday season with lights and decorations!



NHS Junior To Represent Team USA at Euro Youth Basketball Cup

BY SEAN SULLIVAN

Shooting hoops in Spain. There are certainly worse ways to kick off the summer break.

That's Elijah Farrell's game plan. The Natick High School Junior has signed on to make the Barcelona trip in June, where

he'll play as part of Team USA in the Euro Youth Basketball Cup.

Farrell's moves on the court are what garnered the attention of the league that recruited him for the tournament and trip. Yet

LIGHTS
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BASKETBALL
continued on page 3

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LIGHTS

continued from page 2




Happy New Year!!

“May it be filled with new adventures and good fortune.”

2024

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BASKETBALL

continued from page 1

one has to first be seen in order to be considered, and that's where his social media game came into play.

The 5-foot, 10-inch-tall point guard has translated and exported his on-court exploits to online platforms, an essential move these days for anyone wanting to showcase skills to a wider world. In the digital world, sharing is caring - if one cares to stand out from the crowd, that is.

Elijah began documenting his basketball diaries digitally a few years ago on Twitter, and has been adding videos and other posts to the site ever since. Among these are well-produced clips complete with soundtracks and slick edits.

Even his email profile picture is on point - an image of him in motion on the parquet. It was this persistent online presence that caught the eye of the group that would recruit him for the overseas tournament.

Elijah's latest online post is a petition of sorts. His family will bear half the cost of the week-long Barcelona trip, which will

come to several thousand dollars. The family and community are seeking donations to help balance the books and make Elijah's basketball trip a reality. Elijah's mother, Marissa, plans to travel with her son on the trip, just about doubling the cost.

"It's a pretty amazing opportunity for any kid in the area," she said.

The family set up an online fundraising campaign on Indiegogo.com, which as of this writing had received pledges of almost half of the \$8000 it will cost the two Farrells to make the trip.

The first leg of that journey will be to travel to NYC, where Elijah will board a plane bound for Spain. It's on that flight that he'll meet his tourney teammates in person for the first time. It's one of the requirements of participating in the program - that all players on each international team fly together to the host country.

The young Farrell took ill last November, an extended bout with sickness that kept him off the court. The infirmity cut into the gains he'd worked those many years for, and also led to a loss in body weight. Yet he quickly

battled back, recuperating and returning to a routine that has basketball situated as the athlete's North Star.

"My son made the most remarkable recovery you've ever seen," said his mother.

Elijah said he couldn't recall a time when basketball ever took a backseat to other pursuits. In addition to playing for the Natick High School basketball team, he has also been on the roster of several regional club teams.

"I never really connected to other sports. It requires all different kinds of skills," mental and athletic. "I always wanted something that's going to push and challenge me."

It's the kind of single-minded focus that can eventually lead one to play in an international tournament, and perhaps beyond. Elijah said he hopes his dedication to the sport and opportunities like this one may open doors to a career on the courts.

It's not unheard of for participants in events like the Barcelona tournament to be offered positions on teams overseas.

"I'd love to go as far as possibly imaginable," he said. "I just want to play basketball as long as possible."

Winter Farmers Market

The Natick farmers market is a year-round market serving the MetroWest community for over 20 years.

There are close to 50 food vendors offering great food, great variety and a welcoming atmosphere.

It is located in the Common

Street Spiritual Center, on two floors, every Saturday until the end of April, moving back to the Natick Common the beginning of May for the next season.

The market is sponsored by the Natick Center Cultural District.

According to safety logs, between Nov. 15 and Dec. 10, the Natick Police Department spent the majority of its time on traffic control, animal control, and motor vehicle stops. In addition, they responded to suspicious activity and alarms, and assisted citizens and other agencies. Check out other entries of note at naticktownnews.com

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Library Hours

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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

Story Time -- Mondays and Tuesdays @ 10 am -- We'll feature a combination of stories for listening and songs for singing & dancing.

Baby Time -- Wednesdays @ 10am -- 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, January 8th

@ 10am -- Join us for dog-approved stories and a chance to pet a calm, sweet, and soft therapy dog.

Jammin with You -- Fridays, January 5th & 26th @ 10:30am -- Be prepared to laugh, dance, sing, and jam your way through 30 minutes of non-stop family fun! Registration is required.

Read to a Dog -- Saturday, January 6th, 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.

All Ages Programs

Featured art display: Ryan Black's art work, representational oil paintings portraying a range of subjects, including atmospheric cityscapes of Boston, will be on display at the BFL until February 7th.

ary 7th.

Slow Stitching -- Tuesday, January 30th @ 5pm -- Slow stitching is a mindful needlework process that focuses on intention and the joy of being in the present moment. Join fabric artist, Helen Bellomo, to learn how to slow stitch. A kit will be provided. This program is open to all ages. Children under 10 must be accompanied by an adult. Registration is required.

Adult Programs

Sourdough Starter Workshop -- Tues, January 9th @ 4:30pm -- Join us for a presentation by Sourdough Brandon on how to make, maintain, and store a sourdough starter. Participants will leave with a piece of Brandon's sourdough starter. Registration is required.

Mass Audubon's The Nature of Winter with Doug Lowry (Virtual) -- Tuesday, January 16th @ 5:30pm -- The nature of Massachusetts is filled with seasonal mysteries waiting to be uncovered. Have you

ever wondered which animal left tracks in the snow? What happens to pond animals under a layer of ice? Or what trees are lining the trails on your winter walks? This virtual program will introduce the seasonal dynamics of nature in winter, and provide ideas and resources for observing, appreciating, and supporting wildlife near home this winter. **This is a virtual program; Register to receive the Zoom link.**

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

Jan 4th: Open Season by C.J. Box

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

Jan 11th: Countdown 1945 by Chris Wallace

Environmental Book Club -- second Tuesday of the month @ 7pm on Zoom

Jan 16th: The Darkness Manifesto: On Light Pollution, Night Ecology, and the Ancient Rhythms That Sustain Life by Johan Eklöf

Nonfiction Book Club -- fourth Saturday of the month @ 10am at the library

Jan 27th: Boom Town: the fantastical saga of Oklahoma City, its chaotic founding, its apocalyptic weather, its purloined basketball team, and the dream of becoming a world-class metropolis by Sam Anderson

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.

Museum Passes

The Bacon Free Library and Morse Institute Library offer passes for free or reduced-admission to 30 local museums. Check one out and plan your next day trip!

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Wanted: Treble Voice Singers

The A Cappella Singers, based in Natick, sings both accompanied and a cappella music.

We welcome prospective new members in all parts (Soprano I and II, Alto I and II) who have

prior choral experience and/or can read music to join us.

We will be holding open rehearsals at Fisk Memorial United Methodist Church, 106 Walnut St., Natick, on Jan. 15, 22 and 29 at 7 p.m.



The A Cappella Singers was formed in 1963 as part of the Natick Newcomer's Club and consists of members from many towns and many walks of life, all with a common love of vocal music. We are a dues-paying, nonprofit organization.

At this time, proof of Covid

vaccinations is required and whether or not to wear masks is reviewed regularly. You can check our FaceBook page or our website - www.theacappellasingers.org; contact us at info@theacappellasingers.org; or call 774-231-1963.



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Nina Sable helps home sellers and buyers close successfully



Nina Sable (right) and team member Claudia Shepherd bring their expertise to sellers and buyers in Natick and Upper Cape Cod.

BY LINDA CHUSS

“2023 was a good year for my clients and my practice,” said Nina Sable, real estate specialist with the William Raveis office in Natick. “It’s because we focus where are strengths are. Selling homes that have deferred maintenance is a specialty. And we’re good at making sure sales agreements are completed by providing extra preparation early on for buyers and sellers. For the new year, we look forward to working with more clients in Natick as well as helping people fulfill their vision of owning on Cape Cod, where I also have a strong background.

“In Natick, there are many owners with mortgages nearly

paid off who are ready to move, but who don’t start the process because the house is distressed and they think they need to fix things up first. It’s a good idea to start working with us now, even if the intention is to move later in the year so we can begin planning together. We can get those houses sold, without the need to spend a lot of time and investment in making improvements.

“Sellers in those situations also appreciate that we can help them move to their next location, by providing services to help organize and pack their things. I have experience with that and I like helping to smooth transitions for people.

“We often show homes to

Sable Homes Metro-West Business spotlight

young families where it’s their first experience in the suburbs. They look in Natick because of its fabulous reputation and the two commuter stations. Typically, these buyers seek houses that need some work because of the price point it affords them. And our contacts include remodeling specialists so we can help buyers find the services they need in this area.”

Sable noted that her practice has successfully navigate some of the issues she’s heard are making the process take longer and or end before completion. “In part it’s because interest rates are higher and have experienced fluctuation,

so buyers have been reluctant to lock in at a rate,” she explained. “Our team has made closings happen despite the uncertainties. We spend the time needed up front to ensure a buyer is fully qualified and seriously interested. On the selling side, we try to establish that everyone involved is on board with the decision, so there isn’t a cancellation at the end of the closing cycle. It can be tricky but our clients benefit from the advice we offer based on our experience.

“We also work with people who started with another agency but couldn’t finish the process with them. We can provide more hand-holding if that’s needed, and people really welcome the way we keep them up to date on the status and the next steps.”

Other ways that Sable’s office serves their clients is by using social media campaigns and creative marketing for homes that need to move more quickly. Another advantage

the team offers comes from the addition of their newest member, Claudia Shepherd. “As a Spanish speaker, Claudia helps us better serve more of the population, and a bigger team means we can just do more.”

Sable also enjoys helping people who want to buy or sell homes on Cape Cod, specifically the Upper Cape region. She spent years vacationing there and eventually purchased a home in the Falmouth area. “The appeal is that within an hour, you can be on vacation without having to find a place to stay. You can go every weekend if you want to. And it’s a good investment because weekly vacation rentals are lucrative. I welcome helping others who want to enjoy those benefits.”

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Community Foundation for MetroWest Announces \$735,000 In Fall Grants

The Community Foundation for MetroWest is proud to recognize and celebrate its 2023 Human Services and Arts & Culture grant partners.

The Foundation has awarded a record \$735,000 in general operating grants to 58 nonprofit organizations this fall. This investment aims to have a significant and positive impact on the MetroWest community and brings the Foundation's total impact in 2023 to over \$3.95 million.

The Foundation is proud to provide support for a range of community needs, partnering with them to help their continued progress and success.

The Foundation has supported a wide variety of programs throughout 2023, including visual and performing arts, emergency relief, hunger relief, environmental initiatives, human services, immigrant services, historic preservation, mental health counseling, and literacy. Since its founding

in 1995, the Foundation has awarded over \$31 million to its partners to help create strong, vibrant communities for the 700,000 residents in the region.

"Our donors' unwavering dedication and support for the past 28 years has allowed us to make a significant impact on the growing needs of our community. This year has been particularly exceptional as we continue to expand our reach as a vital community partner," said Jay Kim, Executive Director of the Community Foundation for MetroWest. "As we award these grants, we are reminded of the stark disparities within our community that urgently require attention. While we are deeply proud of the support we have provided to these impactful partners, it is crucial to acknowledge that many organizations still lack the necessary resources to serve the people who live and work in MetroWest. Through our continued collaboration and support, we remain steadfast in

our commitment to nurturing a vibrant and thriving community across the MetroWest region."

The Foundation reviewed 150 grant applications through its programs this fall, demonstrating the depth of the unmet

Susan Kavooagian, Chair of the Foundation's Distribution Committee and Foundation Trustee. "Year after year, we encounter a wide range of passionate nonprofits and innovative approaches aimed at enhancing

the quality of life for our neighbors. Our goal is to fund to as many of these initiatives as possible, and as we enter 2024, we have an intensified dedication to addressing the challenges facing our region and supporting sustainable solutions."

Political Asylum/Immigrant Representation Project (PAIR) received funds for the first time this year through the Human Services process. Executive Director, Anita Sharma shared the following, "PAIR is honored to be a recipient of this generous community grant and to work as a partner with the Community Foundation for MetroWest to protect the legal rights of immigrants residing in the MetroWest area. The funds will bring strong support to PAIR's legal programs, allowing us to serve asylum seekers in need of free legal assistance and a safe haven."



need in the region. The Foundation, along with many individuals and organizations, recognizes that there are dozens of deserving nonprofits still seeking funding.

"The continued disparity between the needs in MetroWest and the available resources should serve as a call to action for our community to increase its philanthropic commitment in the upcoming year," stated

the quality of life for our neighbors. Our goal is to fund to as many of these initiatives as possible, and as we enter 2024, we have an intensified dedication to addressing the challenges facing our region and supporting sustainable solutions."

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Make Sure You're Set for the Season



Chris Hopkins

1) Yard clean up — allowing leaves and yard waste to sit on lawns and flowerbeds inhibits spring growth and can allow disease to take hold. It's time to get your yard pristine for the dormant season. Plus, with unwanted critters looking for winter nests, you need to keep the leaf piles to a minimum. Store yard furniture under cover or in the garage so your space is clear for snow and ice removal.

2) Tree and shrub pruning — Trees and shrubs represent a big financial investment. Protect that investment with regular maintenance. Broken or damaged branches are an obvious place to start, but trees require pruning every 1-2 years for proper structure and growth. And if your tree is within 10 feet of utility lines or from your house, it absolutely needs to be pruned regularly.

3) Winter lawn care — Yes, lawns are dormant right now, but that doesn't mean they couldn't benefit from some TLC. Keep-

ing your lawn free from leaves and other yard debris discourages disease and pests when the weather starts to warm. And less lawn debris keeps the grass dryer and prevents snow mold build-up. Plus some types of weeds: chickweed, henbit, and shepherd's purse, actually thrive in the cold and begin their germination in early winter.

4) Protect plants & evergreens — Want your evergreens to stay greener all year round? You need to protect them from New England's harsh winds and colder temperatures. If you have flower or vegetable beds protect the topsoil with mulch. Consider tying up small tree branches for extra support against heavy snow loads and covering plants with burlap to protect them from woodland creatures and winter burn.

5) Check all sprinkler systems are winterized — sprinkler heads and irrigation lines can freeze and burst if they aren't winterized.

6) Gutter cleaning and pressure washing — Our homes took a beating this summer. Gutters and siding need regular cleaning to prevent mold and mildew. Plus, freezing winter months can turn debris into ice dams so act now to avoid costly repairs in the future.

7) Celebrate the season — chase away the winter chill with holiday lights and festive garlands. Hanging lights throughout your garden turns bare, leafless trees into magical wonders you can enjoy all

year. Make sure you get help hanging anything on the higher branches.

Information provided by Chris Hopkins, Greenleaf Landscaping LLC — with 30 years' experience building everything from fire pits and pergolas to pools and outdoor kitchen/entertaining space Talk to Greenleaf today: 774-421-9570

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LANDSCAPE INSIGHTS

Recent New England winters have become famous for their temperature fluctuations – but it's still good to have your outdoor space set for whatever Mother Nature brings.

Here are some tips:

Want a spectacular outdoor space for spring — let's plan it now

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Family-run Affordable Junk Removal takes the stress out of cleanups

BY CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"



Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at

Business spotlight

a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Chris-



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

tine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Natick in particular, the Schadlers say they are proud to have many repeat customers and friends in the area. Christine was born in Natick, and Jason grew up next door in Framingham and spent much of his youth in Natick. "We also enjoy bringing our little girls to the mall there," Christine says. "Our 8-year-old calls it 'the best mall in the whole world.'"

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

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Glenn Brown, CFP

Making New Year's resolutions to improve your financial wellness in 2024?

Do they look familiar to last year's?

As Ben Franklin repeatedly said, "If you fail to plan, you are planning to fail".

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

Bad Resolution: *Need to start buying "X" to grow my money.*

Before buying "X", how does

fit into your investment strategy within your financial plan?

Over the last 4 years, crypto, I bonds, meme stocks and cash have had their shiny object moments with investors chasing.

If to start 2023 one moved their investment strategy to cash based on 2022 performance of stocks and bonds, well... past performance is no guarantee of future results.

Yes, interest rates rose, and one could find ~4-5% CD's. Yet, through December 15, 2023 on Year-To Date returns, several equity indices have significantly outpaced, and certain bond indices have done as well or better.

Recall as treasury yields fall in anticipation of Federal Reserve action and/or economic outlook, bond funds and ETFs participate in this inverse relationship - interest rates fall, bond prices rise. When bond prices rise, this increases the value of bond funds/ETFs. Just like in 2022, when rates rose, value of bond funds/ETFs fell.

Better Resolution: *Need to save ___% and take ___ risk with in-*

vestments to reach ___ goal.

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured (less) risks AND invest towards your established goal(s), not performance that occurred the year before or one market benchmark.

Bad Resolution: *Pay down debt.*

Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, depreciation, and impact to your future cash flow ensure all debt is not equal.

Better Resolution: *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% or lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing those rates over time.

An exception, if not at ~40% home equity ownership, can

make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

Bad Resolution: *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

Better Resolution: *How do I retire at 55 or semi-retire in 5 years.*

Now you're analyzing cash flows, balance sheet, contribution rates, investment allocations, taxation, work benefits, college funding, planning for the unexpected and desired lifestyle with expenses in retirement. You'll establish a set of base facts, allowing to then create scenarios, see projections, reverse engineer action steps, and track goals within timelines.

Aggressive timelines create urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

Now ask yourself, are your resolutions the same as last year?

What different actions are you going to take to make a difference?

Know what Einstein said about doing the same thing over and over and expecting different results.

Maybe it's time to socialize your goals, set monthly action items to create fresh start moments and leverage an accountability partner (i.e. Certified Financial Planner) to make your 2024 resolutions happen.

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 Plan-Dynamic, 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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Natick Residents Suzanne Stumpf And Daniel Ryan Win National Music Award

Suzanne Stumpf and Daniel Ryan, residents of Natick for 20 years, have been awarded the 2023 Noah Greenberg Award from the American Musicological Society. The award was presented on November 11 in Denver at the AMS annual conference. Stumpf and Ryan are founding members and Artistic Directors of Musicians of the Old Post Road, a period instrument chamber ensemble. Natick residents may also recognize Stumpf's name from the Natick Art Association; an award-winning ceramic artist, she has been participating in the Natick Artists Open Studios since 2004.

Established to recognize and foster outstanding contributions to historical performance practice, this national music award is named after the late conductor and musicologist Noah Greenberg, who is credited with contributing to the revival of interest in early music. Stumpf's and Ryan's work to bring attention to the little-known and

outstanding chamber music by the German composer Christoph Graupner was the impetus for this year's award. Their meticulous research resulted in premiere performances of some of Graupner's instrumental chamber pieces in the ensemble's Into the Light program in April 2023, and their headlining performance of the same program at Early Music America's first annual Summit, which took place in Boston on October 24.

The pair has already begun producing new publications of the revived works to make them available to other musicians to study and perform. Plans are underway for a CD recording of the repertoire in 2024.

This is the second time that the research and performance work of Stumpf and Ryan have been recognized with the Noah Greenberg Award. In 1998, Musicians of the Old Post Road was selected for the prize for its premiere recording project of Scottish Folk Song

Settings by J. N. Hummel.

Stumpf and Ryan founded Musicians of the Old Post Road in 1989. The period instrument chamber ensemble's mission is to broaden the availability of period instrument chamber performances to diverse audiences and to stimulate audiences with innovative programming. The group's concert series—now in its 35th year—unites historical repertoire with historical instruments in historical buildings along the fabled Boston Post Road. The Artistic Directors always prioritize researching and presenting outstanding repertoire and composers who have been lost to audiences for centuries.

Every season, the group includes regional historic premieres as part of its subscription series, and all of the group's seven commercially-produced CDs include previously unrecorded works. The ensemble's next concerts, a program enti-



tled Blazing Italian Baroque, will be on March 9th at 4 pm (First Parish in Wayland and online) and March 10th at 4 pm (Old South Church in Boston), and will feature Baroque pyrotechnics on full display in concerti and sonatas for flute, strings, and harpsichord.

Musicians of the Old Post Road has also received recognition for its innovative pro-

gramming with awards from Chamber Music America, the Rockefeller Foundation, the National Foundation for the Arts, and the Massachusetts Cultural Council. The group recently received an Engagement Award from Early Music America.

For more information, visit www.oldpostroad.org, email musicians@oldpostroad.org, or call 781-466-6694.

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The pass will be emailed to you. Thank you to Whitney Place for sponsoring this program.

Mindfulness Meditation-Hybrid

Join Sharon every Monday and Thursday, 2:00-2:40pm, free for some quiet meditation sitting and some guided meditation. No meditation the last 2 weeks of February. Call the CSC to register 508-647-6540

Mondays At A Museum-Zoom

Mondays 3:00-4:00pm, free, Call the CSC to register 508-647-6540

Join Sharon as we look at fine art in museums across the

world.

January 8- Manet, Degas, Rembrandt

January 22- Piero della Francesca, Della Robbia, Botticelli

January 29- Art of Islam

February 5- Black Artists - National Gallery of Art

February 12- Matisse, Derain and a love story

February 19, 26 no Mondays at a Museum

The Rise And Fall Of Whitey Bulger- In Person

Tuesday, January 9, 1:00-2:00pm, free, Call the CSC to register 508-647-6540

Join historian Rick Tulipano in this talk. How did a small town thief become the most powerful criminal in a major American city? We'll track the career of James 'Whitey' Bolger, a scion of South Boston who manipulated the government into serving as his ally. Bolger's journey sounds like the plot of a riveting crime novel, packed with bizarre personalities, and ironic twists, but every improbable detail happened in our own backyard.

Meet Up At Legacy Place-

Lunch And A Movie

Wednesday, January 10, Meet at Legacy Place for lunch and a movie at Showcase Cinema, 670 Legacy Place, Dedham, MA, each person will purchase their own movie ticket and lunch.

Movies to be announced closer to the date - senior discount \$7.50 (popcorn & soda for \$4.50)

Meet at 11:30 for our reserved table (under Natick COA) for lunch at Legal C Bar restaurant-located a block away from the movie theater., Call the CSC to register 508-647-6540

Culturally Curious- Andy Warhol's Fifteen Minutes Of Fame- Zoom

Wednesday, January 17, 1:30-2:30pm, free, Call the CSC to register 508-647-6540

Pop artist Andy Warhol famously elevated everyday objects - like soup cans - to works of fine art. His paintings, silkscreens and photography often focused on American consumerism, not just of products, but of celebrities and images themselves. This program will look at the abbreviated life, artwork and enduring legacy of

the artist who predicted "In the future, everyone will be world-famous for fifteen minutes."

Thank you to Whitney Place for sponsoring this program!

Don't Fall For Scams!- In Person

Thursday, January 18, 1:30-2:30pm, free, Call the CSC to register 508-647-6540

Join Security expert, Jim Caimano for an overview of common scams targeting seniors and how to avoid them. Learn to identify the warning signs, red flags and things NOT to do.

The Joys Of Nature Travel Talk- Wales- Hybrid

Monday, January 22, 1:30-2:30pm, free

Join Joy Marzolf in person or virtually for a visit to Wales: Castles, Butterflies and more.

Although part of the present day United Kingdom, Wales is a country of ancient origins and wild lands. Stone monuments from its pre-historic past still can be found across parts of the country today, along with ancient castles, remains of magnificent abbeys and even Roman ruins. The wild nature of this

land can also be found in abundance, from the beautiful and colorful moors and butterflies of the Isle of Angelsea to the numerous birds and other wildlife of the coastal wetlands. More inland, the magnificent Kite can now be found again soaring as it looks for prey. Join us for castles, butterflies, birds and much more in a journey across Wales.

Michael Goodwin Broadway Songs- In Person

Thursday, January 25, 1:30-2:30pm, free, Call the CSC to register 508-647-6540

Take a trip though the Golden Age of Musical Theater with vocalist/tenor, Michael Goodwin.

It's a multi-media presentation with performance, lecture and video clips and audience participation encouraged to sing along! We'll sample songs from classic Broadway shows like Oklahoma, South Pacific and Annie Get Your Gun.

Day Trip- St Patrick's Day Celebration

SENIOR CENTER
continued on page 2

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Sports

Senior Moments For NHS Quintet Will Be A Big Plus

By KEN HAMWEY
STAFF SPORTS WRITER

The Natick High boys basketball team will be experiencing plenty of senior moments this season.

It's not like they'll be memory loss or bouts of confusion. Not at all. It's all about a nucleus of eight players, all seniors, who'll be counted on to fulfill their roles, to promote team chemistry and to play effectively on both ends of the court.

The players include co-captains Patrick Mulholland and Sean Fleming, and Liam O'Neill, Yousseff Bouqartacha, Pat Maloyan, Charles Ramsey, Kyle Fuchs and Ben Chandler.

"Our two captains will lead by example and be supportive," said coach Mike Masto, who's guided the Redhawks to four straight winning seasons. But, the other six seniors are also leaders. This group makes hard work fun, they've got passion for the game and they've built great team chemistry."

The players stepped up long before the season got underway and set their goals. They want to win multiple playoff games, capture the Bay State Conference's Carey Division title, and improve daily.

The players' goals are admirable and Masto likes their priorities but he's acutely aware of the degree of difficulty. "To achieve our players' objectives will be challenging," he noted. "It all depends on them. To dislodge Newton North, the defending champ of the Carey Division, will be a tall task. They key to achieving their goals will depend on their ability to execute different game plans."

Masto's cautious optimism is a point well-taken. Last year, the Redhawks finished their regular season with a 14-6 record but they were eliminated in the first



Natick High's senior leadership will come from a nucleus of Liam O'Neill, Kyle Fuchs, Ben Chandler, Sean Fleming, Patrick Mulholland, Pat Maloyan, Yousseff Bourqartacha, and Charles Ramsey.

round of the state tourney, losing to Waltham by five points.

Masto's fifth year at the helm likely will conclude with another winning season, thanks to the positive attributes of the eight seniors.

"Our team strengths include experience and depth, a high basketball IQ, players with good instincts and court sense, sound technical skills and balance," Masto said. "We'll rely on an up-tempo offense but we'll also employ a half-court approach. Defensively, we'll use a half-court, man-to-man style."

Following is a capsule look at Natick's nucleus of eight seniors:

***PATRICK MULHOLLAND** — Now in his third year as a starter, the guard was a BSC all-star last year and his 10.2 scoring average was second on the team. "Pat is a good shooter at all three levels," Masto said. "He's got a high hoop IQ, has good instincts and court sense. He loves the game and is a true gym rat."

***SEAN FLEMING** — A starter at point guard last year,

he led the team in assists (5 per game) and steals (1.5 per game) and was second in rebounds (5 per game). "Sean is a true point guard," Masto said. "A phenomenal floor general, he's creative on offense, sees the court well and he's very instinctive. An all-around player."

***LIAM O'NEILL** — A 6-foot-4 center, he led the team in rebounds with a 5.1 average. "Liam has developed into a nice post player," Masto said. "A dedicated hard-worker, Liam is inquisitive. He's eager to learn and to understand the game."

***YOUSSEFF BOUQARTACHA** — A shooting guard who's fast, quick and athletic, he's very capable behind the three-point arc. "Yousseff played some minutes last year," Masto noted. "He can be a great spark because he manufactures points quickly. I'm hoping he develops into a catalyst for us."

***PAT MALOYAN** — A guard-forward, his coach likes his slashing ability. "Pat is a slasher who drives effectively to the hoop," Masto said. "He's a

great teammate who does what's needed. Truly a jack of all trades. He played sparingly last year but he can step into our rotation and help our depth."

***CHARLES RAMSEY** — A forward, he's returning after suffering an ACL tear last year. "Charles provides leadership and he's got a high basketball IQ," Masto noted.

***KYLE FUCHS** — A guard-forward, he missed his junior year after suffering a fractured collarbone in tryouts. "Kyle can score from mid-range to the three-point arc," Masto said. "He had a good off-season playing in the summer and fall leagues. He strives to always be prepared."

***BEN CHANDLER** — A guard, his coach likes his quickness and athleticism. "Ben can jump and he can get steals," Masto said. "He played in key situations for us last year. He's a solid defender who's a very good rebounder from his guard position."

The 35-year-old Masto has a disciplined competitive philoso-

phy that focuses on the attributes he admires in prospective players. His approach and his desire are to instill top-quality values in his players.

"Three core values I stress are that every situation in life is a learning opportunity," he emphasized. "Also, that it's imperative to control what's controllable and that hard work is the price of admission. Attributes I prefer in players are a strong work ethic, resilience, passion and good decision-making. Resilience means reacting to adversity in a positive fashion. I want our team to be successful on and off the court, and success occurs when strong relationships are built, when potential is reached and when players enjoy their athletic experience."

Before taking the coaching reins at Natick, Masto was Walpole High's varsity coach for two years. He was an assistant for six years at Franklin High where he's taught health and physical education for 14 years. A native of East Haven, Conn., he was a high school all-star in football and track before enrolling at Springfield College where he earned a bachelors degree in physical education. He has two masters degrees — one from Endicott College in athletic administration and the other from West Virginia University in physical education.

The Redhawks' coaching staff consists of Ben Westerman (jays), Chris Cardoso (freshmen), and Otis Wheeler and Tom Russo (varsity assistants).

At Local Town Pages deadline, the Redhawks opened their season against Wellesley and won, 54-31. There'll be more triumphs ahead and there's no doubt those victories will be engineered by the eight seniors.

As Masto says: "My goal is to get our eight seniors to excel in their roles."

SENIOR CENTER

continued from page 12

Tuesday, March 12, \$125.00 per person (non-refundable purchase), come by the center to register and pay or online through community Pass, call

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Irish be with you to win a door prize before you depart. Registration Deadline is Monday, February 19.

For more information, please call Sharon at Natick CSC 508-647-6540 X1907, skirby@natickma.org. Please note for all trips: There is some walk-

ing, 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

Sports

Is NHS Girls Soccer Program On The Verge Of A Dynasty?

By KEN HAMWEY
STAFF SPORTS WRITER

The D-word should soon be part of the vocabulary among friends, fans and parents who closely follow the fortunes of the Natick High girls soccer team.

Coach Dave Wainwright's Redhawks, who won their second state championship last November, have been to the winner's circle twice in the last three years and have played for a state crown three times in the last six seasons. If Natick wins another state title this fall, that'll be three championships in four years. Those numbers make it difficult to deny the Redhawks' soccer program as a dynasty.

Wainwright, who's been at Natick's helm for the last six years, concurs that his program is on the verge of being labeled "a dynasty."

"A state title in 2024 would make it three championships in the last four years and it also would give us four appearances in seven years in the state final," he said. "Those numbers speak for themselves and they would give us a legitimate claim to being called a dynasty."

After Natick defeated Bishop Feehan of Attleboro, 2-0, last November for its second title, there were plenty of smiles and embraces but nowhere was there



Coach Dave Wainwright has guided Natick High to a pair of state titles in girls soccer.

talk about a dynasty.

"There was no mention of a repeat," Wainwright said. "No talk about a dynasty. The girls were living in the moment. Whether it was on the field or on the bus, joy, happiness and elation dominated. A lot of stress was off the girls' shoulders."

Wainwright is no stranger guiding teams to state titles. A teacher at the Pollard School (grades 7 and 8) for 25 years in Needham, he's been Needham High's boys lacrosse coach for 21 years. In 2003, his squad beat Amherst for the Division 2 crown. Besides Natick's two state championships in soccer (2021 and 2023), he led Dover-Sherborn's girls to a state crown in 2011.

Winning the 2023 state title was no easy task for the Redhawks. They defeated Boston Latin, Weymouth and



The Natick High girls soccer team won the 2023 state championship by shutting out Bishop Feehan, 2-0, and finishing with a record of 21-1-1.

Concord-Carlisle before getting even with Brookline, the only team to leave a blemish on the Redhawks' overall record of 21-1-1. Natick downed Brookline, 5-2, before blanking Feehan in the finale. The triumph over Feehan also had a touch of pay-back. It was the Shamrocks who eliminated Natick in the Elite Eight last year by a 2-1 margin.

"A huge plus for us was the experience we got in our 2021 title run that ended with a 3-2 win over Hingham," Wainwright of-

fered. "We knew what to expect against Feehan. Seeing is believing."

The 53-year-old Wainwright said his team did 'the unthinkable' during its journey to the state final.

"We relied on a workman-like approach," he noted. "We got great effort across the board, our defense rose to the occasion and our offense scored by committee. We also created our own luck and we had an answer for everything Feehan threw at us."

First-half goals by Kira Henderson and Cassidy Moriarty and the effective goal-tending of Katie McMahon were all Natick needed to shut out Feehan.

Wainwright isn't bashful about listing the strengths that last year's squad displayed.

"We had experience and depth, and our team chemistry and leadership were outstanding," he emphasized. "We also relied on speed and quickness, technical skills, talent and mental toughness. To win state titles it's imperative that you peak at the right time, stay injury-free, have some talent and get some luck. Another key is to have players who are emotionally and mentally resilient. That leads to kids bouncing back and buying in."

The Redhawks lose four seniors from the title-winning squad but there are 16 girls returning, all

with experience.

"Megan Mela, Nicole Proia, Lydia Proia, Allegra Gagnon and Jill Ferguson return to reload our attacking forward line," Wainwright said. "A talented group, they scored 71 goals last season. Our center midfielders are creative visionaries and they include Olivia Penn, Cassidy Moriarty and Abby McCauley. Marivieve McEleney and Lulu Wislocki-Wasecki return as veteran roster players who'll produce as outside midfielders. Our midfield strength lies in the chemistry and bond that this squad has earned over the last few seasons.

"Our defense will feature a reliable, talented line of experience. Kendall Hacker, Kira Henderson, Kaitlyn Blair and Stella Boggis represent our most seasoned veterans from this past year. Our young goalkeepers — Liesl Niedermeyer and Katie McMahon — both return after having a season to remember."

Back-to back state championships don't grow on trees but if they did, it's obvious that the Natick High girls soccer team would be very adept at shaking the branches.

Next November will be an interesting month for fans of the Redhawks. It could be a time when the D-word becomes popular.

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Real Estate Corner

Recent Home Sales

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12/14/2023	10 D Street #2	\$491,000
12/13/2023	10 Nouvelle Way #403	\$560,000
12/12/2023	9 Western Avenue	\$1.19 mil
12/08/2023	78 Kendall Lane	\$675,000
12/07/2023	61 Washington Street	\$1.08 mil
12/07/2023	7 Elm Street	\$755,000
12/06/2023	78 W. Central Street	\$775,000
12/05/2023	164 Cottage Street	\$1.70 mil
12/04/2023	292 Eliot Street	\$1.40 mil
12/01/2023	10 Nouvelle Way #621	\$950,000
11/30/2023	6 Ash Street	\$1.30 mil
11/30/2023	9 Fiske Street	\$850,000
11/30/2023	18 Rockland Street	\$844,500
11/29/2023	97 Bacon Street #D	\$1.10 mil
11/28/2023	81 Bacon Street	\$580,000
11/28/2023	62 E Central Street #201	\$439,000
11/28/2023	6 Willow Street	\$715,000
11/28/2023	97 Bacon Street #C	\$1.10 mil
11/27/2023	213 Eliot Street	\$1.56 mil
11/27/2023	67 Summer Street	\$1.46 mil
11/22/2023	219 Pond Street #1	\$375,000
11/20/2023	33 Birch Road	\$1.55 mil
11/20/2023	10 Farrant Road	\$1.25 mil
11/20/2023	304 Pondview Place	\$325,000

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



The 4-bed, 3-bath 3,657 sf unit at 213 Eliot Street in Natick recently sold for \$1,561,606. 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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60 E Central St. #210 Natick	89 Woodland St. Natick
6 Ward Farm Circle Framingham	92A Woodland St. Natick
9 Braemore Rd. Natick	30 Penniman Rd. #203 Boston
11 Foley Dr. Natick	21 Purchase St. Milford
14 Sundance Way Natick	74 W Central St. Natick
52 Heatherland Rd. Newton	33 Nixon Rd. Framingham

See your property on this list in 2024!
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