

The Giving Tree

BY SEAN SULLIVAN

Want a free tree? It's a question we're unlikely to be asked these days, as the need for housing grows and acreage for it does not. As Mark Twain's classic quip goes, "Buy land, they're not making it anymore."

Thus tree removal is likely to be a much more common service in ever-more crowded communities.

But a new effort in Natick is seeking to make the town's greenery a little denser even as neighborhoods become more peopled.

"Planting the Future" is the name of the program, which will provide 50 trees to residents to plant on their property. Its title was coined by students of Natick High School's Earth Club, and funding was supported by a grant.

The Natick Sustainability Committee, Department of Public Works, and students of Earth Club have all had a hand in ensuring the program takes root.

"Those same students have



really been involved with the planting project," said Jillian Wilson-Martin. She is Natick's Director of Sustainability, and oversaw its Planting the Future program.

Last summer, Natick partnered with neighboring municipalities to collect data on heat dynamics throughout the town. The idea for the tree giveaway

program sprouted from that effort.

Volunteers for the heat mapping program were asked to sample temperatures over the course of hot days throughout the summer. The heat maps that resulted from that data identified

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The Career Path Less Travelled

BY SEAN SULLIVAN

Jiyu Oh traces the roots of her love for music back to a specific piece of art.

"I was really obsessed with The Phantom of the Opera,"



said the 18-year-old violinist. Oh is a junior at Natick's Walnut Hill School for the Arts, where she is majoring in the instrument.

There, she attends more-traditional academic classes in the

morning (math, science, etc.), a sort of intellectual warm-up for the studies in music that are her focus at the school. After lunch, Oh's midday menu is mostly music. That may entail classes in music theory and history.

Saturdays are spent at the New England Conservatory for private and group practice sessions.

Most of Walnut Hill School's students live on-campus, a kind of preview of college life should they choose the road of higher education after graduation. Oh is among them, travelling back to her native Seoul, Korea during school breaks.

"I'm planning to go into a conservatory for college," she said.

Oh said that she initially considered her interest in music as more of a diversion than a potential vocation. She recalls that the violin, which she took up at age seven, was just one on a menu of activities offered to her as a child.

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Claudia Shepherd & Nina Sable

GIVING TREE

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“hot spots,” places where temps tended to be higher and resisted cooling even as the sun receded.

Unsurprisingly, it was areas with a dearth of tree cover where these micro heat waves most often occurred. Predominated by pavement and buildings, Natick’s downtown area stood out as a magnet for above-mean temperatures during the hottest months.



Winnie Martin, age 9, during the tiny forest planting project. Photo submitted

“In some places it never really cools down,” said Wilson-Martin. “Trees can really help with that.”

The heat map can be viewed on the town’s website, where Natick’s most stubbornly-hot spaces appear as a kind of red Rorschach blob among a sea of cooler yellow.

“We have this really awesome map,” said Wilson-Martin.

But about those trees. Residents can apply for a free one, and people living near or in hot

spots will be given priority. As of this writing, said Wilson-Martin, more residents had applied for a tree than could be accommodated.

The trees of course are native species, mature and tall enough to make their care and survival less challenging for their adoptive residents.

“These are not tiny little saplings,” said Wilson-Martin.

Planting the Future will focus this year on heat islands that congregate around Navy Yard and Natick Center Commuter Rail Station. Applicants living closest to those areas will be given consideration during the selection process.

Homeowners can also take advantage of Natick’s “setback” planting program, through which residents can also apply for a free tree. More of a co-parenting project, this effort has a few more strings attached.

For one, its trees must be set back no further than 20 feet from a public street boundary. This guideline is future-focused, designed so that mature trees decades hence will shade public sidewalks and roads with wide-reaching, leafy limbs.



High school students planting trees last spring to kick off the Planting the Future program. Photo submitted

It’s a sentiment and saying spanning centuries and cultures, but put poetically by writer Elton Trueblood: “A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.”

Natick’s setback program also provides that the town will plant the tree, and take care of it for the first three years of its life. It might be an especially attractive

option for aspiring horticulturists who struggle to keep houseplants among the living.

The Planting the Future project in contrast is more hands-on. Homeowners plant and care for their adopted tree themselves, though the program’s website provides how-to resources for siting and raising a healthy specimen.

Speaking of Planting the Fu-

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“It was just one of the many things I liked to do at that time,” she said. “I always wanted to play or sing.”

But for those considering performing or playing music or a sport professionally, time is of the essence. Tennis prodigies are winning tournaments and titles in their teens, though not without years of practice, training and sacrifice already in the rearview mirror.

At some point during those early years of dabbling, of trying on this or that activity, Robert Frost’s famous fork in the road presents itself: in this case, continue playing solely for love of the art or sport, or choose the rare path of making it a profession.

For Oh, that meant holding on to the violin as a hobby, or to pursuing it as a career.

Frost’s tale of a choice between two roads that “diverged” was a bit of satire, written to a literary friend after the two had taken a walk in the woods

together. Was there really that much at stake when choosing this path versus that one? Not so much, retorted Frost playfully in his famous poem.

“Though as for that the passing there, / Had worn them really about the same,” he wrote.

Not so for Oh, or other aspiring musicians, who must refine their craft over many hours and years if they hope to make a career in music.

“Two roads diverged in a wood,” wrote Frost, “and I - / I took the one less travelled by, / And that has made all the dif-

ference.”

A career in classical music can certainly be said to be a professional path less trodden, and Oh’s countless hours of training and practice at the strings seem to have made a difference.

The classical music world has taken notice of the path Oh has opted for. She was recently chosen as a recipient of the Jack Kent Cooke Young Artist Award, which comes with a \$10,000 grant. Young musicians-in-training can use those funds to help pay for auditions,

instruments, lessons and tuition. Training to become a classical musician can be a very expensive road to take, and Oh will use funds from the award to supplement the various scholarships and paid tuition that are financing her attendance at Walnut Hill School.

Oh also recently won first place in a competition at The Concord Orchestra, and second place in the Boston Symphony Orchestra’s concerto competition.

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ture, Natick tree-huggers have also been at the root of another recent transplant – the “Tiny Forest.” Adopting the Miyawaka method, named after the Japanese botanist who pioneered and popularized it, volunteers planned and planted a small cluster of closely-spaced, native trees.

The Tiny Forest is sited at Natick High school and is about six months old. Trees tend to be

good neighbors to one another, offering shelter and support to those growing alongside them. Trees in a Miyawaka forest can grow up to ten times faster than those planted in a sparser setting.

Civilization has in the main gone hand-in-glove with deforestation. But here’s an all-too-uncommon word to add to your sustainability toolkit, its affirmative antonym: afforestation.

The title for this article is of course borrowed from the classic children’s book by Shel Silverstein. In that story, a boy befriends a tree in what turns out to

be a one-sided relationship. The tree offers its limbs and lumber to fulfill every want and need of the boy as the two age together. When the latter finally returns as an old man, there’s nothing left but a stump for him to rest his weary bones upon. It’s at heart a tale about taking, without regard for the future.

Naturalist John Muir’s quote fits well here. “Not blind opposition to progress, but opposition to blind progress.”

Story idea? Email Sean at seansullivanrsvp@gmail.com

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Cochituate Rail Trail Clean-Up

Sunday, 4/28/24 from 1-3pm. Meet at Natick AMVETS Post 79
All ages are welcome! Connect + Serve with SPARK Kindness, Keep Natick Beautiful, Natick AMVETS Post 79, and the Natick Rotary Club at our community clean-up to improve the natural environment along the Cochituate Rail Trail in the area of AMVETS, from Rt. 9 to Rt. 30. Connect with neighbors, enjoy nature, and help us take care of this special place for recreation, right



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in our own backyard. RSVPs aren't required but are encouraged to help us plan - please visit SPARKKindness.org/programs for more info.

Earth Day All Around Natick returns

April 27-28, a community-wide weekend festival of engaging, Earth-friendly events

The EcoNatick organizing team is planting the seeds for another two-day, multi-location celebration where residents, families, community groups, and local organizations will create opportunities for all to get outside, interact, learn, and do something good for the Earth, its living things, and each other.

As part of this celebration, you can observe Earth Day by:

- Enjoying a hike, nature walk, or outdoor meditation
- Taking a test ride in an electric vehicle at the EV Petting Zoo
- Biking or paddling somewhere new
- Helping with a trail, park or school yard cleanup
- Planting a tree
- Learning about native plant gardening or lawn care/replacement
- Repairing (rather than replacing) a broken item at the Repair Cafe
- Touring a home energy tech-

nology installation, and more!

The organizing team expects to offer at least 25 events, spread around town and scheduled throughout the weekend. Details will be available in April at EcoNatick.org, to browse events by time, location and category.

Visit the "Earth Friendly Fair" (on the Town Common, Saturday, April 27, 9am-1pm), with tables to meet the experts and take home information on a variety of earth-friendly topics, the EV Petting Zoo, and some special family-friendly events happening at noon!

"Earth Day provides an occasion to deliberately connect with our home planet in many meaningful ways, in our own homes, backyards, and the community spaces of our town," said Debby Marion, an EcoNatick volunteer. "Let's get outside to learn new ways to appreciate and sustain the Earth's web of life."

Find out more about Earth Day All Around Natick by visiting EcoNatick.org.

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For Seniors Who Want an "Easier" Home, Nina Sable is Your Guide

BY LINDA CHUSS

Nina Sable has worked with many seniors in her real estate practice with William Raveis in Natick, and before, that in her elder care career. She has seen the challenges elderly homeowners face with their living situations. As she describes it, at some point, the work to maintain a house becomes too much. The wonderful memories associated with a home are reasons to stay, but the required effort can offset that joy.

In addition to nostalgia, other aspects keep senior homeowners from taking action. Sable said, "Some people think their home condition isn't well-suited for selling and they aren't excited about fixing it up. I explain why they don't need to.

"First, William Raveis has a beneficial 'Refresh' program. A company representative goes to the house and helps determine what's needed to best sell it. They'll arrange for the work to be done, but the owner doesn't pay for it until the house sells; it's then the expenses are deducted from the proceeds. For the homeowner, that's easier financially and ensures the right updates are made, with minimal effort. Plus, the sales price typically ends up higher than what the owner anticipated.

"Another point is that now is an excellent time to sell. There is a flurry of buyers, and not

enough homes. Smaller homes are especially in demand right now and buyers are competing for them.

"Even beyond smaller homes, the market for sellers is strong right now. I just sold a beautiful and unique contemporary home for an elderly woman who was moving to an out-of-state continuing care community. It needed clearing out, so I connected her with a decluttering agency."

Often older owners have many items they no longer need, and figuring out what to do with them can be overwhelming. Sable said, "I can put the homeowner in touch with specialists who make that process much easier.

"It also can be hard for the owner to decide where to go next and can take someone awhile to figure out. From my experience, I have valuable contacts who can help. I've begun working with a long-term-care placement professional, who's a great resource.

"Because it's a multistep process, rather than delay taking action, it will feel better to get started. I advise contacting me early on, long before you think you're ready to sell, to leverage the resources I have and make it easier for yourself."

As a way to share more about the process with a greater number of seniors, Sable is planning

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for in-person educational events, where homeowners can learn more.

"And I'd like to add sessions for other situations, such as probate and will sales," she said. "I have a web site just for that: sellwithsablewillsandprobate.com. If someone passes away and their home needs to be sold, it's similar to what I do for seniors who are transitioning to a more manageable place to live. One added consideration with will or probate sales is that dealing with courts and lawyers adds complexity and takes longer. A year or more is typical. My main advice is like what I tell seniors transitioning to new living accommodations: start early on so you can take advantage of my resources to help. For example, in cases where the home needs to sell more quickly, I work with investment buyers."

Clients appreciate Sable's diligence. "Nina was outstanding," said J.M., whose home Sable



Nina Sable, with William Raveis Real Estate in Natick, has extensive experience working with seniors who are planning to sell their homes.

recently sold. "Nina's best attribute is that she is accessible and always willing to go the 'extra yard' for her clients ... My priorities became her priorities."

For more information, visit sellwithsable.realtor, or contact Sable at (508) 733-8935 or nina.sable@raveis.com.

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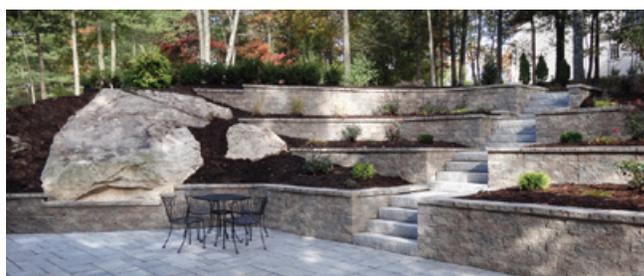
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Defying Physical Challenges and Uniting for Cancer Prevention

This June, three extraordinary girls will swim to raise money for breast cancer prevention at Against the Tide, an annual event hosted by Massachusetts Breast Cancer Coalition (MBCC). Despite facing physical challenges, Jordan, Jasmine, and Chloe participate in Against the Tide not only with the hope that others will join their passionate support of cancer prevention, but to honor their loved ones who have been affected by breast cancer.

Every year participants from all over New England and beyond are drawn to Against the Tide and to MBCC's unique mission. These swimmers, runners, and walkers share the belief that there are environmental links to cancer and other ill-health. Against the Tide not only raises funds for MBCC's work to prevent exposures to environmental toxins, the event also raises spirits and empowers people to unite under a common cause.

Among the participants at this year's Against the Tide are three courageous girls whose determination and unwavering spirit embody the true essence of this event.

Jordan Marquis, a thirteen-year-old from Bedford with a below-knee amputation, is challenging herself to compete in the one-mile swim. Jordan shares, "I hate being underestimated. People with disabilities can do anything! Goal setting – the full mile is the next step for me." Jordan took on the half-mile swim last year and, in an effort to honor her grandmother who is a breast cancer survivor, she wants to swim even further this year.

Jasmine "Jazzy" Gillespie, an eleven-year-old girl from Bedford with minor spastic diplegia, is participating in solidarity of the daily challenges that are faced by those with health conditions like cancer. Jazzy says: "Sometimes I feel like people who don't have conditions that

affect their daily lives don't understand what it's like. So instead of having empathy for these people, they make fun of them or make them think that they can't do anything. Doing this breaks the person down and they start to believe that they can't do anything. I could imagine that this happens to people with breast cancer, too." Jazzy is swimming in Against the Tide to honor her two grandmothers as well as her aunt, all of whom were touched by breast cancer.

Like Jordan and Jazzy, Chloe Smagula, a fourteen-year-old girl from Westford with hemiplegia, is swimming in Against the Tide to pay tribute to her aunt and to help those touched by cancer through supporting MBCC's mission. Chloe, who participated in Against the Tide last year, said, "I did the open water swim because I've never done it before and I wanted to try something new."



2023 Hopkinton Against the Tide Event on June 17, 2023. From Left to Right: Jasmine Gillespie, Laura Diamond, Chloe Smagula, Megan Cohen, and Jordan Marquis

Against the Tide is a truly inviting event where all are welcome and everyone can get together in support of cancer prevention. It offers participants of any age or ability the chance to take part in one or more of the event's athletic components.

The special 25th Anniversary Cape Cod Against the Tide event will take place on June 8th at DCR's Nickerson State Park in Brewster, MA. The 32nd

Annual Hopkinton Against the Tide event will take place on June 15th at DCR's Hopkinton State Park in Hopkinton, MA. Against the Tide will also be held virtually from June 8th to June 15th.

To learn more about Against the Tide and all of the registration options, to join or create a team and to donate or fundraise, please visit the event website at mbcc.org/swim.



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Mary Ann Morse to Host LSVT Big® Parkinson's Therapy Open House, April 25, 2024

In Support of Parkinson's Awareness Month

Natick, MA (March 1, 2024) – In recognition of Parkinson's Awareness Month in April, Mary Ann Morse Healthcare Center is proud to host an LSVT Big Parkinson's Therapy Open House on Thursday, April 25, 2024, from 4 pm to 5 pm at 45 Union Street, Natick, MA. The event will provide an opportunity for individuals living with Parkinson's disease, their caregivers and family members, and healthcare providers to learn about LSVT Big physical therapy and its benefits.

The LSVT Big program is a research-based, intensive treatment approach developed specifically for those with Parkinson's disease. It focuses on improving functional movements and enhancing quality of life. The program includes exercises that target posture, balance, and coordination, helping individuals with Parkinson's move more confidently and independently.

At the Open House, attendees will have the opportunity to meet and speak with certified LSVT Big therapists and learn about the therapy's features and benefits. Visitors will also have the chance to observe live demonstrations of LSVT Big exercises, as well as pick up useful resource materials. Light refreshments and giveaways will be provided.

Mary Ann Morse Healthcare Center is a leading provider of senior care services in

the MetroWest area, offering a wide range of services, including physical therapy, occupational therapy, and speech and language therapy, provided on an outpatient or short-term inpatient basis. The Center's team of experienced, certified rehab clinicians and therapists provides high-quality, compassionate care to individuals with neurological and movement disorders such as Parkinson's disease, as well as those recovering from surgery, joint replacement, illness and chronic conditions, and other health challenges.

"We are excited to host this event, especially during Parkinson's Awareness Month, and to provide an opportunity for individuals with Parkinson's disease to learn about the innovative LSVT Big therapy program," says Marybeth Cellucci, Director of Rehabilitation Services at Mary Ann Morse Healthcare Center. "Our certified LSVT Big therapists have undergone extensive training and are well qualified to help individuals with Parkinson's disease learn techniques to help improve their functional movements and overall quality of life. We look forward to sharing more about this program with the local community."

The April 25th LSVT event is free and open to the public. RSVPs are appreciated, either via online at <https://www.eventbrite.com/e/lsvt-big-parkin->

[sons-therapy-open-house-tickets-827624275487?aff=oddtcreator](https://www.eventbrite.com/e/lsvt-big-parkin-sons-therapy-open-house-tickets-827624275487?aff=oddtcreator), or email at outpatient@maryannmorse.org, or by calling 508-433-4438.

About Mary Ann Morse Healthcare Center

Mary Ann Morse Health-

care Center offers a full range of outpatient and short-term inpatient rehabilitation services to residents throughout the MetroWest area. As a non-profit senior healthcare provider, we continually invest in our mission to provide the best quality, affordable care for our patients and peace of mind for

their families and loved ones. We are part of the Mary Ann Morse Healthcare Corp. continuum of senior living and healthcare services, including assisted living, home care, and short- and long-term care. For more information, visit maryannmorse.org

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Ready Homebuyers? Things Are About To Change.



Glenn Brown, CFP

It's been a perfect storm the last 3+ years against first and second-time homebuyers.

But a change is coming, starting with anticipation of mortgage rates falling from 7%.

Morningstar, echoing other analysts, in March shared current Fed Funds rate of 5.25-5.50% will be 4.00 to 4.25% at end of 2024. Furthermore, expect the Fed to continue to "cut through end of 2025, ultimately bringing the federal funds rate down by over 300 points".

Talk to realtors and lenders, they're seeing activity pick up.

Why?

Wait until mortgage rates fall to 5%, then homes in certain price points will have inversely increased in value. Whereas, if one can purchase now with expectation to lower ongoing expenses via refinancing later, you've capped initial co2006sts and participated in appreciation.

Thus, first time buyers and those looking to move up, it's time to plan.

This means prioritizing your needs, wants, locations and budget for after you've moved into your new home. This last one is critical as lenders base your pre-approval on this moment in time, not the fact you plan to do X a year from now which requires more money in your budget.

Due diligence should also include:

Zillow, RedFin, Realtor - Scroll beyond pictures and into details of when built, sqft, interior features, acreage, adjacent home values and price/tax history. With price history, see when last sold, amount, then account for pictures or better yet when you

visit, to see what's been done since to determine value.

Tax Assessments and Property Taxes - Regardless of Realtor views on tax assessments relative to asking price, know a \$890K listing with town tax assessment of \$620K for \$9,300 property taxes, will get reassessed the following year. If bought for \$900K, town likely comes in at \$820K (or higher) for \$12,300 property taxes or \$250 extra a month on your budget.

Financing Options - Explore beyond 30-year fixed rates. Understand directional interest rate landscape and how long you expect to stay in your home. Does a 7-year adjustable rate mortgage (ARM) make sense if the plan is to move in 5-7 years or refinance as rates come down 50-75bps?

Mortgage and Cash Flow Calculations - The more variables, the better. Same with ability compare refinancing scenarios and contrast amortization tables. With clients, I'll share calculator. net, use links to save scenarios and then run these inside eMoney cash flow analysis. Together, we see impact on their future budget, cash flow 1-3 years out as well as long-term impact.

For example, say one refinanced \$600K in Sept 2020 at 2.75% on 30-year for \$2,449 a month.

In April 2024, decides to move with current mortgage balance ~\$550K, using equity and additional savings, to add \$150K to a new \$700K mortgage at 7%. New monthly payment is \$4,657, or \$2,208 more. In 5 years (April 2029), outstanding balance is ~\$658K without refinancing.

Conversely, if able to pay \$4,657 a month, decide to stay put with Sept 2020 mortgage and make \$2,208 additional payments starting April 2024, the balance is \$322K by 2029. Beyond the \$336K spread after 5 years to move and borrow \$150K, the Sept 2020 is now paid off in August 2035 and not 2050.

But wait, there's more to consider.

What if the 7% mortgage is refinanced down to 5% by April 2026? New monthly is \$3,634, or \$1,023 less. Add this as extra payment starting 2026, what do

you have?

Understand money is a tool, not the only consideration.

There is great value in doing what's best for your family, educational or work opportunities and/or your personal choice of belonging to a community.

You should know this value going into a decision, not after it.

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 April

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

Story Time -- Mondays and
Tuesdays @ 10 am -- We'll fea-
ture a combination of stories for
listening and songs for singing &
dancing. When the temperature
is above 55 and dry, we'll be out-
side!

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. Al-
ways held indoors.

Dog Tales Story Time -- Mon-
day, April 1st @ 10am -- Join us
for dog-approved stories and a
chance to pet a calm, sweet, and
soft therapy dog. When the tem-

perature is above 55 and dry, we'll
be outside!

Jammin with You -- Fri-
days, April 5th & 12th @
10:30am -- Be prepared to laugh,
dance, sing, and jam your way
through 30 minutes of non-stop
family fun! When the tempera-
ture is above 55 and dry, we'll be
outside! Registration is required.

Meet an Alpaca -- Saturday,
April 6th, 10:30-11:30am -- Har-
vard Alpaca Ranch will bring one
of their alpacas to the BFL for a
visit. After learning about alpacas,
you can meet the alpaca up close.
All ages are welcome. This pro-
gram will be held outdoors.

Registration is required.
Ecosystem Explorers with
the MHS Plantmobile -- Tues,
April 16th @ 2pm -- Join us for
a hands-on, science-based pro-
gram brought to us by the Mass.
Horticultural Society's Plant-
mobile. Dive into the intricate
web of ecosystems and learn
how plants play a vital role in
our environment. This program
is geared toward kids in grades
pre-K through 5. Registration is

required.

Drop-in Craft: Storybook
Flowers -- Friday, April 19th,
10:30-11:30am -- Stop by to
make a colorful flower with re-
cycled book pages! All ages are
welcome.

All Ages Programs

Featured art display: Rebecca
McGee Tuck is a sculptor and
an ocean activist. Her current
display, called "Along the Wrack
Line," deals with the overwhelm-
ing amount of debris and plastic
trash that contaminate our local
New England beaches. Rebecca's
unique, thought-provoking work
will be on display at the BFL from
March 28th to May 15th.

Celebrate the Earth -- Seed-
ling Swap and Ask a Master Gar-
dener Table -- Saturday, April
27th, 10am - 1pm -- Bring your
homegrown (or store bought)
seedlings to swap with others:
have 6 tomato plant seedlings but
only need 2? Swap them for oth-
ers that you need. The maximum
seedlings to trade is 4. Our Seed
Library will also be available all
day if you'd like to pick up some

seeds to sow in your garden.
And be sure to stop by our Ask
a Master Gardener table to ask
the experts all of your gardening
questions. This program will be
held on the library lawn.

Meet the Artist Reception
-- Tues, April 30th, 5-6:30pm --
Drop in to meet sculptor and
social activist, Rebecca McGee
Tuck, and enjoy a viewing of her
display "Along the Wrack Line."

Adult Programs

Sustainable Gardening
-- Thurs, April 18th @ 6pm on
Zoom -- Blackstone Valley Veg-
gie Gardens is back with tips to
help you become a more efficient
gardener. Learn how to lengthen
your growing season and maxi-
mize your output, all while pre-
serving resources. Register to
receive the Zoom link for this vir-
tual program.

Adult Book & Film Clubs -
registration required for all clubs
[https://baconfreelibrary.org/
clubs-programs/](https://baconfreelibrary.org/clubs-programs/)

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

April 4th: Down the River
Unto the Sea by Walter Mosley

History Book Club -- sec-

ond Thursday of the month @
11am on Zoom

April 11th: A Spy Among
Friends: Kim Philby and the
great betrayal by Ben Macintyre

Environmental Book
Club -- third Tuesday of the
month @ 7:00 pm on Zoom

April 16th: The Blue Ma-
chine: how the ocean works by
Helen Czerski

Tuesday Night Book Club --
meets the fourth Tuesday of the
month @ 6:30 pm at the library

April 23rd: The Perfect
Nanny: a novel by Leila Slimani

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

April 27th: H is for Hawk by
Helen MacDonald

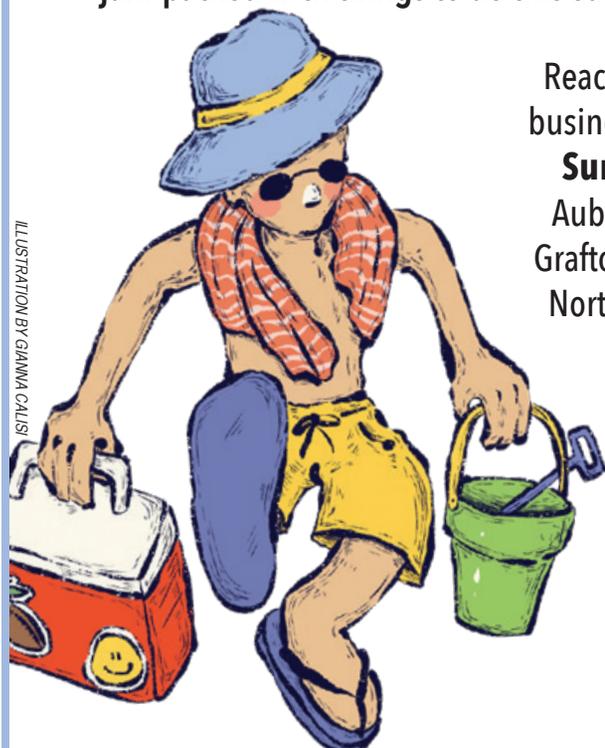
Cinephile Mondays -- last
Monday of the month @ 4pm on
Zoom; watch and discuss films.
Check the BFL website for the
film of the month and to register.

Museum Passes

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

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A Cappella Singers Spring Concert

The A Cappella Singers, a
Metro-West treble chorus, is
holding its annual Spring Con-
cert on Saturday, April 27th at
7:00 p.m. at the Fisk Memorial
United Methodist Church, 106
Walnut Street, Natick.

The chorus was formed 60
years ago and is celebrating its
Diamond Jubilee! We will be
performing some of our all-time
favorites plus a few new, exciting
pieces, followed by a sing-a-long
featuring music from the 1960's.
Please come and welcome our

new director, Dr. Randy McGee.
There will be a reception follow-
ing the concert. Tickets are \$18
in advance or \$20 at the door,
and \$15 for students and seniors,
and will be available from mem-
bers or at the concert.

For more information or to re-
serve tickets, go to www.theacappellasingers.org, or contact us at
info@theacappellasingers.org, or
call Betty Hood at 781-444-5963.

New members will be ac-
cepted in September.

Tips to get a jumpstart on Spring



Chris Hopkins

dry weather conditions in the 2022 growing season stressed the white pines which caused them to increase their cone production in 2023. This can also explain the abundance of Norway maple whirlybirds as well.

Spring cleaning - Yard waste on lawns and flowerbeds inhibits spring growth and can allow disease to take hold. It's time to get your yard pristine for the growing season by dead-heading your perennials as they start to sprout new growth. If you see weeds or unwanted plants from last season, now's the time to remove them. Create a deep edge on your planting beds before the full growth of summer sets in. Remove damaged or broken branches from plantings. Keep an eye out for dead grass or "thatch". This dead grass can accumulate and form a home for pests and/or mold.

Plantings - Spring is a great time of year to fill in voids in your planting beds by adding new trees or bushes. Your beds maybe overcrowded, and you want to remove or transplant

some of the existing bushes. Maybe you just want to create a fresh new look to some or all your planting beds. Spring is a great time for planting and transplanting.

First lawn fertilization - Your lawn is likely starving as your grass was dormant and relied on fall food storage to survive the cold. As temperatures climb, Mother Nature tells your turf it's wake up time. That takes good nutrition. Adding high quality fertilizer starts your lawn growing greener and stronger. A healthy lawn fights off weeds and crabgrass. A good dose of lime with Humic reduces soil acidity and supports grass root growth. It's a natural superfood.

Mosquito & Tick Treatments - Just like your grass and plants were dormant for winter, so were bugs and other critters. As warmer weather sets in, not only can they eat and destroy your vegetation, pests like mosquitos and ticks can bite your family members and pets, potentially causing illness. Organic yard fogging done every three weeks

keeps your yard safer and more comfortable for children and pets.

Get sprinkler systems ready - Despite being drained in the fall, it is important to have your sprinkler systems opened and adjusted as the growing season starts. Prepare for the season by inspecting to make sure the backflow, sprinkler heads, pipes, valves, and controller are working properly and are prepared to add supplemental water as the dryer season kicks in.

Information provided by Chris Hopkins, Greenleaf Landscaping LLC — experts at spring lawn care and experience building everything from fire pits and pergolas to pools and outdoor kitchen/entertaining spaces. And for more information on any of these topics, contact Greenleaf today. Talk to Greenleaf today: 774-421-9570.

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LANDSCAPE INSIGHTS

Spring is finally here; we're all gearing up to spend time outside. Over the wintertime, debris may have collected on your lawn, such as fallen branches and rogue leaves from late last season. Have you noticed more pinecones this year than most? Horticultural experts say it is highly likely that the hot and

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5:30pm to 7:00pm



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Struggling With Acne?

BY LISA MASSIMIANO,
LICENSED ESTHETICIAN AND
CERTIFIED ACNE SPECIALIST

If you have been diagnosed with acne and haven't been satisfied with drug store products or the suggested treatment from your doctor, consider seeing an Acne Specialist.

What is an Acne Specialist?

An Acne Specialist is a licensed skin care professional who is specially trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Most physicians don't have the time to spend educating patients on the root cause of their acne. They often prescribe oral antibiotics and strong topical retinoids that can leave skin dry, red and irritated. Patients get frustrated with these side effects and stop using the products.

How an Acne Specialist Can Help You.

An Acne Specialist will assess your individual skin type, and the type of acne you have,

to develop a plan of action specifically for you. They will take the time to teach you about the root cause of acne and provide information on lifestyle, diet, medications, and ingredients in makeup and skin care products that exacerbate acne. They help you to get your skin clear and teach you how to keep your acne under control.

For people struggling with acne, it can be frustrating to try and communicate with their doctor on a timely basis. My clients tell me that the best part of working with an Acne Specialist is that we are there for them to answer their questions and provide support while they go through the process of getting their skin clear.

Questions about acne? Email Lisa Massimiano, owner Skin Smart Salon and Acne Clinic at skinsmartsalon@aol.com or call 508 881-1180. Visit the website skinsmartsalon.com for information about Skin Smart's acne program and other services.

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Natick Community Senior Center

117 East Central St.; call for more information and to register for free events, 508-647-6540.

Mindfulness Meditation- Hybrid

Join Sharon every Monday and Thursday, 2:00-2:40pm, free for some quiet meditation sitting and some guided meditation.

Mondays At A Museum- In Person

Mondays 3:00-4:00pm, free
We'll watch documentaries & lectures about art in person at the center- TV room.

April 1- Pissarro – Father of Impressionism 1 hr 34 min. Born in the West Indies, Pissarro found his passion in paint as a young man in Paris, and by the age of 43 had corralled a group of enthusiastic artists into a new collective. Their first show was scorned by the critics, but the group had acquired a new name: the Impressionists.

April 8- Dorothea Lange- Grab a Hunk of Lightning! 1 hr 52 min. More than four decades of 20th-century America are filtered through Lange's life and lens — her creations and achievements, her tragedies and losses. Known for her powerful images from the Great Depression, her haunting "Migrant Mother" remains emblematic of that period.

April 15- Center closed Patriot's Day

April 22- Quintessential Van Gogh- 55 minutes. Join art historian Dr. Matthew Palczynski to explore Van Gogh's most celebrated works, set within the context of Impressionism and its offspring, the budding Post-Impressionism movement. Learn why Van Gogh's color is always about setting the mood.

April 29- The Young Michelangelo- 55 minutes. Join Renaissance art historian Elaine Ruffolo as we follow the beginnings of Michelangelo's career in Florence by exploring his relationship with the Medici Bankers, the period of religious and political crisis under Girolamo Savonarola and Michelangelo's contentious relationship with Pope Julius II.

Weekly Walks- Tuesdays

Every Tuesday (4/2, 4/9, 4/16, 4/23, 4/30) meet us at 9:30 am at Wellesley College to walk the paths on campus. We meet at the Sports Center Complex Visitor Parking- entrance off Central St/135 (one-way entrance/exit). We will walk as a group for an hour led by Sharon or other volunteer, wear comfortable shoes/sneakers, dress appropriately for the weather, goes rain or shine. Free, registration requested.

Understanding The Us Constitution Part 3- Talk With Rick Tulipano- In Person

How America Accepted the Constitution

Thursday, April 4, 1:30-2:30pm, free

In this final program of our 3-part series on the U.S. Constitution, we'll see just how difficult it was for the Americans of each state to accept the U.S. Constitution. We'll also see why the Bill of Rights made the Constitution more palatable to citizens who worried about the specter of a power-hungry government.

Springtime Celebration With Music- Michael Leidig- Piano/Voice

Tuesday, April 9, 12:30-1:30 pm, free

Michael Leidig is a jazz/classical pianist from Dedham performs frequently at community centers, libraries and restaurants throughout MA. His solo piano performances have been described as a mellifluous impressionistic blend of well-known jazz, blues, classical, rock, and pop music. Michael is known for his eclectic medleys spanning centuries and musical genres weaving interpretations of a wide variety of music from jazz greats like Nat King Cole & Bill Evans, to rock artists such as The Beatles, Elvis, & John Denver to classical composers including Chopin, Mozart & Pachelbel.

Meet Up At Walden Pond

Wednesday, April 17, 10:00am, free, RSVP required

Meet at the Visitor's Center, 915 Walden St, Concord. RSVP required and parking is limited, please carpool! Join us at the historic Walden State Park and reflect back in time to the mid-1800s. Experience the connection with nature that inspired Henry David Thoreau's Walden. We'll get a park ranger talk at the replica of Thoreau's single-room cabin and view the lovely video overview at the Visitor's Center. Optional- we'll walk around the pond—allow one hour for this. This program will be held rain or shine.

SENIOR CENTER

continued on page 2

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SENIOR CENTER

continued from page 12

Culturally Curious- Claude Monet: Impressions From Nature- Zoom

Wednesday, April 17, 1:30-2:30pm, free

Claude Monet was the founder of French Impressionism, a

revolutionary style that involves working outside and rapidly executing sketchy paintings to capture momentary effects of light and shadow. Monet returned to familiar outdoor subjects throughout his career, culminating with his beloved series on the water lilies in his garden in Giverny. This program traces the artist's life and career and includes many of his most beloved works. Image: Claude Monet. Nympeas, 1919. Musee Marmottan. Thank you to Whitney Place for sponsoring this program!

NPS Elementary School Artwork On Display

Wednesday, April 24- Monday, May 20. Come and admire the beautiful creations of the art students from NPS Elementary Schools.

Michael Goodwin Broadway Songs Part 2- In Person

Thursday, April 25, 1:00-2:00 pm, free

Everyone LOVED Michaels Broadway Songs Part 1, so he'll be back! Join us though the Golden Age of Musical Theater with vocalist/tenor, Michael Goodwin including Brigadoon, My Fair Lady and more. 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. Sponsored by- Riverbend of South Natick, Thomas Upham House of Medfield, Timothy Daniels House of Holliston- Three Exceptional Short Term Rehab & Skilled Nursing Facilities close to home.

The Joys Of Nature- Live Animal Talk- Endangered Species- Hybrid

Monday, April 29, 1:30-2:30pm, free

Join Joy Marzolf in person or virtually for a talk about help-

ing endangered species. What is an endangered species? Why are many animals and their habitats disappearing? Learn about endangered species in the wild here in New England, and around the world, and what we can all do to help them. Don't miss meeting some of their animal relatives up close and personal- turtle, snake, alligator etc.

UPCOMING DAY TRIPS

For more information, please call Sharon at Natick CSC 508-647-6540 X1907, skirby@natickma.org. Please note for all trips: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Register at the Center, 117 East Central St or online through Community Pass.

Cape Ann

Wednesday, May 8, \$126.00 per person (non-refundable purchase). Bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 10:00 am returning approximately 6:30 pm. Registration Deadline is Tuesday, April 16.

Join us in this visit to America's Oldest Port, Cape Ann. We begin in Salem for a buffet lunch at the Sea Level Restaurant. A professional guide will join our bus for a 2-hour guided tour of Essex, Rockport and Gloucester. After the tour, we end up at downtown Rockport to browse the stores and art galleries or you can sit by the water and admire the views.

Mt Washington Cog Railway Tour

Tuesday, May 21, \$143.10 per person (non-refundable purchase). Bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 7:30 am returning approximately 8:00 pm. Registration Deadline is Monday, April 29.

Join us for a fun ride up Mt Washington with the Cog Railway in Bretton Woods! We arrive at the summit for picture taking and sightseeing. We'll have a box lunch before the train ride at the base of the mountain, choose ham & cheese sandwich or turkey sandwich; included in the box lunch is bottle of water, chips and a cookie. We'll have time to browse the gift shop and museum before the train ride. This is a must do experience!

Newport Flower Show At Marble House

Friday, June 21, \$126.10, per person (non-refundable purchase) Bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 9:00 am returning approximately 6:30 pm. Registration Deadline is Thursday, May 30.

Join us for the annual Newport Flower Show at Rosecliff Mansion. First stop is lunch at Johnny's/Wyndham Resort overlooking the Atlantic Ocean and Newport's Easton Pond. Please choose your entrée at registration: Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. After lunch we go to the Rosecliff with gorgeous floral displays and gardens. We have some free time downtown Newport before returning home.

Lobster Roll Cruise- Dennis On The Cape

Tuesday, July 23, \$116.10, non-refundable, payable at registration. Luxury bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 10:00am, returns approximately 6:15 pm. Registration Deadline is Monday, July 1.

Join us as we head to Dennis on Cape Cod launching on our dinner cruise boat. Enjoy views of Sesuit Harbor on the calm waters of Cape Cod Bay while you enjoy a choice of Lobster Roll, Roast Beef Roll Up or Vegetarian Roll Up (choose lunch option at registration). Back on land, we have some free time in downtown Hyannis to shop.

Essex Steam Train And Riverboat

Thursday, August 8, \$140.00, non-refundable, payable at registration. Luxury bus departs from Fisk Meth-

odist Church, 106 Walnut St, Natick at 8:45am, returns approximately 5:30pm. Registration Deadline is Tuesday, July 16.

Join us as we head down to Essex, CT boarding Essex Steam Train. We will enjoy lunch in the dining car while we take in the beautiful countryside of meadows and farms. Please choose: Beef Tips with gravy, Baked chicken or Vegetarian Plate at time of registration. We will get off the train at Deep River Station to board the Riverboat for a relaxing ride along the Connecticut River.

Block Island

Tuesday, August 20, \$140.00, non-refundable, payable at registration. Luxury bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 6:45am, returns approximately 6:15 pm. Registration Deadline is Tuesday, July 16.

Step back in time to relaxing Block Island starting with ferry ride from Point Judith, RI to the Island. We'll start with an Island Tour approximately 1hr 15' with a stop at the historical Southeast Light. Afterwards we lunch at the National Hotel on the waterfront. Please choose: Pan Seared Chicken Breast, Pasta Pomodori or Flame Grilled Salmon for lunch at your registration. After lunch we'll have time to walk and shop in the Old Harbor downtown or just relax on the hotel porch.

Newport Playhouse- Run For Your Wife

Wednesday, September 25, \$134.10, non-refundable, payable at registration. Luxury bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 9:00am, returns ap-

proximately 5:45 pm. Registration Deadline is Tuesday, September 3

A FUN filled afternoon at this dinner theatre with buffet lunch, wonderful play and cabaret. The feature play, 1982 British comedy by Cooney, Run For Your Wife, shows John Smith who has two wives, two lives and a very precise schedule for juggling them both. When John Smith is mugged, ending up in the hospital, both his addresses surface, causing both the Streatham and Wimbledon police to investigate. Comedy ensues as Smith tries hopelessly to explain himself with the help of his upstairs neighbor. Lunch is a hearty buffet with hot/cold foods, main entrees, side dishes, beverages and homemade desserts. You will not be disappointed!

Turkey Train, NH

Thursday, October 10, \$126.00 non-refundable, payable at registration. Luxury bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 9:45 am, returns approximately 6:45 pm. Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two-hour scenic train ride, through the countryside and fall foliage is complete with a delicious full turkey dinner with all the fixin's provided by Hart's Turkey Farm. After our train excursion and on the way home, we stop at Moulton Farm which dates back to 1890's, in the heart of the Lakes Region.

Registration deadline Wednesday, September 18.

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Natick Fire's Acting/Interim Deputy Chief Andrew Hladick graduates from Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program

In January, nearly three dozen fire service leaders from across Massachusetts graduated today from the 29th class of the Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program.

Natick Fire Department's Acting/Interim Deputy Chief Andrew Hladick was among them.

The four-month program for new chief officers and chief officer candidates is delivered jointly by the Massachusetts Firefighting Academy and the University of Massachusetts Edward J. Collins Jr. Center for Public Management. Through classroom instruction and out-of-class assignments, the course delivers intensive training in the non-fire suppression aspects of managing a municipal fire department.

"The Chief Fire Officer program is a tremendous opportunity for new chiefs and



Andrew Hladick, Acting/Interim Deputy Chief at the Natick Fire Department, recently graduated from the Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program. Image source: Mass. Department of Fire Services

rising officers," said State Fire Marshal Jon M. Davine, who graduated from the program in 2016. "The rigorous instruc-

tion in such a wide variety of topics will help these graduates provide the leadership that their departments and

communities deserve. Completing the program is a major accomplishment and I want to congratulate all of them on their initiative and dedication to professional development."

The Chief Fire Officer Management Training Program covers a spectrum of topics considered essential for effective public sector management. It includes human resource management, ethics, executive leadership, governmental and organization structures, information management, customer-focused strategic planning, legal issues, budgets and public finance, community awareness, and labor relations. The curriculum helps fire officers improve their ability to lead and manage personnel, understand employees' needs and problems, communicate effectively to a variety of audiences, and leverage inter-agency cooperation. The Massachusetts Fire-

fighting Academy, a division of the Department of Fire Services, offers this program tuition-free.

The 2023-2024 graduating class was drawn from the fire departments of Amesbury, Ayer, Barnstable, Bedford, Bolton, Canton, Cotuit, Dennis, East Longmeadow, Erving, Everett, Framingham, Free-town, Hopkinton, Lawrence, Lowell, Ludlow, Manchester-by-the-Sea, Medway, Natick, New Bedford, Northampton, Northbridge, Onset, Royalston, Sharon, Ware, Wellfleet, West Springfield, Westfield, and Winchester, where its members serve as chiefs, deputy chiefs, and captains.

Other local graduates include Deputy Chief Nader Hamed and Deputy Chief Kevin Sullivan of the Framingham Fire Department.

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After Prom Party— a Free, Fun-Filled All-Night Event

The Natick High PTSO works to create a supportive and welcoming community for all students, teachers and parents in Natick. We host teacher appreciation lunches and events for faculty and staff at the high school, provide scholarships for graduating seniors, and organize activities for students. Our main event is the After Prom Party (APP), a safe, substance-free, fun and FREE event that is open to all Natick High Seniors, regardless of whether they attend the prom. We believe in Equity and Equal Access for all students. The APP is held right after the Prom from midnight to 5 am and includes music, dancing, food, activities and prize raffles. Natick High School's

Senior Prom is on May 17. Each year, we rely on the generosity of individual community members, parents, corporate sponsors, retail

businesses, and civic organizations to provide the funds needed to support the PTSO and run this valuable and potentially life saving event for our students. Such community engagement is a primary reason that makes Natick such a great place to work and live. We would be grateful for your support either a monetary contribution to help offset events and other PTSO expenses or a donation of gift cards or other prizes to be raffled at the After Prom Party. Gift donations would be used as incentives to keep students safely engaged at the APP until 5 am or to show appreciation to Natick High School faculty and staff. Checks (payable to Natick High PTSO) and prizes can be sent to Natick High School - Attn: PTSO 15 West Street, Natick, MA 01760. Online giving options include: via PayPal or via

Venme. PTSO is a 501c3 non-profit organization, so your gift will be tax deductible to the fullest extent allowed by law. For your records, please note that the Natick High School PTSO Tax ID# is 80-0489385. Thank you for your consideration and for caring about the wellbeing of Natick youth. We happily patronize and publicize (via social media, PTSO eblasts, PTSO website and communication) corporate sponsorship. We look forward to your consideration to partner and help ensure the success of the PTSO and the 2024 After Prom Party.

*Best regards,
Mancen Austin
Maureen Austin Natick High School After Prom Party Chairperson
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Sports

Natick Boys Lacrosse Team Is Young But Focused

BY KEN HAMWEY
STAFF SPORTS WRITER

Nate Kittler has guided the Natick High boys lacrosse team to 15 tournament berths in the last 22 years. To qualify for the playoffs for the 16th time will be a challenge but don't discount the Redhawks or their veteran coach.

Losing 19 seniors to graduation is a good enough reason why the degree of difficulty for a tournament appearance is high. Another aspect to consider is that Kittler has only seven returnees. However, one of the coach's three goals for the 2024 season suggests that his Redhawks will be peaking at the right time.

"Our prime objective is for our inexperienced players to improve daily and hope that by the end of May they'll be seasoned competitors," he said. "Our other goals are ones we include every year. We want to compete for the Carey Division title of the Bay State Conference and qualify for the tourney."

Kittler believes his team's goals are realistic. "Our kids worked out constantly in the off-season, they were diligent in their approach and their work ethic was

solid. Our captains displayed lots of leadership.

Natick seems to have enough overall team strengths to come close to last year's 11-7 record.

"Our team chemistry is good, the players are coachable and their work ethic is excellent," said Kittler. "Our lacrosse IQ continues to improve and our instincts and athleticism are good. On the field, our defense will be a strength and our offense will develop as the season moves along."

The Redhawks' three captains are seniors — David Popp (defensive midfielder), Tim Eckelkamp (midfield/attack), and Jack Cuddy (defense). Kittler likes their passion for leadership. "They lead by example, they communicate well and they're quick to help younger players," he noted.

Popp, Eckelkamp and Cuddy will be prime contributors in a variety of ways.

"David plays with grit and intensity," Kittler said. "He's in his second year of varsity play but he's tough, a hard-worker and a very good one-on-one defensive player. Tim has good skills, he's solid in transition and he's fast and efficient. Jack is big at 6-3



Natick High lacrosse coach Nate Kittler will be relying on his captains, from left, David Popp, Jack Cuddy and Tim Eckelkamp.

and his lacrosse IQ is high. A dedicated competitor, his stickwork and his approach are solid. He's a joy to coach and he'll be playing for Salve Regina next year."

Two juniors who'll be major contributors are Alex Peck at attack and Roy Gilkes, an offensive midfielder who'll handle face-offs.

"Alex is a prolific scorer," Kittler emphasized. "His stickwork is great, he's tough and agile, and his lacrosse IQ is high. He's quick and tough to cover. Roy has been on the varsity since his freshman year. He's aggressive, tough, has great hands and his lacrosse IQ is good."

A pair of midfielders — sophomore Levi Gagnon and junior Donnie Guglielmucci — are capable competitors.

"Levi is young but he's a leader," said Kittler, who's taught sixth-grade

science in Natick for 28 years. "A confident player, he'll go head-to-head with anyone. His offensive skills are good, he's got speed and quickness, and he's gained experience at the club level. Donnie is a grinder who developed toughness as a wrestler. He dodges effectively, his work ethic is strong and he continues to work on his transition game."

Sophomore Josh London is a left-handed attack who gained experience on the jayvees last year. "Josh is big, has a hard, accurate shot and he's worked hard to improve his skills. He's dedicated to the sport."

Two junior defensemen — Ben Vose and Alex Masterangelo — will team with Cuddy to form what Kittler hopes is an effective wall in front of Natick's goalies.

"Ben is tall (6-2), aggressive and intelligent," Kittler said.

A tenacious defender, his long stride enables him to cover a lot of ground. Alex is also aggressive and tenacious. A strong stick-handler, he likes contact."

The 51-year-old Kittler has assembled a top-notch group of assistants. They include defensive coordinator Ted Calicandro, who's the head football coach at Newton South; jayvee coach John Larkin, a former player with 10 years of experience as an assistant; freshman coach Matt Custodio; and Bruce Chanenchuck, a former all-American at John Hopkins who'll work with the offense.

A native of Natick, Kittler, whose team last year lost in the tourney's first round to Needham, relies on a coaching phi-

LACROSSE
continued on page 2



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LACROSSE

continued from page 16

losophy that focuses on potential and enjoyment. "I strive to make sure our players reach their potential and have fun in their athletic journey," he said. "When that occurs, winning will be the by-product. It's also important to build a family atmosphere and camaraderie."

Kittler also labels the lacrosse field as "an extension of the classroom." He knows valuable life lessons can be learned there.

"Sports teach kids to overcome adversity and be resilient," he said. "Players also can learn how to lead and how to become

quality teammates. Sports also help individuals develop character."

The Redhawks will open their season on April 2 at Waltham. The non-league contest should be a good test. If Natick loses, fans shouldn't fret or be overly disappointed. Because Nate Kittler has coached long enough to know the importance of peaking at the right time.

Natick is a young and inexperienced squad that will be evolving from game to game. What may look like a work in progress early on may be a well-oiled machine by late May.

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Walnut Hill School for the Arts Welcomes Internationally Acclaimed Dance Educator

Walnut Hill School for the Arts Head of School Eric Barber and Boston Ballet School Artistic Director Mikko Nissinen today announced the appointment of José Martín Trujillo as its next Director of Boston Ballet School's Professional Division at Walnut Hill (Director of Dance), starting in

the 2024-25 academic year.

"I'm thrilled to be joining Boston Ballet School's Professional Division at Walnut Hill next academic year as the program's new director," says Trujillo. "I'm eager to bring my professional experience to spearhead this unique and groundbreaking collaboration and

lead the students and faculty through a rewarding, holistic experience, developing the dancers' sustainable skills for their futures in the art form. With the dance industry ever evolving, Boston Ballet and Walnut Hill serve as an inspiration for the arts."

"I couldn't be more excited to welcome José to Walnut Hill as our next Director of Dance," remarks Eric Barber, Head of School at Walnut Hill School for the Arts. "He is as much a teacher of the art form as he is a world-class performer with fluency in both European and American ballet companies, and our students will greatly benefit from the experience and knowledge he will bring to the only program of its kind on the globe. As our pioneering collaboration with Boston Ballet School evolves, so does our need for top-level artistry, and José brings this in

abundance."

Throughout his extensive career, Trujillo has served as a performer, teacher, choreographer, rehabilitation specialist, director, and mentor. He trained at Víctor Ullate Ballet in Madrid, School of American Ballet in New York, and San Francisco Ballet School. His performance career took him all over the world, dancing as a soloist for San Francisco Ballet, Alberta Ballet, Zurich Ballet, English National Ballet, Boston Ballet, and as a senior soloist with The Royal Ballet for ten years.

Trujillo was involved in the creation of ballets by many notable choreographers including Christopher Wheeldon, Liam Scarlett, Helgi Tomasson, and Stanton Welch, and he staged Anna-Marie Holmes' Le Corsaire at the National Ballet of Uruguay under Julio

Bocca. Toward the end of his performance career, Kevin O'Hare facilitated his appointment as Acting Artistic Director at the Teatro Colón in Buenos Aires, Argentina.

Following his retirement from The Royal Ballet, Trujillo was appointed Principal Répétiteur at the English National Ballet where he led the company through the restaging of Le Corsaire. In 2015, he assisted Jennifer Jackson in the relaunch of Images Ballet Company where he supported the development of the program for four years, and was most recently appointed Artistic Director of the Company. Trujillo co-owns a private coaching and mentoring business, Raw Talent with his wife Kerry Birkett and is a frequent guest teacher and rehearsal director with a number of vocational schools and professional companies worldwide.



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Announcing Second Quarter Honor Roll

Natick students make honor roll

Dr. Jacob Conca, Head of School at Xaverian Brothers High School, is pleased to announce that the following students have been named to the honor roll for the second marking period of the 2023-2024 school year.

Natick students include:
 Jayce Sharma, Ryken Honors, grade

7
 Rony Escobar, Ryken Honors, 10
 Jeffrey Howard, Ryken Honors, 10
 Samuel Keith, Ryken Honors, 10
 Mitchell Kisgen, Ryken Honors, 11
 Griffan Godin, First Honors, 9
 William Wood, First Honors, 9
 SreVignesh AshokRaja, Second

Honors, 10
 Joshua Corliss, Second Honors, 11

The Xaverian Brothers High School honor roll has three designation levels: Ryken Honors (all marks are A- or above), First Honors (all marks are B or above), and Second Honors (all marks are B- or above).

Source: Facebook @Xaverian Brothers High School

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Real Estate Corner

Recent Home Sales

Date	Natick	Amount
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03/04/2024	9 Silver Hill Ln. #15	\$421,000
03/01/2024	15 Morgan Dr. #402	\$660,000
02/29/2024	6 Clifton Rd.	\$775,000
02/29/2024	71 Lake Shore Rd.	\$740,000
02/28/2024	60 S Main St.	\$662,000
02/27/2024	15 Peterson Rd.	\$1.88 mil
02/23/2024	9 Village Rock Ln. #2	\$315,000
02/22/2024	15 Centre St.	\$794,000
02/21/2024	83 Eliot St.	\$625,000
02/20/2024	16 Edgewood Ave.	\$1.55 mil
02/20/2024	6 Walden Dr. #12	\$350,000

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



The 4-bed, 2-bath 1,715 square foot house at 15 Centre Street in Natick recently sold for \$794,000. Image credit: www.zillow.com

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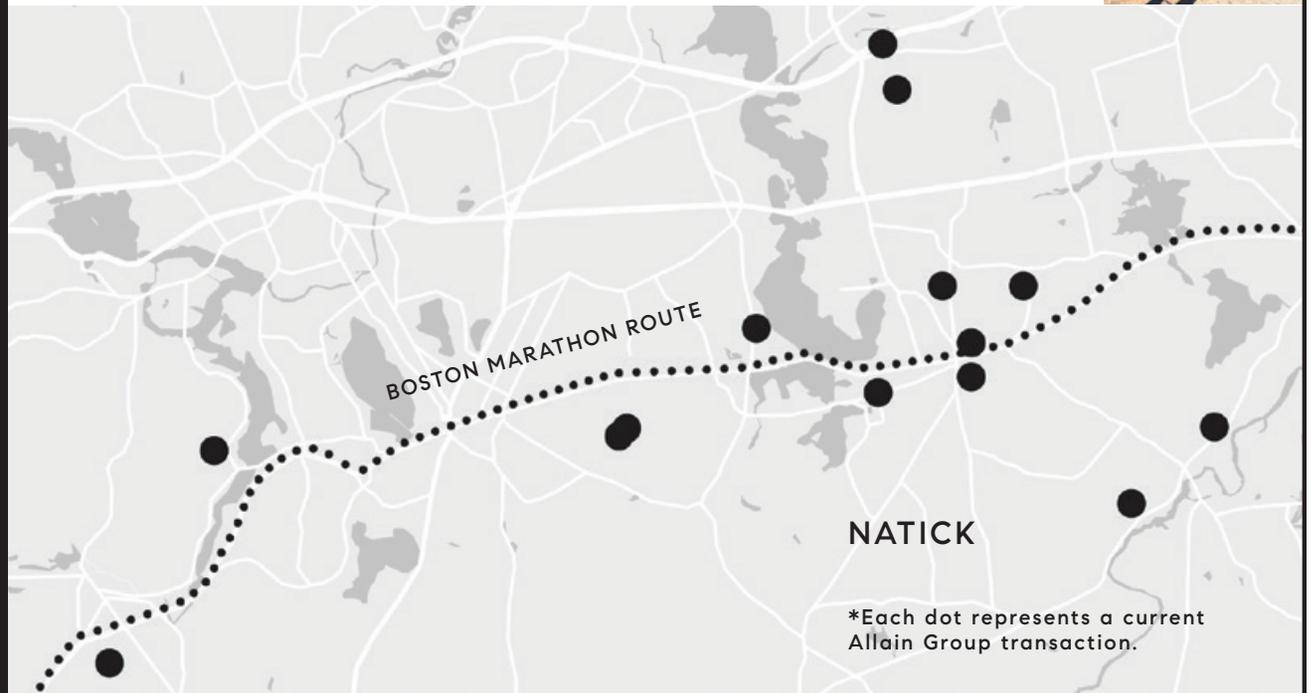


Good luck to Jessica as she takes on the 2024 Boston Marathon! Jess is running in support of the Redhawk Foundation and says, "Natick is the best home I've ever had and I am so excited to give back to this community that has given me so much. I can't wait to run through Natick on Marathon Day!"



JESSICA ALLAIN
#1 in Natick Homes Sold Since 2018
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Jess is running the 128th Boston Marathon and raising money for The Redhawk Foundation!



*Each dot represents a current Allain Group transaction.