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March 2025



Natick Pantry volunteer, Marty.

## **Self-Serve Community Service**

By Sean Sullivan

Out of sight of most neighbors, town residents have built and maintained a mini food pantry. Located outdoors in the shadow of Natick's Common Street Spiritual Center, the selfserve project is aimed at lessening local food insecurity.

It was begun by Natick resident Suzanne Alcott, and has

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been discreetly serving neighbors in need for several years.

The mini pantry is a cousin of Natick's Little Free Libraries. Those are custom-built boxes located throughout the town, weather-proof cabinets for the public exchange of books. Some resemble intricately-designed mailboxes, curbside the homes of residents.

But inside the cabinets are sheltered a shifting catalog of books on all manner of subjects. Passersby can take from (or add to) LFL outposts at any time.

That same spirit of unrestricted exchange also holds true for the non-perishable food items

**PANTRY** 

## A Focus on Natick's **Past and Future**



searching for someone with an eclectic skillset.

Just prior to chatting about her new role as director, Heather Rockwood said she'd just returned from a historical tour of Natick. The outing was an effort to get to know the town's personality—it's streets, structures and spirit.

"T come from the museum field," said Rockwood. "It was a job of many hats."

Those roles, she added, required persistent outreach to a variety of community stake-

> **DIRECTOR** continued on page 2

on page 3



By Sean Sullivan

The Natick Center Cultural

The NCCD serves as a hub,

a liaison connecting commu-

nity, culture and commerce.

The hiring process to head

the nonprofit group meant

District has a new director.

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### **DIRECTOR**

continued from page 1

holders. There was constant fundraising to attend to, the building and maintenance of many relationships with organizations amenable to supporting public goods.

"Moving into something like this, for me it just makes sense."

Rockwood has nearly 15 years of experience in the nonprofit sector, and is coming to Natick from her role as

communications manager for the Massachusetts Historical Society.

Prior to that was a career in development and marketing for Rhode Island's Newport Historical Society. Rockwood also worked out of the Old State House in Boston, the oldest surviving public building in the city.

The structure stands like an ancient sailing ship, preserved among the shadows of steel and glass towers rising up around it in the centuries since. Natick's main street still recalls the architectural character of a bygone era, and some of its churches date back a century and more. But steeped in old Boston and New England history, having worked in 300-year-old buildings, Rockwood said her new role in Natick situates her in more recent surroundings and history.

"Everything's so nice and new," she said.

She still serves as Chair of the Attleboro Cultural Council, and is a resident of that town. The commute to her newly-adopted Natick is about an hour long.

In all these roles, Rockwood honed her talents in the realms of fundraising, marketing and public relations.

As director of the Natick Center Cultural District, that experience should prove invaluable. "It's really about liaising," she said, about finding the unconsidered threads and interests that could tie different groups together. It's then about making, marketing and maintaining those connections.

"It's a lot of getting to know people. It's really about bringing businesses downtown and keeping them there."

These winter months find northern communities in sort of a state of semi-hibernation. Towns and cities hunker down and bundle up between bouts of snow and snaps of cold. But cultural and community life continues behind closed doors, and outdoors beneath heavy coats and scarves.

Natick's popular farmers market doesn't retreat, but rather regroups indoors at the Common Street Spiritual Center until spring arrives. The event then steps back outside and across the thoroughfare onto the lawn.

Planning and marketing mainstays like the farmers market is what the NCCD was founded for, said Rockwood. The organization promotes the event year-round, but plans during winter months for its grand re-opening on the Natick Common lawn. It's a signpost that the season has changed, a signal that a shift has taken place.

"We're really starting to look toward the summer," said Rockwood.

With those warmer months come "Natick Days," "Natick Nights" the town's "Artwalk" events, and an assortment of other outdoor festivals.

"Those are the things that are on my mind," said Rock-

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### **PANTRY**

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in Alcott's custom-made cabinet.

"You can access it whenever," she said of the mini pantry project.

And like the adoption of Little

popping up in other towns, Alcott's daughter-in-law suggested Natick adopt one of its own. After Alcott secured permission from the Common Street Spiritual Center, her family set to work designing and building the cabinet. Alcott's husband and their adult



Natick Pantry volunteers, Stephen and Marty.

Free Libraries across Natick, the inspiration for Natick's mini pantry came from afar. Both community projects have gone viral, been embraced the world over.

Having heard of mini pantries

children assembled and painted the pantry, which was installed on

**PANTRY** 

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## West Natick Fire Station #4 wins 2024 Design Award

of Architects New York State (AIANYS) has announced the recipients of the 2024 AIA-NYS Design Awards. AIANYS is the state component of the American Institute of Architects (AIA) and is composed of 13 statewide chapters representing over 9,500 architecture professionals. Since 1968, these prestigious awards have honored exceptional architectural projects – from local landmarks to international collaborations designed by licensed and registered architects practicing in New York State.

Twenty-nine projects received recognition across 14 categories, including Adaptive Reuse/Historic Preservation, Commercial/Industrial, Institutional, Interiors, International, Pro Bono Projects, Residential, Small Firms, Unbuilt, and Urban Planning and Design. Citations, Merit Awards, and Honor Awards

The American Institute were bestowed upon the most Architects New York State outstanding submissions.

The West Natick Fire Station #4 in Natick, MA won an award in the "Institutional" category. Tecton Architects, P.C. in Hartford, CT was the Architect of Record while H2M architects + engineers, who have offices in Troy and Long Island, provided the firematic design.

The 2024 Design Awards jury comprised Jury Chair Terry Welker, FAIA, Architect and Sculptor at Welker Studio, and Visiting Assistant Professor, Architecture, and Interior Design at Miami University in Oxford, Ohio; Jamie Ober, AIA, Principal at Lenhardt Rodgers Architecture + Interiors and 2025 AIA Pennsylvania President-Elect; and David Viana, Assistant Vice President, Community Relations & Subsidiary Administration at Empire State Development. Peter Arsenault, FAIA, was the facilitator.



# **Boston 2025 - A Marathon of Kindness!**

April 21 is Marathon Monday and the 129th running of the Boston Marathon! Spark Kind-

ness is thrilled to welcome Eric Rodden and Rich Boucher as our organization's 2025 Boston Marathoners making the 26.2 mile journey from Hopkinton to Boston. They have a collective goal of raising \$15,500 to help sustain Spark's free community programming and resources. We are so excited to cheer for them every step of the way.

And we hope you'll join us for our Marathon Poster Making Party on Saturday, 4/12 from 9am-12pm at Paper Fiesta! Let's connect in community and create inspirational posters to help cheer on the runners. See you there!

Meet Eric Rodden: Eric is following in his son Griffin's footsteps by running Boston and supporting a special cause, Spark Kindness! In Eric's words, "Your contributions will directly impact programs that foster kindness, build confidence, and instill resilience in kids. Every donation makes a difference."

Meet Rich Boucher: Rich is a systems analyst and father of four. He began running in 2014 as an outlet for stress during a difficult time. Running became a source of therapy and stress relief and gave him lifelong friends. He is excited to give back to the community all that running has given him by running the 2025 Boston Marathon in support of Spark Kindness.

### You're Invited!

Please join us for Spark's special Birthday Benefit on Tuesday, April 8th at the The Garden at Elm Bank as we celebrate 15 years of connecting through kindness!

Enjoy delicious food, drinks, desserts, and meaningful connections as we reflect on Spark's important work over the years to build kind, resilient, and welcoming communities for all.

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### **Editorial**

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### **Advertising Sales**

Susanne Odell Farber 508-954-8148 sue@sodellconsult.com

### **Advertising Director**

Jen Schofield 508-570-6544 jenschofield@localtownpages.com

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### **PANTRY**

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the building's exterior in 2021.

"Our motto is neighbors helping neighbors in need," she said.

Those neighbors who keep the cabinet's shelves stocked meet monthly to check in about the project. They include six local residents who also keep tabs on the pantry itself, regularly visiting the site to add items. Most of those goods are purchased by the volunteers themselves, though the mini pantry has other benefactors as well.

Natick's First Congregational Church has supported the project, as have local businesses like Cognex and Mathworks.

Still, Alcott hopes word of the mini pantry will spread, and that other supporters and volunteers will join the cause. The goal, she added, is for the effort to retain its "grass roots" beginnings and keep growing.

Its small but dedicated group of volunteers means that the cabinet is most often monitored on a daily basis.

"Items move very quickly in there," said Alcott. "Anything that's not perishable is extremely welcome."

Canned and dry goods are the most practical of course, food that has a long shelf life. Especially versatile are grab-and-go items, things that don't require cooking. Among these are protein and energy bars, and other healthy snacks.

Though the cabinet is outdoors and despite the cold weather, Alcott said that frozen foods aren't suitable for drop off. New England's climate is too unpredictable to assure such items will stay viable.

Alcott envisioned the mini pantry to fill a certain neglected niche of need. Some neighbors struggling with food insecurity may be living just on the edge of it. While their household income makes them ineligible for other food assistance programs, they still may need a helping hand at times.

"We feel like we're filling a small sort of crevice," said Alcott.

That effort hopes to prevent some neighbors from falling through. Perhaps a car repair bill or other unexpected expense comes due, forcing a family to trim its budget in other categories. The mini pantry aims to ensure that food isn't among that list.

"It's just a way to help with food insecurity. We just put it there and hope for the best."

## **OBITUARY** -

Lindley Elizabeth Doran, 77, passed away peacefully on the morning of September 27, 2024 after an extended battle with Alzheimer's. Lindley dedicated her life to helping others, and enriching her and the people around her with laughter, song, and joy.

Lindley was born in Springfield, Massachusetts on January 14, 1947 and was raised in Natick, MA with her brother, Ralph C Doran III, by her parents, Ralph C Doran Jr. and Ethel L Pierpont, who each preceded Lindley in death. She graduated from Natick High School, having excelled in Girl Scouts among other accolades, and grew up spending some summers at Camp Bob White, where her father was camp director. She would grow a love of the outdoors and adventure throughout her life, traveling and camping across the United States, as well as trips abroad to England, Europe, and China.

Lindley had a great fondness

for history, cultures, and people and she followed these interests throughout her education and career. After High School, Lindley attended William Smith College in Geneva, NY, and earned her Bachelor's degree as

well as making the Dean's list. Lindley excelled in her studies, also receiving a Master's Degree from Boston University, and her Phd in Pyschology from the University of Illinois, Champaign-Urbana.

In 1977, Lindley's career took her to Texas where she was a counselor at Texas Women's University in Denton. She subsequently was a counselor at Southern Methodist University in Dallas, and was the Director of the Human Resources and Women's Center at SMU. In 1991 she became the Director of the Student Counseling Center at Rice University in Houston



ton, and retired in 2008 from Rice as Assistant Dean of Health Services. In Houston, Lindley was an active member at First Unitarian Universalist Church of Houston and in the church choir.

Lindley is survived by her loving

and devoted husband, Charles O. Holman; son, David Doran-Marshall and wife, Kristen Murphy Marshall of Dallas, TX; granddaughters, Olivia and Cora Marshall; sister in law, Beth Doran; niece and nephews Molly, Patrick, and Kevin Doran; as well as numerous cousins.

Lindley's life was devoted to improving the mental health of women and students, and she had a lasting impact on many people she met throughout her life. Donations to your favorite charity honoring the life of Lindley Doran would be appreciated.

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## **Bacon Free Library in March 2025**

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 upto-date information and to register for programs: https://baconfreelibrary.org

### **Children's Programs**

Story Time: Mondays and Tuesdays @ 10am. 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.

Jammin with You: Fridays, March 7 & 21 @ 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, March 29 @ 10-11:15am, 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 for each child attending.

Music & Movement with Walnut Hill: Friday, March 14 @ 10:30am. Join Miss Katie from the Community Theater Academy at Walnut Hill School for the Arts for a fun program that emphasizes the bond between children and their caregivers, while enriching their musical, cognitive, and physical development. Caregivers are led in enjoyable, simple rhythmic patterns, dances, and activities. Instruments like rhythm sticks, bells, shakers, and drums are used, as well as scarves, balls, bubbles, and more. This program is geared toward ages 6 months to 4 years. Registration is required.

### **All Ages Programs**

Featured art display: through March 26: Bruno Wernli Art -- Bruno Wernli, born in Zürich, Switzerland, is an abstract expressionist artist currently based in Natick, MA. Specializing in acrylics on canvas, Wernli is renowned for his large-scale abstractions characterized by luminous, intense colors, crafted through a multi-layer technique. He is best known for his adept manipulation of color and form, which results in captivating works that engage viewers with their visual depth and textural complexity.

### **Adult Programs**

Français a la bibliotheque: Saturday, March 8 @ 10am. Vous parlez français? un peu, beaucoup, pas de problèmes. Venez nous rejoindre pour parler ou pour écouter.

Boston Light: Three Centuries of History with Author Jeremy D'Entremont (virtual program): Monday, March 10 @ 7pm on Zoom. Based on Jeremys book, Boston Light: Three Centuries of History, this virtual talk focuses on Boston Light Station, the site of the first lighthouse on the North American continent. Jeremy will trace its history through three centuries of tragedy, rescues, and colorful human interest stories of keepers and their families. Register to receive the Zoom link.

Irish Whiskey: History and Recommendations with Travis Ireland of The Friskey Whiskey Podcast(virtual).Monday, March 17 @ 7pm on Zoom. Whiskey aficionado Travis Ireland is here to share some engaging lore about whiskey as well as some recommendations for your next tasty sip. Register to receive the Zoom link.

W.F.K. Travers' Lincoln Portrait (virtual). Weds, March 19 @ 6pm on Zoom -- Art historian Mallory Mortillaro will share her first-hand account of researching this painting and the stories she uncovered as she leads the audience through this painting's fascinating provenance. Register to receive the Zoom link.

Grow Your Leafy Greens (virtual): Tuesday, March 25 @ 6pm on Zoom. Would you like to learn how to grow the most nutritionally dense food on the planet? In this virtual program, the experts at Blackstone Valley Veggie Gardens will teach you how to successfully grow kale, spinach, chard, and lettuce. 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

March 6: Full Dark House by Christopher Fowler

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

March 13 American Jezebel: the uncommon life of Anne Hutchinson, the woman who defied the Puritans by Eve LaPlante.

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

March 18: Eight Bears: mythic past and imperiled future by Glo-

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

March 22: Strength in What Remains: A journey of remembrance and forgiveness by Tracy Kidder

Tuesday Book Club -- fourth Tuesday of the month @ 7pm at the library

March 25: How to read a book: a novel by Monica Wood

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

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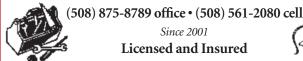
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## Homebuying in March: A Smart Time to Make Your Move?



Glenn Brown, CFP

March signals the beginning of homebuying season as the weather improves and more sellers list homes after waiting through the slower winter months.

Some buyers will wait in hopes of aligning closing with the end of school year; thus, buyers in March may have less competition and more options.

Before scrolling Zillow, open houses, and finding a real estate agent, let's discuss things you need to implement.

### **Define Your Priorities.**

Think about what you need in a home, make a list, and then prioritize #1-25, as not everything can be #1 or 1A. Consider factors like location, bedrooms, outdoor space, designated areas (i.e. office, kids' playroom), open concept, amenities, etc. Also know your preferences: move-in ready v. fixer-upper, few neighbors v. neighborhood, and public v. private school. And whatever

you do, don't let listing photos redefine your priorities.

### Do Your Research.

Research the local market to understand pricing trends and gain an idea of what to expect when making offers. Learn what's going on with schools, public safety, property taxes, new ordinances, and city/town infrastructure. Also, if you don't want to live on a busy road, know the existing commercial and industrial zones.

## Get Pre-Approved for a Mortgage.

This shows sellers that you're a serious buyer and can afford the property. Pre-approval also helps you understand how much you can borrow. Don't confuse pre-approval with ability to pay, as an underwriter is viewing your financial situation today - not what you have planned.

### **Explore Loan Options.**

When buying a home, securing the right mortgage is critical. Here are some common types:

Conventional Loans - Not backed by the government, these are offered by banks or private lenders. Down payments are 5-20% with required credit scores higher than 620, best rates for scores 780+. Benefits include competitive rates and flexible terms, however, there are limits on the amount borrowed.

**FHA Loans -** Government-backed Federal Housing

Administration loans are designed to help first-time homebuyers or those with lower credit scores qualify for a mortgage. Down payments are as low as 3.5% for credit scores of 580 or higher. While lower down payment and easier to qualify, Private Mortgage Insurance (PMI) is required, which increases overall costs.

Jumbo Loans - A type of mortgage that exceeds the conforming loan limits set by the Federal Housing Finance Agency (FHFA). Down payments are often 20%+ with higher credit scores, incomes, and investment assets.

Adjustable-Rate Mortgages (ARMs) - Offer a lower initial interest rate for a fixed period, typically 5, 7, or 10 years, then adjusts based on market conditions. Down payments are 5% or more with eligibility similar to conventional loan

requirements. Ideal for those expecting to refinance or move again in 5-7 years. There's a risk of higher payments as rates adjust or if the refinancing or move doesn't (can't) occur.

### **Understand the Full Costs.**

At closing you may need more than the down payment, this includes escrow (property taxes and insurance), prepaid interest, and other closing costs for \$5-15K additional. This can be rolled into the mortgage, so get a breakdown from your lender to avoid surprises.

### About that Financial Plan.

As a CFP, I've helped many clients with their homebuying (and selling) process. What eases stress is knowing what happens AFTER moving into your new home. Knowns include a new monthly budget, adjusted cash flow expectations, spending timelines on renovations, and any short-

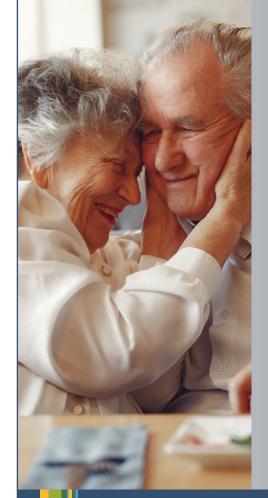
term lifestyle compromises. Additionally, we've run scenarios planning for the unexpected, family additions and/or desire to change jobs for greater work/life flexibility.

Through planning, you're confident in aligning your home with your financial independence.

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<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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## You've landed an interview, now to prepare

By Theresa Knapp

Congratulations, the company has noticed your résumé and they've scheduled an interview with you. Now what?

Now you prepare. Getting a job is difficult and time-consuming. The more prepared you can be, the more confident you can be, and the more successful you

For the employer, the purpose of the job interview is to assess the candidate's skills, their motivation, and to see if they are a good fit with the company's cul-

For the candidate, the interview can help assess if the job position or interview)

Have your elevator pitch ready

## Your "elevator pitch" should be "u-nique"

An elevator pitch is your introduction. The pitch should be 30 to 60 seconds long and should address your professional history, accomplishments of which you're most proud of, and relevant career goals which tie in with the job for that you're applying.

The pitch should end with a fun fact about yourself, something that can help you stand out from the other candidates. It should be positive and not too personal.

Many employers receive hun-

to ask yourself before a job interview include:

- What past accomplishments are you most proud of?
- · What three things do you want to get better at this year?
- What skills do you have that you've noticed differentiate you from your peers?
- What would your past or present colleagues say is the best thing about working with
- · Where do you want to be in three or five years?

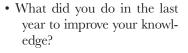
Take some time to think about your answers. An interview is the time to shine, to identify areas in which you are proud, and to share those accomplishments. Let the employer know what skills and energy you'll bring to their company.

If you're wondering how to highlight your strengths in an interview, Indeed [bit.ly/Indeed-PersonalStrengths] says focus on quality not quantity, back up your strengths with examples, and provide original answers to routine questions - you want to provide the answers they're looking for while standing out from the competition.

## 10 common job interview questions and how to answer them

According to the Harvard Business Review [bit.ly/HBR10CommonInterviewQuestions], the following questions are often asked during a job interview:

- · Could you tell me about yourself and briefly describe your background?
- How did you hear about the position?
- · What kind of work environment do you prefer?
- •How do you deal with pressure or stressful situations?
- · Do you prefer working independently or on a team?



- What are your salary expectations?
- · Are you applying for other
- Can you explain a time gap on your résumé?

Be prepared to respond to these questions with the answer and, when appropriate, why that is the answer.

For helpful detailed responses, visit bit.ly/HBR10CommonInterviewQuestions.

## "What is your greatest weakness?"

Another often-asked and often-dreaded interview question is, "What is your greatest weakness?" The purpose of this question is to see if you're honest, self-aware, and open to self-improvement; it gauges your emotional intelligence.

According to themuse.com [bit.ly/MuseGreatestWeakness], there is a simple formula to answer this question:

- Clearly describe your weakness [ex. Delegating]
- · Give a short example of a time your weakness affected your work [ex. The meeting started late because I did all the prep work myself, I should have delegated.]
- · Talk about what you've done to improve your weakness. [ex. I now look to my team

or coworkers to ask for assistance at the beginning of a project.]

When answering the question, be sure to answer concisely and focus on the solution, not the weakness. And always leave the answer on a positive note.

## "Do you have any questions for us?"

At the end of most interviews is one last question: "Do you have any questions for us?" Your answer should always be "yes" even if the employer has answered every question you had. It is important you ask at least one question, preferably 1-3 questions as time allows. Suggestions include:

- · How would you define success in this role?
- How is success measured in this role?
- What is the most challenging aspect of this role or this team?
- What do you like about working here?
- How many other members are in this department?
- How would you define company culture?
- What opportunities do you offer for professional development?
- Questions related to information on their website, blog, or social media

### **INTERVIEW PREP**

continued on page 9

ture and mission.

description is accurate, if you're

## First impressions count

According to the American Psychological Association, first impressions can have a real impact on your professional success. Ways to strengthen your chances of making a good first impression include:

- 1. Know your audience: Know who you're interviewing with so you can speak to them directly
- 2. Exude confidence: Speak slowly and calmly, make eye contact
- 3. Field questions gracefully: Don't get defensive, you don't know an answer, it's
- 4. Prepare and practice: You cannot overprepare
- 5. Be a good listener: Pay attention, make eye contact, nod, don't interrupt or finish

Source: www.apa.org/gradpsych/2012/11/first-impressions

comfortable with the "feel" of the company and its representatives,

## **Preparation is key**

- Read the job description thoroughly, research unfamiliar terms and acronyms
- Research the company through its website, blog, and LinkedIn page
- Search for company reviews on sites like GlassDoor, Indeed, Jobcase, etc.
- Search for the company in the news, is there anything about the culture, stock, etc., you should (or should not) discuss during the interview? A quick Google search could reveal important information
- Be familiar with the office location (even if it's a virtual

dreds of applications for each job. It will help your chances if you have a memorable interview. What makes you "u-nique"? Employers often ask each candidate the same list of questions so they can make accurate comparisons, and they often hear similar answers from each applicant. By sharing something unique about you - that you can directly relate to the job responsibilities - your chances of standing out can increase. Do you speak several languages? Do you have a unique hobby? Did you audition for American Idol? Were you at the 2004 Red Sox World Series

## Five questions to ask yourself as you pre-

According to the job search engine Indeed.com [bit.ly/Indeed5questions], five questions

· How do you keep yourself organized when balancing multiple projects?

## Digital footprints, yours and theirs

By Theresa Knapp

According to Business News Daily, "It's no longer that a great resume and a solid interview dictate whether you get a job offer. Your personal social media profiles can potentially seriously affect your professional life."

Business News Daily suggests the following tips for passing social media screenings:

1. Don't erase your profile: This can imply you have something to hide and does not guarantee the profile is completely deleted (but do remove inappropriate content)

- 2. Use social media to your benefit: Use your socials to promote content that shows your knowledge, professionalism, achievements, etc.
- 3. Google yourself to see what others will see when they do the same
- 4. Consider making your profile private: It is legal for employers to check public social media accounts, and be wary of hiring managers re-

questing information beyond what's available online (this is similar to employers asking inappropriate questions during interviews and should raise a red flag)

Source: www.businessnewsdaily. com/2377-social-media-hiring.html

There are ways to make social media work to your advantage during the interview process, including updating your social media profiles with up-to-date information, this includes Facebook, Instagram, LinkedIn, Tik-

· Feedback, giving or receiving

• Grammar

• Math

Tok, X – anywhere you have an active account; and like/follow companies that interest you and companies where you are interviewing.

LinkedIn.com offers the following tips to improve your LinkedIn profile:

- 1. Choose the right profile pic-
- 2. Add a background photo
- 3. Make vour headline more than just a job title
- Record and display your name pronunciation

- 5. Grow your network
- 6. List your relevant skills
- 7. Request recommendations
- 8. Showcase your passion for learning
- 9. Add comments

Follow relevant influencers in your industry

Source: bit.ly/LinkedInProfileTips2024

This article includes original content and information from Business News Daily and LinkedIn.

### **INTERVIEW PREP**

continued from page 8

What are the next steps in the hiring process? [this should not be your only question]

It's always best to ask some of these questions during the interview but be sure to save one or two questions for the end.

For the "70 best questions to ask in an interview," visit bit.ly/ Indeed51QuestionsToAsk.

This article includes original content and information from Indeed.com, themuse.com, Harvard Business Review, and PositivePsychology.com

## "What's your greatest weakness?" possible responses

When a potential employer asks this question, and they usu-

ally do, the following topics can be good answers as long as the 'weakness' is not directly related to the job you're seeking. For example, if you're applying to be a salesperson, you would not say your weakness is cold calling; and if you're applying to be an auditor, you would not say your weakness is math.

Other possible responses re-

- Public speaking
- Delegation
- Time management
- Writing
- Organization
- Attention to small details
- · Cold calling
- Confidence
- Decision-making
- Explaining complex or technical topics

- Patience
- Self-esteem
- Understanding when and how to say no

A full list can be found at bit.ly/ MuseGreatestWeakness





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## What is emotional intelligence?

Questions like "What is your greatest weakness" test your emotional intelligence, to see how you would behave, engage, and react in certain situations. Other questions used to gauge emotional intelligence, and could easily be asked during an interview, include:

- 1. How do you de-stress after a bad day at work?
- 2. What's something you've achieved that you're most proud of and why?
- 3. Who are some of your top role models, why do they inspire you?
- 4. How do you celebrate success?
- 5. How do you respond when a co-worker challenges you?
- 6. Have you ever had to change your behavior, either at work or home, if so, why did you have to change, and how did you change?
- 7. How do you recover from failure?
- 8. When have you felt demotivated, and what did you do to overcome this?
- 9. How would some of your closest friends describe you?
- 10. What kind of behavior makes you angry/annoyed?

Source: positivepsychology.com/emotional-intelligence-interview-questions/



## Résumés, cover letters, and references

By Theresa Knapp

Résumés and cover letters are important because they help job seekers convey their qualifications, experiences, and skills to potential employers. Your resume and cover letter should be tailored to each specific job and should mention several of the qualifications listed in a job description.

Many companies use an Applicant Tracking System (ATS) so it is important to use as many keywords from the job description as possible as this will increase your chances to make it past the initial

### Résumés

Résumés provide a first impression to the employer and should put your best foot forward. The ideal resume is one page long, but two pages is common.

The layout should include your name, email address (be sure it is a professional email address), and phone number at the top of the page, your home address is not necessary. The next section can be a Professional Summary or Objective (optional), then Ex-

perience (in reverse chronological order) in paragraph or bulleted list form. Follow this with Education, and end with an optional Achievements or Skills section.

Do not include a Reference section on your resume. According to indeed.com, resume tips to help you land an interview in-

- Look for keywords in the job posting and include those on vour resume
- Review resume examples for your industry
- Résumés should be simple and brief
- · Include concrete achievements and metrics when pos-
- Include only relevant information
- Use a professional font, 12 points, black font (unless your industry prefers color and creativity)
- Margins should be one inch (expand to 1.15 or 1.25 inches if you don't have a lot to fill the document)
- Call attention to important achievements within a job description or in a separate

"Achievements" or "Skills" section at the bottom of the resume

- Proofread, proofread, proof-
- Make multiple versions of your resume

Source: www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips

Coursera [www.coursera.org] suggests using action words such as generated, reviewed, crafted, analyzed, developed, compiled, arranged, secured, collaborated, documented, presented, administered, refined, produced, accomplished, increased, grew, improved, managed, delivered, transformed, fulfilled, engaged, negotiated,

For 150 resume action words, visit www.coursera.org/articles/ resume-action-words. According to Forbes.com, the top skills to put on your resume in 2025, if applicable, are:

- Data analysis and project management
- AI and machine learning
- Software engineering and IT infrastructure

- Critical and strategic thinking
- Problem-solving
- · Adaptability and agility
- Collaboration and teamwork
- Communication skills

Source: www.forbes.com/sites/ rachelwells/2025/01/10/top-skillsto-put-on-your-resume-in-2025/

### **Cover letters**

If a job description says a cover letter is not required, you don't have to submit one. If it says a cover letter is optional, it's in your best interest to submit

A cover letter is a short letter that accompanies your resume and illustrates how your experience would directly relate to the specific position to which you're applying.

According to the Columbia University Center for Career Education, the goal of a cover letter is to highlight your qualifications, showcase your motivation, and reflect your voice and written communication skills. To write an effective cover letter, you should review the job description and research the company and its values and mission. The Columbia

website says, "As you craft your cover letter, use examples that demonstrate your relevant skills, knowledge, and interests."

The standard format includes a heading that matches your resume (centered), the address of the company (against left margin), then a salutation (if no name is given use "Hiring Manager or the title mentioned in the job description). The first paragraph is the introduction where you say what job you're applying for and why; and the second paragraph (this could be two paragraphs, if need be) can highlight one or two skills or experiences and how they are relevant to the job for which you are applying. The last paragraph is a conclusion where you recap what you would bring to the organization and your interest in the position, and thank them for their consideration.

Source: https://www.careereducation.columbia.edu/resources/how-andwhy-write-great-cover-letter

### References

References are typically not requested until a job offer is pending, though some companies may request them up front.

Be sure to alert the people you are using as references so they are not surprised when they receive an email or phone call related to your application.

Carefully consider who in your current job you can use as a reference that will not compromise your current work situation.

When choosing your references, the American Association of University Women (AAUW) says you should find colleagues you can trust, pay attention to titles, be prepared (always keep an updated list of references, keep them updated with current information), follow up after they provide a reference with a thank you note and tell them if you got the job. And finally, never misrepresent your references or yourself.

Source: www.aauw.org/resources/ career/boost-your-career/providing-ref-

This article includes original content and information from the American Association of University Women, coursera.org, forbes.com, indeed.com, and Columbia University.









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# Job search and technology, what you need to know about AI

By Victoria Rayel Career Counselor and Life Coach

If you're thinking about starting the new year with a new job, it's important to be clear about your job targets, ideal industry,

applicants and expedite the pro-

To stand apart in this market, you need to know what to expect when it comes to technology in the job search. Three tips to ensure you don't get lost in the application 'black hole' include

application materials match the job for which you're going. You can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

For example, upload your ré-

list where they come up on my résumé. Put this list in a grid"

## Consider "Apply for me" Tools

Sites like Ladders and LazyApply apply to jobs on your behalf for a fee. You will fill out a series of questions, select the jobs that are interesting, then the tools will submit your application. Job searching can be a tedious task, and technology can help you save time in applying. Now you can spend more time on important things like interview preparation, upskilling, and the next tip.

### Networking

Roughly 15% of positions are filled through online applications, so it is suggested job seekers spend at least 50% of their job search time on reconnecting with their existing networks and building

## WHAT IS "ARTIFICIAL INTELLIGENCE"

According to NASA, citing the National Defense Authorization Act of 2019, "Artificial intelligence refers to computer systems that can perform complex tasks normally done by human-reasoning, decision making, creating, etc."

www.nasa.gov/what-is-artificial-intelligence

new relationships. If online applications are not helping you get interviews, start having conversations. Coffee chats, phone calls, networking events, LinkedIn Group discussions, Discord, Facebook and any community groups you're involved in can be an amazing resource to connect to people.

Finally, don't let AI intimidate you. It's time to embrace the new normal and leverage technology to help you succeed.



location, pay, and have a résumé. With an increasing number of applicants due to a changing business environment, geo-political landscape and overall economic changes, recruiters use tools like AI to help them quickly find top

using artificial intelligence (AI), helpful automatic tools, and networking.

### Use AI to Beat AI

When applying for a position, it's important to make sure your

sumé and the job description into ChatGPT, then try these prompts:

Type "Select three accomplishments from my résumé that match this job best" or

Type "Create a list of key skills this job is looking for and



## Sports

## **NHS Girls Track Team Registers Top-notch Results**

## Fleming New Indoor Coach

By KEN HAMWEY Staff Sports Writer

Kathy Fleming's first year as the girls indoor track coach at Natick High has been positive.

The 57-year-old Fleming, who served as the program's assistant coach for the last eight years, guided the Redhawks to a 3-2 record during the dual-meet season and saw some of her competitors get top-notch results at both the Bay State Conference Meet and the Division 1 State Meet.

The Redhawks' triumphs during the regular season came against Milton, Brookline and Framingham, and the setbacks were against Wellesley and Newton North.

At the Bay State Conference Championship Meet, Natick finished third with 69 points. Newton North was first (93 points) and Weymouth was second (80 points). "We had a great team effort at the BSC meet," Fleming said. "We faced quality teams that are some of the best in the state."

At the Division 1 State Meet, the Redhawks finished third with 51 points. Lexington took first (84.87 points) and Newton North was second (60.74 points). "It's a great time to be leading the girls program," said Fleming after the State Meet. "The girls are dedi-

cated, committed and talented."

Fleming is no stranger to track. She practically became a household name when she competed at Massapequa High School in Long Island, N.Y. She achieved the No. 1 ranking nationally in the 1500-meter run and captured six state titles in other events. A Villanova University graduate,



she excelled in track and was also a member of the Wildcats' 1989 NCAA champion cross-country squad.

"After graduation, I became

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Above, three top-notch competitors for Natick High's girls track squad are, from left, Chloe Elder, Emmi Edozien, and Sydni Chandler.

Left, Natick coach Kathy Fleming has a dynamic background in track

a professional athlete, competing in track for sponsors that included Reebok, Nike and New Balance," said Fleming, who's married and has three children. "During my 10 years at the pro level, I competed in four Olympic Trials. I later coached at Boston College and Wellesley College."

Besides coaching at the high school level, the Long Island native currently works as a coach for recreation programs, women's running clubs, and private individuals.

Fleming, who will coach Natick's girls outdoor team in the spring, set three goals for this year's indoor contingent.

"I wanted our competitors to enjoy track and have fun," she said. "Keeping them committed to the sport is a priority. I also wanted good outcomes in post-season meets and to make sure our girls get the support they deserve in the post-season."

Fleming's philosophy of coaching focuses on improving and learning a lesson from every meet. "It's important to have fun, reach one's potential, and learn something about yourself from each event whether it's a win or a loss," she said. "And, track can teach life lessons, like dealing with

adversity and striving to be resiliant."

Fleming's group has displayed some very important strengths.

"We're skilled in the hurdles, sprints, field events and distance events," she said. "We have experience and depth, the girls have a high track IQ and they're coachable."

Following is a thumbnail look at the girls who've been the nucleus of this successful squad with comments from Fleming.

### **THE CAPTAINS**

SYDNI CHANDLER, who competes in the hurdles, high jump and long jump, has committed to compete in track at Wesleyan College. She scored 20 points at the BSC meet, finishing first in the high jump, second in the hurdles and second with the 4x200 relay team. At the State Meet, she finished second in the high jump and fifth in the hurdles. Her 5 feet, 2-inch high jump was a personal best. A multi-talented senior, she's Natick's Pentathlete state medalist. Currently, her score is listed eighth in the nation. A BSC all-star, "she's a great team player who accepts challenges, has lots of energy and leads by example and by being

communicative. She can jump, is athletic, and strong."

**TAYLOR BUSS** runs the 55 and 300-meter events. A senior, "she communicates well and also is a vocal leader. Willing to do whatever it takes to improve, her ability and endurance are strengths."

**SARAH GOLDEN** competes in the 300 and 600-meter events. "A vocal senior leader who is easy to approach, she'll be attending Georgetown University in the fall. Able to focus on upcoming priorities, she's very competitive and relies on endurance."

**AUDREY LIN** runs the 1000-meter and mile events. "A leader by example, she has greatly improved. A hard-working and dedicated senior, she has tremendous focus, relies on her stride and is very smart about maintaining her pace."

**ALISON JENNINGS** competes in the 600 and 1000-meter events. "Always smiling, she's dedicated and an excellent communicator. An even-keel senior, she's improved her times in spite of physical setbacks."

## OTHER COMPETITORS EMMANUELLA EDOZ-

**IEN** is a national qualifier in the 55-meter hurdles this season and she competed at the New Balance Nationals last spring in the 100-meter hurdles. A junior, she had a dynamic effort at the State Meet, finishing first in both the 55-meter hurdles and the long jump. Her 7.96 time in the hurdles was not only a school record, but also the fastest time ever in Massachusetts. Her distance in the long jump was 18 feet, 8.75 inches. At the BSC Meet, she scored 15 points, finishing second in the long jump, second with the 4x200 relay team, and fourth in the hurdles. She also competes in the 55-meter dash. "She's athletic, powerful and dedicated."

**CHLOE ELDER** is a junior whose time of 40.12 seconds in the 300-meter run enabled her to finish first at the BSC meet. She was not been beaten in any BSC meets this year. At the State Meet, she was first in the 300 in

### TRACK

## Sports

## **NHS Girls Six Aiming For Deep Run In D-1 Tourney**

By KEN HAMWEY STAFF SPORTS WRITER

Coach Bruce Ihloff set three goals for the Natick High girls ice hockey team at the start of the season and so far his Redhawks have checked two boxes. But, before the third objective can be checked, more details will be needed on the Division 1 state tournament that's currently underway.

"Improving daily in practice and in games is a goal the girls have achieved," said Ihloff, who's in his 11th year as the program's head coach. Another goal was to win the Bay State Conference's Carey Division. That's also been achieved."

Ihloff's other objective was to qualify for the playoffs and go on a deep run. Qualifying wasn't a problem, thanks to the Redhawks' 16-3-1 record and its No. 10 power ranking at Local Town Pages deadline. Going on a lengthy run, however, seems realistic but it has yet to be determined. The Redhawks certainly are aiming for better results than last year.

"We competed in Division 1 for the first time last year and got beat, 1-0, in the opening round by a co-op team comprised of Haverhill, Pentucket and North Andover (HPNA)," Ihloff recalled. "We had a 12-7-1 regular-season record heading into that game."

Records so often don't mean much in a highly competitive division. And, although the higher ranked HPNA squad won, the outcome could have easily gone either way. HPNA was seeded No. 12 and Natick was ranked No. 21.

It's a different year now and

Natick has a better grip on what Division 1 hockey is like.

"We've got a variety of team strengths this year that are important," Ihloff offered. "We've got experience and depth, a hockey IQ that's still improving, and we're skilled. Our leadership is good, our goaltending is outstanding, and we're a fast, aggressive forechecking team."

Natick's senior captains Liz Curley (defense), Maggie Connors (center) and Shaylie Rutledge (left wing) — personify many of the strengths Ihloff lists and he's upbeat about their leadership styles.

"Liz and Maggie were captains last year and Shaylie was an assistant captain," he said. "They've improved in their roles. They lead by example, by being vocal and are support-

The 57-year-old Ihloff admires Curley's coachable nature. "Liz will do whatever it takes to get the team to the next level," he emphasized. "She's physical, can skate well and is strong. An instinctive player, she's a defensive defenseman."

Connors and Rutledge also get high marks.

"Maggie moved from defense to center," Ihloff noted. "She's our most all-around competitor. She's physical, can skate and is a good stick-handler. Her offense has blossomed. Shaylie has improved (14 goals, 14 assists). Her effort is great, her offense is an asset, and she skates fast. Relying on a hard shot, she's a very good decision-maker."

Goaltending is a plus for Natick and that's because of sophomore Sophia Luoni.

"Sophia started as a freshman," Ihloff said. "She's got seven shutouts this season and has a 1.00 goals-against average. A butterfly style goalie, she's got sound skills, fantastic instincts and she makes the big save. She's vocal in a positive way and she's one of the best goalies to come out of this pro-

Sophomore Jordan Di-Giandomenico, a first line center-wing, is the best offensive threat on the team, according to Ihloff. "Jordan so far has 22 goals and 11 assists. She gets position, has a hard shot and has a high hockey IQ. Our smallest player, she takes advantage of scoring opportunities and has a knack for the net."

Junior Ava Kelley is a second-line center. 'Ava's forechecking is relentless," Ihloff said. "She's got lots of energy, creates opportunities and is fast and fearless."

Sophomore Izzy Mastrangelo is labeled as "our most dependable and natural defenseman" by Ihloff. "She's smart, is always in position, has speed and she shoots well."

Ihloff likes the development that freshman defender Lauren Danahy has displayed.

"She's got size, is physical, a good skater and she's fast," he said. "She's more of a defensive defenseman. A jayvee player last year, she's learning and improving."

Junior Catherine Catchings is a second-line wing who's very capable. "She's physical and very effective on penalty kills," Ihloff noted. "She's embracing a leadership role and has started to find the net."

Two assistant coaches have played key roles in the success of this year's squad. They in-



Natick coach Bruce Ihloff with his captains, from left, Shaylie Rutledge, Maggie Connors, and Liz Curley

clude Ien Yancev who instructs the forwards and Alyssa Cimino who works with the defense-

"Jen played on the first Natick High girls hockey team in 2000," Ihloff recalled. "She's in her ninth year with the program and relates well to the players. I coached Alyssa when she played for the Natick Comets at the U-12 level right up to high school. She later played goalie for Wellesley High."

Ihloff's coaching philosophy focuses on his players reaching their potential and enjoying their athletic experience. "If those things occur, then winning

usually follows," he said. "And, I try to coach in a way that helps our players learn life lessons. Some of those are overcoming adversity and being resilient, becoming leaders and quality teammates and to be accountable and committed."

During his previous 10 years as the Redhawks' coach, he's guided NHS to eight tournament berths. He's now helped NHS earn its ninth playoff date.

This time, however, Bruce Ihloff wants a lengthy journey in the Division 1 tourney. If that occurs, it'll be mission accomplished for the 2024-25 squad.

### **TRACK**

continued from page 12

a time of 40.25 seconds. Last spring, she broke a longstanding Natick High record in the 400-meter. Her time was 57.41 seconds. "Also competing in the 600-meter and the 4x400 and the 4x200 relays, Chloe accepts challenges, has good endurance and natural speed."

**KENDALL HACKER** is a senior who played on two state championship soccer teams and has committed to Bowdoin College to play soccer. "Competing in the 400, 600 and 1000-meter events, she's a great leader and solid communicator. A very solid runner with a great range of speed and strength (endurance),

she's scored many points this season in the 600-meter run. Playing in soccer tournaments at the club level has helped her stay healthy and strong."

## LILLIAN CHISHOLM

competes in the shot put and high jump. A junior, "she's a talented point-scorer who's strong, athletic and willing to adapt." Her personal best in the shot put was 30 feet, 10 inches but she surpassed that effort at the BSC meet, finishing first with a throw of 33 feet, 8.5 inches, a personal best.

MEGAN JOYCE runs the 1000-meter and mile events. A sophomore, "she's strong and tough, instinctive and knows how to adapt. She's an efficient runner who has a great stride."

### **ASSISTANT COACHES**

Fleming has a staff of assistant coaches that she respects for their knowledge and ability to instruct in all areas of track.

They include Than Bogan (high jump, pole vault); Gary Coles (long jump, triple jump); Erin Toomey (hurdles); Ivor Ford (shot put); and Ralph Roper (sprints).

## Spring Forward: Unlock the Secrets to a Successful Home Sale



John McHugh

### **REAL ESTATE INSIGHTS**

As the winter chill begins to fade, the real estate market bursts into bloom, bringing with it a flurry of activity and opportunity. With sales activity surging between February and March, and prices statistically on the rise, now is the perfect time to

capitalize on the spring market's potential. To stand out in a crowded market, you'll need to prepare your home for the discerning eyes of potential buyers.

It's time to tackle that to-do list and give your home a makeover. From leaky faucets to creaky doors, addressing repairs and renovations can work wonders for your home's aesthetic appeal and value. Consider investing in more significant projects, like a sleek new kitchen or a stunning outdoor patio, which can boost your home's value and provide a impressive return on investment. According to the National Association of Realtors, every dollar invested in home renovations can return up to three dollars in increased home value.

Depersonalizing your home is also important, so remove personal items, family photos, and artwork to create a neutral yet appealing environment. This will allow buyers to imagine themselves living in the space, making it more likely that they'll fall in love with your home. The most commonly staged rooms are the living room, kitchen, owner's bedroom, and dining room, according to the National Association of Realtors. By staging these rooms, you can create a warm and inviting atmosphere that will make buyers feel right

Exterior maintenance is also vital, as it can make or break a buyer's first impression. Add a new mailbox, clean outdoor fixtures, pressure wash the front door, garage door, and backside

of the home, and consider repainting or replacing worn-out elements. Boosting curb appeal can significantly impact a buyer's decision to view your home, so don't neglect the exterior. Simple tasks like cleaning up the lawn, gutters, and porch can make a significant difference.

Finally, working with an experienced and trustworthy real estate agent is crucial in navigating the selling process. They will provide valuable guidance and expertise to ensure your home sells for the best possible price. In fact, homes sold with the assistance of a real estate agent typically sell for 25% more than those sold by owner. By following these essential steps, you can increase your chances of a successful spring sale. With a well-prepared home and the

right guidance, you can attract potential buyers and secure the best possible sale price.

Let's talk about preparing your home today to take advantage of the spring market's potential for increased sales activity and rising prices! Reach out if you would like a Complimentary Market Analysis and Pricing for your own property!

John McHugh has been a Senior Agent with Coldwell Banker for 24 years. 978.902.5646 JohnSellsNow@ Gmail.com Visit My Website for home-buying/homeselling tips and to search all properties: JohnMcHughRealEstate.com

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# Real Estate Corner

## **Recent Natick Home Sales**





Date	Natick	Amount
02/14/2025	15 Graystone Lane	\$2,250,000
02/10/2025	12 Vernon Road	\$725,000
02/10/2025	1 Bennett Street	\$775,000
02/06/2025	1 Westfield Road	\$690,000
02/06/2025	6 Village Rock Lane #16	\$330,000
02/04/2025	76 Speen Street	\$1,100,000
02/03/2025	19 Western Avenue #A	\$1,130,000
01/31/2025	140 S Main Street	\$720,000
01/31/2025	32 Farwell Street	\$947,000
01/31/2025	7 Morgan Drive #109	\$830,000
01/30/2025	13 Rutledge Road	\$1,590,000
01/30/2025	7 Countryside Road	\$1,340,000
01/28/2025	29 Cottage Street	\$925,000
01/24/2025	26 Winter Street	\$970,000
01/24/2025	56 Macarthur Road	\$675,000
01/24/2025	5 3 <sup>rd</sup> Street	\$1,420,000
01/23/2025	65 Everett Street	\$1,050,000
01/22/2025	305 N Main Street	\$1,410,000
01/22/2025	12 Silver Hill Lane	\$400,000
01/21/2025	2 Village Rock Lane #4	\$228,429
01/17/2025	289 Bacon Street	\$648,000
Source: zillow.com	Compiled: Local Town Pages	56



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The 3-bed, 5-bath 3,096-square-foot house at 19 Western Avenue in Natick recently sold for \$1,130,000. Image credit: www.zillow.com

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