

A Global Movement Grows in Natick

BY JACQUI MORTON

In 2016, a Pride flag with the word PEACE was stolen from one home in Natick. In response, children in the neighborhood inspired their families to display more PEACE flags. Now young adults, that simple act of love led to the international distribution of more than 50,000 flags and the creation of a global movement.

The PEACE Flag Movement ‘works to unite the world in the fight for equity and care for all people. It starts with the flag, making the hope of change visible. And it grows when we turn education and conversation into action. Raising this flag is a promise to speak up, stand up, rise up.’

“It was like the little engine that could, sparked right here



in Natick. Even Reebok displayed the flag,” Maggie Sky, a community organizer who

MOVEMENT

continued on page 16

Ending Summer on a High Note



BY SEAN SULLIVAN

Musicians played on hosts’ porches under abundant sunshine and blue skies last month.

It was the last summer Saturday

of the year, one that provided perfect weather for Natick’s annual

SUMMER

continued on page 12

WHAT’S YOUR HOME WORTH?

Reach out today for a complimentary pricing and market analysis!

JohnSellsNow@gmail.com | 978.902.5646

 **JOHN MCHUGH**
JOHN.MCHUGH@REALTY.COM

 **COLDWELL BANKER REALTY**

Triple The Treat!

 11 Parsons Way | South Natick

 39 Evergreen Road | Natick

 6 Brook Street | Sherborn

 **TRICK OR TREAT** Time to Make Your Move!

From Boston to the Burbs!

 **MELISSA SULLIVAN**
REAL ESTATE PROFESSIONAL

 **WILLIAM RAVEIS** 

Reach out to Melissa Sullivan for all your real estate needs! (857) 383-1687

SELLING A FIXER-UPPER?

If you don’t know where to start

Let us manage it for you!

Sable Homes
 Metro-West

WILLIAM RAVEIS



Call us for more information • Sable Homes Metro-West Team • 508-733-8935

PRSRST STD
 ECRWSS
 U.S. POSTAGE
 PAID
 PERMIT NO. 142
 SPRINGFIELD, MA
 Postal
 Customer
 Local

localtownpages 

Scan this QR CODE
 to visit our Website



Scan this QR CODE
 to visit our Facebook Page

localtownpages 



Home Downsizing Series - Article 1 of 6



Ted Raad, Residential Advisor
Advisors Living Real Estate

REAL ESTATE INSIGHTS

This article kicks off a six-part series on the key considerations when downsizing your home in Massachusetts. Each article is intended to provide information that is practical, local and without the jargon. There are lots of reasons to downsize your home, ranging from financial to a change in lifestyle. Articles will cover the gamut. Let's start with the tax and money moves that help you keep more of your home sale proceeds.

Selling a longtime home could open doors both emotionally and financially. Before you list your home, define your "why". Then meet with your financial planner and real estate agent to build a strategy. A little clarity up front will go a long way.

Here's the big topic most people ask about: the federal **capital gains tax exclusion**. If the property you are selling has been your **primary residence** for at least two of the last five years, you may be able to exclude up to **\$250,000** of gain if filing single or **\$500,000** if married filing jointly. For many households, this tax-exemption is what makes downsizing math work.

Next, don't forget the state layer. In Massachusetts, most **long-term** capital gains are taxed at **5%**, while **short-term** gains (property held one year or less) are **8.5%** under recent tax rules. Your real estate agent can estimate a home sale range and likely net proceeds. Your **CPA** can then turn that into a precise tax picture for your situation.

Now, the fun stuff...**PAPER-WORK**. This matters more than people think. Improvements such as a new roof, windows or any remodeling can increase your home's **cost basis** and reduce taxable gain. So, please keep proof of those upgrades and hang on to all records and receipts. That information may be worth thousands of dollars!

A quick myth-buster: **1031 exchanges** are terrific for **investment** or business property, but they do not apply to a **primary residence**. If you're selling rental or investment property, that is a different conversation to have

with your CPA. In this article, the focus is on downsizing your primary residence where a 1031 exchange does not apply.

Finally, it is important to compare the carrying costs of your current home to the next home's **all-in number**. This should include taxes, insurance, utilities, and any condo or HOA dues. Many sellers find that even after moving costs, the right-sized home can free up time and cash for what's next. If this is your goal, make sure you fully understand the expenses of your anticipated new-home and determine your buying power when looking for your next home.

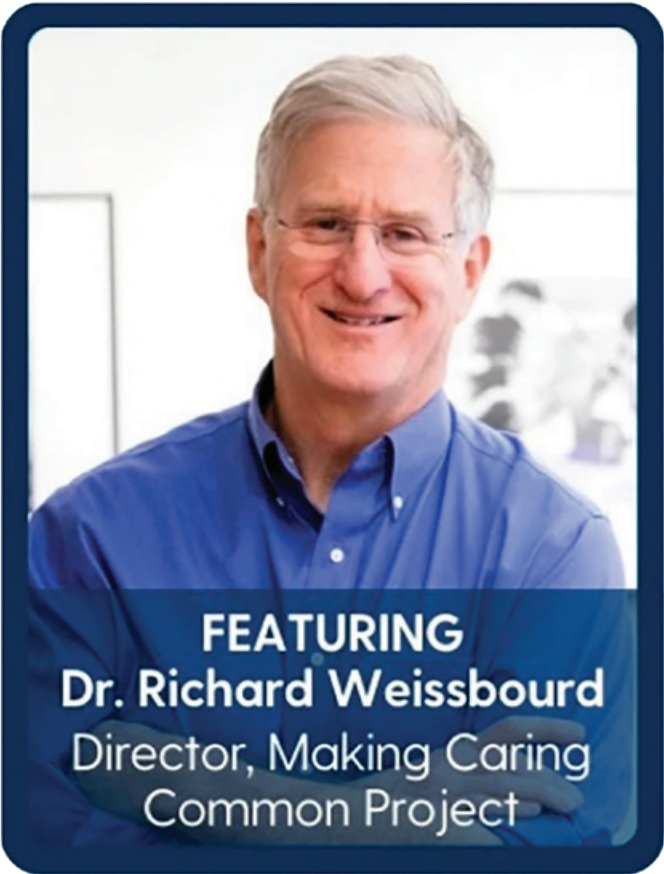
This is the first of six installments in the Downsizing Series. Next topic: decluttering with less stress and more momentum.

This is intended as general information, not tax advice. Ted Raad is a Residential Advisor with Advisors Living, he is not a tax expert nor a financial planner. Please confirm details with your CPA or financial planner.

Ted Raad, Residential Advisor
Advisors Living Real Estate -
Ted Raad Homes
Cell: 508-290-4120
ted@tedraadhomes.com

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Spark Kindness Presents Free Community Event



Join Spark Kindness on Thursday, Nov. 13, at 7 p.m., for "Raising Caring, Resilient, Values-Guided Children In An Age Of Anxiety."

Dr. Richard Weissbourd will explore practical ways to nurture empathy, resilience, and values in children facing today's challenges.

The event will be held in the Natick High School auditorium. Register online at www.sparkkindness.org. Live ASL interpretation will be provided.



BRING YOUR REMODELING DREAM TO LIFE!

If you can envision it, then we can build it.

HOME IMPROVEMENT
NEW CONSTRUCTION
KITCHEN & BATH REMODELING
PAINTING & CARPENTRY
CLEANING SERVICES

IN BUSINESS FOR OVER 20 YEARS

Commercial / Residential



Remodels • Home Improvement • Additions • Painting



FULLY INSURED • FREE ESTIMATES
www.alltimesconstruction.com
508-231-7703

Natick Flu Clinic



The Natick Board of Health will be holding a Town Community Flu Clinic for Natick residents 6 months+.

Date: Wednesday Oct. 15, 2025
Time: 10 a.m. to 2 p.m.
Location: Natick Community Senior Center, 117 E Central Street, Natick

Pre-Registration required at: <http://bit.ly/4n7Yp9R>

Free Regardless of Insurance Status. One FREE Covid-19/Flu Test Kit per household post vaccination while supplies last.

For more information call the Health Department at 508-647-6460.

MAPC Awards \$800k in 'Accelerating Climate Resilience' Grants to Municipal and Community-Organization Led Projects

Eleven projects in the greater Boston region secured a total of \$800,000 to advance local and regional climate change resilience. As part of the Accelerating Climate Resilience (ACR) Grant Program, both municipalities and community-based organizations across the region will implement strategies that protect people, places, and communities from the impacts of climate change.

With grants ranging in size from \$25,000 to \$125,000, projects are designed to facilitate long-term, innovative changes. In particular, the Metropolitan Area Planning Council (MAPC) awarded projects that will advance climate equity, regional coordination, and social cohesion, with some focused more on mitigation or adaptation, or a combination of both. Mitigation includes actions to reduce emissions that cause climate change while adaptation actions manage the risks of climate change's impacts.

This is the sixth round of funding distributed through the program, part of a partnership between The Barr Foundation and MAPC, and it is the first time that funds were available to non-municipal, community-based entities. Three of the funded projects are regional collaboration efforts, and most of the projects led by community-based organizations (CBOs) have strong municipal participation.

The following municipalities CBOs were awarded grants for their projects:

- Black Economic Council of Massachusetts: "BECMA Rooftop Garden" - \$75,000
- Boston Public Housing Corporation: "Archdale Park and Playground" - \$100,000
- Chelsea: "Stitching Against the Heat: A Yarn for Change" - \$75,000
- Housing Corporation of Arlington: "Resilience for All: Creating Climate Resilient Spaces for Arlington's Afford-

able Housing" - \$80,000

- Just a Start: "Neighborhood Fabrics: Youth, Art & Climate Resilience in the Port" (Cambridge) - \$25,000
- Marblehead: "Resilient by Design: Cooling Marblehead's Housing for the Future" - \$80,000
- MassEnergize, Inc.: "PlugIN for Resilience: Community-Led Electrification for Climate Resilience" (Acton, Ashland, Framingham, Natick, Sudbury, Wayland) - \$50,000
- Neighborhood of Affordable Housing, Inc. and Maverick Landing Community Services: "Eastie's Clean Air Partnerships" - \$125,000
- Revere: "Building Adaptive Capacity in Beachmont: Flood Monitoring and Community Resilience at Belle Isle Marsh" - \$40,000
- TownGreen, Inc.: "Cape Ann MARCH and the Neighborhood Resiliency Project" - \$75,000

- WalkMassachusetts: "Climate-Safe Walk Audit Initiative: Enhancing Pedestrian Resilience In A Rapidly Warming World" (Danvers, Melrose, Salem, Stoneham, and Wakefield) - \$75,000

"This was an extremely competitive year for the ACR grant program," said MAPC Acting Executive Director Lizzy Weyant. "We received dozens of applications from municipalities and community-based entities across the region that proposed creative ways for meeting the moment. We are pleased to award funds to projects that prioritize equitable engagement, support mitigation and adaptation, and build regional capacity. Especially right now, MAPC is pleased to be able to continue this important work at the local level, where the impact will be felt for years to come."

Grant recipients will also participate in MAPC's Resilience Community of Practice, a peer-to-peer learning group that will

bring together grantees regularly to discuss challenges and barriers to implementation and share lessons learned for collective problem-solving. Additional project information can be found at <https://www.mapc.org/accelerating-resiliency>.

In the past five years of the ACR Grant Program, more than \$2.6 million has been awarded to implement 56 projects across the region. MAPC is thrilled to have been a part of some of the region's most creative, impactful, and equity-centered projects to date. We are also delighted to see many existing and new collaborations among municipalities and their community partners strengthened through implementation of their climate resilience projects. MAPC's Planning 101 blog provides more details on the program's impact in the region to date: [mapc.org/](https://www.mapc.org/)

GRANTS

continued on page 19

FINANCING AVAILABLE

- 12 Months
- No Interest
- No Payments
- Free Estimates
- Get Instant Estimate Online @ <https://robertevansjrinc.com/>

Or Call

508-877-3500

Millis, MA 02054

Fully Licensed & Insured

CSL 056746

HIC 108807

\$500 OFF Full Roof Replacement

On 28 Square Feet or More

Exp. October 31, 2025 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS

OVER 30 YEARS OF BUSINESS

ROBERT EVANS JR. CONTRACTOR

ROOFING, SIDING, WINDOWS & MORE

EST. 1992

Lifetime Roof Guarantee

Get a FREE Upgrade to a

CertainTeed
SAINT-GOBAIN

Lifetime Guarantee

Exp. October 31, 2025

Offers May Not be Combined

Open Studios to Showcase Talent Across Natick

Coming soon! October 18 and 19

The Natick Art Association is excited to invite residents to participate in its time-honored tradition of Natick Artists Open Studios. The twenty-third offering of this town-wide event will take place on Saturday and Sunday, October 18-19 from 11am-5pm both days.

More than four dozen artists working in a broad array of artistic media will welcome visitors into their studios and showrooms. The artists will be showing at multiple group sites in Natick Center as well as at several sites in neighborhoods all around town, spanning from North Natick to South Natick.

The event offers attendees the opportunity to meet artists and speak with them about their work

and artistic processes as well as to buy art directly from the artists. Some locations will offer demonstrations, and most locations will have refreshments available.

Natick center locations will include show spaces at 3 Adams Street, 8 Court Street, and, new this year, 21 Summer Street. The Summer Street location will host up to two dozen creatives including jewelry makers, potters, painters, photographers, mixed media artists, and woodworkers. Among the many exhibiting artists are jewelry maker Debra Sayre, sterling silver craftsman John Holz, woodworkers Laurie Adelstein and Stephen Strout, and painter Jason Cheesman-Meyer. Jason won awards in 2024 for works exhibited at the Danforth Art Museum and the Duxbury Art Complex.

Longtime Open Studios participant, painter Barbara Levine, will also display her work at 21 Summer Street. Barbara recently had works juried into two shows sponsored by the Rockport Art Association.

Artists at the studios at 3 Adams Street will include jewelry maker Jo LaFalce, mixed media artist and watercolorist

Ginger McEachern, fiber artist Helen Bellomo, potter Martha Gold, multi-media artist and community art project leader Denise Girardin, photographers Conrad Gees and Diane Gray, and painter Carolyn Williams.

A fixture in Natick's arts scene, the well-known mosaic artist Carol Krentzman will be showing downtown at 20 Main Street. Painter Marilyn Kahn and her son, the photographer and long-time open studios participant David Kahn, will display at 8 Court Street, which is the office for the Natick Center Cultural District.

There are many solo neighborhood art studios on this fall's roster. New this year, clay artist Sarah Fuhro who takes her inspiration from nature, mythology, and zoology, will greet visitors at 8 Abbott Road in North Natick. Closer to Natick center, multimedia artist Kim Silvestri will show at 14 Reynolds Ave. Also new to this year's tour, fiber and recycled material artist, Rebecca McGee Tuck will be opening her showroom to visitors at 110 Woodland



Open Studio visitors always experience a wide array of artistic media at the group studio at 3 Adams Street.



Ceramic artist Suzanne Stumpf discusses her work with guests at her Barn Showroom at 62 Farwell Street.

localtownpages

Published Monthly
Mailed FREE to the
Community of Natick
Circulation: 16,442
households & businesses

Publisher
Jennifer Schofield

Editorial
Susan Manning

Send Editorial to:
editor@naticktownnews.com

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

Advertising Director
Jennifer Schofield
508-570-6544
jenschofield@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur
Wendy Watkins

Office Address
9 Industrial Road, Suite 107
Milford, MA 01757

Ad Deadline is the
15th of each month.

Localtownpages assumes no financial
liability for errors or omissions in
printed advertising and reserves the
right to reject/edit advertising or
editorial submissions.

© Copyright 2025 LocalTownPages

STUDIOS
continued on page 19

Exceptional Short-Term Rehab
& Skilled Nursing Care

Locations

Thomas Upham House
519 Main St., Medfield, MA • 508-359-6050

Timothy Daniels House
84 Elm St., Holliston, MA • 508-429-4566

Riverbend of South Natick
34 S. Lincoln St., S. Natick, MA • 508-653-8330

Your Town, Your Choice
Short-Term Rehab & Long Term Care
www.rehabassociates.com

Medicaid/
Medicare

The Short Term Rental Report

Revenue Management Secrets: How Vacation Rentals Can Boost Profits Like Hotels



Dave Menapace, President

Have you ever noticed how hotel room prices seem to change almost daily? One night a room is \$149, the next night it jumps to \$179, and by the weekend it could skyrocket to \$249 because a big event is in town. That pricing shift is not random. It is called **revenue management**,

and it is one of the biggest reasons hotels consistently maximize their profits. The best part? Vacation **rental owners** can use the exact same strategies to earn more money and keep their calendars full.

What is Revenue Management?

At its core, revenue management is all about charging the **right price, for the right guest, at the right time**. It sounds simple, but it takes strategy and smart planning. Hotels have entire teams dedicated to studying booking patterns, local events, and even the weather to make sure their prices are always competitive.

For vacation rental hosts, the good news is you do not need a whole team to do this. Thanks to **dynamic pricing tools**, owners can access hotel-style technol-

ogy that automatically adjusts rates in real time. These tools track important data like local demand, competitor rates, holidays, and upcoming events. This means you no longer have to guess what to charge on a Saturday night versus a quiet Tuesday in the off-season.

Why Dynamic Pricing Works

Many new hosts make the mistake of setting one flat rate for the entire season. While that feels easy, it can lead to missed opportunities. Dynamic pricing lets you **increase rates during high-demand periods** like holiday weekends while **lowering rates during slower times** to encourage bookings. This balance helps you stay competitive while keeping occupancy rates strong all year long.

It is not just about charging more when demand is high. Sometimes the smartest move is to drop rates slightly to attract a booking that prevents an empty week. A single booked night can make a huge difference when you factor in cleaning fees, guest reviews, and momentum on booking platforms like Airbnb or Vrbo.

Beyond the Nightly Rate

Revenue management goes far beyond the price per night. Savvy hosts also adjust **minimum-night stays**, create **last-minute discounts**, and offer **weekly or monthly deals**. For example, you might require a three-night minimum during peak summer weekends but give a discount for week-long stays during slower shoulder seasons. These strategies help you fill your calendar while keeping profits healthy.

Treat Your Pricing Like a Business

The key takeaway is simple: do not treat your vacation rental pricing as a fixed number. Instead, think of it as a **living, breathing part of your business**. With the right tools and a little strategy, you can operate like a hotelier, stay ahead of competitors, and maximize your earnings.

By embracing revenue management, you will not only boost your profits but also create a smoother, more predictable business that thrives season after season.

Dave Menapace, President
The 5 Star Co-Host, LLC
5strcohost.com

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.



REDEFINING OUTDOOR DESIGN | ELEVATING ESTATE MAINTENANCE

indresanocorp.com • 781.431.8503

'We Care: Neighbors Heating Neighbors' Free Heating System Giveaway

Pro Comfort Control A/C & Heating has announced the return of its annual *"We Care: Neighbors Heating Neighbors"* program, a free heating system giveaway designed to help a local household in need stay safe and warm this winter. This heartwarming initiative offers one deserving family or individual the chance to receive a brand-new heating system at no cost.

From **October 1 through November 14**, community members are encouraged to nominate a neighbor, friend, or family member facing financial hardship and unable to afford a reliable heating system.

Whether it's a senior on a fixed income, a family going through a tough time, or a neighbor who's always helping others but now needs a hand themselves, this is a chance to

make a real difference.

The winner will be announced on November 21, and the installation will be completed in time to bring warmth, safety, and peace of mind before winter fully sets in.

Last Year's Winner's Story: A Life-Changing Gift

In 2024, the selected recipient was Cheryl, a senior living in Natick, MA. Cheryl was caring for her daughter, who was undergoing cancer treatment. Together, they lived on a fixed income that barely covered their day-to-day needs.

Their furnace was condemned due to dangerously high carbon monoxide levels. With no funds to replace it, they had been living without heat, an unthinkable situation made worse by her daughter's compromised health. Cheryl

was nominated in September and received her brand-new heating system in October, just in time for the cold.

How You Can Help

If you know someone like Cheryl, a neighbor who quietly carries a heavy burden, now's the time to speak up for them. This program reflects the true spirit of community: neighbors looking out for neighbors.

"Neighbors helping neighbors is what this program is all about. Together, we can make sure no one faces winter without heat." – Alexandra Mckernan, Co-Owner, Pro Comfort Control.

Let's come together and make this winter a little warmer for everyone.

Submit your nomination today at www.procomfort-control.com/nominate or call it in to 508-955-4776.



Free furnace installation for the 2024 Natick resident award recipient.

Robert Roofing & Gutters

49 YEARS IN BUSINESS!

**ONE CALL SENDS
A ROOFER...
NOT A SALESMAN**

857-247-8709

- Roofing
- Siding
- Windows
- Gutters
- Residential Rubber
- Flat Roofs

FINANCING AVAILABLE

**NO GIMMICKS,
JUST HONEST PRICING!**



CertainTeed



**FREE ESTIMATES
LICENSED & INSURED**

www.robertroofingandgutters.com • Rgreene465@gmail.com

Your Money, Your Independence

Open Enrollment 2026: Medical Plans & HSAs



Glenn Brown, CFP

Open enrollment is your annual opportunity to review and select the benefits that best fit your health and financial needs. Beyond medical insurance, you'll choose dental and vision coverage, life and disability insurance, tax-advantaged accounts (dependent care, commuter benefits), and retirement savings plans.

One area that often causes confusion is deciding between traditional medical plans and High Deductible Health Plans (HDHPs), along with their powerful partner: the Health Savings Account (HSA). Understanding how these work together can help you make smarter choices for

2026 and beyond.

Choosing the Right Medical Plan

Selecting a medical plan comes down to two basics:

- **Provider comfort:** Make sure you're satisfied with the in-network doctors and hospitals.
- **Cost expectations:** Review your historical annual medical expenses and consider whether you anticipate major changes.

If your expenses are generally low and predictable, an HDHP paired with an HSA can be especially attractive.

Why Consider a High Deductible Health Plan (HDHP)?

Lower premiums, higher deductibles: HDHPs typically have lower monthly premiums, but you'll pay out-of-pocket until you reach your deductible.

Potential cost savings: For healthy individuals and families who don't expect large medical bills, the premium savings plus HSA advantages often outweigh the higher deductible.

HSA eligibility: You can only contribute to an HSA if you are enrolled in an HDHP. This makes the plan an entry point to one of the most tax-efficient tools available.

efficient tools available.

Health Savings Accounts (HSA): Triple Tax Advantage

In 2026, contribution limits have increased:

- Individual: \$4,400
- Family: \$8,750
- Catch-up (age 55+): \$1,000

Why do HSAs stand out? Three reasons: contributions being federal, state, and FICA tax-free; withdrawals for qualified healthcare expenses are tax-free; and balances can be invested for tax-free growth. No other account offers this "triple tax advantage."

Don't Miss the Free Money

Shockingly, more than half of eligible employees don't open or fund an HSA. That's surprising because many employers contribute \$500–\$2,000 per year to jump-start employee accounts. Contributing even \$1 per pay period can unlock hundreds or thousands in employer dollars.

Some companies reward healthy habits: for example, \$400 added to your HSA when you and your spouse complete annual physicals. Skipping this

is like leaving free money on the table.

Real-World Tax Savings

Consider a family in the 24% federal tax bracket who spends around \$4,000 annually on out-of-pocket medical expenses. By funding those expenses through an HSA, they save about \$1,480 in taxes (federal, state of MA, and FICA combined).

Families in higher brackets gain even more. A household in the 32% bracket contributing the 2026 family maximum could save nearly \$3,900 in taxes.

HSAs as a Retirement Strategy

HSAs aren't just about today's medical bills—they can be a powerful long-term planning tool. Some families pay current medical expenses out of pocket and allow HSA funds to stay invested. Over time, this can compound into a substantial tax-free pool of money.

In retirement, HSA dollars can cover Medicare premiums, dental, vision, hearing aids, nursing services, and long-term care insurance. For early retirees, HSAs can even pay COBRA premiums to bridge

coverage until Medicare eligibility.

The Bottom Line

Open enrollment is one of the most important financial planning windows of the year. If you're eligible for an HDHP and HSA, weigh the trade-offs carefully, run the numbers, and don't overlook the employer contributions and long-term tax savings.

Learn more by connecting with your benefits coordinator or Certified Financial Planner.

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

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

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

PLEASE RECYCLE ME!

Keep cozy this Fall Season!

HEATING & AIR CONDITIONING

COAN

HEATING & AIR CONDITIONING

Specialists in Home Comfort & Energy Conservation

HEATING • AIR CONDITIONING • HOT WATER • INDOOR AIR QUALITY

Heating Service Plans, Heating Install and Repairs & More!

Coan Bioheat® Fuel Delivery

With significantly reduced greenhouse gas emissions & lower carbon footprint, it's the most environmentally friendly heat fuel, and the safest.

196 West Central St., Natick • 508-653-5050 • 800-262-6462 • coanoil.com

Ask About Our Grandma Guarantee®

Home Care and Support Services

EXCEPTIONAL IN-HOME CARE

you can count on

Personal Care Dementia Care Companion Care Respite Care

SCHEDULE YOUR FREE CONSULTATION

508-281-2123 2NDFAMILY.COM

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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portu-

gal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

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

Business spotlight

and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at



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

EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

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

As for Natick in particular, the Schadlers say they are proud to

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

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

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

PAID ADVERTISEMENT

BREMANN HOME IMPROVEMENT

- New construction and additions
- Bathroom and kitchen remodeling
- Window and door replacement
- Wood flooring and refinishing
- Decks, siding and roofing
- Power washing, gutter repair
- Basement refinishing
- Carpentry and painting
- Masonry, stone patios and retention walls
- Handyman work

Detailed & Meticulous • Reasonable Rates

Call Mauricio

508.202.8602

FULLY INSURED MA HIC.#169427

116 Main Street, Medway
(508) 533-6655

32 Hasting Street, Rte 16, Mendon
(508) 381-0249

43 Main Street, Hopkinton
(508) 625-8100

MUFFIN HOUSE CAFE

Don't stand in line!
ONLINE ORDERING AVAILABLE!
muffinhousecafe.com

Open Daily
Bakery with Fresh Muffins/Pastries

325 N. Main Street, Natick
(508) 647-0500

296 Washington Street, Westwood
(508) 533-6655

907 Main Street, Walpole
(508) 533-6655

NOW OFFERING DOORDASH, UBER EATS AND GRUB HUB

Breakfast and Lunch Sandwiches
Best Blueberry Muffins Since Jordan Marsh

Receive 10% off any cake
with this coupon
All our cakes are made from scratch on the premises
Expires 10-31-2025

FREE SMALL COFFEE
with a purchase of a muffin with this coupon
Expires 10-31-2025

GOT INSERTS?

Great for Big Events, Coupons, Menus & More!

YOU Print or WE Print ... then WE Distribute

REACH MORE THAN 140,000 HOUSEHOLDS

Contact Susanne for Pricing & Reservations:
508-954-8148 • sue@sodellconsult.com

The 5-Star Co-Host: Your Partner in Stress-Free Rental Property Management

BY JENNIFER RUSSO

Travelers today are looking for more than just a place to sleep – they want a welcoming, beautiful home-away-from-home with great views, local attractions, amenities, an individualized touch, and consistency between their perception of the home and the home itself. And when it comes to vacation rentals, The 5-Star Co-Host in Holliston helps both homeowners and guests enjoy the best of what a rental has to offer.

It all started when Holliston natives Dave and Kim Menapace purchased a Cape Cod vacation home back in 2019, with plans to turn it into an investment property and rent it out to other families. They later purchased another vacation home in Maine, quickly learning the best and most effective approaches to short-term rental management, understanding what renters are truly looking for and how to tackle common concerns.

With many years of experience in consulting, they took a leap of faith and decided to start the property management company a few years ago, helping other homeowners enjoy the same success that they found with their homes, through offering full-service property management. The couple has co-authored several books, such as *Hospitable Host 2*, and they run a learning podcast called *Hassle Free RE* about vacation rentals. Dave has also spoken across the country at coaching events for other property managers.

The team serves their property owners by helping to optimize and by educating their clients, showing them how to improve their listings, understand pricing, navigate booking trends, create virtual welcome guides, coordinate with cleaning companies, and more. This is great for those who want to rent out properties but may be busy with other parts of their lives or want to retire from working but still want to keep their property.

“With the World Cup coming here next Spring, if you have a home to rent, there may be an income opportunity. We excel in helping people with ideas and different ways of thinking about



THE
5 STAR CO-HOST
ENJOYABLE VACATION HOMES FOR EVERYONE

things – whether it’s a home on the Cape or one right here in town – there are always people traveling,” shares Dave.

Hiring a property management company like The 5-Star Co-Host also brings access to various levels of insurance in case of any property damage or broken items, and they can more easily keep a home safe and secure through specialized cameras on the doors, programmable locks, etc.

Now, The 5-Star Co-Host has over 40 properties that they manage, including single-family homes and boutique hotels across Maine and Massachusetts, with plans to expand into other parts of New England, working under the philosophy that each rental is more than just a stay; it should be a truly crafted experience where all needs are met, that inspires great memories for many years to come.

“I have three obsessions that I work by in our business,” shares Dave. “First, I am obsessed with the homeowner’s experience in working with us. I am always seeking out new and innovative ways to continuously improve that experience and help guide them to better financial outcomes.”

“Secondly, I am always thinking about the experience of my team. I really want to be one of the Top 25 Places to Work, which gets me excited personally, and I am always trying to improve the company culture. We have an amazing and experienced team of people, and I want to be the best coach I can be for them.”

“Last, but certainly not least, is the guest experience. Regardless of whether the home is an 8-bedroom chalet up in ski country or a two-bedroom cottage on the Cape, they are going to have consistent, high-end service, with a welcoming space, thoughtful amenities, the same attention to detail, and responsive communication. It is my job to make

Business spotlight

sure that guests have an amazing stay,” Dave says.

If you are interested in experienced property management for your home or hotel, you can book a free analysis on their website: 5strcohost.com or email Dave@DaveMenapace.com. If you are interested in booking one of the properties they currently manage for your next trip, visit the site to view available rentals.

PAID ADVERTISEMENT



Founders of The 5-Star Co-Host, Dave and Kim Menapace, understand how important it is to find the perfect vacation rental for families.

UPCOMING
EVENTS

JOIN US!

Limited space
available.
Call us to RSVP.

WED 10/29 | 2-4 PM

Bavarian
Garden Party

Celebrate Oktoberfest in style
with delicious German fare.

WED 11/19 | 2-4 PM

Artisan Showcase

Stroll through our art
gallery featuring works
by our residents.

THE
RESIDENCE
at Natick South

119 E Central Street, Natick
781-694-6997
residencenaticksouth.com

Winter Prep for Your Home: Must-Do Heating Tips Before the Cold Hits



Alexandra McKerman



Ryan McKerman

HEATING INSIGHTS

Get ahead of the chill with these simple steps to keep your home healthy, warm, and worry-free. As the crisp fall air rolls in, now is the perfect time to prep your home for the colder months ahead. Whether you're a seasoned New Englander or new to harsh winters, making sure your heating system is ready can save you stress, money, and uncomfortable nights. Here are 5 easy,

expert-backed steps every homeowner should take before the freeze sets in.

1. Change Your Air Filters

This one's simple, but it makes a huge difference. A clean filter improves airflow, helps your system run more efficiently, and keeps dust, dander, and allergens out of your indoor air. This small step can make a big health impact for homes with pets, allergies, or kids. Change your filter at least every 1-3 months, and consider

a high-efficiency filter for better air quality.

2. Get a Professional System Tune-Up

Before your furnace is working overtime, schedule a professional inspection and tune-up. A licensed technician can catch small issues before they turn into costly breakdowns. A high-performance tune-up ensures your system is running safely, efficiently, and reliably when you need it most.

3. Test for Carbon Monoxide

Heating systems that burn fuel, like gas or oil furnaces, can risk carbon monoxide (CO) leaks if not properly maintained. Make sure your home is equipped with working CO detectors on every floor, especially near bedrooms. Replace batteries annually and test each unit monthly. If your system is older or hasn't been inspected recently, schedule a professional safety check to protect your family from this odorless, invisible threat.

4. Insulate Smart

Proper insulation keeps the warmth in and the cold out. Focus on attics, crawl spaces,

and around windows and doors. Weatherstripping and caulking are easy DIY fixes that can make a noticeable difference in your comfort and energy bill. Look for mass saving offers or low-cost insulation solutions too.

5. Upgrade Your Thermostat

A smart thermostat not only helps maintain a consistent indoor temperature but also learns your habits and adjusts automatically, saving you energy without sacrificing comfort.

Don't Wait Until It's Freezing

A little prep now goes a long way when the temperature dips.

Your family's comfort and health shouldn't be left to chance when winter arrives. Local experts like Pro Comfort Control Heating & A/C specialize in high-quality service and installations and can help guide you in choosing the right system for your family's comfort and peace of mind for seasons to come.

If you're a homeowner looking to improve your home's heating, cooling, or water heating systems, give us a call/ text—we'd love to help! (508) 955-4776 or book online at www.procomfort-control.com

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Book a *FREE* in-home Evaluation!



Heating • A/C • Water Heaters • Water Filtration

508-301-3955
ProComfortControl.com



Seriously Absorbent Underwear

Our underwear holds up to **6 cups** of liquid. That's **37% more** than the leading brand.



Try for FREE

Limited Time Offer!

1-855-446-1011

Get a **FREE Starter Pack** just pay shipping

Discreet Delivery

Meet Itsy & Puff

A Bonded Pair of Shy Sweethearts Ready for a Forever Home

Itsy and Puff are about 1.5 years old and were rescued as strays. These two beautiful girls are bonded and must be adopted together — they've come a long way side by side, and now they're ready to take the next step into a forever home.

Both girls are naturally shy, but they're gentle souls who are slowly blossoming with love, routine, and a little patience. They just need someone willing to give them time and a calm space to feel safe.

Itsy is the more cautious of the two. She may hide at first, but once she feels safe, she'll climb her favorite perch and quietly ask for pets. A back scratcher or hand-claw can help break the ice. Treats (especially Temptations offered on your finger!) are a great way to win her heart. While she may hiss



when startled, she's very expressive and will let you know how she's feeling.

Puff is more approachable and has a calm, curious nature. She might be a bit nervous at first, but once she trusts you, she enjoys being petted anywhere — ears, head, back — and is

ITSY & PUFF
continued on page 11

A Retiree’s Guide for National Financial Security Month



Gary Shilman, Financial Advisor

FINANCIAL FOCUS®

Provided by Edward Jones

If you’re retired, it’s easy to let your finances go on autopilot. Since October is National Retirement Security Month, it’s a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime.

Consider these suggestions:

Manage your withdrawal rate. You’ll likely need to tap into your retirement accounts — your IRA and 401(k) or sim-

ilar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 72, you’ll be required to take out at least a certain amount each year based on your age and account balance.

Estimate health care costs. When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You’ll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the Department of Health and Human

Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic when budgeting for health care expenses in retirement.

Consider when to take Social Security. You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your “full” retirement age of 66 or 67. (The size of your payments will “max out” at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.

Avoid investing too conservatively. Once you’re retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it’s important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a low rate, inflation can erode your purchasing power over time.

Keep your generosity in check. If you have grown children who need financial help, or grandchildren heading to college someday, you’d no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but

try not to go beyond that. By preserving your financial independence, you’ll end up benefiting your family as well.

Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.

Contact Gary Shilman to discuss your financial needs, wants, and wishes.

Gary Shilman
Financial Advisor Edward Jones
348 Washington Street
Wellesley Hills, MA 02481
781-694-8138
Gary.Shilman@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

ITSY & PUFF

continued from page 10

even starting to get the hang of playtime. Her quiet meow and sweet personality are impossible to resist.

Both Itsy and Puff love being brushed, which is a great way to bond and help them feel more comfortable.

They’re looking for a quiet home with no kids and no dogs — just a peaceful space with someone patient, gentle, and willing to continue helping them blossom at their own pace.

If you’ve got the heart for shy-but-sweet cats and love the idea of watching a gentle pair grow more affectionate day by day, Itsy & Puff are waiting for you to fall in love.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Itsy & Puff, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Itsy & Puff.

Warm Welcomes Await

Experience the warmth of the season, and of those around you, at Whitney Place Assisted Living Residences at Natick. Discover connection and compassion in a community designed to help you thrive. With select apartments **starting at \$5,995** it's the perfect time to make your move.

Call **508-655-5000** to schedule your personal tour today.

Whitney Place at Natick
— Three Vision Drive, Route 9 West
Natick, MA 01760

ANTIQUES PURCHASED

Cleaning Out? Downsizing? Looking to declutter?
Let me help you find value in your possessions.

Wanted: Items of Interest and Curiosity

- Free House Calls • 7 Days a Week
- Friendly Prompt Service

Buying since 1984

Call Bert 617-733-8863

SUMMER

continued from page 1

showing of Porchfest.
Here’s hoping that weekend’s mild temperature was a harbinger for our autumn to come.



“Quality and Professionalism Every Shingle Time”

OUR SERVICES

- ▲ Roofing
- ▲ Siding
- ▲ Gutters
- ▲ Windows
- ▲ Doors
- ▲ Skylights

OUR NEW SERVICE DIVISION

\$99 Service Calls

- ▲ Gutter Cleaning
- ▲ Small Leaks
- ▲ Ventilation Questions
- ▲ Flashing Repairs

Experience the Best in Roofing:
60+ Years of Quality Service

LICENSED | INSURED | CERTIFIED

CONNELL
ROOFING • SIDING • GUTTERS

781-444-7577
www.ConnellRoofing.com

MA. CSL 105479

MA. REG 135975

HOUSE HELPERS
Contractors

HouseHelpers.org

FRANK DIGIANDOMENICO, Owner
OFFICE (508) 875-8789 • CELL (508) 561-2080
Since 2001
Licensed & Insured

Basements | Kitchens | Baths | Decks
Interior & Exterior Remodeling & Structural Work

Residential Snow Plow Services
OPENINGS AVAILABLE for 2025-2026 Season

South Natick Area Only

Bacon Free Library October 2025

Library Hours:

Monday through Friday, 9:30 a.m. - 5:30 p.m. with extended hours on Tuesday until 7 p.m. and Saturday 9:30 a.m. - 1:30 p.m.
Check our website for the most up-to-date information and to register for programs: <https://baconfreelibrary.org>

CHILDREN’S PROGRAMS
All Together Preschool Storytime - Mondays and Tuesdays at 10 a.m.

We’ll be outdoors, weather permitting. Bring along a blanket to get comfy. *Note:* if the weather is wet or below 55 degrees, we’ll move this storytime indoors. The historic nature of our building limits accessibility. This program is also offered in an accessible location at the Morse Institute Library (check their website for dates, times, and more information).

Lapsit Storytime - Wednesdays at 10 a.m.

Stories, bounces, and songs for babies 0-24 months and their grownups! This program is held indoors. The historic nature of

our building limits accessibility. This program is also offered in an accessible location at the Morse Institute Library (check their website for dates, times, and more information).

Jammin with You - Fridays, Oct. 3 & 17 at 10:30 a.m.

Be prepared to laugh, dance, sing, and jam your way through 30 minutes of non-stop family fun! We’ll be outdoors, weather permitting. Bring along a blanket to get comfy.
Note: if the weather is wet, this program will be rescheduled.

Read to a Dog - Saturday, Oct. 18, 10 - 11:15 a.m.

Kids can build confidence and practice their reading skills by reading out loud to a registered therapy dog. Children ages 5 and older 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.

Preschool Pumpkin Party - Friday, Oct. 31 at 10:30 a.m.

Join us for some fall fun! We’ll have a variety of craft stations, sensory bins, and fine motor activities, all involving pumpkins. Recommended for ages 1-5 with a caregiver. Wear clothes and shoes that can get a little messy! This program will be held outdoors. Due to limited supplies, registration is required. Please register separately for each child attending.

ADULT PROGRAMS
No Safety for Us: the internment of Native Americans on Deer Island - Saturday, Oct. 4 at 11 a.m. in the Natick Historical Society

Join Shawn Quigley from the National Park Service to discuss the internment of Native Americans on Deer Island during King Philip’s War. Shawn’s program will explore the historic use of the Boston Harbor Islands, their role as an internment camp for Native Americans from praying towns, and stories of survival and



Bacon Free Library. Theresa Knapp photo

reliance from those imprisoned on Deer Island. Registration is required.

The Allure of Vampires with Dr. Bill Thierfelder - Virtual program, Tuesday, Oct. 7 at 7 p.m. on Zoom
Vampire stories have capti-

vated people for centuries. But why have the tales of the undead endured? What makes them so appealing in the modern day? This program explores the ongo-

BACON
continued on page 15



ACCREDITED
BUSINESS



MEDWAY

OIL & PROPANE

"Your Total Home Comfort Company"

FAMILY OWNED & OPERATED SINCE 1954



Supporting the local communities we serve as a charitable partner

**We provide support & discounts*
for veterans, military and first responders**

Contact us today for more information about our award-winning delivery & service

800-649-5949

info@medwayoilpropane.com



Your neighbors have voted us GOLD MEDAL WINNERS!

*DISCOUNTS ARE FOR AUTO DELIVERY WHOLE HOUSE HEAT CUSTOMERS ONLY, ASK FOR DETAILS.

Businesses Thrive with a Hive Mind

BY SEAN SULLIVAN

Starting a business is a bold move, an entry into a contest of survival of the fittest not fit for the faint of heart.

In a world of increasing business consolidation and monopolization, that environment can be a harsh one for small startups to survive, much less thrive. Entrepreneurs put not just their time on the line, but most often too money they've borrowed or saved.

About one in five of these startups fail during the first year, half don't survive to see their fifth birthday, and seven out of ten don't make it to the decade mark.

Competition and capitalization can be fierce.

That's why Natick's "The Hive" was founded. Its mission is to offer a nest to small businesses in the town, a place where fledgling startups can find shelter from economic conditions outside.

Located on Natick's historic

Main Street commerce strip, The Hive hosts several small businesses at any given time. Within those walls, the square footage serves as retail space and refuge.

Small businesses there have a very public-facing storefront, can share utility costs, shopkeeping duties, and tips and tricks of the trades that fellow business owners have learned.

Jill Hourihan founded The Hive, an organization she refers to as a "retail accelerator."

"Launching a full-scale brick and mortar enterprise has a lot of barriers," she said.

The Hive's roster of startups is diverse. There's Bloom and Grow Creative, a play space designed for young children that offers classes and a way for parents to connect while kids are productive at play.

The small business itself has bloomed since joining The Hive as a tenant in 2023 and 2024, and has since moved on from the nest. It now operates out of

its own space in Natick.

"They're able to experiment and try new concepts," in the supportive and secure confines of the nest, said Hourihan.

Vivacious Chocolates also shared space at The Hive since the collective's founding in 2023, and likewise now has a retail site of its own.

Viviane Gontijo, proprietor of the confectionary company, said residing in the retail incubator allowed for making connections with customers and other small business owners. Gontijo also learned how better to display her offerings and manage inventory. Another perk: sales doubled during her stay at The Hive.

Ten Trees Books is another success story that spent time in the commercial collective. As of the middle of last month, the independent bookseller em-

HIVE

continued on page 15



A group of diverse young children are smiling and posing on a blue and red playground slide. One child is sitting on the slide, while others are behind them, some looking through the circular opening of the slide structure.

The logo for Saint Bridget School, Framingham, MA. It features a circular emblem with a cross in the center, surrounded by the text 'SAINT BRIDGET SCHOOL' and 'FRAMINGHAM, MA'. Below the emblem is the Latin phrase 'ET COGNOSCANTER'.

Saint Bridget School
832 Worcester Road
Framingham, MA

PRESCHOOL - JAN 2026

PRESCHOOL, PRE-K, AND
KINDERGARTEN - SEPT 2026

A square QR code located in the bottom right corner of the flyer, likely linking to more information about the school's programs.

Early Childhood
Open House

Wednesday, October 22, 2025 - 5:30pm to 7:00pm

A vertical stack of colorful pencils (yellow, red, blue, green) on the right side of the flyer, pointing downwards.

BACON

continued from page 13

ing allure of these powerful creatures. Register for the Zoom link.

Jane Austen’s Sanditon: From Unfinished Swan Song to British Costume Drama - Virtual program, Wednesday, Oct. 22 at 6 p.m.

Join author, former UK resident, and Anglophile Claire Evans for a look at Austen’s final, unfinished manuscript and its path from family heirloom to a fully imagined costume drama, airing on PBS. Learn about the real-life people and locations that informed Austen’s last work before her untimely death at age 41, as well as how the seeds of her ideas came to life on the small screen. Register for the Zoom link.

Human-ish with Justin Gregg - virtual program, Tuesday, Oct. 28 at 7 p.m. on Zoom

Why do we apologize to our cats, feel guilty throwing away childhood toys, or find ourselves bonding with our robot vacuum?

Scientist and bestselling author Justin Gregg reveals how one of humanity’s oldest psychological quirks secretly influences nearly every decision we make. Drawing on cutting-edge research from his new book *Human-ish*, Justin explores our universal tendency to see human-like qualities in everything around us and shows how understanding this bias can transform our relationships with animals, technology, and each other. Register for the Zoom link.

Adult Book & Film Clubs

Registration required for all clubs; please visit our website for details <https://baconfreelibrary.org/clubs-programs/>

Mystery Book Club - Thursday, Oct. 9 at 1 p.m. on Zoom: *Little Comfort* by Edwin Hill.

History Book Club - Thursday, Oct. 9 at 11 a.m. on Zoom: *The Swans of Harlem* by Karen Valby.

Environmental Book Club - Tuesday, Oct. 21 at 7 p.m. on Zoom: *The Urban Naturalist: how to make the city your scientific playground* by Menno Schilthuizen.



Nonfiction Book Club - Saturday, Oct. 25 at 10 a.m. on Zoom: *Susan, Linda, Nina, & Cokie: the extraordinary story of the founding mothers of NPR* by Lisa Napoli

Tuesday Book Club - Tuesday, Oct. 28 at 6:30 p.m. at the library: *North Woods* by Daniel Mason.

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

Museum Passes

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

HIVE

continued from page 14

blazoned on its website that it would soon be moving out and into a location of its own.

Ten Trees hosts author events, poetry readings and chess events, just to name a few community gatherings.

Hourihan referred to The Hive as a “runway,” a place where small businesses can gain enough momentum to hopefully, eventually take flight.

Exposure to the public has a big impact on gaining that momentum, and the marketing that Main Street confers can help beget that boost.

“The community knows the concept,” said Hourihan. “So they launch into these retail spaces with a base of

community fans.” Tenants of The Hive do pay a residency fee, but it’s a fraction of the rent owed at a traditional retail space.

Having two decades of small business ownership and operation behind her, Hourihan has learned how challenging (and rewarding) the process can be.

She is the proprietor of Metro Pets in Natick, a shop that caters to animal owners. Her former location was lost in the 2019 commercial fire that destroyed nearly a dozen businesses.

Metro Pets was rebuilt, now residing in its new location on Washinton Street.

“The community did so much for me,” said Hourihan. “Owning a business is hard. The Hive is kind of my love letter to the town.”



PLEASE RECYCLE ME!



Find Your Fit at Dean College

Whether it’s academics, community, or career prep, Dean helps transfer students thrive. With faculty mentors, 40+ clubs, 16 NCAA athletic teams, and a supportive campus culture, you’ll find more than a degree—you’ll find **your place**.



See what’s possible at dean.edu.



MOVEMENT

continued from page 1

has spearheaded the distribution of free PEACE Flags for almost a decade, shared recently. “Growing from that neighborhood, it became a symbol that this is a welcoming community. Donations made it possible, but flags were free.”

Having inspired countless people, at least one children’s book, and a proclamation at the State House, the PEACE Flag Movement has recently communicated its decision to sunset, phasing out the distribution of flags and encouraging civic engagement on new levels. It is a moment for celebration and acknowledgement of the compassion, dedication, hours and hands that helped share Natick’s vision of a more peaceful, accepting world. After one re-design by local artist Virginia Fitzgerald, to shift direction of the rainbow and incorporate skin tones, flags were folded and packaged by volunteers at Charles River Center in weekly sessions with coordinators from the PEACE Flag Movement. Charles River Center provides programming to support and empower people with intellectual and developmental disabilities. Over five years, adults in their day program helped to send off flags that would reach more than 100 countries.

Marina Lisovskis, Program Director for Community-Based Day Supports and Employment Services at Charles River Center, described the collaboration as one that was special for volunteers. “We had been helping the Common Street Spiritual Center with yard clean up, through the Natick Volunteer Network, and then the need for support with PEACE flags came along. Our community-based day program serves 35 adults ranging in age and ability. Community

interaction is at the heart of what we do. Maggie and Jill, the coordinators from the PEACE Flag Movement, found roles for each volunteer based on their needs and abilities, and created a positive atmosphere. Many of the participants who worked with them made tremendous progress in their individual goals; we celebrated along the way with a number of dance parties and talent shows. At the closure of our work together, we honored the PEACE Flag coordinators at a community awards dinner. It was wonderful to work with them.”

Stories about how the flag has been used around the globe are abundant. Alethea Tyner Paradis is a history professor at Santa Barbara College who reached out to Maggie when planning a trip with students to the California/Mexico border to work with Al Otro Lado, an organization that helps migrants seeking asylum. They took flags with them to place where the wall separates the two countries. “I was googling ‘peace flags’ in an effort to find the traditional peace sign flag, and Maggie’s beautiful organization popped up,” Alethea wrote in our email chat, adding “I love the PEACE Flag Movement design much more than the typical variety because the multi-colored rainbow style represents all people, colors, creeds. We were able to secure flags in English and Spanish-- one that says “Peace” and the other that says “Paz” -- in true binational sentiment. The students and teachers alike resonated with the message of inclusivity. The two flags still fly proudly in Friendship Park, elevated high on a single 20-foot, 4 x 4 post with V-shaped flagpoles installed on either side.”

Talking with Maggie, one can hear the passion she brought to the creation and continuation of the PEACE Flag Movement. And one can hear the multitude



of ways its message will continue to ripple.

Christoph Goergen is the founder, writer, and maestro for Ein Licht für Afrika, a choir that performs and raises awareness as well as funds for Africa. During the pandemic, he reached out to Maggie to discuss his Ukuthula, a powerful peace prayer which he orchestrated virtually from his home in Germany. “Christoph showcased the PEACE Flag in this piece, which blew me away. The whole thing gave me chills and moved me to tears,” she reflected. Ukuthula by Ein Licht für Afrika can be found on YouTube.

I also talked with Lion Mahesh Chitnis, who holds the title of Chair of the Council of Governors for the New Jersey Lions and was recently appointed Representative of Lions International to the United Nations Office on Drugs and Crime. The Lions is the world’s largest humanitarian organization and operates in each corner of the world, supporting the needs of local communities and championing eight global causes. One of these is world peace.

“The Lions helped write the charter for the United Nations.

We are dedicated to peace and have reinvigorated new conversations about peace in recent years. One person may feel they are not able to make a big difference, but they can start a conversation,” Lion Mahesh shared as we began talking. I asked him about his involvement with the PEACE Flag Movement. “I went to one of our local chapter meetings, of the Middletown Lions Club. One member there gifted me the flag and was very passion-

MOVEMENT
continued on page 17

RonsTire.com

Ron Saponaro



Tel: 508-872-2266

Fax: 508-872-2011

Email: ronstire@ron.com

635 Waverly Street, Rte 135
Framingham, MA 01702

SOUR GRAPES

by Tim Jones

I'M THINKING OF TRADING IN MY CAR FOR A NEW ONE, AESOP.

IT NEEDS NEW BRAKES, TIRES, TRANSMISSION AND EXHAUST. IT HAS A FEW DENTS AND SOME SCRATCHES AND HAS THREE HUNDRED, THIRTY THOUSAND MILES ON IT.

WHAT D'YA THINK THE DEALER WILL GIVE ME FOR IT?

A SYMPATHY CARD.



MOVEMENT

continued from page 16

ate about this movement. And I thought about how we have a large global reach; I thought that it would be a good idea to take it around the world, using the Lions platform to paint this movement globally.”

And so from a Buddhist Temple in New Jersey which has incorporated the flag in their annual celebration of International Day of Peace on Sept. 21, to the International Office for the President of the Lions in a Chicago suburb, to six continents around the world, the Lions shared the PEACE Flag. Mahesh added, “It’s important to start the conversation. I observed it once, at a local event where the flag was being passed out. One person approached, and there was a negative tone to start, an anti-LGBT moment. But when the person with the flag gave it to them explaining, peace is not about an argument, but about understanding each person’s perspective....eventu-

ally this person took that flag to be hung at his house. Peace will always begin with each of us and I will continue to carry this message.”

The promise of care for all people symbolized by the PEACE Flag was one that made many feel welcome when considering moving to Natick. This was the story of Select Board Member Kristen Pope. “When my husband and I were looking at homes and trying to figure out where to put down roots as parents - we rode through Natick, as we rode through other towns, and what stuck out to me most was not the train station, not the businesses, or the parks. It was the peace flags. They were a symbol of a welcoming town and this has stuck with me. When I got more involved in the town in public service, I got to meet Maggie Sky, the founder and creator of the Peace Flag Movement, and a true blessing to our town. To think that in the midst of all that is going on in our world, that these beautiful servants would create such an incredible symbol that has



touched the world - and it came out of Natick - it lets you know what type of town this is.”

A moment of celebration and acknowledgement, and perhaps an invitation for reflection in the community. While Natick may have birthed an international movement for peace, overwhelmingly demonstrating the town’s commitment to welcoming all, acts of hate still remain. Antisemitic vandalism found in recent years in school bathrooms, at the train station, and at the end of August on the rail trail, ask us to keep the conversation going. In a statement following this recent incident,

Natick’s Select Board indicated that further community discussions will take place, and the police were investigating.

Kristen added in her personal reflection, “Until we are all locking arms and truly willing to come together to understand and love one another, we are always going to have afflictions of hate. Until people are resolved to see their neighbor as themselves, we are going to have that. But, the fact that we could also have people who are willing to create things that say ‘no you are welcome here,’ I believe we will be ok. I pray that those who are directly impacted by these

acts - our Jewish community, our Black, Hispanic, Indian, and Immigrant communities - will know that there is more love here than hate. I remain grateful to Maggie and the PEACE Flag Movement. And even though it is being wound down, it will never go away - the spirit of peace resides.”

Surely the PEACE Flag Movement’s making the hope of change visible has left its mark. Beyond sunset, there is rest, and the dawn of a new day. While there is still much change for us to seek, there is also evidence that having hope for change matters.

MERCURY RECOVERY PROGRAM

Mercury is an element that can be harmful to human health and the environment if not disposed of properly.

Mercury is found in products such as:



Thermostats



Thermometers



Mercury Switches



Fluorescent Lamps

Please contact your local Board of Health or Department of Public Works for information on where to safely dispose of these items.

SPONSORED BY



Natick Senior Center Ongoing Activities for Drop-ins

Pre-registration is not required for drop-in activities. Drop-in activities are free otherwise noted. Please check in at the front desk. The Community Senior Center is located at 117 East Central Street, Natick, MA 01760. Hours are Monday - Wednesday 8 a.m. - 5 p.m., Thursday 8 a.m. - 7 p.m. and Friday 8 a.m. - 2:30 p.m. Visit online at www.natickma.gov/786/Community-Senior-Center or call 508-647-6540 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym	8:00am - 8:45am Walking in Gym
8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 8:30pm Billiards	8:00am - 2:00pm Billiards
9:00am - 12:00pm Poker	9:00am - 12:00pm Canasta	9:00am - 12:00pm Mahjong	9:00am - 12:00pm Rummikub	9:00am - 12:00pm Cribbage
12:15pm - 1:00pm Walking in Gym	1:00pm - 4:00pm Mahjong	10:30am - 11:30am Chair Volleyball	10:00am - 12:00pm Portrait Painters	12:15pm - 1:15pm Open Gym Basketball
1:00pm - 4:00pm Pickleball*	1:00pm - 3:00pm Beaded Flower Class	1:00pm - 3:00pm Knitting & Crocheting	12:15pm - 1:00pm Walking in Gym	1:15pm - 2:15pm Walking in Gym
1:00pm - 4:00pm Bridge	3:00pm - 5:00pm Open Gym Basketball	1:00pm - 4:00pm Pickleball*	1:00pm - 3:00pm Quilting	SATURDAY
1:00pm - 4:00pm Scrabble		1:00pm - 4:00pm Poker	1:00pm - 4:00pm Ping Pong	8:30am - 12:30pm Billiards
1:00pm - 4:00pm Ping Pong			1:00pm - 4:00pm Mahjong	

DIRECTV

Stream DIRECTV to any device - no satellite dish needed.

Easily access live TV and thousands of streaming apps like Netflix, Max, Prime Video and more, with a click of a button.

CHOICE™ PACKAGE

\$89.99*/mo. FOR 24 MO + TAX & FEES.

*New approved residential customers only. Service renews monthly unless you cancel. Cancel anytime by calling 800-531-5000 or online. Add'l fees may apply to non-qualified customers. Device subject to Equipment Lease agmt. Add'l fee(s) may apply if equip. not returned. Credit card req'd. Restr's apply..

Contact your local DIRECTV dealer!

IVS Holdings

888.602.7946

DIRECTV DEALER

Service subject to DIRECTV terms and conditions (see <https://www.directv.com/legal/legal-policy-center/>). Available only in the U.S. (excludes Puerto Rico and U.S.V.I.). Some offers may not be available through all channels and in select areas. Different offers may apply for eligible multi-dwelling units. DIRECTV App: Req's compatible device and data connection or high-speed internet; data / internet charges may apply. Requires high speed internet. Minimum internet speed of 8Mbps per stream recommended for optimal viewing. Pricing: CHOICE \$117.98/mo. for 2 years. After 2 years, continues month to month at then-current prevailing prices unless canceled. Prices reflect base package prices plus one req'd. \$10/mo. Gemini lease fee and, for CHOICE Plus or higher, a Regional Sports Fee (RSF) of up to \$17.99/mo. varies by location. May be lower in some areas. \$10/mo. for each additional device added to your account. Additional Fees & Taxes: State and local taxes or other governmental fees and charges may apply including any such taxes, fees or charges assessed against discounted fees or service credits. See directv.com/directv-fees/ for additional information. DIRECTV Svc Terms: Subject to Equipment Lease & Customer Agreements. Taxes, surcharges, add-on programming (including premium channels), DIRECTV TECH PROTECT (www.directv.com/techprotect) Lease Agreement and transactional fees, are not included in two-year price guarantee. Visit directv.com/legal/ or call for details. Equipment Non-Return-Fees: If service is cancelled you must return all leased devices to avoid a non-return fee of \$120 per device. Regional Sports & Local Channels: Regional sports available with CHOICE Plus, and above. Not available in select areas. Channels vary by package & billing region. Device may need to be in billing region in order to view. Limits: Programming subject to blackout restrictions. All programming, terms & restrictions subject to change at any time without notice. See directv.com for details. Premium Channels Offer: Max: Access Max through Max app or max.com with your DIRECTV log-in credentials. Visit directv.com to verify/create your account. Use of Max is subject to its own terms and conditions; see max.com/terms-of-use for details. To learn more, visit directv.com/max. Access Paramount+ with SHOWTIME: Streaming plan through Paramount+ app or paramountplus.com with your DIRECTV log-in credentials. Visit directv.com to verify/create your account. Use of Paramount+ is subject to its own terms and conditions, see viacomcbcllegal.us/en/plus/sub-terms for details. Access to Paramount+ requires a subscription to Paramount+ with SHOWTIME and access to your local CBS affiliate. To learn more, visit directv.com/paramountplus. General Terms: Programming and content subj. to change. Offer requires account to stay in good standing. Upon cancellation of your video service you may lose access to Max and Paramount+. Cancel your premium channels online at directv.com or by phone at 800-531-5000. If you cancel your service, you will no longer be eligible for this offer. Limits: Access to one Max account and one Paramount+ account per DIRECTV account holder. May not be stackable w/other offers, credits or discounts. Max and related elements are property of Home Box Office, Inc. Cinemax and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a Paramount Company. Paramount+ and related marks are trademarks of Paramount Pictures Corporation. All rights reserved. Starz and related channels and service marks are the property of Starz Entertainment, LLC. Visit starz.com for airdates/times. MGM+ is a trademark of Metro-Goldwyn-Mayer Lion Corp. © 2025 DIRECTV, DIRECTV and all other DIRECTV marks are trademarks of DIRECTV, LLC. All other marks are the property of their respective owners.

Natick Senior Center Halloween Party Oct. 23

You're invited to a hauntingly good time on Thursday, Oct. 23 at 1:30 p.m. It's a party full of treats, tricks, and totally ridiculous costumes!

Costume contest categories:

- Best Couple's Costume
- Scariest Getup
- Funniest Outfit
- Best Overall (wins a spooky grand prize!)

There will be sweet treats galore – cupcakes, candy, and a bubbling cauldron of punch! Spooky tunes and mini Pumpkin decorating – paint, glitter, googly eyes... go wild!

Fortunes told by our resident psychic (Madame Ana-Stay-sha) – because who doesn't want to know what their fortune is? Bring a question and she will give you the answer.

Come dressed to impress (or distress). Costumes highly encouraged.

TARGET AIR SYSTEMS INC

Full Heating and Air Conditioning Service

Serving Natick for over 30 years

Tune-Up Special \$129.95

Call today to schedule service

781-239-9912

targetairsystems.com

STUDIOS

continued from page 4

Street in South Natick. Rebecca is presently finishing her MFA at Clark University and recently had work juried into the 89th Exhibition of Art and Craft at the Fitchburg Art Museum.

Returning neighborhood studio artists in South Natick include painter Ryan Black at 203 Union Street, who also regularly shows his work through the Page Waterman Gallery, and painter Julianne Strom Brill whose studio is near Ryan's at 199 Union Street.

Another of Natick's Open Studios' longest participants, ceramic artist Suzanne Stumpf, will welcome visitors at her historic barn showroom at 62 Farwell Street in South Natick. A widely acclaimed ceramic sculptor and potter, Suzanne's 2025 accolades include prizes at The State of Clay exhibition sponsored by the Lexington Art Association and the Winter Show of the Duxbury Art Association. Her works were also included at juried exhibitions sponsored by the Cambridge Art Association and Danforth Museum.

For more information and a complete listing of all participating artists and locations, visit natickartassociation.org

GRANTS

continued from page 3

planning101/five-years-accelerating-climate-resilience-grants/.

"It is very exciting to look back and see all the wonderful climate resilience work municipalities have done with support from the ACR program these past five years, and to now step into a new model, where both municipalities and community-based entities can use this type of funding to further pilot, scale, and work collaboratively to make our region a more resilient place to live, work and play in. The Barr Foundation's Climate Program is proud to support this effort," said Kalila Barnett, Senior Program Officer, Climate Resilience at the Barr Foundation.

For more information and questions about the Accelerating Climate Resilience program, contact MAPC Director of Environmental Planning Van Du at vdu@mapc.org.



Natick Art Association members Ginger McEachern (various media), Jo LaFalce (jewelry maker) and Helen Bellomo (fabric artist) will share their work at 3 Adams Street.



Fiber artist Rebecca McGee Tuck's studio at 110 Woodland Street will be a new stop on this year's open studio tour.

John's
Carpet Service

Call John Newbury
508-450-5083

Restretching • Repairs • Wall to Wall Installations





WINDOW CLEANING
HOUSE WASHING

CONTACT US
401-306-9138
FREE ESTIMATE

EXTRA SERVICES
GUTTER / FENCE / DECK / DRIVEWAY

20%
OFF
YOUR FIRST
SERVICE

info@onpointri.com www.onpointri.com

An Evening of Laughter with Holliston Newcomers & Neighbors!



Mark your calendars to join Holliston Newcomers & Neighbors for a fun night out at our Comedy Night Fundraiser with Cheap Laughs Inc. on Nov. 7 at Anthony's on the Green, 212 Prentice Street, Holliston. Cheap Laughs, Inc. is owned by Holliston's own Paul Gillespie, who brings Boston and television comics out to the 'burbs!

HNN fundraiser proceeds go to the HNN Community Grant Fund which gives back to our community. Past Grant

recipients include Holliston Public Library Museum Passes, Holliston Parks & Recreations Summer Concerts, Holliston Police and Fire Departments, Holliston Community Farm and the Downtown Marigold Project.

Tickets are \$45 per person and includes entrance to the show and hor'dourves. A cash bar will also be available. Doors will open at 7 p.m. so grab your tickets at holliston-newcomers.org for a night of fun and laughter while giving back to our community.

Hey Ladies ... looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m

Come See All The New Fall Shoes



Clarks for Women



The Forgotten Foot

"It's Worth the Trip!"

1255 Worcester Road, Framingham
Behind St. Mary's Credit Union, Rte. 9 West
Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.

508-879-3290

October Program and Event at the Holliston Historical Society

"In the Spirit of Friendship" Program Sunday, Oct. 12 at 2 p.m.

Step back in time and converse with two of history's most influential writers of the Revolution, John Adams and Mercy Otis Warren! This program will introduce visitors to Mercy Otis Warren and John Adams, where together, they will tell the story of how their friendship developed, grew, fractured, and was ultimately repaired through their correspondence.

Actors Michael LePage and Michele Gabrielson will portray the historical figures with a special focus on the printing of Mercy's history of the American Revolution, after which Mercy and John's friendship became increasingly fragile due to the pair's disagreements about how the newly formed United States should be governed. This performance has been hosted at the Plymouth Public Library, Pilgrim Hall Museum, the Westford Museum, and Tales of Cape Cod. The program will last about an



Michael LePage and Michele Gabrielson perform as John Adams and Mercy Otis Warren. Michael LePage and Michele Gabrielson perform as John Adams and Mercy Otis Warren.

hour with an opportunity for questions from the audience, promoting a deeper understanding of the material covered in the presentation.

There will be a social following the program with refreshments provided by Historical Society members. The program will be held in the barn at the Holliston Historical Society, 547 Washington Street. This program is free and all are welcome to attend!

Michael LePage has been a professional Historical Interpreter since 1992. LePage has researched and taken on several iconic historical personas including: John Adams, Paul Revere, Dr. Joseph Warren, and Peter Oliver. LePage has performed at a variety of venues including the Adams National Historical Park, the John F. Kennedy Library and Museum, Minute Man National Historical Park, The Paul Revere House, the Boston Tea Party Museum, and Boston's Old South Meeting House and the Old State House. In addition to his performances and appearances, Michael has participated in the Calling History Podcast- in which historical characters are interviewed in an unscripted phone conversation with historian Tony Dean.

Michele Gabrielson is a public school educator who is also an historical interpreter specializing in 18th century printing, chocolate, and Mercy Otis Warren. She serves on committees with Minute Man National Historic Park and serves as a founding member of the Board of Directors for the Mercy Otis Warren Society. Michele is also the founder of an interactive mobile educational program, "The Revolu-

tionary Classroom," for which she was awarded a 2024 Rising Star Award for Public Programming by the Massachusetts History Alliance. Michele was named a finalist for the 2024 Massachusetts History Teacher of the Year. She has been named the Massachusetts Daughters of the American Revolution's Outstanding History Teacher of the Year for 2025 and the 2025 winner of the Fred Graham Award for Excellence in Teaching from the Massachusetts Society of Cincinnati.

Oktoberfest at the Historical Society, Friday, Oct. 17

On Friday, Oct. 17, oompah music by the Double Eagle Oktoberfest Band will greet attendees as they arrive for Oktoberfest in the Society's 1815 barn. Before the night is out, people will be laughing, singing, and dancing a polka! Included in the \$35 ticket price is a delectable German-style meal of knockwurst, German potato salad, warm red

cabbage and sauerkraut, and apple crisp topped with whipped cream for dessert. The vegetarian option is Käsespätzle by pre-order when tickets are purchased. In addition to a selection of seasonal beers provided by Holliston's Crafted, new this year is Märzen beer on draft by new Holliston business Rushford & Sons Brewhouse. Tickets will be available at Celebrate Holliston and at the Harvest Fair, through the Society website using PayPal, or purchased at Crafted or Fiske's stores in Holliston. Questions? Contact Bea Hait at 774-292-9098 or beatehl@aol.com

Both events will be held at the Holliston Historical Society, 547 Washington Street. The Historical Society is a non-profit group whose mission is to preserve Holliston's history and share it with our community. We hope you will see something of interest and join us!



At last year's Oktoberfest, Members of the Double Eagle Oktoberfest Band received a special award for sharing their music with us for 25 years.

REACH MORE THAN 182,000 WITH OUR ANNUAL

Holiday Guides

This holiday season, showcase your business in our Holiday Guides - a special pull-out section. Drive shoppers to your door with great gift ideas, catering options and everything to make the holidays joyful and bright!

Coming in November and December!

ZONE 1: REACH 77,681

Auburn, Charlton, Douglas, Dudley, Grafton, Holden, Millbury, Northbridge, Oxford, Paxton, Rutland, Sutton, Uxbridge and Webster

ZONE 2: REACH 104,764

Ashland, Bellingham, Franklin, Holliston, Hopedale, Medway, Mendon, Milford, Millis, Natick, Norfolk, Norwood, Upton and Wrentham

Reserve your space today by contacting Susanne Odell Farber at 508-954-8148 or by email at sue@sodellconsult.com

DON'T MISS OUT!

Reservation deadlines:

October 8th for November issue

November 5th for December issue

Save 10% when you commit to both Guides!

localtownpages

TheYankeeXpress
BLACKSTONE VALLEY Xpress

FREE PRESS

Looking to Advertise in Our REAL ESTATE CORNER?



CONTACT

Susanne Odell Farber

508-954-8148

sue@sodellconsult.com

Sports

NHS Girls Soccer Team Eyes Deep Playoff Run

BY KEN HAMWEY
STAFF SPORTS WRITER

When Denise Trubiano and Kari-Ann Daley took the coaching reins of Natick High's girls soccer team last year, they knew that expectations would be high. After all, they signed up to lead a program that had won two state championships in three years.

Coaching changes always come with some kind of transition but the duo gets high marks for what the Redhawks achieved last fall. A 15-0-1 regular season record and a trip to the Final Four would bring smiles to many players, coaches and fans. Natick bowed out of the playoffs with an 18-1-1 overall record after losing to Bishop Feehan in the Final Four.

The co-coaches and their returnees are in their second season now and they're eager for a return engagement to the tournament.

"Our goals are not only to return but to go on a deep run again," Trubiano said. "We also want to be as competitive as we can and strive to defend our Bay State Conference Carey Division title."

The Redhawks lost eight seniors to graduation but have 11 players returning.

"We know that the loss of some key and experienced players will mean that we have some work to do and adjustments to make but we're confident that we have a core group returning with a talented pool to fill in where needed," Trubiano said. "Our goals are realistic because the girls are talented, united and ready for the challenges of another season."

At Local Town Pages deadline, Natick had a 3-1 record.

The Redhawks' team strengths this season are many.

"We've got experience, high soccer IQs, athleticism and good team chemistry," Trubiano said. "We're a skilled team with coachable players who have positive attitudes. Hopefully our depth will continue to develop as the season moves along."

Trubiano also likes the strong leadership of Natick's three senior captains — midfielder Abby McCauley, striker/midfielder Lydia Proia, and striker Nicole Proia.

The trio's statistics for the 16-game regular season last year were: McCauley (4 goals, 6 assists); Lydia Proia (5 goals, 6 assists); and Nicole Proia (6 goals, 5 assists).

"Abby is a threat from anywhere on the field and has a lethal shot, Trubiano said. "Her abilities in the air are unmatched and she is tough. Abby takes on all challenges, never backing down and doing all that she can for the team. She leads by example and will take on any role asked of her and do it well."

The Proia sisters, who are twins, also get high praise.

"Lydia's ability with the ball is a masterpiece," Trubiano offered. "She has such control over the ball and when you match that with her vision on the field Lydia is unstoppable. She easily lifts the team up with the right encouragement at the right time, which is a testament to her understanding of the game — both the physical and the mental."

"Nicole is a lethal scorer because she has the skills to score any way from anywhere. She has amazing ball control and field vision and she's constantly adding to her game, approaching all situations with a level of calm and control. Nicole leads by example and lifts up those around her, understanding the importance of unity."

The Redhawks will employ a style that involves passing and possession but Trubiano says an up-tempo pace with quick movement off the ball is also part of the game plan. "When our captains work together and communicate through movement and quick looks, it is magic," she emphasized.

Both of Natick's goalies — Katie McMahon and Liesl Niedermeyer — are seniors who alternated last year. The tandem was amazing — McMahon did not allow a goal in eight 8 games and Niedermeyer yielded 3 goals in 8 games.

"Both are supportive of one another, they both see the game clearly and direct the field players in the moment with ease and confidence," Trubiano noted. "Their ability to react instantaneously and automatically is amazing and they do so

with such humility, popping up quickly ready for the next play."

Having lost most of their defensive backfield, the Redhawks will depend on senior Lulu Wislocki-Wasecki. "Lulu grew so much over last season to become a solid defensive player, moving to the midfield when needed," Trubiano said. "She plays tough and moves up and down the field, contributing on both ends. We'll rely on her as we fill in the back of the field after losing three solid defenders."

Juniors Riley White (defender/midfielder) and Maddie Bonner (striker) will get their share of playing time.

"Riley stepped up in key matches last year," Trubiano said. "Well-skilled, she's quick, aggressive, tough and versatile. Maddie is also quick and tough and shoots with either foot."

Senior Kaitlyn Blair gained experience last year as a defender and is in the mix for added duty. "Kaitlyn is aggressive, smart, tough and has a great attitude," said Trubiano, who spent 12 years as the girls jayvee coach.

The Redhawks sub-varsity squads will be coached by Matt Custodio (jayvees) and Lynne Tartaglia-Ricciotti (jayvees2).

Both Trubiano and Daley have a similar coaching philosophy, which combines winning, reaching one's potential and enjoying the athletic journey.

"If our players are reaching their potential and having fun competing, then winning will be the by-product," they concurred. "We also believe that athletics mirror real life. Some valuable life lessons that can be learned in sports are how to lead and be a good teammate, how to learn from mistakes and how to overcome adversity and be resilient. Being accountable and responsible are also great life lessons."

Daley, who was Natick's freshman girls coach for seven years and the jayvee coach for five, spoke candidly about the new season.

"We know that we have some work to do but we have a great group of girls who are committed to working hard and doing what needs to be done," Daley said. "The group is ready to step up to the challenge and is led by



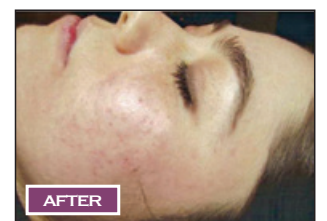
The Natick High girls soccer team captains are, from left, Abby McCauley, Nicole Proia, and Lydia Proia.

three strong captains."

The Redhawks' program and tradition are in good hands because two knowledgeable

coaches, who came close to capturing a state title in their rookie season, are back and eager to make the new campaign special.

Achieve Clear Skin



ACNE CLINIC FOR ALL AGES

Take control. Manage your acne with a customized treatment program designed to clear your unique skin.

Education. Coaching. Support.

90% of my clients clear in 12-16 weeks

LISA MASSIMIANO - LICENSED AESTHETICIAN, ACNE SPECIALIST

CERTIFIED BY THE NATIONAL FACE REALITY ACNE CLINIC

Schedule your acne consultation today!

508-881-1180

SkinSmart SALON

SkinSmartSalon.com

SkinSmartSalon@aol.com

44 FRONT STREET, 2ND FLOOR • ASHLAND

'Magical' Mosaic on Court Street

Public art dedication Oct. 19



A newly completed four-foot by seven-foot-tall mosaic panel by local artist Carol Krentzman will be installed on Court Street in Natick Center. The new mosaic, "Life is Magical," is based on the sketch of a dragon mother and her four babies sitting on a rock, that was drawn by Marina Jahic when she was in eighth grade at the McAuliffe Charter School in Framingham. Krentzman has been teaching mosaics on Thursday afternoons at the school for over 20 years. As she had already been thinking about making a mosaic dragon, Krentzman knew right away when she saw Jahic's drawing that she would like to use it for her next public art mosaic. Thankfully Jahic happily agreed.

Krentzman added the sky and the water to the design with the help of local artist Jason Cheeseman-Meyer. To complete these large mosaics, Krentzman is fortunate to have the assistance of many enthusiastic volunteers including Kathleen Glennon, Jeff Curran, Lois Connelly, Sarah Abrams, Kit Cunningham and others. In addition, Scott Libby and Jeff Olsen are Krentzman's skilled and dependable installation team. The dedication of the new public art mosaic will take place on Sunday, Oct. 19 at 10 a.m. on Court Street. All are welcome to attend, rain or shine. The fused glass rocks and

waves in "Life is Magical" contain the names of Krentzman's generous donors, sponsors, volunteers, family, and friends who helped to make this new public art project possible. Special thanks to the LePain Family, Middlesex Savings Bank, Natick Cultural Council, Szretter Family, Tiles Plus More, Eastern Bank, Golden Tones Chorus, Marian & Winlow Heard, Cody Jacobs, Lisa Sinclair & Ed Burke, Bruce Weisberg & Serge Genesse, Zogby Family, Beth Byrne, Tom & Kelley Halchuk, Barbara Levine Family, Metrowest Subaru, Kristen Pope, Sayre Family, and the many other individual public art lovers who supported this mosaic.

Meet Percy & Luna

A Playful, Gentle Duo Looking for their Forever Home



Percy and Luna are two sweet 1-year-old cats who met at the shelter and quickly became a special little duo. Ever since they found each other, they've done everything side by side — from playing and exploring to napping and slowly learning to trust. Percy is the more confident of the two, but he can still be shy in new situations. He enjoys being petted — even on his belly! — and gets especially excited for treats and toys. He's playful, curious, and becoming more outgoing every day, as long as things stay calm. Luna is more reserved and sensitive, but incredibly sweet. She's still shy, especially with new people or sudden movement, but she's made wonderful progress. She loves other cats and is happiest when snuggled up next to a feline friend — especially Percy. Both Percy and Luna love to play, chase toys, and enjoy treats. They may be shy at

first, but once they understand they're safe and loved, they'll start to show their affectionate and playful sides. They're looking for a quiet, calm home with no dogs and no children under 10. Teens or adults with some cat experience would be a great match to help them continue building confidence. If you're ready to open your heart to a gentle, loving pair who will bring joy, fun, and quiet companionship, Percy and Luna are ready to find their forever home — together. As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Percy & Luna, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Percy and Luna.

WENZEL

Ina



- Patios
- Walkways
- Walls
- Fire Pits
- Outdoor Kitchens
- Pool Surrounds

- Landscape Design & Installation
- Lawn Installation
- Grading
- Excavation
- Drainage

508-376-2815

Free Estimates • Fully Insured

www.WenzelLandscaping.com



localtownpages 

Scan this QR CODE
to visit our Website



Real Estate Corner

Recent Natick Home Sales



MARCY BLOCKER
Love Where You Live





Date	Natick	Amount
09/15/2025	6 Macarthur Road	\$875,000
09/15/2025	25 Hopewell Farm	\$870,000
09/12/2025	10 Travis Road	\$800,000
09/12/2025	74 Fairway Circle	\$765,000
09/11/2025	22 Western Avenue	\$875,000
09/09/2025	2 Village Hill Lane #3	\$320,000
09/05/2025	28 Hartford Street	\$800,000
09/05/2025	7 Wyndemere Lane	\$2,670,000
09/04/2025	4 Lookout Avenue	\$1,740,000
09/04/2025	44 North Avenue	\$1,300,000
09/03/2025	7 Brookdale Road	\$1,890,000
09/03/2025	29 Belmore Road	\$1,160,000
09/02/2025	83 Pine Street	\$1,139,000
09/02/2025	2 Beverly Road	\$843,000
08/29/2025	4 Curtis Road	\$585,000
08/29/2025	6 Village Rock Lane #13	\$340,000
08/29/2025	14 Walden Drive #4	\$340,000
08/29/2025	3 Jennison Circle	\$2,200,000
08/29/2025	11 Morgan Drive #305	\$775,000
08/28/2025	119 Pond Street	\$675,000
08/28/2025	58 Algonquian Drive	\$2,150,000
08/28/2025	68 Summer Street #B	\$1,190,000
08/26/2025	61 W Central Street	\$942,000
08/25/2025	3 Rathbun Road	\$1,430,000
08/25/2025	5 Presbrey Place	\$1,550,000
08/22/2025	30 Pleasant Street	\$1,700,000
08/20/2025	14 Hunters Lane	\$2,250,000
08/19/2025	29 Pitts Street	\$762,500
08/19/2025	17 Moccasin Path	\$1,800,000
08/19/2025	12 Hunters Lane	\$1,900,000
08/19/2025	1 Austin Way	\$1,380,000
08/18/2025	40 E Evergreen Road	\$888,000
08/18/2025	15 Pitts Street	\$620,000

Source: zillow.com Compiled: Local Town Pages

508.740.2328 • marcyblocker.com
marcy.blocker@nemoves.com



The 4-bed, 5-bath, 4,162-square-foot house at 30 Pleasant Street in Natick recently sold for \$1,700,000.
Image credit: www.zillow.com

Looking to
ADVERTISE
Your Business?

Contact Susanne
508-954-8148
sue@sodellconsult.com



I'll **TREAT** You
to an Exceptional
Real Estate Experience
Call Me!

Chip Sulser • 617.686.0952
chipsulser.com • chip.sulser@commonmoves.com
Care • Competence • Commitment
Serving & Living in Natick for 40+ years

Is a Real Estate Broker Obligated to Disclose **HAUNTED HOUSES** or **PARANORMAL ACTIVITY?**

Under Massachusetts law Real Estate Brokers and Sellers are under no legal obligation to disclose that a property is the site of an alleged parapsychological or supernatural phenomenon
Unless You Ask!
ASK BETH!



BETH BYRNE
508.561.0521
bbyrne@advisorsliving.com

BUY. SELL. DREAM.

103 CENTRAL STREET STE A | WELLESLEY, MA 02482 | AdvisorsLiving.com





Falling Leaves

& NEW KEYS

JUST LISTED

Natick, MA

JUST LISTED

Natick, MA

FOR SALE

Natick, MA

FOR SALE

Natick, MA

CALL JANICE TODAY, START PACKING TOMORROW!





Janice Burke
508.380.7206
jburke@advisorsliving.com



\$350,000,000

AND COUNTING IN NATICK LIFETIME SALES!

Contact The Allain Group today to experience the best Natick has to offer.





THE ALLAIN GROUP

JESSICA ALLAIN
#1 in Natick Homes Sold Since 2018*
617.820.8114
theallaingroup@compass.com
compass.com



Pitts Street



Park Avenue



Hunters Lane



Herbert Road



Leighton Street



Cottage Street

Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. This is not intended to solicit property already listed. Photos may be virtually staged or digitally enhanced and may not reflect actual property conditions. Source: MLS 3/3/23.

