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Free to Every Home and Business Every Month

September 2020

The Voice of Your Community

Culture and Creativity as Comeback

BY SEAN SULLIVAN

The great outdoors has been one of the few bright spots in the shadow of this summer's shutdown, during days since the pandemic took and held sway over everyday life. Sequestration and separation from family and friends inspired a mini migration, coaxing denizens ever outward from within the walls of their homes.

It's been a savior for the sanity of so many that New England weather was warming just as the gates and strictures of the shutdown began to bar commonplace habits and haunts of the season. And as these outdoor spaces have become more trafficked, they've come to be transformed.

Sidewalk concrete continues to be a canvas for interactive installations of chalk-art, with



passersby invited to partake in a fleeting game of hopscotch as they make their way. Missives of well wishes and inspiration are still being inscribed on the pavement in chalked pastels,

lingering long in a summer with scant rainfall.

Natick's Hunnewell Forest became populated for a few

NCCD

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Hey Neighbor, Our Website is Your Website

Local Town Pages is excited to announce the re-launch of its website www.Naticktownnews.com. It has a bright and streamlined new look.



WEBSITE

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Dignity Matters Helps Those with Unexpected Needs

By SUSAN MANNING
STAFF WRITER

Kate Sanetra-Butler had an unexpected request from a homeless woman in Boston in 2016: a spare tampon.

According to Liz Henderson, Natick chapter coleader of Dignity Matters, "The unexpected request started Sanetra-Butler uncovering a desperate need among homeless women and girls for sanitary products and underwear. Ultimately, she established Dignity Matters to meet that need."

Henderson said Sanetra-Butler started small, with local donation drives and running the organization in her basement.

"But it quickly evolved into Dignity Matters, a 501(c)(3) nonprofit that collects, purchases and supplies thousands of feminine hygiene products, bras and underwear to disadvantaged women and girls each month.

The organization partners with food pantries, public schools, homeless shelters, domestic violence centers, Boys and Girls Clubs, YMCA's and medical clinics," she explained.



So how did the chapter get founded in Natick?

"With the growth of Dignity Matters from basement to warehouse and an increasing number of volunteers, it was apparent that there had to be a different way of organizing donations. Hence, a network of Chapter Leaders was established in surrounding towns. Each Chapter helps organize donation drives for underwear and sanitary products. The Natick Chapter held its first donation drive in March 2017," she said.

Like many Chapter Leaders, Henderson was struck by the need for an organization such as Dignity Matters. Growing up in

Scotland, she took access to sanitary products for granted and was shocked to learn the problem existed in the United States.

When Ivylee Martinez, one of the original Natick Chapter Leaders stepped down, Henderson, already a volunteer in the warehouse in Framingham and liaison with A Place To Turn, was happy to take over and help organize the collection drives.

Henderson said there are two major times for drives that supply their needs for the rest of the year.

"The donation drives in the spring and fall help supply our partners with underwear and sanitary products throughout the year. There are donation bins

throughout the town including local churches, the Morse Institute Library and a number of grocery stores. In the past, there have also been donation drives at the local high school and various fitness centers. Dignity Matters always welcomes individual donation drives," she said.

This type of organization doesn't happen without the help of many people. Henderson estimated about 200 people are involved at the organizational level, with about 100 people involved locally in donating, including her coleader

Kelsey Hampton.

The reason so many are needed to organize this organization? There are currently more than

8000 women each month who are supported by Dignity Matters. These women are supported with their mental care needs as well as underwear and bras.

In Natick, Dignity Matters has been partnering on a regular basis with A Place to Turn, Natick Service Council and MetroWest Family Promise.

"It may be surprising that there is such a need in the immediate area but on a monthly basis we support over 200 women/girls in Natick. As well as sanitary product, we also supply 250 bras and 300 pairs of under-

DIGNITY

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RECENT SALES



"Yay! A million thank yous for all of the help and guidance. You all are the dream team. This has been a trying time for everyone and yet we have always felt we were in good hands."

-Sadie | Natick, MA



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Your Money, Your Independence

To Convert or Not To Convert: Taxation Is The Question

There are many aspects to successful financial planning, including being proactive to potential change, vetting all options and giving yourself time to reflect prior to execution.

An area I'm discussing with clients currently is their philosophy towards taxes and future tax rates, specifically the impact of Requirement Minimum Distributions (RMDs) in retirement to their tax liabilities. Recall with Traditional IRAs the government requires a percentage each year after age 72 be made taxable, regardless if you need the funds.

To help reduce future RMDs one can do a Roth Conversion, the moving of Traditional IRA assets to a Roth IRA where you pay the taxes now on the amount converted as earned income. A Roth IRA offers tax-free growth potential, tax-free income dis-



Glenn Brown

tributions and has no Required Minimum Distributions (RMDs).

Why now, given the Tax Cuts and Job Act passed in 2017 by

Congress reduced tax rates until 2025? Things can change and it is better to be analytical and measured over 5 months than rushed during the holidays to act before 2021.

Anyone, regardless of income levels, can convert to a Roth IRA.

There are complexities and variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not". Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

The pro-rata rule and taxes.

When converting, the IRS considers all traditional IRA account balances combined and you

must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

Best to convert at year-end.

A conversion must be completed by December 31 and the amount converted is included in that year's taxable income. By choosing year-end to convert, you reduce the range of Modified Adjusted Gross Income (MAGI) variables and improve chances of converting to the top of your current tax bracket.

Not all-or-nothing.

You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

What's done is done. Given that tax law changes now prohibit conversion reversals ("recharacterization"), it is important to be measured, give yourself time to reflect and re-run the latest data before execution.

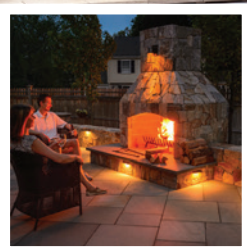
More to consider beyond this limited space, talk with your tax professional or Certified Financial Planner.

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 Certified Financial Planner™, Chartered Retirement Planning Counselor and fee-only fiduciary helping clients take control of planning and investing, so they can balance kids, aging parents and financial independence.

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Guess What May Be Coming Back

Though it never went away in Massachusetts, the last few years have been a respite from worry over federal estate taxes. That may soon come to an end. The government may be trying to get their hands into your and your loved ones' pockets again -- and in a VERY BIG way!

We can't predict who will win in November and which party (or parties) will control the Presidency, Senate, and House. But we do need to let you know what may happen if Democrats wind up winning the Presidency and having a majority in the House and Senate, an event which is looking increasingly likely according to recent polls. Dennis Sullivan & Associates is not taking a political stand, we're a diverse and divided office politically, but we do want to discuss how taxes may change, and what actions can be taken now, so please don't shoot the messenger!

Democrats and media have raised significant issues about the wealth and income inequality rampant in our country. One solution for this inequality, now being expressed more vocally, is a major overhaul of the federal estate tax. For example, here's an article that appeared this summer in the New York Times, entitled "Tax the Rich and Their Heirs."

The current Estate Tax exemption, the amount that can be passed at death tax-free, is \$11.58 million (potentially twice that for a married couple). In short, very few people in the US need to worry about federal estate taxes.

In Massachusetts, we have an estate tax exemption of \$1 Million dollars. If you are married, there is no automatic doubling of the exemption, but it is possible with planning to double the amount to \$2 Million for a married couple.

However, as the cited article recommends, that exemption may be significantly reduced at any time. While the current exemption is \$11.58 Million, if it changes before you die, that is the exemption that applies to you. The only exemption that counts is the one in the law when you pass away -- and a new Congress and President could change that. There have already been calls to reduce the Estate Tax exemption to as little as \$1 million, with everything over that taxed at 40% or more, which would place many Massachusetts homeowners' families at risk of owing federal estate taxes!

What Can You Do? Why Do It Now, Why NOT Wait Until November?

There *are* planning techniques, beyond a Living Trust, that you can use now to take advantage of

the current large Estate Tax exemption while it's still in the law. Dennis Sullivan & Associates can help.

If you wait until the November election, there may not be enough time before year end to analyze your options and properly put into place the appropriate strategies. You may want to do some "pre-planning" now, make your choices ahead of the election and be ready to implement them right away after election day.

Don't wait until next year. It's likely that any Estate Tax change is likely to be made effective retroactively to January 1! Don't see your planning opportunities dry up.

Call our office for a free consultation. Don't wait, review your estate tax planning options now! Call 781-237-2815 to learn more!

Submit press releases, photos with captions and story ideas to editor@Naticktownnews.com

The deadline is the 15th of the month.

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NCCD

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fortnights with fairies, the small, handmade figures appearing in the hovels and hollows of trees, and every other woodland nook and cranny Mother Nature could conceive of. That “Fairy Project” became a favorite attraction of children and adults near and far.

Now, curating that kind of welcoming culture and creativity among Natick’s outdoor spaces is considered crucial in continuing the town’s comeback during the coronavirus.

Also on the open-air menu is Porchfest, an outdoor collection of mini concerts, each performed from the perches of private homes. That the venues are dispersed throughout Natick center’s outskirts should satisfy social-distancing strictures, allowing people to space safely while attending these porch-based performances. The music event, held around mid-September, has been popular in years past and is being considered this season among a slate of outdoor events.

The town is also contending with the logistics of Halloween, how to safely host the costumed children who haunt the front doors of neighbors.

Playing a prominent role in the promotion and planning of such events is the Natick Center Cultural District, an organization with a mandate to foster the cultural, economic and social life of the community. The NCCD had been based above Natick’s Fair & Yeager Insurance Agency, but has recently moved to its new Court Street headquarters.

The new street-level office has superior visibility, with more the character of a storefront than an office building. Baldwin Hill Framing had long been a business tenant in the location, but moved its operation at the beginning of this year.

The location is suitable for two small businesses, with a porous partition separating the two sides of the space. The building’s exterior is a welcoming brick façade, a common fixture of downtown Natick character.

Athena Pandolf has been executive director of the NCCD for five years. During the pandemic shutdown, the organization has been playing a supportive role, offering guidance and Covid signage to businesses seeking to navigate this new landscape.

“We really are focused on how



we can help these small businesses,” said Pandolf. “That’s the heartbeat of the downtown.”

The spot is ideal for events, with a great balance of charm, visibility and limited car traffic. Perpendicular to Main Street, its sidewalk is amenable to artistic events, with the potential to pull passersby from that busy thoroughfare. Court Street’s eastern end meets Washington, home to several Natick restaurant staples, many of which have adopted outdoor dining to ensure patrons’ safety.

“This is a place where we could be more visible,” said Pandolf. “It’ll be a really nice place to be, on Court Street.”

Tents and umbrellas have blossomed to shelter diners during the dog days of summer, transforming parking lots and curbsides. And while these pop-up culinary venues haven’t quite yet approached the charm of Parisian and Italian al fresco cafes, they’re getting there. That’s where the NCCD is hoping to make a real impact.

As diners have been shifted into this new setting, some leaders and creatives have started to imagine such outdoor spaces



anew, seeing potential in lieu of shortcomings. NCCD is focused on repurposing these surroundings as canvases, blank slates upon which to install and encourage artwork, to inspire a more inviting and interesting outdoor experience.

Think of them as public works projects, undertakings intended to make these spaces more beautiful and beneficial places to be during a time when that work is sorely needed.

Overall, the focus will be on creating an immersive, interesting and inviting atmosphere, one that will foster the feel and attraction of an outdoor marketplace.

While the shutdown has been the source of many businesses shuttering their operations, the NCCD and Natick will be welcoming a new addition to its downtown artistic commerce community. Uni-T, a shop that sells its own line of sustainable hand-printed t-shirts, will be sharing the split store space with the NCCD.

Uni-T is also a venue for local artisans and artists, selling an eclectic mix of hand-made artifacts and works of art. Eujin Kim Neilan is a celebrated children’s



book illustrator and visual artist, and has been a creative influence in the town for more than a decade. She started Uni-T to share her artwork on wearable canvases, and now ships her shirts worldwide through several online sales channels.

The small and successful shop has come full circle, having been born just a stone’s throw away at the Natick Common. There, at the town’s weekend farmers markets, is where Neilan started selling her t-shirts about 10 years ago. The weekly events have long been a favored venue for local makers to showcase and sell their wares.

Now during these days of social distancing, that outdoor model has taken on new significance.

Neilan’s Uni-T soon opened a shop in the Natick Mall, where it was successful for years and garnered a loyal base of fans and customers. Yet when the Court Street location became available



earlier this year, Neilan jumped at the chance to once again become part of Natick’s creative downtown culture.

“I feel like I came back where I started,” said Neilan. “To be surrounded by extremely talented people. It’s an artist community.”

During the swelter of July and August, while seafood connoisseurs dined just next door in The Dolphin’s open-air restaurant, NCCD and Uni-T were both setting up shop in the respective sides of their new Court Street location.

While the former was installing chairs, desks and office equipment, the latter was artfully arranging elaborate exhibits of mannequins, framed artwork, jewelry displays and hand-crafted keepsakes. Although the interiors of the two sides could hardly differ more, the vision and goals of the two tenants is aligned.

“That’s all we really have to rely on,” said Pandolf. “Each other.”

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WEBSITE*continued from page 1*

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Remember, these have been difficult times, and it is so important to support the businesses that support our community. You can check out business profiles, leave a review, connect to their Facebook page and website.

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- Evaluating patients and teams when entering the hospital
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- Increasing precautions for infection prevention
- Pre-screening patients with scheduled care multiple times as well as day of the care

- Providing access to testing with quick turnaround for patients that meet COVID-19 testing criteria
- Training staff with timely safety measures
- Wearing masks and other protective gear to prevent contact and spread of germs

When to come to the ER

Please – don't delay care if you or a loved one have symptoms that are best evaluated in an emergency room, which may include:

- Broken bones and dislocated joints
- Chest pains
- Concussion/fainting
- Confusion/change in mental state
- Digestive problems, especially sudden, severe stomach pain, coupled with nausea and vomiting
- Facial lacerations
- Fever with a rash

- Head or eye injury
- Intense back pain with numbness, weakness and fever
- Muscle strain, when tied to the inability to walk, fever or an open wound
- Seizures
- Serious burns
- Severe cuts that may require stitches
- Severe non-COVID-19 cold or flu symptoms
- Shortness of breath
- Vaginal bleeding with pregnancy

Signs of a heart attack

- Chest pain or discomfort
- Upper body discomfort, such as arms, back, neck, jaw or stomach
 - Difficulty breathing
 - Cold sweat, nausea, lightheaded

COMMUNITY*continued on page 15*

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SPARKing Kindness In a Pandemic and Beyond

BY SUSAN MANNING
STAFF WRITER

The need for kindness doesn't disappear just because there's a pandemic.

In fact, according to SPARK Founder and Executive Director, Christine Guthery, the need grows.

"As a team, we quickly realized the importance of adapting our SPARK model of programming to support the community in a new, virtual format. The need for connection, information, resources, and support was even greater and we worked hard to respond," she said.

The resources they were able to offer were provided via its website, newsletter communication, and connecting with members online.

"We continued to connect with our local members in Natick and the greater MetroWest region, and found that we were also reaching people from all over America, and the world, as our SPARK attendees shared information about our programs with friends and through social media. It has been a very busy summer, but it has also been very rewarding," said Guthery.

Switching things up because of the pandemic worked well, but it doesn't mean they didn't miss the old normal.

"Although we have missed the chance to work in person with each other, our team is very flexible and creative and found new ways to connect. During our



Renata Bertelli, SPARK Board member and Core Energy Coach led a virtual program on August 6, "Train Your Brain to Get Unstuck". Pictured, (left - right, top to bottom), Christine Guthery, SPARK Founder & Executive Director; Letitia Bynoe, ASL Interpreter from The Learning Center for the Deaf(TLC) in Framingham; Michele Marotta, SPARK Associate Executive Director; Dr. Kristen Aberle, SPARK Program Coordinator; Adiel Gutierrez, SPARK Volunteer, Tom Daly, SPARK Volunteer, and Renata Bertelli, program presenter.

programs, we welcomed participants to our 'Neighborhood.' That is what it has felt like - a warm, welcoming place where people can come to feel seen and valued. Most importantly, our online 'Neighborhood' is a place where everybody belongs," she explained.

With so much focus on the community, it's often easy to put self-care on the back burner. But not in this case.

"One piece that has been very important is making space for our volunteers. SPARK Kindness really depends on a great deal of volunteer support and we have continued to value all our volunteers who serve as greeters, provide tech support, act as host, and serve in other important roles,

even while we are apart. Our volunteers are more important than ever and we are working hard to continue to cultivate our great team," said Guthery.

She said be it the community they help or their volunteer base, every action makes a difference.

"Every time we do something that helps a community grow more kind, resilient and welcoming, we SPARK Kindness. Together we can make sure no one feels alone, bullied, unsupported, or unconnected—every day and especially in the most challenging times," Guthery said.

To that end, SPARK programming this summer was robust. It ran its first summer program series, with several programs focusing on building a re-

silient community and parenting during a pandemic.

"We had thousands of people register for the programs and feel grateful to have made many new connections over the summer and increased the members of our 'SPARK Neighborhood,'" said Guthery.

The program topics, she said, addressed some of the most critical concerns that were servicing this summer. they wanted to maintain a community connection and grounding during a particularly trying time.

"In addition to providing the chance to hear from experts on topics like anxiety, technology, anti-racism, hopefulness, and more, we also provided really comprehensive follow-up resources after each program to ensure that registrants had more to help them navigate their concerns," she said.

Following on the heels of such a successful summer program series, is the 2020 Fall Resilient Community Online Program. The series will feature a number of speakers on topics relevant to community members of all ages, including mental wellness, anti-racism and inclusion, and the im-

portance of self compassion and self care.

"During these uncertain times, kindness and connection have never been more important. ... We will offer specific free programs for parents as part of our 'Parenting During Pandemic' series, to support the mental health and resilience of young people during this unprecedented time. In addition, we will be offering small parent/caregiver support groups via zoom to offer more individualized support for families," explained Guthery.

Speakers include: Sebene Sellassie, a Buddhist meditation expert and author of the recently released book, *You Belong: A Call to Connection*; Lynn Lyons, LICSW, psychotherapist, anxiety expert, and author of multiple books on anxiety, will return after being one of the most well-attended summer presenters; Dr. Lisa Damour, prior SPARK speaker, psychologist, best-selling author of *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls and Un-*

SPARK

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Charitable Giving is Still Needed During the Pandemic

The pandemic has been stressful and, at times, traumatic for all of us. Some residents have felt the impact and effects of the pandemic more than others. Tiff O'Connell, principal of O'Connell Law LLC reminds us that if you are in a financial position to help others, don't forget that there are people and causes in our very own communities who need help. Ms. O'Connell states that if you are looking at how you can provide financial support, talking with professionals, such as estate planning attorneys, financial advisors, tax advisors and community foundations can help

you make the impact you want to make.

Ms. O'Connell comments that you can look to our very own local community foundation, the Foundation for Metrowest, for information and opportunities to give. There are specific funds that you can donate to that are dedicated to providing relief during the pandemic. Ms. O'Connell further comments that the Foundation for Metrowest has a very useful site, Impact Metrowest, which is a community indicator project that can help you see where help is needed in our region. You can find out more

information by going to www.foundationmw.org.

Ms. O'Connell concludes by saying that every little bit helps. She recommends that putting together a plan for how you wish to gift can be helpful not only for your own long-term or immediate planning, but to the community at large.

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DIGNITY

continued from page 2

pants per month. In 2020 alone, Dignity Matters donated to the above-mentioned organizations product worth \$6,554," Henderson explained.

The Organization partners with more than 150 organizations such as The Boston Public Schools, The Boys and Girls Clubs of Boston, MetroWest and Lowell, The Women's Lunch Place, Pine Street Inn, The Boys and Girls Clubs of Boston and MetroWest, and the Boston Health Care for The Homeless Program.

And the need did not stop despite the pandemic.

"We were able to very quickly adjust our operational model from mainly collections to purchasing and manufacturing menstrual products and to significantly

increase our output to reach the growing demand" said Sanetra-Butler, Executive Director of Dignity Matters. "Since March we have distributed over 840,000 units of menstrual care supporting tens of thousands of women in our communities. Thanks to the fast and generous support of our local donors such as Parmenter Foundation, Foundation for MetroWest, MathWorks, and MetroWest Health Foundation we were able to get the menstrual care to the women and girls who needed it most."

An additional boost was given to the group earlier in the spring when it was chosen to receive a \$100,000 grant from the Cummings Foundation

"The grant from the Cummings Foundation will be used for warehousing costs over the next four years. As a result of the funding, the organization now is able

to broaden its services and partner with multiple manufacturers to purchase large quantities of items for a lesser price. It also provides security for our service partner knowing they can rely on Dignity Matters in the upcoming years," said Henderson.

To help with the organization's mission, Henderson said there are several options. Start with its website: www.dignity-matters.org

"From hosting an individual drive, monetary donations or sending

items from our Amazon Wish list – everyone can find a way to help the mission. There will

also be an online auction beginning September 17 to help us raise funds to extend our programming to South Shore and to maintain the current level of service. We are currently kindly accepting auction sponsors and auction items from the local businesses," she said.

SPARK

continued from page 7

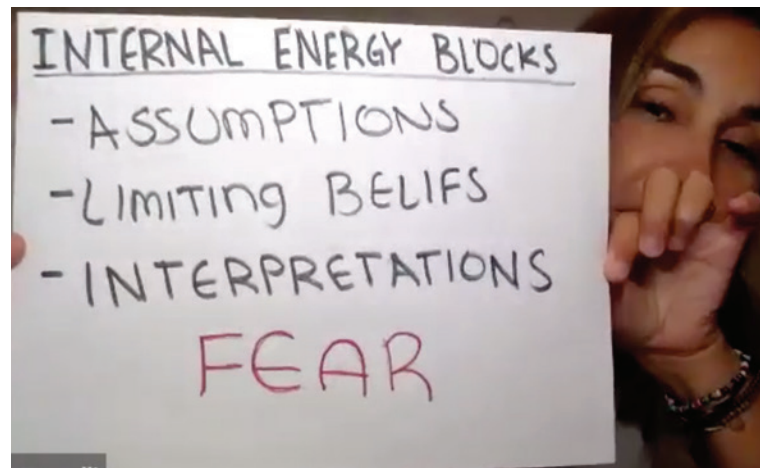
tangled: Guiding Teenage Girls through the Seven Transitions into Adulthood.

Despite all the success The Natick organization saw during the pandemic, Guthery wants to forge ahead and do even more. She wants to reach more people.

"SPARK believes that during difficult times, we have the opportunity to make an even greater positive impact in the lives of

others. We welcome new members to our free programs so that we can support each other during this challenging time. We believe that this is the time to 'lean in' to our work of celebrating and including everyone by committing to our antiracism work, by caring for our neighbors and by caring for ourselves. We welcome you to join our 'SPARK Neighborhood' and to be part of the work of building a kinder, more connected community," she said.

For more information, visit www.SPARKKindness.org



Renata Bertelli, SPARK Board member and Core Energy Coach during "Train Your Brain to Get Unstuck," a virtual educational program hosted by SPARK Kindness on Aug. 6.

Looking to advertise your business?
Contact Jen: 508 570 6544
or
Jenschofield@localtownpages.com

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www.mexicaligrillrestaurant.com

HOURS OF OPERATION
Sunday – Thursday: 11AM-10PM | Friday, Saturday: 11AM-11PM

Mario's Quality Roofing, Siding, and Windows

Quality materials, expert craftsmen, and an unwavering pledge to customer service

After one bad experience too many with an unreliable contractor who used shoddy materials, Stephen Goulston founded Mario's Roofing.

"I didn't like the way things were going in this industry," he says. "I wanted to make a change. I started Mario's with the philosophy that I wouldn't do to your house what I wouldn't do to mine."

Thus began a fifteen-year quest for the perfect balance of craftsmanship, quality, and affordability. Mario's Roofing has grown beyond Stoughton to over a dozen local offices servicing Eastern Massachusetts and Rhode Island. Mario's has also garnered several awards, including the Diamond Approval Award from Customer Track-Record, the CertainTeed Tenured Member and Governor's Awards, and the Triple Crown Champion Award.

"In all of North America, only eleven roofing companies have achieved Triple Crown status and we are one," Goulston says. "We're really proud of that."

A phone call or a website request for a quote brings a Mario's Roofing specialist right to your home. They'll make targeted recommendations, then spend time with the homeowner explaining what they've found.

"With roofing, we have a video for the customer to demonstrate every step in the process," Goulston says. "The key to a good roof is the preparation of the roof and the underlayment beneath the shingles. For the homeowner, it's the way it looks. For us, it's the way it performs."

Goulston stresses continuing education for his teams, regularly inviting experts to teach his staff about the latest developments in techniques and materials. "Our guys are quality experts. Delivering the best to our customers requires we know what the best is. Then to make optimal use of it, we've got to know how and when to apply it. That's where my team comes in. We invest in experts so we can make the right recommendation for a client's situation." They'll even offer help with financing.



That commitment to cutting-edge materials is at the forefront with their siding. While Mario's offers basic vinyl siding, they also showcase a full selection of the newest and most versatile options, such as Everlast, a triple-composite formula that combines inorganic minerals, polymer reins, and acrylic colorant to create the most durable siding on the market.

"September and October are the best times to work on your house," Goulston says. "Massachusetts winters can be hard on a home. Your roof needs reliable drainage to protect against ice dams. You need the gutters clear and ready to do the hard work. The siding needs to insulate against the snow and wind. Every part of a well-maintained exterior works together for the entire house's protection."

Take windows, for example, which directly impact heating and insulation. Older windows may vent heat in winter or trap too much warmth in the summer. Replacing old windows with energy-efficient ones is an easy way to enhance a home's beauty and efficiency.

Mario's offers a variety of windows, including custom design. Goulston says, "With windows, the installation is the most important part. All our window installers are highly-trained, and our policy is that the person who measures the windows is the person who installs them."

Window installation involves work on both the inside and outside, and Mario's will move the furniture and the curtains rather than expecting the homeowner to do it, then set it back in place. Goulston says, "It's part of doing the job one hundred percent. Our workmanship separates us from everybody else, but over the years, it's also become a huge part of our reputation that we care."

Early on, Mario's adopted the tag line, "We won't soak you to keep you warm and dry." They've

Business Spotlight

held to that commitment with quality materials, expert craftsmanship, and competitive pricing.

Mario's website showcases a photo gallery of their best work, as well as before and after pictures with a slider bar so homeowners can visualize their own home's transformation.

Jobs range from new front doors to re-roofed apartment complexes, or even a single basement window. Goulston says, "A small touch like that is important—not only because it looks good, but for increased security and insulation. Our customers see those details every day, and when it's all working right, they feel proud of their home."

To get a quote for your home repairs and upgrades, visit <https://mariosroofing.com> or call (781) 344-2420.

"We won't soak you to keep you warm and dry"



ROOFING

WINDOWS

SKYLIGHTS

SIDING

We won't soak you to keep you warm and dry!

SAVE UP TO \$2,500 NOW!

With complete job. Please ask for details.

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Call 781-344-2420
to set up a consultation!
mariosroofing.com

Morse Library Updates

Library reopening phase 1



We are very excited to announce our launch of Morse Express starting Monday, Aug. 10! This is our first phase of our reopening plan and includes many changes to the Morse you remember. We are taking many precautions when it comes to the safety of our staff and patrons. You may notice some differences:

- In Person Visits
 - limited to 1 hour or less, 1 person per family.
 - Masks must be worn at all times & proper social distancing standards practiced.
- Main Level open for browsing of books, audiobooks, movies, and magazines (Browsing

of 2nd floor and lower level unavailable until next level of service). All soft seating has been removed and remaining seating has been spaced for safety.

- Selections of Teen & Children's materials have been brought to the Main Floor for browsing.
- If you need an item from another floor, we will gladly grab it for you.
- Additional self-checkout options have been added, including the option to check out using the Minuteman App on a smart device (coming soon)!
- Computer Access



- Access to public computers and internet for one 45-minute session per day. Make an appointment by

calling our main desk at 508-647-6520

- Scanning, printing, copying, and faxing on our Main Level is available.
- Reference assistance is available virtually at Research Terminal on the Main Level or from home using our Digital Branch

come to the building.

For more information on this phase of reopening, please head to morseinsitute.org/express!

Digital library services

The new Digital Branch of MIL combines all of the wonderful resources that are available virtually. Get access to library staff and resources from home! Chat with a librarian, get reading suggestions, borrow books and more digitally, get research help, and find out about virtual events. All of your choices for using the library remotely, collected in one place. Visit the new Digital Branch of the Morse Institute Library!

<https://morseinstitute.libguides.com/digital-branch!>

Morse Express In-Person Library Hours

- Monday – Friday**
- 9am-10am (senior & at-risk)**
- 10am-6pm**
- Saturday**
- 10am-2pm**

Contactless Pickup will still be available for patrons who choose to use this service, and are also offering contactless delivery for those who cannot physically



SWEETWATERS.
COFFEE & TEA

NATICK CENTER

Sweetwaters Coffee & Tea is coming to Natick Center! We are bringing a broad selection of premium, real ingredient-focused beverages with a unique global and Asian influence. Also, we will be serving a range of delicious breakfast items, pastries and desserts!

It is our mission to get to know our neighbors and engage with our guests. Strong community connections is how we share the love.



Follow us on social media to automatically be entered to win contests throughout grand opening week!

Facebook: @SWNatickCenter Instagram: @NatickCenterCoffee

Apply Today!

Place your Holiday Inserts today!

Contact Jen for Pricing and Reservations:
508 570 6544 or
email: jenschofield@localtownpages.com

Living Healthy

Mandatory Water Use Restriction

During summer months, the Town of Natick water system experiences high water demand due to non-essential outside water use for lawn and garden watering. The Town Administrator as authorized by the Natick Board of Selectmen, acting as the Natick Water Commissioners, has implemented a mandatory non-essential outdoor water use restriction, effective immediately until further notice. Mandatory non-essential outdoor water use restrictions limit daily demand on the water system to ensure adequate water is available to meet the public health and safety needs of the Town. This measure will assist in maintaining water levels in the storage tanks for fire protection and normal consumption use.

Compliance with this important water conservation measure will help avoid the need to implement more severe restrictions.

Watering Schedule

- Residents and businesses occupying a building with an odd number street address will limit non-essential water

use including lawn and garden watering to Monday and Thursday from the hours of 5:00 pm on the select day until 9:00 am the following day.

- Residents and businesses occupying a building with an even number street address will limit non-essential water use including lawn and garden watering to Tuesday and Friday from the hours of 5:00 pm on the select day until 9:00 am the following day.
- No non-essential outdoor water use Wednesday, Saturday or Sunday.

Non-Essential Outdoor Water Use Recommendation

- Water lawns only when necessary. Please be aware that a healthy lawn only requires a maximum of one (1) inch of water per week.
- Maintain your lawn at a height of at least two (2) inches. This practice will protect roots and retain soil moisture.

- Water is lost to evaporation when watering during hot days
- Visit <https://www.epa.gov/watersense/watering-tips> for additional watering tips.

Essential Outdoor Water Use Definition

Essential Outdoor Water Use shall mean those uses that are required for the following:

- For health or safety reasons;
- By regulation;
- For the production of food and fiber;
- For the maintenance of livestock;
- To meet the core functions of a business (for example, irrigation by golf courses as necessary to maintain tees and greens, and limited fairway watering);
- Irrigation by Plant nurseries;
- Agricultural operations as necessary to maintain stock or establish new plantings;
- Pest management;

- Wash equipment to prevent damage and/or maintain performance;
- Irrigation of parks and recreation fields



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Our Ad & Editorial Deadline is the 15th of each month, for the following month's issue.



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- ◆ Hospice & Support Services

(508)653-8330

34 South Lincoln Street, South Natick, MA

www.rehabassociates.com/riverbend



Love 01760 T-shirts to Support Natick Service Council

We had such a positive response for the **LOVE 01760**, which has helped raise over \$3000 for the *Natick Service Council*. Here's your last chance to get one in case you missed it previously. New colors and styles available including a long-sleeved option!

Established in 1962, NSC has been dedicated to serving the most economically disadvantaged members of the community. Helping clients meet basic needs for food, housing, utilities and programs for children with the goal of promoting self-sufficiency. They are guided by the motto "Neighbors Helping Neighbors" and serve their fellow community members with dignity, compassion and confidentiality.

LOVE 01760 is a community wide public art project conceived by members of the Natick Center Cultural District, SPARK Kindness, local artists, businesses and organizations to help connect us while we all continue to practice responsible social distancing.




Honor your Veteran on our Dedication Page:

Submit your Vet's Photo, Your Tribute message whether they are in **Active Duty, Retired**, or a **In Memoriam**.

Portion of proceeds from this section will be donated to a Veteran Charity of Choice.

Please email photo and tribute to: jenschofield@localtownpages.com

Cpl. John Smith
U.S. Army
Served 1920-1941

YOUR TRIBUTE MESSAGE HERE.

\$50 PER BLOCK
AD SIZE
 2 1/4 inches x 3 inches

Senator Rausch Explains Voting by Mail

Free, fair, open, and safely accessible elections are a central pillar of our democracy. In the midst of a global pandemic of epic proportions that renders traditional in-person voting a public safety concern, it is critically important that we protect both our communities' health and our constitutional right to vote. That's why I spent months on Beacon Hill advocating for robust mail-in voting this year. I'm glad we passed a law allowing every registered Massachusetts voter to cast their ballot by mail or safely vote in person, whether during early voting or on Election Day. As one of the foremost champions of election access in the Legislature, I hope this information will help empower every voter to cast their ballots in the September 1st primary and the November 3rd general election. Comprehensive resources and links for online tools are available on my website: www.beccaraus-chma.com/2020-elections.

Register to vote: You must be registered to vote in order to request a mail-in-ballot. You have until Saturday, August 22 to register in time for the September 1st primary election, but I urge you to register as soon as possible. Registering to vote and checking your registration status can be done online.

Eligibility to vote by mail: If you're a registered voter, you can vote by mail in 2020! That's it. No additional qualifications required.

Get a vote by mail ballot application: Every registered voter should have already received a vote-by-mail application in the mail. If you haven't received your application and wish to vote by mail, download the application or call 1-800-462-VOTE to request one be sent to your home. You can also write to your local election official requesting a mail-in-ballot if you include your full name, address, and signature.

Submit your application: Applications for mail-in voting in the primary are due back to your local clerk by 5:00 p.m. on Wednesday, August 26, but I recommend sending in your application as soon as possible. Submit your application by mail, email, or drop-off. If you mail it, do it now in order to leave plenty of time for the application to arrive by the deadline. No need to worry about postage; it's prepaid on the application sent to you. If you submit the application ballot via email, make sure the application still has your signature on it. No matter how you submit your application, you only have to do it once: if you check the "All 2020 Elections" box on the application, a ballot will be mailed to you for both the primary and general election.

Check that your application was received: You can track the status of your mail-in voting application online. If your status is listed as "pending" then your application was received and your ballot should be on its way. Call your local clerk with any concerns.

Get your mail-in ballot: If you've successfully applied to vote by mail, your ballot will be mailed to you. Primary ballots have already begun to arrive, so keep an eye on your mailbox.



Complete and submit your ballot: First things first: read the instructions! If you're voting by mail but get an instruction sheet for absentee voting, ignore the part that says you should check to be sure you're eligible; the eligibility requirements for voting absentee do not apply to voting by mail in 2020. Fill in the ovals on your ballot with a black pen or pencil. Remember to check the back side of your ballot and vote there too. Put your completed ballot inside the yellow ballot envelope. Seal the ballot envelope and complete the top portion of the exterior. Do not forget to sign it. Then, put the signed and sealed ballot envelope inside the white mailing envelope and seal that one. Like the application, the ballot mailing envelope will be pre-addressed and postage prepaid. For the primary, your ballot must be received by your local clerk by 8:00 p.m. on Election Day, Tuesday, Septem-

ber 1, regardless of whether you mail it or drop it off. If you're mailing it, do so as soon as you can to ensure your ballot arrives on time and will be counted. The U.S. Postal Service is experiencing delays, sometimes up to or exceeding 10 days. Again, you can track your ballot online.

What about my "I voted" sticker?! Unfortunately, if you vote by mail, you're probably not getting an "I voted" sticker this year. It's disappointing, I know. It's definitely one of my (and my four-year-old's) favorite parts.

I want to change my mind: If you requested and received a mail-in ballot but decide not to use it, you can still vote in person. However, if you already cast your mail-in ballot, either by mailing it back or dropping it off, you may not vote in person.

In-person early voting: Along with voting by mail, voters this year also have expanded options for early in-person voting: one week of early voting for the primary, and two weeks for the general. Early voting schedules and locations will be posted online by Friday, August 14th for the primary and Friday, October 9th for the general. You can also check with your local clerk for in-person early voting information. Wear a mask when you go to cast your vote.

In-person voting on Election Day: Polls will be open from 7:00 a.m. - 8:00 p.m. on Election Day for both the primary and general election. Check your town or city clerk's website for more information on your polling place. Wear a mask when you go to cast your vote.

I am so proud that Massachusetts voters have broader voting options and increased safety precautions for this year's elections. I encourage everyone to vote by mail for both the September 1st primary and the November 3rd general election; if you choose to vote in person, please be diligent with your COVID-19 precautions -- wear a mask, keep your distance, and use hand sanitizer. Please visit www.beccaraus-chma.com/2020-elections for a detailed FAQ and email me directly at becca.rausch@masenate.gov with any specific questions or concerns. Happy voting, everyone!



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Virtual Volunteer Fair

Wednesday, October 14, 3:00- 4:40 pm

RSVP to skirby@natickma.org

Look for volunteer opportunities from the comfort of your own home! Check in with Zoom and meet with representatives from Natick area non-profits. RSVP to skirby@natickma.org for all the information you need to participate. Sessions include:

- 3:00-3:30 pm Volunteering on a Town of Natick Board or Commission hosted by Frank Foss
- 3:30-4:00 pm Finding Your

Best Volunteer Fit hosted by Jeanette Szretter

- 4:00-4:40 pm Virtual Volunteer Fair – You will select your Zoom meetings with non-profits listed below

Learn new skills, network, build your résumé, give back, help people, connect with others, have fun!

Zoom/Meet with Representatives from these Organizations:



AARP Tax Aide Program • Budget Buddies • Charles River Rotary Club • Natick 180 Coalition • Natick Center Cultural District • Natick Community Organic Farm • Natick Community-Senior Center • Natick DeMolay • Natick Curbside Composting • Red Cross Blood Drive • Spark Kindness •

TCAN -The Center for the Arts, Natick • Town Boards and



Commissions of Natick

You will automatically be entered to win a gift certificate to Casey's Diner, Dolphin, Lola's, Natick Council on Aging, Posies,

Sassamon Trace Golf and Zaf-tig's Deli after your meeting!

Organized by the Natick Community-Senior Center, 508-647-6540.

Zoom with the Natick Community Senior Center

Fall Gardening- Zoom program with Natick Community Organic Farm

Tuesday, September 8, 2:00-3:30 pm, free, rsvp to skirby@natickma.org to receive the link.

Did you know that you can keep on growing vegetables through the fall? Join us to get inspired on which plants, timing of planting and harvesting and putting your garden to bed for the coming winter. Join Casey

Townsend, Director, Natick Community Organic Farm to learn all about it.

Mass Horticultural/Elm Bank Garden Tour

Thursday, September 10, 10:00 am, free

In person! Limited to 15 participants. rsvp required to skirby@natickma.org

Meet at the main parking lot of Elm Bank, 900 Washington St, Wellesley. Join this lovely garden

tour to admire shrubs, trees, flowers and learn about the history of this fascinating estate as well as horticultural plant identification and background stories. Highlights include the Bressingham Garden, Weezies garden for children (including pollinator plants), seed to table vegetable garden and the show stopping Italianate Garden by the Manor House. Some seats available throughout the gardens, but be prepared to stand and walk, wear comfortable shoes, hat etc. Bathrooms ARE available on-site. Please wear a mask.

History Bookgroup – Zoom session

Thursday, September 10, 3:30-4:30 pm, free, rsvp required to skirby@natickma.org

Join us for this casual discussion with a different book each month either historical fiction or non-fiction led by Maria King, Bacon Free Library and Nikki Lefebvre, Natick Historical Society. The book title for this one is *American Rose: A Nation Laid Bare: The Life and Times of Gypsy Rose Lee* (NF) / Karen Abbott. Please email mking@minlib.net to get the link.

Curbside Food Waste Composting- Zoom session

Monday, September 14, 1:30 pm, free, rsvp required to skirby@natickma.org

Join Karen Mallozzi, a Task Force Member of the Natick Curbside Composting Program to learn how you can do it. Ben-



but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation. Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. Sponsored by Avenu, Natick.

Healthy Breathing- Zoom session

Thursday, September 17, 11:00am-noon, free, rsvp required to skirby@natickma.org

Experience pranayama, the art and science of yogic breathing. Pranayama's health benefits include reduced anxiety, lower/stabilized blood pressure, increased energy, muscle relaxation, improved concentration, and more. Join Anjana Bhargava, an Ayurvedic Wellness Counselor has bachelor's degree in Science and Mathematics and master's degree in Electronics from India.

efits include save money not having to buy the Blue Bags for all your waste. Keep biodegradable matter out of our landfills and saving the town money. About 35 - 40 % of our municipal waste (by weight) is compostable.

American Art 1776-1900 with Art Matters- A Zoom Program

Wednesday, September 16, 3:30 pm, free, RSVP by emailing skirby@natickma.org to receive the link to join.

Join Jane Blair from Art Matters on this Zoom presentation of an overview of some of America's best known painters. The United States was not founded by schooled artists, but by people seeking freedom and adventure. American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions

Evolution of the Wedding Gown- Zoom program

Tuesday, September 22, 1:30-2:30 pm, free, rsvp required to skirby@natickma.org

Enter the world of brides from the past and learn about what they wore during their first day of marriage. We will discuss both celebrity and royal weddings, as well as those of the less famous. Vintage videos will help to bring these weddings to life. Join us for a glamorous foray into former

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ZOOM

continued on page 15

ZOOM

continued from page 14

wedding finery! Our presenter is Karen (Ren) Antonowicz, who has a Master's Degree in Textiles, Fashion Merchandising and Design, with a concentration in Historic Costume & Textiles from the University of RI.

Shifting Gears- Zoom program

Thursday, September 24, 3:30-4:30pm, free, rsvp to skirby@natickma.org to receive the link.

Join MASS DOT presenter, Michele Elicks for tips on how to be a better driver, looking at frequent causes of collisions for older drivers, the warning signs of unsafe driving and medical conditions or medications that may affect your driving. She'll also review obtaining a disabled plate or placard.

Volunteering on a Town of Natick Board or Commission- Zoom program

Wednesday, October 14, 3:00-3:30 pm, free, rsvp required to skirby@natickma.org

Join Frank Foss, town of Natick Moderator to find out

how you can volunteer on a Town Board or Commission. Different types, skills set, where to find opportunities.

Finding Your Best Volunteer Fit- Zoom program

Wednesday, October 14, 3:30-4:00 pm, free, rsvp required to skirby@natickma.org

Join long-standing town resident, Jeanette Szretter as she helps you identify what might be the best volunteer fit for you.

Virtual Volunteer Fair- Zoom

Wednesday, October 14, 4:00-4:40 pm, free, rsvp required to skirby@natickma.org

Meet with Non-Profits in Natick to see how you can give back to your community!

RSVP to skirby@natickma.org to receive Zoom links and talk to representatives from various organizations and also a listing of descriptions of volunteer opportunities. You will automatically be entered to win a gift certificate to Casey's Diner, Dolphin, Lola's, Natick Council on Aging, Posies, Sassamon Trace Golf and Zaftig's Deli after your meeting!

COMMUNITY

continued from page 6

- Especially for women – difficulty breathing, nausea/vomiting, back or jaw pain

- S – Speech – Is speech strange or slurred?
- T – Time – Don't wait to call 9-1-1 if you see any of the above signs

When to call 911


Call 911 for an ambulance for certain emergencies such as a heart attack or stroke. Paramedics can often begin delivering life-savings treatment on the way to the hospital. Also call 911 if you're unsure whether to drive yourself. Your safety is our highest priority.

Signs of a stroke

- B – Balance – Is there a loss of balance, coordination or trouble walking?
- E – Eyes – Is it difficult to see in one or both eyes?
- F – Face – When the person smiles, does one side of the face droop?
- A – Arms – Does one arm drift down when the person raises both arms?



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Central Mass. Mosquito Control Project

Mosquito Investigation

Central Massachusetts Mosquito Control Project personnel will be in Natick to investigate residents' concerns about mosquitoes in their area on the following dates Sept. 2 and 3.

All dates are subject to change due to weather conditions, mosquito populations, mosquito virus activity and/or special event spraying. This program will shut down when cool night time temperatures become predominant in the area. A detailed notice about their spray schedule is posted on the CMMCP phone system after 3:30 p.m. each day, and it is also listed on their website: <http://www.cmmcp.org>

Click the "2020 Spray Schedule" button on the right.

Requests for service may be recorded by calling the CMMCP office at 508-393-3055 between 7:00 am – 3:30 pm, Monday through Friday, or by logging on to: <http://www.cmmcp.org>

Results of these requests may initiate an application of mosquito insecticides to defined site-specific areas of town. These applications will be performed by using truck-mounted equipment staying on paved surfaces.

Submit press releases, photos with captions and story ideas to editor@NatickTownNews.com
 The deadline is the **15th of the month.**



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Temporary Outdoor Dining Thanks to Grant

Natick Center Cultural District and the Town of Natick has received a grant from the *Solomon Foundation* in partnership with the *Barr Foundation* for public art to support Natick's outdoor dining and pedestrian safety program. In the coming weeks, the NCCD's Public Art Committee in collaboration with the Town and Dept. of Public Works will help execute this vision and provide our community new and safe ways to enjoy Natick Center.



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- If the only access is through your living area we will take the shortest route to your equipment.
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Enjoy Porchfest Sept. 26

Natick PorchFest is a grassroots community music festival on Sept. 26. Musicians play on front porches of generous hosts, who are sharing their porches and lawns with neighbors and the community around Pond Street in Natick Center!

Attendees enjoy lots of free music and local color as they walk and bike around the neighborhoods. It's a great opportunity for local musicians to share their talents with their neighbors, and for residents to discover their neighborhoods anew!

Visit natickporchfest.org for more details and location map. Send us an email at natickporchfest@gmail.com to sign up your porch or band!



Senator Rausch Announces Virtual Office Hours Through September

Boston, MA – Senator Rausch (D-Needham) will host her next virtual office hours this month. In keeping with best practices and recommendations from public health officials, conversations with the Senator and her staff will take place via video conferencing and phone calls.

Residents from any part of the Norfolk, Bristol and Middlesex District are welcome to share their questions and opinions on state issues with Senator Rausch and her staff. Constituents may reserve 15-minute appointments in advance at beccaraus-chma.com/office-hours.

Senator Rausch will hold virtual office hours on the following dates:

- Friday, September 4, 10:00 a.m. - 11:00 a.m.
- Friday, September 11, 10:00 a.m. - 11:00 a.m.
- Friday, September 18, 10:00 a.m. - 11:00 a.m.
- Friday, September 25, 11:00 a.m. - 12:00 p.m.

To subscribe to Senator Rausch's weekly COVID-19 updates, please visit <https://beccaraus-chma.com/covid19>. Constituents can still contact the Senator and her team at 617-722-1555 or email becca.rausch@masenate.gov to share their opinion on state issues, seek assistance, or schedule a call with the Senator or her staff. Residents can also get live updates from the Senator via Twitter (@BeccaRauschMA) and Facebook (@BeccaRauschMA).

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her first term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

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1BR	1	**	50%
1BR	15	**	30%

**Rent determined by PHA based on income of applicant.

#HH	30% AMI	50% AMI	60% AMI
1	\$26,850	\$44,800	\$53,760
2	\$30,700	\$51,200	\$61,440

AMI - Area Median Income as of 4/1/20. Income, asset & use restrictions apply. Preference for current residents and current employees of the Town of Ashland. Rents, income limits & utility allowances based on HUD guidelines. Photos and images may vary from actual apartments. Pricing, availability and information contained herein subject to change without notice. For more info, language assistance, or reasonable accommodations for persons with disabilities, please call or email.



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Voting information

Primary Election Day is Tuesday, Sept. 1, 2020. All COVID-19 procedures will be followed on election day at the polls. All voters are requested to wear masks and to follow social distancing guidelines.

The polls will be open on primary election day from 7:00 AM- 8:00 PM

Please note Precincts 1, 2 and 3 have been moved to the gym at Natick High School. This space is considerably large and allows for improved social distancing and accessibility. Accessible ballots may be viewed at <https://www.sec.state.ma.us/wheredoivotema/bal/MyElectionInfo.aspx>.

**COMMONWEALTH OF MASSACHUSETTS
WILLIAM FRANCIS GALVIN
SECRETARY OF THE COMMONWEALTH**

THE COMMONWEALTH OF MASSACHUSETTS
Middlesex, ss

To any Constable of the Town of Natick in said County:

GREETING:

In the name of the Commonwealth of Massachusetts you are hereby required to notify the qualified voters of the said Town of Natick to meet at:

- | | |
|---------------------------|----------------------------|
| The voters of Precinct 1 | in Natick High School |
| The voters of Precinct 2 | in Natick High School |
| The voters of Precinct 3 | in Natick High School |
| The voters of Precinct 4 | in Wilson Middle School |
| The voters of Precinct 5 | in Wilson Middle School |
| The voters of Precinct 6 | in Lilja School |
| The voters of Precinct 7 | in Community Senior Center |
| The voters of Precinct 8 | in Morse Institute Library |
| The voters of Precinct 9 | in Community Senior Center |
| The voters of Precinct 10 | in Community Senior Center |

on **TUESDAY, THE FIRST DAY OF SEPTEMBER 2020** from 7:00 A.M. to 8:00 P.M. for the following purpose:

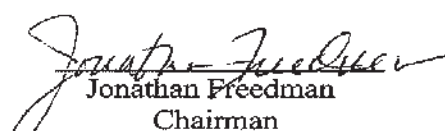
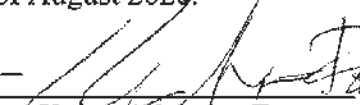


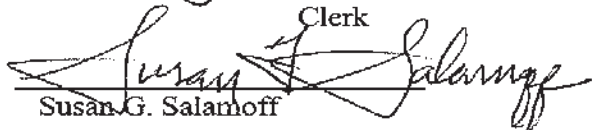
To cast their votes in the State Primaries for the candidates of political parties for the following offices:

- SENATOR IN CONGRESS FOR THE COMMONWEALTH**
- REPRESENTATIVE IN CONGRESS FOR THE FIFTH DISTRICT**
- COUNCILLOR FOR THE SECOND DISTRICT**
- SENATOR IN GENERAL COURT. . . FOR THE NORFOLK, BRISTOL & MIDDLESEX DISTRICT**
- SENATOR IN GENERAL COURT. . . FOR THE SECOND MIDDLESEX & NORFOLK DISTRICT**
- REPRESENTATIVE IN GENERAL COURT. FOR THE FIFTH MIDDLESEX DISTRICT**
- REGISTER OF PROBATE FOR MIDDLESEX COUNTY**

Hereof fail not and make return of this warrant with your doings thereon at the time and place of said voting.

You are directed to serve this warrant by causing an attested copy of said Warrant to be posted in the two Post Offices in said Natick, to wit: Precinct 1: Reliable Cleaners, 214 West Central Street; Precinct 2: Cole Recreation Center, 179 Boden Lane; Precinct 3: Kennedy Middle School, Mill Street; Precinct 4: 2 Summer St.; Precinct 5: Wilson Middle School, Rutledge Road; Precinct 6: East Natick Fire Station, Rhode Island Avenue; Precinct 7: Lilja Elementary School, Bacon Street; Precinct 8: Natick High School, 15 West Street; Precinct 9: Community Senior Center, 117 East Central Street; and Precinct 10: Memorial Elementary School, 107 Eliot Street. Above locations being at least one public place in each Precinct in the Town of Natick, and also posted in the Bacon Free Library; Morse Institute Library and Natick Town Hall seven days at least before September 1, 2020.

Given under our hands this 5th day of August 2020.

 Jonathan Freedman Chairman	 Karen Adelman-Foster Vice Chair	 Richard P. Jennett Jr. Clerk
 Michael J. Hickey Jr.	 Susan G. Salamoff	

Board of Selectmen for the Town of Natick

Certified copies of the Warrant are available at the Office of the Town Clerk, Natick Town Hall, 13 East Central St., Natick, MA between the hours of 8:00 AM – 5:00 PM, Monday through Wednesday, 8:00 AM – 7:00 PM on Thursday and 8:00 AM- 12:30 PM on Friday and on the Town of Natick's website www.natickma.gov

Sample

The Commonwealth of Massachusetts
STATE PRIMARY DEMOCRATIC PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 875/875

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS EDWARD J. HANNEY JOSEPH P. KENNEDY, II KATHERINE H. CLARE COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT KAREN E. SPALTA REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 1-5, 8 875/875 <i>Sample</i>
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Sample

The Commonwealth of Massachusetts
STATE PRIMARY DEMOCRATIC PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 880/880

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS EDWARD J. HANNEY JOSEPH P. KENNEDY, II KATHERINE H. CLARE COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT REBECCA A. BUSCH REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 6, 7, 9, 10 880/880 <i>Sample</i>
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The Commonwealth of Massachusetts
STATE PRIMARY REPUBLICAN PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 875/875

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 1-5, 8 875/875 <i>Sample</i>
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The Commonwealth of Massachusetts
STATE PRIMARY REPUBLICAN PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 880/880

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 6, 7, 9, 10 880/880 <i>Sample</i>
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Sample

The Commonwealth of Massachusetts
STATE PRIMARY LIBERTARIAN PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 875/875

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 1-5, 8 875/875 <i>Sample</i>
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The Commonwealth of Massachusetts
STATE PRIMARY LIBERTARIAN PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 880/880

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 6, 7, 9, 10 880/880 <i>Sample</i>
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Sample

The Commonwealth of Massachusetts
STATE PRIMARY GREEN-RAINBOW PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 875/875

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 1-5, 8 875/875 <i>Sample</i>
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The Commonwealth of Massachusetts
STATE PRIMARY GREEN-RAINBOW PARTY OFFICIAL
 EARLY / ABSENTEE BALLOT
 Tuesday, September 1, 2020 880/880

To vote for a candidate, fill in the oval to the right of the candidate's name. To vote for a person not on the ballot, write the person's name and residence in the blank space provided and fill in the oval.

SENATOR IN CONGRESS SHIVA ATYADURAN KEVIN J. O'CONNOR CAROLINE COLARUSSO COUNCILLOR ROBERT L. JUBINVILLE	SENATOR IN GENERAL COURT MATTHEW T. KELLY REPRESENTATIVE IN GENERAL COURT DAVID PAUL LINDEY JAYNE A. PATEL REGISTER OF PROBATE SARAH E. DUCHESNEAU	Natick Pcts. 6, 7, 9, 10 880/880 <i>Sample</i>
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Sports

NHS Lacrosse Coaches Handled Canceled Season In Classy Fashion

Guarino, Kittler Sensitive To Players' Disappointment

EDITOR'S NOTE: At Local Town Pages deadline, neither Governor Baker nor the Department of Education had ruled on the status of interscholastic sports for the fall.

By KEN HAMWEY
STAFF SPORTS WRITER

Tanner Guarino and Nate Kittler have some things in common.

They both coach varsity lacrosse at Natick High, they both excelled as players in high school and college, both earned all-star honors and both of their 2020 teams seemed destined to advance deep into the Sectional and State tournaments.

Unfortunately, the boys and girls teams never got the chance to display their talent and experience. The coronavirus struck, then spread quickly in March, forcing Governor Baker to close all schools for the rest of the year. For Guarino and Kittler, the spring of 2020 is difficult to recall and tough to comprehend.

Both coaches, who are two of the best lacrosse mentors in the Commonwealth, would have cherished a season in 2020 but they were acutely aware of what was at stake — the health

and safety of their players, their families, the community, and the country.

What follows is how both coaches dealt with their players' disappointment that followed the canceled season and how they used the pandemic as a lesson in dealing with adversity and how to go from negative territory into positive pastures.

GIRLS LACROSSE

When the 2019 season ended, Guarino's squad had lost in the second round of the Division 1 South Sectional for the third straight year. The Redhawks' final record was 14-6, but the 2020 season couldn't come soon enough because the returning players had a plethora of talent and experience.

Ten were seniors and six of them had committed to play college lacrosse. The seniors were Caroline O'Connell (Assumption College), Erin Quirk, Kayleigh Hacker (Babson), Natalie Hailer, Paige Ghilani (Longwood University in Virginia), Stella Tavilla, Stephanie McAuliffe (Bentley), Tyler Jackowicz, Victoria Norchi (Dartmouth), and Zoe Sullivan (University of Rochester).

"The team's goal was to get past the second round of the tourney," Guarino said. "They definitely had the potential to go deep. When the season was canceled, they were devastated and disappointed. They had put so much effort into their preparation. All the girls, especially the seniors, lost out on what could have been some high points. It was a season that could have been special."

Guarino continued with virtual meetings and provided stick-work and conditioning drills so her players could be ready for summer leagues and club lacrosse tournaments. "I stressed that they stay positive and to keep their heads up," she emphasized. "I said that we all face some adversity in life and that this was theirs. I also focused on their growth. I told them to continue growing in their academic and athletic lives. Working with them helped me to overcome my disappointment."

Guarino's passion for lacrosse is off the charts. She played on two State championship teams at Framingham High, was an Atlantic 10 all-star at UMass-Amherst and still competes at the professional level for the Command of the Women's Professional Lacrosse League. When she's not coaching at Natick High, she's

instructing and coaching players as a co-owner of Gold Star Lacrosse, a club program.

"The top priority during this pandemic is the health and safety of everyone," Guarino said. "So many lives have been lost. We must realize that lacrosse isn't everything."

Guarino knows how difficult the loss of the season was for seniors but she's tuned in to the other classes and how it affected them. "The seniors lost their last chance to compete together," she noted. "Juniors missed out on showcasing their ability and the possibility of getting financial aid to play in college. And, freshmen and sophomores lost a chance to become varsity athletes. All four classes lost the opportunity to improve their skills."

If interscholastic sports aren't played this fall, Guarino has some advice for her coaching colleagues. "I hope it doesn't happen, but if there's no sports, I'd advise coaches to keep a positive mindset, stay in contact with your players, be a positive example and show them how to handle adversity."

Covid-19 affected Guarino during the summer. Gold Star Lacrosse got a delayed start for tournaments and summer leagues and she was unable to play pro lacrosse because the WPLL canceled its season.



The 28-year-old Guarino, however, knows the importance of what's unfolding. She labels her 10 graduated seniors "as great kids and great leaders on and off the field." And, she cherished the moments with those players, saying "it was exciting for me to see them grow as players and people."

BOYS LACROSSE

Kittler's 2019 team, like Guarino's, was promising. It lost in the tournament but it was his program's eighth straight appearance in the Sectional. That squad went 17-4 and had 16 players, 12 of whom would be seniors, set to return for 2020.

"The 16 returnees had varying degrees of experience," Kittler said. "Advancing deep in tournament play was very realistic. We lost six players to injuries in 2019, including captains Isaac Tallino and Chris Burnes. But others stepped

LACROSSE

continued on page 22

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Sports

ADs Take Guarded Approach to State Agency's Sports Guidelines

EDITOR'S NOTE: The Mass. Interscholastic Athletic Association and the Department of Elementary and Secondary Education issued its guidelines as Local Town Pages was going to press. Sports for the fall season that are in the lower and moderate risk categories can compete with modifications but football, competitive cheer and unified basketball are classified as high risk. Those teams can only practice this fall but their seasons could get underway in a floating season that would run from late February to late April.

By KEN HAMWEY
STAFF SPORTS WRITER

Four of the area's veteran athletic directors are taking a wait-and-see approach to the guidelines for youth and amateur athletics that were announced by the Massachusetts Executive Office of Energy and Environmental Affairs (EEA) on Aug. 13.

The guidance, issued because of the coronavirus pandemic, puts football in a highly doubtful category. The Department of Elementary and Secondary Education (DESE) is expected to offer its guidelines soon and both sets will provide the Mass. Interscholastic Athletic Association (MIAA) with additional insight. To prepare for a fall season, the MIAA's COVID-19 Task Force will have to consider modifications for moderate- and high-risk sports to allow for competition.

If football is played this fall, games would have to eliminate contact by replacing tackling with flags or playing a two-hand touch in a seven-on-seven format. Two options could be the creation of an additional season between winter and spring sports or playing football next spring.

Before detailing how the area's athletic directors reacted to the EEA's guidelines, here's a run-down on what's been spelled out. The guidance classifies sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey and soccer.

Higher Risk fall sports are football and competitive cheerleading.

Moderate Risk sports are listed as "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The EEA guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That would enable golf and cross country to compete and hold tournaments. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments. Those restrictions would be lifted if they meet "minimum mandatory standards for modification to play."

For soccer, field hockey, volleyball and football to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, volleyball and football to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in in-

termittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Tom Angelo, Franklin High's AD, is concerned about overreaction. "Too many people are jumping to too many conclusions without hearing from all governing bodies," said Angelo, who has 36 years of experience as an educator. "Whatever is decided, Franklin High School will be prepared to provide our student-athletes with a safe environment, by adhering strictly to the proper protocols established by our own school district, the EEA, DESE, MIAA and the Hockomock League."

Chuck Grant, who's been Millis High's AD for the last 18 years, emphasizes that it's not time to panic.

"No decision has been made on whether fall sports will be canceled," Grant said. "We're still hanging in. Other guidelines were issued in July but these regulations focus "on more elaboration and more concerns."

"There's still time for the virus numbers to trend downward," Grant noted. "There's still a lot of data that can be looked at. My hope for Millis and the surrounding towns is that we give fall sports a try, and that includes football. We'll all deal with the changes needed to minimize the spread of COVID-19. The EEA's guidance was issued a month before pre-season practice would start (Sept. 14). A lot can still change."

Gary Brown, King Philip's AD who previously worked as an associate AD at Harvard University, says many of the sports offerings for the fall at the regional school remain intact.

"As of now, we're planning on offering as many sports opportunities as possible for the fall, and that includes football, soccer, field hockey and volleyball," Brown said. "Our goal is to offer the best student-athlete experience while



GARY BROWN
King Philip Regional AD



TOM ANGELO
Franklin High AD

keeping health and wellness as our top priorities. Athletics continue to help student-athletes physically and mentally while competing in high school sports."

Brown emphasized that while athletics are an important element in youth development, "the big picture is still the health and safety of our students, families, communities, our state and nation."

Matt Baker, who's in his sixth year as Holliston's AD, is concerned the EEA's guidance clouds the fall sports picture because other agencies haven't weighed in.

"When I first heard there was guidance regarding athletics, my hope was it would start to give us some clarity regarding high school sports," said Baker, who previously worked in athletic administration at Framingham State. "I was inundated with calls, texts and emails. There was a lot of information everyone was trying to process and what it meant for high school sports. But as it turns out, this is just one set of guidelines being released by the state. We're still awaiting additional guidance from DESE and the MIAA and until then we're still in a holding pattern."

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Mary Ann Morse Healthcare Corp. 2nd Annual Golf Tournament

Non-profit Mary Ann Morse Healthcare Corp. is hosting a safe, socially distanced 2nd Annual Golf Tournament fundraiser on Monday, October 5 at The Haven Country Club in Boylston, MA.

Mary Ann Morse Healthcare Corp. is a 501(c)(3) organization providing exceptional quality, trusted, affordable senior living and healthcare to families in the Metro West area for over 25 years. The proceeds from the tournament will help to purchase a handicap accessible van to transport senior residents. There are many ways to support this great cause:

- **Play golf.** Join your colleagues at an assigned Tee Time for a safe, socially distanced event on the beautiful, championship 18-hole course
- **Sponsor** a Tee, Putting Green, or other sponsorship opportunities
- **Donate** items for our virtual Raffle and Auction
- Make a **monetary donation** of any amount on our event page

Please help us reach our goal! To participate, please visit www.maryannmorse.org/2nd-annual-golf-tournament



LACROSS

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up and gave us optimism for 2020. Our goals were to win the Bay State Conference title and go deep in the playoffs.”

When sports were eliminated in March, disappointment ruled like unbearable July humidity. Kittler recalls the day he addressed his team after the news broke and labeled it as “the hardest day.”

“It was a difficult conversation I had with seniors,” he said. “They had looked forward to their final year. The juniors were disappointed because they had a strong bond with the seniors. And, freshmen and sophomores lost a chance to be on a varsity team. There were a lot of tears.”

Kittler, who’s coached the varsity boys for 19 years and is Natick’s only head coach of boys lacrosse, decided to have a pair of former lacrosse players at Natick High address his players. The first was Kris Funk, a captain who played attack. He, met the team before the season was canceled. Now a Marine drill sergeant, his message was poignant.

“Make sure you take care of all your opportunities,” he said. “High school lacrosse helped me to realize that I’m part of a family. Don’t lose sight of the family you have for life.”

When the season was called, Cam Brown, spoke. He was a BSC all-star as a midfielder who also played hockey. He was a two-time captain at the University of Maine and the runner-up for the Hobey Baker Award (the equivalent of the Heismann Trophy of ice hockey). Brown’s words were riveting as he revealed his emotions after being traded by his American Hockey League team.

“I took the news of my trade badly,” he noted. “But, I was determined to turn a negative into a positive. I was upset initially but the positive was that I became an AHL all-star. It’s imperative that you come out of this (pandemic)

adversity as a better athlete, a better friend, a better student and a better son.”

Kittler is a passionate lacrosse coach and he played the sport intensely. At Curry College, he was a two-time Commonwealth Conference all-star and a New England all-star selection.

“Lacrosse is a passion for many,” he said, “but health and safety are the major concerns. It’s about our families, friends, colleagues and country. The decisions that have been made were made on the basis of everyone’s health. There was no playbook on how to deal with this kind of situation. Our Superintendent, Principals and Athletic Director have done a fantastic job. Our leaders are now writing the handbook on dealing with a pandemic.”

Kittler tried to buoy and inspire his players by bringing in alums who played lacrosse. But, he, too, was a key in lifting their spirits. “I tried to stay positive,” he said. “As a coach, you teach how to compete and how to play a specific sport. But, a coach is a role model, too. Coaching is about dealing with disappointments.”

Kittler, who has his masters degree from Simmons College in education, teaches science at the Kennedy Middle School. He knows that bouncing back from the effects of a pandemic is not rocket science. It’s all about fortitude and a positive mindset.

“We had 16 veteran players back for 2020 but it’s our entire program that lost out,” Kittler emphasized. “Our seniors lost out on their goal of winning the BSC title because of the virus but hopefully they’ll achieve goals in other areas of life. Our program is traditionally strong and we’ll maintain that tradition going forward.”

Kittler concluded that he’s taking Cam Brown’s advice. He’s going to turn a negative into a positive. “Next season is going to be good because the best has yet to come,” he said.



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