

Artist, Local Business Owner Wins Award



That was an email informing Neilan that her venture, “Uni-T,” had been among the roster of regional businesses chosen to receive a manufacturing award from the state.

The citation is granted by the Massachusetts Legislative Manufacturing Caucus, a group comprised of more than 60 Massachusetts legislators drawn from throughout the state. Working since 2014, the group advocates for manufacturing interests in the Commonwealth.

The caucus grants the award to Massachusetts-based businesses that innovate, inspire and are part of a sector that’s cornerstone to the state economy. Businesses honored with the award range vastly in the scope and substance of their manufacturing. Uni-T is essentially a one-person operation, but shared space in the awards spotlight with giants like Pfizer, New Balance and Moderna.

UNI-T
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See Inside...
 Our Holiday Guide



Porchfest — Live And Local



BY SEAN SULLIVAN

Consider the porch. In quieter moments, porches host rocking chairs and wicker furniture. But last month they took center stage,

hosts to rock, folk, acoustic and many other modes of music.

Porchfest is the live-music

PORCHFEST
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BY SEAN SULLIVAN

Local artist Eujin Kim Neilan almost missed a most-important missive.

Notified via email that she had won an award sponsored by the state of Massachusetts, the Natick resident and business owner initially overlooked the message.

You’ve qualified for... You’re one of the lucky winners who... Congratulations! You’ve been selected... Such is the subject-line language of senders trying to break through the defenses we’ve all erected against their digital

deluge. Electronic mail that is of *real* concern to us comes camouflaged amid a cacophony of retail offers, promotions, and political pitches.

It’s the story of the email inbox that cried winner. And always mindful of our limited time and bandwidth, our default setting is skepticism. Among the seldom-receding flood of fundraising and sales emails, it’s easy to miss that one message in a bottle, bobbing in the flotsam. Luckily for Neilan, the senders followed up by floating a second.

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UNI-T

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Neilan refers to her venture as a “micro-business,” a term

she uses to distinguish artists and artisans seeking success and satisfaction among a field of businesses large and small.

“It’s just me,” she said, reflecting in her shop a few weeks after receiving the accolade. Uni-T was awarded by the manufacturing caucus for “entrepreneurship, artisanry, and community engagement.”

Karen Spilka touched on why the Natick shop was being cited.

“I have long noticed and appreciated the wonderful work you have been doing for years...” it read. “producing eco-friendly shirts and generally promoting

offered at Natick’s farmers markets, and the business has grown from there.

Uni-T soon expanded to a store located in the Natick Mall, and began welcoming other local artists to sell their wares in the shop/studio space. The store soon became a magnet for local makers wishing to sell their art, and a market for customers seeking something different and sometimes unique.

The store has recently relocated to a retail spot near its Natick Common roots - a small shop situated on Court Street, within sight of the white farmers market tents that spring up Saturday mornings during warmer seasons.

“I felt really honored,” said Neilan of the award. “It is such an honor and joy to be awarded by doing what I love to do. I feel like I’m receiving this on behalf of all the artists and makers of Massachusetts.”



In an event held in Worcester this year, the annual awards have been part of the manufacturing caucus’ mission since its inception. Neilan attended the in-person ceremony on September 28th to receive the award, which now hangs proudly and prominently beside her workstation at the shop.

An email Neilan received from Massachusetts Senate President

‘made in Massachusetts’ hand-crafted products that emphasize the environment and well-being.”

Uni-T is a venue for local artisans and artists, which has offered an eclectic mix of hand-made works of art in Natick for more than ten years. A longtime children’s book illustrator and visual artist, Neilan began printing her artwork onto T-shirts by hand a decade ago. These she originally

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PORCHFEST

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event whereby residents, sheltered beneath shingled overhangs, host musicians upon the steps and stoops of their homes.

shelter of interior spaces. Places of shade from the summer sun, respite from the rain. A porch can provide that semi-solitude perfect for early-morning coffee, or a platform for socializing with family and friends. In New

“It allowed people to come together around the gift of music,” said Athena Pandolf of the September 25th event. She is executive director of the NCCD and worked to organize Porchfest. Drawing on partic-

The progenitors of Porchfest are likely as old as music itself, when prehistoric perches of all kinds must have been occupied to showcase the advent of instruments, storytelling and songs. Technologies and venues

participate. The singer-songwriter could be found performing before a small crowd gathered on a Wilson Street lawn, part of a constellation of Natick Porchfest performers clustered around adjacent Sherman Street.



Hyper-local by definition, Natick residents could walk or bike to experience most or all of the acts echoing throughout streets and sidewalks. The porches hosting performers were by design clustered around Natick’s downtown area for maximal accessibility.

The venues — all stages largely shielded from the elements — are a gray area between the greater outdoors and

England they are three-season sanctuaries (four for hardier residents), who with knit hats, heavy blankets and hot cocoa savor sitting outside to watch a snowstorm’s falling flakes.

The Natick Center Cultural District (NCCD) has organized the autumn event for the past three years, though Porchfest 2020 was a virtual version of the community concert.

participants of years past, Pandolf matched the prime porches of willing residents with musicians looking for a place to play. The NCCD advertised the event on its website, seeking to persuade more performers to participate. In all, 15 residents shared their stoops with over 30 musical acts.

“It was immensely popular with the community.”

have evolved - amphitheater succeeded by amplifier, Renaissance balcony replaced by residential porch.

Those porches are local, of course, but the event now draws talent from near and far. Versions of Porchfest today are held in communities all over the country and abroad. Roberta Lamb is a Rhode Island resident, but travelled those miles north to par-

Plugged into the regional music scene, Lamb was quick to secure one of Natick’s coveted porches for her performance. She is a customer of Natick’s Music Go Round, the town’s longtime source for new and used instruments. The store sponsored

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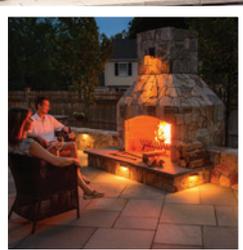
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PORCHFEST

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this year's Porchfest, and hosted the event's grand finale performance in its parking lot. Lamb has played Porchfest before in a neighboring town, and has also showcased her talents at TCAN, Natick's popular performing-arts venue.

"I've been at this really seriously for about four years," she said of her music journey. "I maintained all my Massachusetts connections."

The most direct connection for Natick resident Judy Maggs was her own front porch. She is a musician herself, and had some recent experience performing on that venue right outside the door of her Walnut Street home.

Maggs spent some downtime during the pandemic entertaining neighbors with informal, impromptu solo performances - Disney show tunes her specialty.



tunity presented itself, she signed up to perform and offer her porch as a venue.

"I'm a big fan of making and listening to music," she said. "I knew this was something I had to do."

Porch hosts don't know whom they'll be paired with for the event, and Levinsky said it's always luck of the draw.

"It's hard to find a genre I don't like," he said of his taste in music, adding that he's partial to

live music of all stripes. Though Porchfest was held virtually last year, he said its return to open-air and in-person venues was most welcome.

"There was pent-up demand. Everybody wanted to come outside."

Turns out the porch's powers of protection from the elements weren't

needed that Saturday. The event was blessed by blue skies and balmy temperatures.

"It was a great day from morning to night," said Levinsky. "The world is not perfect. But Natick is pretty perfect today."



Natick's Steve Levinsky hosted musicians on his Pond Street porch this time around, as he'd done during Natick's Porchfest premier in 2019. The longtime resident has served as chair of TCAN's board, and remains involved in shaping the town's cultural character.

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Her keyboard-playing persona goes by the handle "JMKeys," and she hosted the band "Stretch-pants" and solo artist Peter Montgomery for her Porchfest debut, sometimes performing with them during the event.

"There's no such thing as too much music in my opinion," she said.

Maggs had never played or hosted Porchfest, but had heard of the event in years past. And when the post-pandemic oppor-

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But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

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Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone



call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

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They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a

junk removal appointment. Yes, the local small business really can handle everything!

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How can you be thankful for selling something at a loss? Through a strategy called tax-loss harvesting, losing investments can offset realized profits as well as up to \$3,000 in non-investment income each year.

While IRS doesn't reference "tax-loss harvesting", there are plenty of rules for the strategy and need to be mindful of Form 8949, Schedule D, and these items:

Know your cost basis. Unless the entire investment was purchased at a single time without dividend reinvestment, then the price is varied. Good news is firms record cost basis and make available online to view before taking action.

Short-term and long-term capital gains. Short-term is sale of investment owned one year or less and taxed at your ordinary income rate (up to 37%); long-term is sale of investment held more than

one year and taxed at either 0%, 15%, or 20% for 2021.

Important note, it is highly unlikely capital gains rates will remain the same for 2022 as the President wants to raise and Congress has debated not on if, but by how much and for whom.

Should you solely act on what Congress may do? No, never. Still, if there is an outsized position in either gains or losses, this should be added incentive to take action.

Back to this year, short-term losses are deducted against short-term gains, next long-term against long-term, then remaining net losses of either type can be deducted against the other. If still more losses can deduct up to \$3,000 against income. Still more? Then carry to subsequent years against capital gains and/or \$3,000 of income.

Avoid a wash sale. A realized loss is disallowed if, within 30 days of selling the investment (either before or after) you or your

spouse invests in something that is identical or "substantially similar" to the one you sold. This is across accounts as well, meaning if you sell something in taxable brokerage and buy it in an IRA, you can't use the realized loss.

Value of rebalancing. Have a diversified portfolio based on your risk level and goals in 2009, 2013 or even 2 years ago? If you practice "buy-and-hold", you're out of whack. Rebalance back to your target allocation, or economic and market cycles will unmercifully rebalance for you.

Also, cutting losses allows you to reduce outsized winners in your taxable portfolio. And given the last 2 years, there are several large, commonly held names that are outsized.

More to consider beyond this limited space, including the role of your tax bracket, how to redeploy cash to good use, and opportunity costs.

To learn more, 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 fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.



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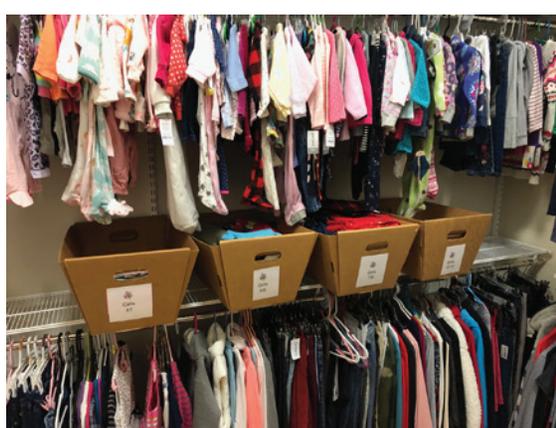
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condition) we help promote self confidence.

Harriet's Closet has installed a new closet system to provide a better shopping experience. With a reopening soon NSC

will be asking the community to supply in season new and like new clothing. Keep an eye

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Natick Drama Workshop Productions Are Back

The second week of March 2020, props were shoved onto shelves, fitted costumes labeled with actors' names on tall racks

were pushed into a closet, and hand-built sets that were about to be loaded on stage began collecting dust.

Natick Drama Workshop, a community theater program for 5th - 8th graders that has been running for 50 years, is proud to announce that after nearly two years with empty stages and audience seats, live theater is BACK!

The excitement is palpable, but the reality is also there: like so many others, COVID has affected this organization, too.

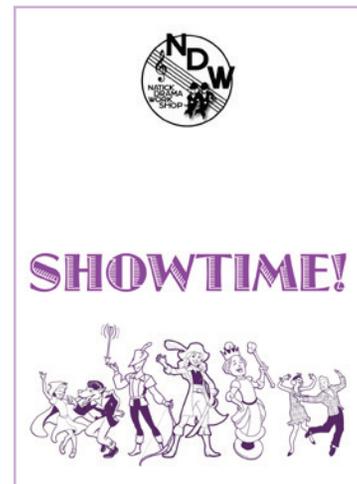
NDW has sadly experienced significant attrition in the program due to COVID, and relies

on local business support for Playbill advertisement and ticket sales to self-fund the program for future shows.

But that is not stopping them from forging ahead. The first production since reopening is "Showtime!"

"Showtime!" celebrates the past, present and future of NDW with highlights from some of our favorite shows:

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Tickets are now on sale for all three shows, happening over Nov. 13-14, at Wilson Middle School. Tickets can be purchased online at www.natickdramaworkshop.org/tickets

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SVT Celebrates Conservation During 2021 Annual Meeting

Sudbury Valley Trustees (SVT) celebrated another successful year during its 2021 Annual Meeting on Sunday, September 26.

SVT is a nonprofit land trust that protects land in 36 communities around the Sudbury, Assabet, and Concord Rivers. In the past year, the organization helped to conserve more than 148 acres of land, collaborated on several projects to fight invasive plants, and engaged nearly 200 volunteers in managing its properties.

A highlight of the Annual Meeting, which was held online, was the presentation of **SVT's Annual Awards** to recognize important contributions to land conservation in Massachusetts.

"The award recipients, who are just a few of the many people we work with, serve as good role models for us all," said Lisa Vernegaard, SVT Executive Director. "They demonstrate the dedication and commitment that are required to protect our region's lands, both to guard against the effects of climate change and to ensure future generations will enjoy the same

healthy natural areas we enjoy today."

SVT's 2021 Distinguished Public Service Award went to the Program Manager and six Regional Coordinators of the **Massachusetts Municipal Vulnerability Preparedness (MVP) program**. Launched in 2017, this statewide program encourages local municipalities to improve their climate change resiliency by enacting nature-based solutions, such as protecting land from development.

SVT recognized the MVP team members for their leadership in helping local officials understand their options, develop detailed action plans, and apply for state grants. "The program ramped up in what seemed like record time thanks to these folks," said Christa Collins, SVT Director of Land Protection. "Now, 327 Massachusetts cities and towns have developed MVP plans or are in the process of developing them."

SVT presented its Lewis



From left: Tim Simmons, Rob St. Germain, Bob May, Jed Howrey and Luke Orup.

Conservation Award to **Tim Simmons of Merrimac** for his broad commitment to conservation over many years. Mr. Simmons is a restoration ecologist who has worked with numerous organizations, including a land trust on Martha's Vineyard, The Nature Conservancy, and the Massachusetts Natural Heritage and Endangered Species Program.

"Tim's life work and a good deal of his personal time has been spent on promoting land protection and stewardship of biodiversity and conservation lands," explained Laura Mattei, SVT Director of Stewardship. "He was instrumental in helping SVT and our partners plan our pitch pine/scrub oak barrens restoration work at Memorial Forest and the Desert Natural

Area in Sudbury and Marlborough."

In addition, SVT honored two of its own volunteers. **Rob St. Germain of Ashland** was named Steward of the Land for his work at SVT's Cowassock Woods Reservation in Framingham, where he fights invasive plants, maintains trails, and builds woodland bridges. He has also mentored several Eagle Scouts who have upgraded bridges at the property.

Bob May of Sudbury received the Morgan Volunteer of the Year Award for giving unselfishly of his time in support of SVT. As a member of the Finance and the Wolbach Facilities Committees, Mr. May has conducted research to ensure SVT enacts sound policies, and he has helped to plan and ex-

ecute several maintenance projects at the organization's headquarters.

SVT also celebrated the contributions of younger conservationists by presenting Youth Steward Awards to two Boy Scouts who completed their Eagle projects on SVT properties.

Jed Howrey of Sudbury designed, built, and installed two educational signs about glacial features at SVT's Gray Reservation in Sudbury. The signs, which describe eskers and erratics, complement a self-guided audio tour at the property and are especially geared toward Middle School students.

Luke Orup, also of Sudbury, created a new trail entrance and kiosk for Wayside Forest in Framingham. In addition to clearing the trail and building the kiosk, Mr. Orup also had to enact safety measures so he could manage a crew of volunteers during the early days of the COVID-19 pandemic.

To learn more about SVT's work, visit www.svtweb.org.

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FCN Launches Capital Campaign to Boost Community Engagement and Partnerships

Natick, Mass. — October 3, 2021 — First Church Natick (FCN) kicked off its Faith in Our Future Capital Campaign on Sunday with the goal of raising \$750,000 toward a \$1.5 million restoration and renewal project. The congregation plans to refurbish the building's 1876 steeple and refresh indoor spaces to promote greater programmatic versatility and accessibility. Church leadership hopes the updates and enhancements will lead to increased use of the building's large worship space and fellowship hall, especially for performance, educational, civic and social events in the community. The balance of the project costs will be offset by a refinance of the church's mortgage and a withdrawal from the church's endowment fund.

While work to preserve the safety and integrity of the church steeple was begun early last spring in advance of fundraising, the bulk of the improvements will center on the second-floor sanctuary, the church's large worship space. A design team, composed of 13 church members and architect Ann Vivian of GVV Architects, plans for updated lighting, enhanced audio/visual capabilities and improved internet connectivity for virtual programming. New flooring in the space will improve the sanctuary's acoustics. A redesign of the chancel, or raised stage area, will create improved accessibility for program

participants and leaders alike.

FCN Interim Pastor Jonathan New is excited about the overall accessibility that the combined sanctuary efforts will create. He says new lighting, fresh flooring, upgraded sound and ramps for the chancel "will make the sanctuary much more useable and also strongly convey the kind of welcome and inclusion that we value as a congregation, specifically for persons who are mobility-impaired. This work will allow us to live into our full embrace of them as worshipers and worship leaders to make that aspect of church life as available to them as anyone. That's what this congregation has aspired to do and to be with regards to different kinds of people whom the church has historically forgotten or sometimes consciously omitted."

Doug Hanna, Co-Chair of the Capital Campaign and 26-year church member agrees. He says the church is committed to "making it so that people of any ability can fully participate in any activity either conducted by the church or by groups that are using the space."

"I really see it as an extension of our Open & Affirming Covenant," Hanna said, citing the pledge the FCN congregation took in 2003 to include LGBTQ+ people into every facet of church life, from student to congregant to youth educator to worship leader. "We learned during our discern-

ment process at that time that it wasn't enough to say we welcome gay, lesbian and transgender people. We have to go out of our way to make our inclusion extravagantly visible to that community because they have a history of having been marginalized or left out completely. With these renovations, I really see us continuing to live out that promise and expanding our mission to make our space useable and accessible to all."

The design team is also researching kitchen improvements that will make that space more user-friendly for cooks and caterers supporting events in the fellowship hall.

FCN has a long history of hosting varied programs in its building at the crossroads of Natick's town center. Most recently, the ACHIEVE Program of the Natick Public Schools has taken up residence at FCN to implement its post-secondary transition program for young adults with special needs. The program seeks to foster independence and provide vocational training and workforce entry opportunities. Hanna said FCN's location offered advantages to ACHIEVE, which was formerly housed at the old East Natick School. "Two of the things they're interested in are partnering with other downtown organizations for work assignments for the students and also potentially developing some sort of small retail outlet using our facility for that, so

our location is key for both of those activities."

Prior to ACHIEVE's relocation to FCN, the church operated an on-site preschool for the wider Natick community in its classroom spaces. The school was a pioneer in early education and care in the MetroWest area when it opened 50 years ago. It closed in the spring of 2020 with the onset of the COVID pandemic. Church leadership opted not to reopen the school believing that the abundance of preschool options now available in the area indicated that the church's mission to respond to a need for child care had been fulfilled. Pastor New pointed out that even with the launch of the ACHIEVE program in the church building on school days, there are still opportunities for shared and dedicated spaces left empty by the preschool closure for interested groups who might find a downtown location advantageous.

Past building use at FCN has also included other community partnerships. The Walnut Hill School for the Arts, an independent boarding and day school in Natick, has hosted its graduation in FCN's sanctuary for the past 85 years. (Graduations in 2020 and 2021 were virtual and outdoors respectively due to COVID safety protocols.) Voices of MetroWest, a community chorus based in Framingham, used the church intermittently for both rehearsals and performances over the span of ten years from 2008 to 2018. More recently, FCN has partnered with human service organizations like Alcoholics Anonymous (AA), Manic Depressive and Depressive Association of Natick (MDDA) and Family Promise MetroWest to host support groups and to meet the housing needs of local homeless families.

The congregation hopes other community groups will seize opportunities for holding a variety of programs and performances at First Church Natick upon completion of its planned projects. "We certainly look forward to hosting performance events," Hanna said. "We're right in the middle of Natick's Cultural Arts District. I also think our spaces will be conducive to public speaking and lectures, short-term exhibitions of visual works, even private social events in our fellowship hall with the updates coming to our kitchen."

The church leadership has authorized a small task force to draft use guidelines that will help to set fees for outside groups who want to use space once renovations are complete. Hanna said that while commercial groups might pay market value to rent space at the church for programs and events, the church is considering a sliding scale—from reduced rates to free use—for those nonprofit organizations who are missionally aligned with the church's priorities. "These could include activities focused on social justice, equity, inclusion, or the environment," he said.

In the Congregational tradition, the FCN church building is owned and maintained by the body of its members. "Local congregations are at the center of power and determine everything about their church life, including worship, belief, how the church will serve the community as well as finances and facilities," Pastor New explained. "There is no mother church from whom local churches receive funding." The last capital campaign at FCN took place in 1998 and funded the construction of an elevator to improve accessibility to

FCN

continued on page 11

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FCN

continued from page 10

the second-floor sanctuary. It also provided a new entrance to consolidated offices on the first floor and added classroom space on the second floor. All of those changes had a focus on improving access and service to the community, which are cornerstones in the church's mission.

Through its 2021 capital campaign, FCN seeks to preserve its rich history while ushering its building into a vibrant future of community engagement. "We love all of our gorgeous Victorian architecture and the way it looks on the outside," said Hanna. "But we don't

want people to think we're Victorian on the inside. Even though we want to preserve the character of the space, we want to do everything we can to make it useable in the 21st century."

FCN's Faith in Our Future Capital Campaign will include visits to about 100 member households and direct outreach to key community stakeholders. It will conclude in November with a culminating celebration at the church. Work on the interior projects is likely to begin in summer of 2022. Community members who would like to contribute to the campaign or inquire about the use of space at FCN may contact the church office at: admin@firstchurchnatick.org or (508) 653-0971.

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MENTAL HEALTH RESOURCES
This is not a comprehensive list, but is a helpful starting point for seeking mental health services.

Substance Misuse

MA Bureau of Substance Use Services Helpline
 800-327-5050 • www.helplinema.org
 Free, confidential info & referrals for alcohol & drug problems. Services available in any language. Provided by the MA Dept. of Public Health.
 M - F 8am-10pm EST; Sat - Sun 9am-5pm EST

Program RISE Opioid Overdose Prevention Program
 508-935-2960 • 1 Grant St, Suite 100, Framingham
 Free, confidential info on opioid overdose prevention & access to treatment services. Narcan distribution, harm reduction kits, counseling & testing for sexually transmitted infections available. Provided by Justice Resource Institute (JRI).
 M & F 8:30am - 3:30pm
 Tues, Wed, Thurs
 8:30am-6:30pm EST

SMOC Recovery Coaches
 508-232-8282 • M - F 9am-5pm EST
 Free, confidential support from experienced recovery coaches for those in or wanting to be in recovery from an opioid use disorder. Provided by South Middlesex Opportunity Council.

Massachusetts Organization for Addiction Recovery (MOAR)
 Resource list of treatment & recovery services throughout MA.
www.moar-recovery.org/resources

Town of Natick Health Department
 508-647-6623 • 13 E. Central St., 2nd Floor, Natick
 Contact Katie Sugarman, Prevention & Outreach Program Manager, for confidential assistance with treatment navigation and support.
 M - W 8:30am - 5pm ; Th 8:30am- 7pm;
 Fri 8:30am-12:30pm (EST)

Eating Disorders

National Eating Disorders Association
nationaleatingdisorders.org
 Call: 800-931-2237 ; Mon - Th 11am-9pm, Fri 11am-5pm EST
 Text: 800-931-2237 ; Mon - Th 3pm-6pm ET
 Chat on website ; Mon - Th 9am-9pm, Fr 9am - 5pm EST

If you have questions or concerns, please contact natick180@natickma.org

Mental Health Crisis

Psychiatric Emergency Services
 800-640-5432 • 24/7
 Help during a crisis. Provided by Advocates.

Call2Talk Suicide Prevention Hotline & Crisis Text Line
 800-273-8255 • Text C2T to 741741
www.crisistextline.org
 Free, confidential text conversation w/ trained crisis counselor.

The Trevor Project
 866-488-7386 • www.thetrevorproject.org
 A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

General Mental Health Support

INTERFACE Referral Service Helpline
 Free consultation with mental health professional about resources. Natick residents can receive personalized, matched referrals for outpatient counseling services.

Helpline Number: 888-244-6843
<https://interface.williamjames.edu/>
 M - F 9am-5pm EST

NAMI Helpline

The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.
 Helpline Number: 800-950-NAMI
 10am-8pm EST, Mon-Fri
 Email: info@nami.org

Mental Health Apps

- 1) [NotOk](#)
- 2) [CalmHarm App](#)
- 3) [Youper](#)
- 4) [Sanvello](#)



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The Sounds Of Fire Safety

National Fire Prevention Week was Oct. 3-9, 2021. This year's theme, "Learn the Sounds of Fire Safety," will draw public attention to the different sounds that modern smoke and carbon monoxide (CO) alarms make – and what actions we should take when we hear them.

"Every home is required to have working smoke alarms and most are also required to have CO alarms," said State Fire Marshal Peter J. Os-

troskey. "When these alarms beep or chirp, it's time to take action. Make sure everyone in your home recognizes these sounds, understands what they mean, and knows how to respond."

Hear a beep? Get on your feet!

A continuous series of three or four loud beeps means smoke, fire, or carbon monoxide. Get out, stay out, and call 9-1-1.

Hear a chirp? Make a change!

A chirping alarm every 30 or 60 seconds means the alarm's batteries – or the entire alarm – must be replaced. If an alarm using replaceable alkaline batteries doesn't respond or continues chirping with fresh batteries, replace it right away.

"If your smoke or CO alarms take replaceable batteries, we recommend changing the batteries twice a year, usually at the beginning and end of Daylight Saving



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Time," said State Fire Marshal Ostroskey. "Sealed alarms with non-replaceable, long-life batteries should be replaced after 10 years."

For more than a decade, all smoke and carbon monoxide alarms have had the manufacturing date printed on the back. If the date on your smoke alarm is more than 10 years old, if the date on your CO alarm is more than five to seven years old, or if there's no date at all, it's time to replace the alarm.

Options for People Who are Deaf or Hard of Hearing

People who are deaf or hard of hearing may not be able to hear typical alarms to let them know there is danger – but specialized alarms and devices are available to ensure everyone's safety in case of fire or high CO levels. These de-

vices may have strobe lights to alert them when they're awake, or a pillow or bed shaker activated by the sound of a standard alarm for when they're asleep. As with any alarm, they can also signal when the battery is low.

Maintenance

Follow your alarm manufacturer's cleaning instructions to keep them working properly: these instructions are included with the packaging and can be found online. Test alarms once a month and replace them if they fail to respond.

Working Smoke and CO Alarms Save Lives

"Working smoke alarms can cut the risk of dying in a fire in half, and working CO alarms can alert you to a deadly gas you can't see, taste, or smell," said State Fire Marshal Ostroskey. "The noises these alarms make can be the difference between life and death – so make sure you and your loved ones learn the sounds of safety."

For more information on smoke and CO alarms, visit the DFS webpage. For more Fire Prevention Week tips, visit www.FPW.org.

About Fire Prevention Week

Since 1922, the National Fire Protection Association has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.



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Sports

Natick Girls Soccer Squad Aiming For Tourney Success

BY KEN HAMWEY
STAFF SPORTS WRITER

The Natick High girls soccer team is ready to achieve its fourth and final goal.

Before the 2021 campaign began, coach Dave Wainwright listed four objectives for his squad — build team chemistry, build confidence as the season progresses, compete for the Carey Division championship and advance as deep as possible in the State tourney.

So far, three of the four goals have been achieved and the fourth (the tourney advance) is next up for the Redhawks.

“We’re confident in our ability to excel in the playoffs,” Wainwright said.

At Local Town Pages deadline, Natick had a 7-0-2 record and was in position to clinch the division crown. The Redhawks have experienced success this season because of a variety of strengths. “We’ve got experience in key places, our depth is getting stronger and our soccer IQs are high,” Wainwright said. “Our players are talented and skilled, and we’re athletic and competitive. Speed and quickness are also key ingredients.”

If any coach can guide a team to a deep tourney run, it’s the 51-year-old Wainwright. Now in his fourth season at Natick, he led the Redhawks to the State final in his first year in 2018. Unfortunately, Natick bowed to Wachusett on penalty kicks. In 2011, however, he and his Dover-Sherborn girls team won the States, and his boys lacrosse squad at Needham High rolled to a State crown in 2003.

A coach who knows a thing or two about leadership, Wainwright’s trio of senior captains reflect his managerial style and have been key cogs in Natick’s outstanding season. The captains are Allison Jeter (goalie), Kyra Hacker (defender), and Briar Grady (midfielder).

“All three captains are motivators, they’re organized and passionate about soccer,” Wainwright emphasized. “They’re all four-year starters and they lead by example and by being vocal and supportive.”

Wainwright calls Jeter “the total package” in goal. “Allison is instinctive, has great field vision



The 2021 Natick High girls soccer team is athletic, competitive, and skilled. Paradise Photo

and she’s quick,” he said. “A Bay State Conference all-star last year, she’s adept at taking away our opponents’ offensive attack.”

Wainwright is also bullish on Hacker, who also was an all-star last year. “Kyra is a true field general,” he said. “She’s tenacious on defense and a force in keeping us calm. A composed competitor, her anticipation is a huge asset.”

Called “the nucleus” by her coach, Grady gets high marks as a midfielder. “Briar makes other players better and she’s great in transition,” Wainwright noted. “Extremely athletic, Briar has incredible endurance and she’s a good passer who can also score. She’s one of our toughest players.”

Three junior forwards who can generate offense have been top-notch contributors. They include Zoe Graves, Eliza Campana, and Emma Grant.

“Zoe is one of our better post-up players,” Wainwright said. “She displays great leverage in eluding defenders. Eliza is tenacious, our most offensive player. She runs off the ball and finds ways to get open. Emma’s speed and quickness are major strengths. She hustles all the time and her work ethic is exceptional.”

Two seniors lauded by Wainwright are midfielder Mikayla Henderson and defender Abby Beigel.

“Mikayla is one of our most experienced players,” he emphasized. “She’s versatile, also able to compete at forward. Very compet-

itive and athletic, she’s effective on throw-ins because of her strong arms and she’s solid in transition. Abby is our wall on defense. A great one-on-one defender, her header play makes her very strong in the air.”

Two freshmen — defender-midfielder Cassidy Moriarty and forward Megan Mela — have earned playing time.

“Cassidy is confident, versatile and athletic,” Wainwright said. “She learns quickly, has great field vision and relies on speed and quickness. Megan is one of our most improved players. She’s a constant offensive threat, she can distribute the ball, and her field awareness is excellent.”

Wainwright relies on an athletic philosophy that focuses on making sure his players reach their potential and enjoy playing their sport.

“If those things occur, then winning will follow,” he noted. “As for life lessons that can be learned though athletics, my motto is ‘expect nothing, earn everything.’ That means paying the price for success, overcoming adversity, being resilient and also mentally tough.”

Winning the Carey Division seems like it’s just around the corner but Wainwright is acutely aware that Brookline and Wellesley are still in the mix. “Brookline is experienced, traditionally strong and just a high caliber squad,” he offered. Wellesley has a new coach but they’re always an impactful team.”



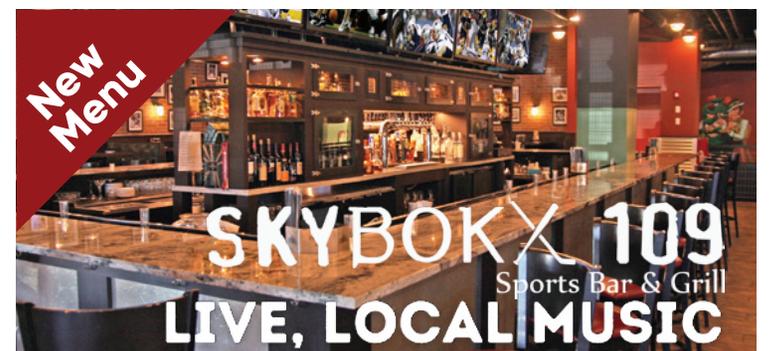
Dave Wainwright is in his fourth year as Natick High’s girls soccer coach.

ham, 1-1. Those were missed opportunities. Our defense did well enough to stop both teams but we couldn’t hit our targets on offense.”

During Wainwright’s three previous seasons at Natick, his first team finished as a State final runner-up in 2018 and his second campaign in 2019 ended in a loss to Bishop Feehan in the Sectional semifinals. Last year’s squad finished with a 6-0-3 record but there was no tourney because of the covid-19 pandemic.

The 2018 State runner-up finish is the Redhawks’ deepest playoff run. No Natick High girls soccer team has ever won a State title in the program’s history.

A State crown later this month would be dynamic for the Redhawks. It would also be a testament to a squad that’s displayed plenty of desire, devotion and dedication.



FRIDAYS & SATURDAYS

Natick School of Rock
Friday, 11/5, 7 p.m.

Flashback Band
Friday, 11/12, 8 p.m.

The Missy Maxfield Project
Friday, 11/19, 8 p.m.

Getaway Rocks
Friday, 11/26, 8 p.m.

The Chills
Saturday, 11/6, 8 p.m.

The Real Cool Cats
Saturday, 11/13, 8 p.m.

Class Action
Saturday, 11/20, 8 p.m.

On the Loose
Saturday, 11/27, 8 p.m.

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Fire Department Teams Up With Mass Bay Students



MassBay Community College and the Ashland Fire Department held a mock rescue and training event for Ashland firefighters and MassBay Automotive Technology students on Monday, Oct. 18, at the MassBay Automotive Technology Center.

This exercise included a staged car accident scene, with the Ash-

land Fire Department demonstrating how the Jaws of Life tool is used to extract victims from vehicles during emergencies. MassBay Health Sciences mannequins will serve as the victims in this training.

This event is part of MassBay's automotive technology curriculum and serves to expand

students' knowledge of the safety aspects of car design and maintenance. Students saw firsthand how and why firefighters cut into a vehicle with the Jaws of Life at specific points and will learn how airbag deployment can affect how first responders' conduct rescues.

In addition to providing MassBay Automotive Technology

students with a deeper understanding of vehicle safety, this drill was an opportunity for the Ashland Fire Department to train their staff on emergency equipment, without having to respond to an actual emergency. The vehicle used in the demonstration was a Dodge Dart, which has been used previously as an educa-

tional tool for MassBay students studying in the Chrysler program and was provided to MassBay by the MOPAR CAP program. This car was returned to the MOPAR CAP program following this exercise.

To learn more about at MassBay visit www.massbay.edu

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November is National Alzheimer's Disease Awareness Month!

In 1983, President Reagan designated November as National Alzheimer's Disease Awareness month. At that time, fewer than 2 million Americans were recognized as having Alzheimer's disease. Today, there are over 5.5 million Americans with Alzheimer's disease. Further, it is expected that by 2050, there will be an estimated 14 million Americans diagnosed with Alzheimer's disease. With these staggering numbers, and being November, we at O'Connell Law are proud to help spread awareness about this disease.

Alzheimer's is a degenerative brain disease and is a form of dementia. Dementia is actually not a disease. Dementia is the term used to describe a group of symptoms. There are many different types of dementia and Alzheimer's disease is one of them. Alzheimer's disease is also recognized to be the most prevalent form of dementia and is the best known.

According to the Alzheimer's Association, there are ten early signs and symptoms of Alzheimer's:

1. Memory loss that disrupts daily life – such as forgetting recently learned information, forgetting important dates or event, asking the same questions over and over, and increasingly needing to rely on memory aids or family members.

2. Challenges in planning or solving problems – such as trouble with following a recipe or keeping track of monthly bills.
3. Difficulty completing familiar tasks – such as having trouble driving to a familiar location.
4. Confusion with time or place – such as forgetting where they are or how they got there.
5. Trouble understanding visual images and spatial relationships – such as trouble judging distance or trouble reading.
6. New problems with words in speaking or writing – such as struggling with naming a familiar object or using the wrong word for the object.
7. Misplacing things and losing the ability to retrace steps – such as losing things and/or putting things in unusual places.
8. Decreased or poor judgment – such as using poor judgment when dealing with money or paying less attention to grooming and keeping themselves clean.
9. Withdrawal from work or social activities – since a person with Alzheimer's disease may have trouble holding or following a conversation, they may withdraw from normal activities.

Business spotlight

10. Changes in mood and personality – a person with Alzheimer's may become easily upset, confused, suspicious, depressed, fearful, or anxious.

The Alzheimer's Association on its website encourages those who are showing any of the above signs to schedule an appointment with their doctor. The Alzheimer's Association notes that early detection matters. Although there is no cure for Alzheimer's disease at this time, early detection can at least help you look into treatments that can provide some relief of systems and help you live independently longer.

At our firm, we've encountered too many people who are dealing with Alzheimer's disease who feel lost and alone. You aren't. Our guidance to you is that if you have a diagnosis, are worried about one, or if you are the caregiver of someone diagnosed with Alzheimer, planning as early as possible is essential. Set that appointment to get checked by your doctor and keep pushing until you feel you have a thorough prognosis. Then, schedule with an attorney who focuses



on dementia and Alzheimer's in order to get your legal affairs in order while you have capacity to do so. Planning early gives you more options and helps you prepare for additional care as the disease progresses.

To help get you started, we've put together some very short books to help you plan for the progression of this disease and also serve as a resource guide. We are happy to send a book to you. To take advantage of our offer, just give our office a call at 508-893-4935.

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Get Outraged! It's Time to Talk about Youth Vaping

November is smoking/vaping/tobacco cessation month

The Massachusetts Department of Public Health recently launched Get Outraged!, a public information campaign to educate parents of middle- and high school-aged youth about the dangers of vaping (makesmokinghistory.org/dangers-of-vaping/outrage). The goal of the campaign is to provide parents and other

Get facts about vapes, industry tactics, and nicotine addiction.

GetOutraged.org

1 in 3 Massachusetts teens vape

Parents play an important role in preventing youth vaping

Talk to your kids today about the dangers of vaping

Parent resources
School resources
Community Resources
Teen Resources
Cessation Resources

For other prevention resources or to learn more about Decisions at Every Turn visit <https://ashlanddecisions.org>

caring adults the facts about vaping and vape products, industry tactics used to entice youth use, and the real risk of nicotine addiction.

Ashland's Decisions at Every Turn (DAET) encourages parents and caregivers to use the available resources to assist with family conversations about the risks of teen vaping and to connect tweens/teens who are ready to quit.

While most Ashland students do not vape, DAET says it is important to use evidence-based strategies to prevent first use, reduce current use, and provide support and resources to youth who want to quit. Information campaigns such as Get Outraged! provide opportunities for everyone to be involved in helping to mitigate this public health epidemic. DAET hopes that Get Outraged! will jump-start important discussions and action

steps that can help protect our kids and teens.

DAET's mission is to work with the community to promote healthy decision-making and positive behavioral health and to reduce and prevent youth alcohol and other drug use through evidence-based education and prevention strategies. For more information, join DAET's mailing list at ashlanddecisions.org/get-involved.

Join us for **KINDNESS WEEK IN NATICK AND BEYOND...**
A CELEBRATION OF KINDNESS IN OUR COMMUNITY!

NOVEMBER 13-19, 2021

"Kindness is simple. It is seeing the good in everyone, and celebrating it." Anonymous

SPARK Kindness will celebrate the fourth annual Kindness Week from November 13 - 19. In partnership with organizations and community members, we seek to promote small in-person and virtual activities and initiatives throughout the week that will inspire community bonding around kindness and have a lasting impact all year long. KINDNESS HAS NEVER BEEN MORE IMPORTANT. Kindness Week is a time to shine a spotlight on the good that happens every day in our communities, and to inspire people to SPARK Kindness through simple but powerful actions. "Collective kindness has the power to offer hope during the darkest times because it reminds us that we are united and resilient," said SPARK Executive Director Christine Fortune Guthery.

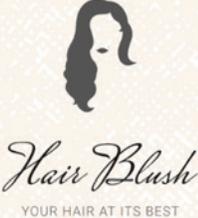
How would you like to **SPARK Kindness** this year?

WE INVITE YOU TO JOIN US AS WE

- Celebrate the positive that happens every day
- Inspire radical kindness in our community
- Connect community members through our **Seven Pillars of Kindness**:
 - Kindness to self
 - Kindness in our neighborhoods
 - Kindness in our schools
 - Kindness to community
 - Kindness to the earth (and all living creatures)
 - Kindness online
 - Kindness Committed to Justice

KINDNESS CONNECTS US

Members of the SPARK team will be on the common at the Farmers Market on November 13th to Kick off Kindness Week, which is also World Kindness Day! We invite you to join us at our table as we share free resources, activities, and inspirations. We need your help to chalk the sidewalks with positive messages and symbols of love and joy as we spread random acts of kindness from the Common to our neighborhoods and beyond. Details for all our free programs

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Senator Rausch Announces Virtual Fall Office Hours

Sen. Becca Rausch (D-Needham) will host her next virtual office hours on

Friday, Nov. 5, from 10 a.m. - 11 a.m.

Friday, Nov. 10, from 10 a.m. - 11 a.m.

To subscribe to Senator Rausch's newsletter, please visit <https://beccarauschma.com/newsletter>. 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 Wren-

tham. Currently in her second term, Senator Rausch serves as the Senate Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.

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COVID Testing Site open at Ashland Commuter Rail Station

town's Commuter Rail Station. The new testing site, a priority of Massachusetts Senate President Karen E. Spilka and State Representative Jack Patrick Lewis, will offer Massachusetts residents an additional option for testing at no cost to recipients.

Following an increase in demand for COVID-19 testing in Massachusetts, an additional testing site will begin operations in Ashland, Massachusetts at the

The new site will be funded by the Commonwealth and will be operated by Fallon Health in partnership with the Massachusetts

Department of Public Health and local health officials. It will add to the Commonwealth's network of hundreds of COVID-19 testing sites across Massachusetts. Residents can find a testing site near them online at www.mass.gov/gettested.

"To support communities' sustained recovery from the pandemic, we need to ensure that residents have continued access

to the tools at the center of our pandemic strategy— among them, testing and vaccines," stated Senate President Karen E. Spilka. "I want to extend my deep thanks to the Massachusetts Bay Transportation Authority and MBTA workers for allowing us to use their space to promote public health."

While other COVID-19 testing sites are currently available in the MetroWest region, the new Ashland site will be the first to offer drive-through testing in the region.

"After hearing from numerous residents of Ashland and Framingham about the lack of accessible drive-thru testing in our region, I reached out to Senate President Karen Spilka and the Department of Public Health in order to partner together in developing a new testing location," said Representative Jack Patrick Lewis. "I am grateful to Ashland Town Manager Michael Herbert, Ashland Sargeant Ed Burman, and the team at the MBTA for

their quick and creative efforts to make this possible."

"Massachusetts continues to lead the nation in COVID-19 testing, which will continue to be a critical tool to keeping the virus in check even as we lead the nation in vaccinations," said Health and Human Services Secretary Marylou Sudders. "We are pleased to work with local partners to launch this new site, which will provide residents with another free and easy option to get tested."

"We are happy to partner with our state agencies and delegation to bring this important testing site to the region, and we hope the new location provides a convenient testing alternative for those who rely on public transportation," said Ashland Town Manager Michael Herbert.

Fallon Health, the site's operator, has previously partnered with the state of Massachusetts to provide testing and other health services.

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