



## Drum Circle Makes Some Noise

By SEAN SULLIVAN

Approaching the erstwhile church in the dark and middle of last month, a pronounced

sion-heavy players of a Mardi Gras ensemble at practice.

An otherwise-sleepy Saturday night for the town's

ing some improvisational turbulence to mix things up, keep the music from getting stagnant. But the sound kept its resolute rhythm, its ritualistic temperament.

A ritual, in a real sense, it was.

Acolytes of the Natick Drum Circle meet the second Saturday at the center for their monthly gathering. Pendant lights hang from the building's nave, its high and sheer wooden ceiling, and these are dimmed to offer an atmosphere more amenable to drumming. The dim conjures the feel of a warm full moon, or a ruddy summer night at dusk.

A surplus of drums is on hand during Natick's drum circles, brought by musicians to add tonal and tactile variety to the gathering. For attendees who are drum-circle curious, the extra instruments are often available to borrow for the night.

"It's attractive to a lot of people because it brings out the kid

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chorus of drumbeats came muffled through its walls and windows, spilling into the chill air nearby Natick Common. It might have been the drum section of a high school band at work within, or the percus-

center was disturbed there, as the structure of the Common Street Spiritual Center served as a sort of speaker system for the musicians inside. A rhythm had emerged, drummers joining its ebb and flow, at intervals add-

## The Search Is On For A New Principal

By SEAN SULLIVAN

As tradition has it, the transition from summer to autumn this year will make way for a new class of students in schools throughout the community. And this year, Natick High School will welcome a new principal among those fresh faces.

According to a timeline posted on Natick Public Schools' website, the job posting for a new NHS Principal was widely circulated on Feb. 11. That was the starting gun that began a multi-stage process that will unfold until early April.

The next step involves meetings including school officials, staff, and families. Natick's School Superintendent and Human Resources Director were among those in attendance. Feb. 27 was set as the cut-off date for the submission of resumes.

The beginning of this month would see the start of the resume review process by town officials, and the winnowing down of the candidate pool. The method appeared on paper as a sort of managerial March Madness, where a

slate of between eight and twelve applicants would be narrowed down as the month and process progressed.

Following the weekend after the principal position was posted, Anna Nolin said several resumes had already been received. She is Natick's Superintendent of Schools, and is intimately involved in the process.

Administrators plan by early March to have narrowed the pool of potential principals down to a roster of as many as 12 applicants. Following a morning of virtual interviews, that number of candidates may be as much as halved.

By mid-March, in-person interviews will take place, during which that group of around six candidates will be downsized by half again. Month's end will see The Final Three (or Four) spend a day at the high school with administrators, staff and students.

"It's a really big process," said Nolin. "It mimics the sheer

**PRINCIPAL**  
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**DRUM CIRCLE**

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in them,” said Bruno Giles. “You get to make a lot of noise and not get in trouble.” He is a lifelong town resident and the founder of Natick Drum Circle.

Prior to the pandemic, members of Giles’ group would regularly visit nursing homes to play before that audience. Extra drums were brought, so residents there could partake in music making, adding their own contributions to the meandering stream of sound.

“There’s a spirituality about it,” said Giles. “We get them moving a little bit.”

Many communities have their own drum circles, and the events are Venn diagrams whose main overlap are the people who show up to make music. Word spreads about neighboring circles, and drummers travel to take part in these tribes, to sample the varying culture and music of each. That’s how Giles glommed onto the drum circle scene, and eventually started one in his own backyard, so to speak.

He has been drumming for nearly 10 years, having attended



circles in neighboring towns. Giles met Dave “Drumhead” Curry during some of those sessions, all of which inspired him to form a circle of his own, one a little closer to home.

Curry grew up in a family of musicians, and is somewhat of a guru in larger musical circles. He currently organizes four drum circles a month, and teaches pri-

vate and group lessons.

“It lends itself really well to being a community event,” he said. “They’re just very welcoming, very accommodating.” The price of admission, in terms of musical experience, is affordable to anyone. “They just have to be willing to show up and dive in.”

Yet despite that, Curry said the prevalence of drum circles

like Natick’s has waned during the past decade. He attributes that phenomenon to ringleaders of the gatherings aging out. They had been captains of these peaceful vessels of counterculture, and ever more are retiring from that leadership role as years pass.

Natick resident Susan Massad participated in last month’s Natick circle. Her drumming

journey started on a lark when she attended a session at a friend’s suggestion. That grew into regular attendance, during which she followed the flow and techniques of the group.

“I was just sort of copying everybody,” she said. “I don’t really know what I’m doing.”

But she met Curry in those circles, who she discovered also taught a class on group drumming.

“He gave us a dozen or so rhythms to play with,” she said. “When I’d go to the drum circles, I could recognize those rhythms.”

The tail end of last month’s gathering saw several participants at circle’s center, dancing to the percussion that filled the hall and reverberated off its walls. The scene seemed a connection to, a conjuring of some ancestral part of the human spirit. That’s a sentiment shared, echoed by the eclectic group of drummers. People show up for the drums, but stay and keep coming back for the camaraderie.

“It’s fun,” said Massad. “It’s a real community, too. It’s a nice connection.”

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**PRINCIPAL**

*continued from page 1*

amount of interaction that a principal goes through in a day.”

The month closes out with an evening forum including parents, caregivers and staff, where candidates are allotted about a half hour to interact with the group. The School Superintendant and Human Resources Director will then meet with NHS staff to choose a finalist.

Brian Harrigan is Natick’s current high school principal, and has served in that role since 2015. He will remain at NHS until July 1, when the baton will be passed to the new principal.

Harrigan has accepted a position as principal of the Francis Parker Charter School in Devens.

“This community is incredible,” Harrigan said of Natick. “I’m really, really sad to leave.”

Harrigan cited his new school’s novel approach to education as the main reason why he chose to transition there. Its class sizes are smaller, and student voice is given a central role, he said. Total enrollment for the Francis Parker Charter School is around 400 students in a given year - about one quarter of Natick High School’s student body.

“It’s a model of education that I find deeply appealing,” said Harrigan. “Students are able to go very deep into a project.”

Harrigan will see off the NHS class of 2022 before he moves on.

“I have loved my time here,” he said. “I do feel like I’m graduating with them.”

# Celebrate Women Entrepreneurs On International Women’s Day

**WE ♥ Natick! WE stands for (W)omen (E)ntrepreneurs.**

Join us on the occasion of International Women’s Day on March 8, as we meet virtually if you are a women-owned business or artist (men are welcome) please join us for a time of connection on March 8, at 10 am.

The theme will be “Collaboration” with other women business owners and some tips on how to begin the process if it’s new to you and the benefits

to it. We’ll be joined by Sara Sniderman from Sara Sniderman photography, Gina Fay from Dance Fit Studio, and local music star Stacey Peasley! We’ll also share information on Certification for Women-Owned Businesses with

Kristen Brandt.

Please make sure you Register at <https://www.eventbrite.com/e/women-entrepreneurs-love-natick-tickets-256080442497>

You can also find the information and link on our calendar of events at [natickcenter.org](http://natickcenter.org).

## How to Connect and Communicate with Children and Teens: What Do You Say

On Tuesday, March 8, at 7 p.m., SPARK Kindness will offer an online program featuring

Ned Johnson, educator and co-author of “What Do You Say: How to Talk with Kids to Build Motivation, Stress Tol-

erance, and a Happy Home.” The event will highlight strategies and language for effective communication with children and teens to increase connection and well-being for children and parents alike. ASL interpretation

will be provided at this event. There is no cost.

For more information about this hour-long online program and other upcoming events, visit [www.SPARKKindness.org](http://www.SPARKKindness.org)

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# Two Firefighter Recruit Classes Graduate from Massachusetts Firefighting Academy

## 36 Recruits Represent 19 Fire Departments

State Fire Marshal Peter J. Ostroskey and Deputy State Fire Marshal Maribel Fournier announced the graduation of 36 firefighters from the Massachusetts Firefighting Academy today. Graduates completed the 50-day Career Recruit Firefighting Training Program at two campuses: Class #298 trained at the Stow campus and Class #BW16 trained at the Bridgewater campus.

“First responders are on the frontlines protecting their communities, and these newest firefighters are needed now more than ever,” said State Fire Marshal Ostroskey. “The rigorous professional training they’ve re-

ceived provides them with the physical, mental, and technical skills to perform their jobs effectively and safely.”

### Class #298 (Stow): 19 Graduates from 11 Fire Departments

The 19 firefighters of Class #298 represent the fire departments of Bedford, Everett, Falmouth, Medway, Milford, Natick, Needham, North Andover, Northborough, Sudbury, and Winchester.

### Class #BW16 (Bridgewater): 17 Graduates from 8 Fire Departments

The 17 firefighters of Class #BW16 represent the fire departments of Melrose, Milton, Norton, Sandwich, Sharon, Somerset, Taunton, and Wellfleet.

### Basic Firefighter Skills

Students receive classroom training in all basic firefighter skills. They practice first under non-fire conditions and then during controlled fire conditions. To graduate, students must demonstrate proficiency in life



safety, search and rescue, ladder operations, water supply, pump operation, and fire attack. Fire attack operations range from mailbox fires to multiple-floor or multiple-room structural fires. Upon successful completion of the Recruit Program all students have met the national standards of National Fire Protection Association 1001 and are certified to the level of Firefighter I and II, and Hazardous Materials First Responder Operational Level by the Massachusetts Fire Training Council, which is accredited by the National Board on Fire Service Professional Qualifications.

### Today's Firefighters Do Far More than Fight Fires

Today's firefighters do far more than fight fires. They train to respond to all types of hazards and emergencies. They are the first ones called to respond to chemical and environmental emergencies, ranging from the suspected presence of carbon monoxide to Fentanyl overdoses or a gas leak. They may be called to rescue a child who has fallen through the ice or who has locked himself in a bathroom. They rescue people from stalled elevators and those who are trapped in vehicle crashes. They test and maintain their equipment includ-

ing self-contained breathing apparatus (SCBA), hydrants, hoses, power tools, and apparatus.

At the Massachusetts Firefighting Academy, they learn all these skills and more, including the latest science of fire behavior and suppression tactics, from certified fire instructors. They also receive training in public fire education, hazardous material incident mitigation, flammable liquids, stress management, and self-rescue techniques. The intensive, 10-week program for municipal firefighters involves classroom instruction, physical fitness training, firefighter skills training, and live firefighting practice.

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

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!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with

stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

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

## Business spotlight

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.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

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!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).



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# Natick's Irish population rate ranks 126th in the state and 910th in the nation

By Theresa Knapp

In honor of St. Patrick's Day, Local Town Pages consulted research conducted by ZipAtlas.com. The information is arranged by zip code and states that South Walpole, MA (pop 993), has the highest percentage of Irish population in Massachusetts at 44.29%, and has a national rank of 27 for the percentage of Irish per zip code in the country. Of the 427 zip codes listed in Massachusetts:

- Natick (pop. 31,868) ranks number 126 with a reported Irish population of 22.03% and ranks 910 in the nation, according to this research
- The top 10 Massachusetts zip codes with the highest reported Irish population include South Walpole (44.29%), Milton (38.45%), West Roxbury (35.94%), Braintree (35.65%), Marshfield (35.33%), Scituate (35.21%), South Weymouth (34.08%), Wey-

mouth (34.02%), Pembroke (33.59%) and Abington (33.11%).

This site also ranked 26,819 American "cities" and found that Little Switzerland, NC (pop. 46) and Etoile, KY (pop. 63) are tied for first and second place, respectively, with 100% of its population reporting as Irish.

For more information, visit <http://zipatlas.com/us/ma/city-comparison/percentage-irish-population.htm>



Source: [www.history.com](http://www.history.com)

Happy St. Patrick's Day!  
Did you know...

1. Natick has an Irish population rate of 22.03%, ranking 126<sup>th</sup> among 427 zip codes in Massachusetts.
2. The real St. Patrick was born in Britain. He wasn't Irish but found his faith while being held as prisoner by a group of Irish raiders.
3. Leprechauns are likely based on Celtic fairies.
4. The shamrock was considered a sacred plant.
5. The first St. Patrick's Day parade was held in America (circa 1601).
6. The meal of Corned beef and cabbage is an American innovation.
7. The world's shortest St. Patrick's Day Parade is on the world's shortest street (98 feet) in Hot Springs, Arkansas.
8. There is a long history behind Danny Boy, Ireland's most famous ballad (learn more at <https://bit.ly/songDannyBoy>)

Read more about St. Patrick's Day at [www.history.com](http://www.history.com) and [www.hotsprings.org](http://www.hotsprings.org)

# Rausch to receive award at Progressive Mass Gala

State Senator Becca Rausch (D-Needham) will be among a handful of honorees at this year's Progressive Mass Gala on March 13 at 7:30 p.m. Rausch represents the Norfolk, Worcester and Middlesex District which includes the towns of Bellingham, Dover, Franklin,

Medfield, Milford, Millis, Needham, Norfolk, Plainville, Sherborn, and Wrentham. *Progressive Massachusetts* ("Progressive Mass") is a statewide, member-driven grassroots organization committed to fighting for a vision of shared prosperity, racial and social justice, good government, and environ-

mental sustainability in Massachusetts. Keynote speakers at this year's virtual event will be U.S. Senator Elizabeth Warren, Boston Mayor Michelle Wu, and Rev. Rahsaan Hall. This year's honorees include Rausch, Boston City

Councilor **Julia Mejia**, Worcester School Committee Member **Tracy O'Connell Novick**, and Massachusetts Voter Table Executive Director **Beth Huang**. To register for the gala, visit [bit.ly/PMGALA22](http://bit.ly/PMGALA22). For more information on Progressive

Mass, visit [www.progressive-mass.com](http://www.progressive-mass.com)



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# It's Tax Season Again – An Overview of the Different Taxes That Impact Estate Planning

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When you are doing estate planning, you should always consider how taxes impact what you are doing. Let's talk about some taxes that impact estate planning.

## Estate Tax

An estate tax is a tax that hits upon your death. People think of it as a 'death tax' or an 'inheritance tax' but it is called an 'estate tax' because it is a tax on the estate of the person who died. There is a federal estate tax, and Massachusetts has its own estate tax.

The estate tax will hit based on the person's taxable estate at the time of their death. This will include anything the person owned or had control of. There will be a tax threshold number (technically called an exemption) that must be exceeded before an estate tax will go into effect. In 2022, while the threshold amount for the federal estate tax

is \$12,060,000, the Massachusetts estate tax threshold is much lower at \$1 million.

## Gift Tax

Although Massachusetts does not have a gift tax, there is a federal gift tax. The gift tax will hit when someone gifts away a certain amount over their lifetime – currently that amount mirrors what the federal estate tax threshold is. In addition to this lifetime gift amount, there is an annual gift tax exclusion which in 2022 is \$16,000 per person, per year. As long as your annual gifts to a person does not exceed the annual gift tax exclusion amount, the government does not require you to report it as part of the gift tax we talked about above. This does not mean that you can't gift more to a person, but annual gift tax exclusion gifts can be a very effective way to gift over time and help lower any estate taxes that may be owed upon your death.

## Income Tax

The income tax is a tax you pay for income and profits you generate during the taxable year. I'm raising it here just so that you realize it is indeed a separate tax. Don't forget about getting started on your 2021 income tax return now so that it can be filed timely.

## Capital Gain Tax

A capital gain tax hits when you sell an asset that has appreciated in value from what it cost to acquire it. There is both a federal capital gain tax and a Massachusetts capital gain tax.

Capital gain taxes are important to consider when doing your estate planning. Making the gift during life may help lower estate taxes or get an asset out of your name, but you may find that the amount in capital gain taxes that will be owed when the recipient sells the asset in the future is worse than if you held onto the asset during your lifetime. Sometimes it is better to hold onto appreciated assets during life (at least for tax purposes) in order to avoid a capital gains tax impact for your beneficiary upon your passing.

Bottom line – For all tax planning, you should consult with your professional advisors so that they can talk with you about the pros and cons of what you want to do.

If you want to learn more about estate planning, Tiff O'Connell will be teaching a 3-part workshop based on her book, "Do You Have A Plan? How To Avoid Leaving A Mess" through Kendal at Home's ed-



ucational programming. If you are interested in participating, you will find information on this workshop at [www.kendala-](http://www.kendala-)

[thome.org/calendar-events](http://thome.org/calendar-events). If you need assistance with registering, just give O'Connell Law a call at 508-893-4935.



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# Open burning season continues through May 1

## Call Joint Dispatch Center for permission to burn

It is now open burning season in Natick. Permission may be obtained "simply by calling the Joint Dispatch Center on the day you plan to burn," according to www.natickma.gov.

The Joint Dispatch Center phone number is 508-647-9550.

According to Open Burning Safety guidelines at www.Mass.gov, open burning must be done:

- After obtaining permission from the local fire department
- Between 10 a.m. and 4 p.m. from Jan. 15 to May 1
- Without causing a nuisance

- At a location greater than 75 feet from any dwellings
- On land proximate to the place of generation

- When air quality is acceptable for burning: Call the MassDEP Air Quality Hotline at (800) 882-1497 or visit MassAir Online at <https://eeaonline.eea.state.ma.us/> to find out if it is safe to burn

Open burning permission/permits may be issued for:

- Training or research in fire protection or prevention with approval by the DEP.

- Activities associated with the normal pursuit of agriculture which have been determined as necessary by the DEP. (Agriculture is defined as the raising of crops and livestock for commercial foodstuffs).
- Open burning of brush and trees resulting from agricultural land clearing operations.
- Disposal of brush, cane, driftwood and forestry debris – excluding grass, hay, leaves, and stumps.

Items that CANNOT be burned include:

- Brush, trees, cane and driftwood from commercial and/or industrial land clearing operations
- Grass, hay, leaves, stumps, and tires
- Construction material and debris
- Items that CAN be burned include:
  - Brush, cane, driftwood, and forestry debris from other than commercial or industrial land clearing operations.
  - Agricultural materials such as fruit tree and bush prunings, raspberry stalks, and infected bee hives for disease control.
  - Trees and brush resulting from agricultural land clearing.
  - Fungus infected elm wood ONLY if no other acceptable means of disposal is available.

NEVER use gasoline, kerosene or any other flammable liquid to start a fire because the risk of personal injury is high.

Burn one small pile of material at a time and slowly add to it, this helps to keep the fire from getting out of control.

Select a burn location away from any utility lines.

Monitor the wind and be prepared to extinguish quickly.

Fire control tools to have on hand:

Water supply. This can be a pressurized water fire extinguisher, a pump can or a garden hose. TEST the water source before igniting the fire, you do not want to find out that the water is off or that the hose is cracked when you need it.

Shovels and rakes – you can use dirt to put out a fire.

If the fire gets out of control: Call the fire department IMMEDIATELY

People who allow a fire to get out of control, or who conduct illegal burning, may be held liable for the costs of extinguishing the fire in addition to fines or imprisonment (M.G.L. c.48, s.13).

For more safety tips, visit <https://www.mass.gov/doc/safety-tips-for-open-burning/download>

How to safely ignite and tend the fire:

An adult should always be present during open burning, until it is completely extinguished.

Children and pets should be kept a safe distance away.

Use paper and kindling to start the fire and add progressively larger pieces of wood, parts of a discarded Christmas tree can be used.



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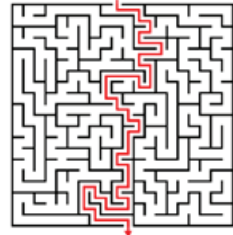
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Your Money, Your Independence

# Book Travel Now - Time for Experience Spending

The financial industry, in particular investment management and financial planning, place limited emphasis on helping clients spend money.

There are reasons for this, advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier (and safer) with default emphasis on saving more for distant goals, as spending now during windows of opportunity makes analysis harder and recommendation outcomes realized.

To be fair, there are individuals who spend too much and need help saving for their priorities.

That said, my PSA for those adhering to a financial plan: **Book your travel now.**

If you think inflation in autos, housing and materials are bad, wait a few months to see the surge of pent-up demand flooding the static availability within the travel and hospitality industry.

Evidence is already showing in summer rentals, airfares, hotels,

and earnings reports.

For example, Disney's October-December quarter reported \$7.2B in Parks & Experiences division, \$1B more than expected and double the prior-year quarter. And don't think The Mouse fails to understand its pricing power when demand surges.

Yes, the time has come for experience spending with family, friends, and loved ones.

### What is Experience Spending?

A concept of having greater value for experiences versus things. Studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

### Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

### Experience Spending isn't limited to just travel.

Consider having many small pleasures over a few big ones. Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.



Glenn Brown

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

In closing, it's important to treat yourself and those you love along the journey of financial independence, as those opportunities and their impact may not be present later. For many, now is the time to act, expect sticker shock or compromise, and enjoy making new memories.

*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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# Dougherty Earns Girl Scout Gold Award

Mary Dougherty is a member of Girl Scout Troop 72293

She graduated this past Spring from Natick High School. She was just awarded her Girl Scout Gold Award. Mary is currently attending Marist College in New York.

Mary has been a part of Girl Scout Troop 72293 since second grade. In addition to being part of her troop, Mary has served in many leadership roles with Natick Girls Scouts. Including mentoring younger Girl Scouts and leading town-wide Girl Scout events. The Girl Scout Gold Award is the organization's highest recognition for individual community service leadership, requiring high school students to dedicate 80 hours to a project that identifies a problem and provides a sustainable solution for lasting change. Approximately 6% of Girl Scout Scouts nationwide earn this prestigious award.

Mary's Gold Award project developed and taught a food allergy curriculum to elementary age students at the Tobin School in Natick Massachusetts.

"The Gold Award is an 80 hour take action project in which a Girl Scout chooses an issue in their community or a topic in the world that they care about and want to make a positive change on. Given that I have a nut allergy, for my Gold Award project I decided to educate elementary aged students at The Tobin Children's School about food allergies as these students



are not always informed on the topic in mainstream school systems.

"Given the timing and severity of the COVID-19 pandemic

at the time that I began my project, I was forced to shift the entire endeavor to be online in hopes to be able to work with the students. Given these circumstances I created four 30-minute video lessons that covered different aspects of food allergies. These aspects included the top eight allergens, what food allergies are, the symptoms that come along with food allergies, how to help someone having an allergic reaction, the causes of food allergies in people, how people find out what they are allergic to, the challenges that those with a food allergies face and lastly ways in which one can help these people.

"With these topics in mind I hand crafted corresponding activities including a bingo game, memory game, scenario evaluations, and informative coloring sheets. In the end, while I wasn't able to connect with these students face to face I was able to collect data with a pre and post lesson survey and each of the students who participated demonstrated that they understood the material presented through questions on each topic stated above," she said.

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# Programs at Natick Community-Senior Center

## MINDFULNESS MEDITATION-ZOOM

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing. NO Meditation March 3 or 10.

## MONDAYS AT A MUSEUM-ZOOM

Mondays from 3:00-4:00 pm, free. We visit museums all over the world and view artwork with commentary by artists, docents, curators and others.

March 7- NO Mondays at a Museum

March 14- Hockney and Hopper

March 21- Manet

March 28- Tiepolo frescos

## SOFT PROTESTS- The History of Protest Quilts- - ZOOM

A talk with Pam Weeks from Bacon Free Library and Natick Historical Library

Tuesday, March 1, 7:30 pm - 8:30 pm, free, register <https://baconfreelibrary.org/event/pam-weeks/>

Join us for this talk with quilt historian, Pam Weeks, of the history of storytelling and raising social awareness and protest in textiles and quilts going back as far as 1830 to 1400s.

## BFL HISTORY BOOKGROUP WITH BFL AND NHS - ZOOM

Thursday, March 10, 11am-noon, free, register e-mail [mking@minlib.net](mailto:mking@minlib.net)

All are welcome to join this casual group discussing works of fiction and non-fiction. Our book read for this session is *The Warmth of Other Suns*: the epic story of America's great migration by Isabel Wilkerson (NF).

## SAINT PADDY'S DAY WITH AN

## IRISHMAN- ZOOM

With Beyond Travel Thursday, March 10, 3:00-4:00pm, free

A true Paddy invites you to experience our interactive virtual tour presentation. Included are places where St. Patrick actually visited during his lifetime here in Ireland. You will see some great images and get involved in our Interactive & Live Presentations from the comfort of your favorite chair at home. After all the virtual visits we have a questions and answers spot and general discussion and CRAIC (Irish word for fun).

## MEETUP WALKING GROUP at Elm Bank- IN PERSON - Begins Tuesday, March 15

Tuesday, 9:30-10:30am, free-Drop-In

March 15, 22 & 29

Meet us at the Elm Bank/Mass Hort Visitor's Center parking lot for our weekly walk around the loop road. This casual walk is a great way to start the day, meet new people, get outside and moving! Please wear sneakers/walking shoes, and any other outdoor stuff you need (ie. sunscreen, hat, water, bug spray etc). Goes rain or shine. Meet in the Visitor's Parking Lot outside the entrance to the gardens, 900 Washington St.

## CELTIC CELEBRATION- MUSIC AND STORIES WITH DAVIS BATES - IN PERSON

Tuesday, March 15, 1:30-2:30, free

Join musician and storyteller Davis Bates for tales and songs from Ireland, Scotland and Wales. Stories of seal folk and wee folk and sing-alongs galore. Made possible by a grant from the Natick Cultural Council.

## SCAMS- HOW TO PROTECT YOURSELF- ZOOM

Wednesday, March 16, 1:30-2:30pm, free

Join, Ken Douette from Sheriff Koutoujian, Middlesex Sheriff's Office in an update on scams to Senior Citizens. There are so many new scams happening during this uncertain time and you should be aware of all these techniques and tricks that scammers will try to use on you. Learn how to protect yourself!

## LIVE MUSIC WITH GUITARIST SEAN FULLERTON- IN PERSON

Wednesday, March 22, 1:30-2:30pm, free

Join guitarist, Sean Fullerton for some "feel good" Blues, Soul, Rock 'n' Roll, Folk, Irish, Sea Shanties, as well as fingerstyle guitar. Made possible by a grant from the Natick Cultural Council.

## MASSACHUSETTS LAND RECORDS- Genealogy with Seema Kenney- ZOOM

Wed. March 23, 1:30, free

Massachusetts Land Records are a FREE resource and date back to 1731! Learn how to effectively search for and print documents from [MassLandRecords.com](http://MassLandRecords.com). After a review of the website, we'll look at examples from paid and personal research and discuss the clues that lead to learning more about a person's life.

## UNDERSTANDING MEDICARE-ZOOM

Monday, March 28, 1:30-2:30pm, free

If you are close to age 65 or already on Medicare, this class is for you! Learn how Medicare works and the choices available. Dan Williams from The Dover Group, will cover: looking at how parts A, B, C and D are integrated; Medicare Advantage; pros and cons of HMOs, PPOs and Medigap plans; taking Medicare if you're still employed; avoiding late sign up penalties and long-term care expenses. Q&A

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# Natick schools and senior center receive \$9,530 in grants to support fire and life safety programs

The Baker-Polito Administration announced in February that 234 Massachusetts municipal fire departments will receive a total of \$1.8 million in grant funding to

support fire education programs for children and older adults across the Commonwealth.

Fire departments in 227 communities will receive Stu-

dent Awareness of Fire Education (S.A.F.E.) and Senior SAFE grants; one community will receive a S.A.F.E. grant only; and six communities will receive Se-

nior SAFE grants only.

Natick received a grant of \$6,275 to partner “with local school system to teach fire safety” plus a grant of \$3,255 for “Senior center presentations and home visits with smoke/CO alarm installations.”

“The Department of Fire Services’ S.A.F.E. grant program continues to make effective fire safety education available to hundreds of thousands of Massachusetts kids,” said Governor Charlie Baker. “Thanks in part to these grants, Massachusetts has raised a generation of fire-safe families and we are glad to continue those efforts with today’s awards.”

The average number of children dying in fires annually has dropped by 78% since the S.A.F.E. Program began – a decline almost 30% greater than the decline in fire deaths overall. In light of that success, the Department of Fire Services launched the Senior SAFE Program to provide firefighters with funding to deliver fire safety education to older adults, who face a disproportionate risk of dying in a fire.

“For eight years, the Senior SAFE grant program has helped provide older adults with home visits, smoke and carbon monoxide alarm installations, and fire safety presentations led by firefighters and service providers,” said Lt. Governor Karyn Polito. “These grants help keep seniors

safe at home.”

“Fire safety education works,” said Secretary of Public Safety and Security Terrence Reidy. “The S.A.F.E. and Senior SAFE grant programs allow trained and trusted firefighters to make a direct connection with youngsters and older adults in their own communities. These grants are an outstanding example of state and local partnerships.”

“The fire departments delivering these safety messages are reducing the risk of fire, injury, and tragedy in cities and towns across the Commonwealth,” said State Fire Marshal Peter J. Ostroskey. “No child has died in a Massachusetts fire since March of 2019, and fire deaths overall continue to trend downward. Programs like S.A.F.E. and Senior SAFE are among the reasons Massachusetts is one of the most fire-safe states in the nation.”

The S.A.F.E. and Senior SAFE programs are funded through legislative earmarks to the Executive Office of the Public Safety & Security, and they are administered by the Department of Fire Services. A full list of recipient department and their awards can be found here. For more fire service grant opportunities, visit <https://www.mass.gov/info-details/grants-for-fire-departments>.



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2022

# CAMP GUIDE

## How to handle the summer camp questions in the pandemic era

Children make cherished memories at summer camp, where many youngsters first discover passions and hobbies they will enjoy for the rest of their lives.

Summer 2020 was a camp season unlike any other. Some camps closed their doors due to the COVID-19 pandemic, while others downsized their offerings in an effort to keep campers safe while still providing them with a much-needed outlet. As the 2021 summer camp season approaches,

parents may be a little less hesitant about sending their kids to camp than they were a year ago. The rollout of COVID-19 vaccines has helped millions of people return to some semblance of normalcy, and that rollout has put summer camp back in play for families.

Choosing a summer camp is not always so easy, and it might be especially tricky as the world slowly

*continued on next page*

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## CAMP QUESTIONS

*continued from previous page*

emerges from the pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

- Consider your comfort level. It's understandable if parents are hesitant about sending their youngsters to camp this summer. In fact, some camps may still be closed while others may only offer limited day camps this summer. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and some regions have yet to vaccinate teenagers. Vaccines also have yet to be offered to children under 16. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.
- Ask children if they want to go to camp. Everyone is experiencing some measure

of pandemic-related burnout, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

- Inquire about safety protocols. When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed protocols and share those protocols with parents upon request.



- Ask about alternatives. If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2021. However, families likely won't have to go without access to summer camps for the second consecutive summer.

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# 5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days



of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

**1. Explore talents.** Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

**2. Physical activity:** Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

**3. Gain confidence.** Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

**4. Try new things.** Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

**5. Make new friends.** Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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# Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be

spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

## Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

## Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less



familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving

the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

## Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want

to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

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# Sports

## LeBlanc's Leadership Big Plus For Natick Quintet

BY KEN HAMWEY  
STAFF SPORTS WRITER

When the Natick High boys basketball team began its season, coach Mike Masto's roster included 14 players, 11 of them in their first year playing significant minutes.

Colby LeBlanc, a senior co-captain in his third year on the Redhawks' varsity, was one of three veteran players the coach was counting on for leadership and for building confidence in a squad that was young and lacked experience. Masto didn't label LeBlanc the right person for the situation, he called him "the perfect person for the job."

"Colby was our sixth man as a sophomore," said Masto. "Now, he's one of the best leaders I've ever had. He sets an excellent example for the freshmen and jayvees, he knows the vision we have for our program and he does what the coaches ask by going above and beyond."

When it comes to LeBlanc's on-court strengths, Masto is effusive in lauding his captain. "Colby is a hard-worker, he's mentally and physically tough, his hoop IQ is high and he's got great instincts," Masto emphasized. "He's a special kid, leading by example and by being vocal and supportive."

So far, Natick's youth and in-

experience hasn't been a nagging issue. The Redhawks were 9-6 at Local Town Pages deadline and in position to earn a berth in the state tourney. And, LeBlanc couldn't be happier because as a sophomore, Natick was eliminated in the first round by Franklin and last year there were no winter tournaments because of Covid-19.

"I'm super motivated for the playoffs to start," LeBlanc said. "Our players now have big-game experience. They've got their feet wet and that's led to improvement. They've all stepped up and made the playoffs realistic."

The 6-foot-4 power forward is quick to credit two veteran teammates — co-captain Ryan Mela and point guard Jason O'Keefe — for helping Natick get on track early.

"It's been a group effort to build confidence," said the Natick native who started playing basketball at age six. "Ryan and Jason are quality players. Ryan is 6-6 and can play any position. A good

rebounder and facilitator, he gets lots of steals because of his instincts. Jason controls our offense and defense. His court vision is excellent, he's got a high basketball

League all-star."

LeBlanc could be in the mix for all-star recognition, especially if he continues to get the kind of results he managed in Natick's victory over Bishop Feehan in the second game of the season. "I scored 18 points and grabbed 10 rebounds," he noted. "It was my best game on offense, it gave us a



Colby LeBlanc handles pressure effectively on this drive to the basket in a victory over Framingham. Photo courtesy of David Taylor



2-0 record and it built confidence. Plus, it was a solid win since we were playing without Ryan who was out because of a shoulder injury."

A captain who leads in a variety

of way (by example and by being vocal), LeBlanc embraces that role. "I try to be supportive of our younger players and encourage them," he said. "I want them to rely on me and not be afraid to ask questions."

One of his top thrills in basketball occurred in his sophomore year when he played a majority of minutes at center against Framingham. "I got 9 points and 11 rebounds, many of them on offense. I was able to score on a put-back after a rebound and got fouled. That changed the momentum and we won, 71-55."

Relying on an aggressive style, LeBlanc likes competing in the frontcourt where he can get position for rebounds and beat his opponents off the dribble. LeBlanc was averaging 11 points and 7 rebounds at Local Town Pages deadline.

LeBlanc's athletic philosophy focuses on winning, reaching his potential and having fun. "Once you start winning, you get enjoy-

ment, then winning gets easier," he emphasized. "I've enjoyed all three sports I've played and have learned some valuable life lessons — like how to be a good teammate, how to lead, how to strengthen your work ethic and how to overcome adversity."

LeBlanc showed his resiliency when he was injured in football last fall. He suffered a thumb injury and missed Natick's first three games. He bounced back and helped the Redhawks get to the playoffs. Unfortunately, against Milford in the quarterfinals, he suffered a shoulder injury and was unable to return after the first quarter in a matchup that Milford won.

Calling his father, a lacrosse and football player at Waltham High, a role model for his support and encouragement, LeBlanc has high praise for all of his coaches — Masto, Mark Mortarelli (football) and Nathan Kittler (lacrosse).

"Coach Masto has lots of energy and drive," LeBlanc said. "He's got passion for basketball and for his players. He's also a terrific motivator. Coaches (Mark) Mortarelli and (Nathan) Kittler I've known for a long time. They're very knowledgeable, good with x's and o's, and strong motivators."

LeBlanc possesses many of his coaches' traits. He, too, is motivated and has passion (lots of it) for whatever sport he's playing. His playing days at Natick will soon be nearing the finish line. And, if there's any urgency attached to basketball and lacrosse, he no doubt wants to experience some playoff success. There were limited opportunities in basketball because of Covid, and last spring Natick finished in the final eight in the lacrosse tourney.

LeBlanc deserves to have his high school career end on a positive note.

As his basketball coach emphasizes: "Corey conducts himself in such a positive manner. He knows the vision we have for our program and he's the perfect person to be working with our younger players."

Colby LeBlanc isn't sure what career path he'll follow after college. But, one thing's for sure — success will be his trademark.

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# On a Mission to Combat Veteran Suicide

BY GRACE ALLEN

After three military friends killed themselves in one month, David Campisano knew he had to do something. In April of 2020, the Army veteran and former Norfolk resident started 22Mohawks, a non-profit committed to raising awareness around veteran suicide.

Campisano served his country

from 2001 to 2016, and after his honorable discharge he returned home and slipped back into civilian life. He was one of the lucky ones. Since the global War on Terror began in 2001, over 60,000 American soldiers have died in combat. While that number is stunning enough, it's eclipsed by the number of military veterans who have committed suicide in the same time frame. By some accounts, it's close

to 120,000. On average, 22 veterans commit suicide each day.

"Veterans are trained not to ask for help. They're trained to suppress emotions and not show weakness because there's this stigma," said Campisano. "You're in the military, you get hurt and you're in pain but you're not going to tell anyone and you drive on. And that actually works very well when you're in the military. But when you



From left, David Campisano, the founder and president of 22Mohawks, with Stacey Coyne, the organization's CEO, and Mike McGee, the first veteran to receive a dog through 22Mohawk's Pups for Vets program. Photo courtesy of 22Mohawks.



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get out, that doesn't work anymore. Some of the most A-type, hard-charging people I know took their own lives."

22Mohawks began with a few events to gather veterans together in an effort to provide support and create community over shared experiences. But after the chaotic

withdrawal from Afghanistan last year, Campisano was inundated with calls from veterans having difficulty processing the end of the war. He decided to create a website to get more visibility for the organi-

**22MOWHAWKS**  
continued on page 21






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## "Pups for Vets" program provides emotional support dogs to veterans free of charge

Millis Army veteran David Campisano founded the "Pups for Vets" program in September 2021 and has already matched 14 military veterans with emotional support dogs.

The program is one of many services offered to veterans by 22Mohawks, a non-profit 501(c)(3) organization that brings awareness to veteran suicide.

The name, 22Mohawks combines "22" for the average number of veterans who die by suicide each day, and the Mohawk-style haircut. According to www.22mohawks.com, "the mohawk represents the outlier – the person who is not afraid to go against the grain, rise up for what they believe in, and above all, stand tall in the face of adversity. Veterans and those who support them embody the mohawk. When you get a mohawk in support of veterans, you become a part of a movement that is greater than oneself."

Training is provided to the veteran/canine team free of charge in collaboration with Professional Canine Services in Middleboro.

Campisano says he started the program because it typically takes a veteran more than two years to get a service dog from the Veterans Administration. "Knowing this time frame may be at the cost of someone's life, Dave got into action with an idea to provide emotional support dogs to those waiting for a service dog or those in need of an immediate companion," according to 22Mohawks representatives.

Recipients range in age from 20s to 60s and represent every war since Vietnam, according to Campisano. "We have given a dog to a veteran from every branch of service except the Coast Guard."

Veterans have post-traumatic stress, traumatic brain injury, and many other physical and mental health issues from their time in service, says Campisano. "Dogs are a great way to help veterans reignite purpose in their lives. When putting together ideas for services it made sense that we implement a dog program for veterans that need a support dog and not a service dog. We launched in September [2021] and two days after launching we started getting requests for dogs. Now, it has become our main focus."

The 10-step approval process includes an initial phone call, an application with a personal statement, a home visit, and more. Once three or more veterans are approved, representatives from Professional Canine Services "head down to Florida to test dogs at the kill shelter to make sure they are compatible for each Vet," according to 22Mohawks representatives.

For more information or to apply for an emotional support dog, visit <https://22mohawks.com/>

– Theresa Knapp

**22MOHAWKS**

*continued from page 20*

zation, and also to announce that he would help veterans get emotional support dogs as quickly as possible. There is a two-year waiting list for a dog through the U.S. Department of Veterans Affairs (VA).

“The website went up and within two days we got a phone call from a veteran asking for a dog,” recounted Campisano. “He was in bad shape, so I went to the local shelter, bought a dog, and drove it to his house.”

That veteran was Michael McGee.

“22Mohawks sprang into action after I reached out to them,” said McGee, a Marine Corps veteran now living on Cape Cod. “The days were getting harder and harder to fight through, but because of their intervention, today I feel confident in my ability to keep fighting on. They helped me understand that it’s okay to reach out for help and their generosity and selflessness has given me a new outlook on life.”

22Mohawks partners with Professional Canine Services in Middleboro to provide free lifetime training for the dogs, which Campisano gets from area shelters. Since September of 2021, 22Mohawks has placed on average one dog a week with veterans through its Pups for Vets program. If a dog is available, any vet that needs one will get it at no cost within 24 hours. (There can be up to a three-week wait if dogs are not available.) Veterans are responsible for the dog’s medical bills and food, although 22Mohawks provides the first week of food for free.

Campisano and his team are working with local VA offices to become the first point of contact for veterans returning home after a tour of duty. Their goal is to provide support for vets in any way possible, although suicide awareness and prevention remains the organization’s primary focus.

Rachel El Massih, the Public Relations Director for 22Mohawks, said Campisano is always taking phone calls from veterans he doesn’t know, and often they simply want someone to talk to who understands what they’re going through.

“Dave doesn’t have a clinical background,” said El Massih. “He’s just a fellow veteran and I think that makes a difference for people. And that’s what we want veterans to know, that we’re just a phone call away, providing peer-to-peer support.”

22Mohawks will help veterans navigate the mental health system,



**Coyne and Campisano, along with Allyson Shean, right, the Pups for Vets program’s Lead Ambassador, with a pup recipient.**

*Photo courtesy of 22Mohawks.*

too, if they want or need more support than the organization can provide. Vets are often referred to a direct contact at Home Base, a Red Sox Foundation and Massachusetts General Hospital program dedicated to healing the invisible wounds of war for service members and veterans of all wars. There is no cost for services provided by Home Base.

There is also no cost for the yearly events 22Mohawks holds for veterans, which include a NASCAR racing experience, a tandem parachute jump, and a firearm safety certification course. Veterans are chosen by lottery to attend.

The goal of the veteran-focused events, according to Stacey Coyne, 22Mohawks’ CEO, is to create social connections and camaraderie while providing an outlet for veterans and their families to express themselves.

“We are family-based and we encourage veterans to bring their spouses and children,” Coyne said. “Because it’s not just about

the veteran. The spouse may not understand what the vet is going through and maybe these events will help them see the challenges

their spouse is facing.”

22Mohawks also holds fundraisers open to the public, with the proceeds going towards the organization’s Pups for Vets program, as well as to the yearly veteran-focused events. Upcoming fundraisers include an open skate night on March 26 from 5 to 8 p.m. at the Skating Club of Boston in Norwood, as well as a trivia night on April 8 from 7 to 11 p.m. at the Norwood Elks.

Campisano and his senior leadership at 22Mohawks hail from Millis, Franklin, Walpole, Norwood, and Wrentham. And while the organization is currently Massachusetts-based, Campisano will try to help any veteran who needs support.

“We want veterans to know that there’s a group of people that can be there for them for anything,” he

said. “If they’re having a bad day, they can call us and we’ll have a conversation and maybe they’ll realize it’s not actually a weakness to reach out. We all get sad and we all get depressed. So let’s talk, because we don’t want anyone else dying by their own hand.”

To contact 22Mohawks, call 1-617-680-9852 or 1-781-251-9212. Campisano can also be reached via email: [dave@22mohawks.com](mailto:dave@22mohawks.com).

Visit the group’s website at <https://22mohawks.com> for more information about the organization, including upcoming fundraisers and events for veterans, or to make a donation. Their online shop has gear available for purchase to help raise awareness about the organization and veteran suicide.



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# Local Historical Societies and Library retrace George Washington's 1789 route along an 'Indifferent Road'

By THERESA KNAPP

Hundreds of history buffs gathered online on Feb. 13 to follow the route down the “indifferent road” George Washington traveled in 1789 when he returned to New York at the end of his post-inaugural visit to New England as the country’s first president.

The event was hosted by the historical societies of Holliston, Natick and Sherborn, plus the Sherborn Library.

The hour-long virtual presentation was attended by nearly 250 people, and highlighted areas and properties (some still standing) that Washington would likely have seen as he traveled through the area 232 years ago, including:

**Natick:**

- Morse-Dana-Leach House, 3 Eliot Street (1759)
- Morrill Tavern (1782) - no longer standing, now Shaw Park
- Jeremiah Bacon House, 185 Eliot Street (1752)

**Sherborn:**

- Sycamore tree at junction of North Main Street and Coolidge Street, across from Dowse Orchards. The last one of four planted by Joseph Dowse when he returned from the Revolutionary War.
- Joseph Dowse House, 100 North Main Street (rear built in 1780s)
- Samuel Bullard House, 33 North Main Street
- Sanger Inn tea cups and saucers, Washington used one of them

**Holliston:**

- Alden Leland House, 15 Church Place (1780)
- Oliver Leland House, 939 Washington Street (1790)
- Jonathan Cutler House, 1380 Washington Street (ell, 1730)
- Ephraim Littlefield Tavern (1688-1710)

The “indifferent road” refers to an entry Washington made in his diary on Friday, Nov. 6, 1789, as he chose a route he hoped was more scenic than the principal road:

“A little after seven o’clock, under great appearances of rain or snow, we left Watertown, and passing through Needham (five miles therefrom) breakfasted at Sherburn [sic], which is 14 miles from the former. Then passing through Holliston, 5 miles, Milford 6 more, Menden 4 more, and Uxbridge 6 more, we lodged at one Taft’s, 1 mile further; the whole distance of this day’s travel being 36 miles. From Watertown, till you get near Needham, the road is very level – about Needham it is hilly – then level again, and the whole pleasant and well cultivated, till you pass Sherburne [sic]; between this and Holliston is some hilly and rocky ground, as there is in places onwards to Uxbridge; some of wch [sic], are very bad. Upon the whole it may be called an indifferent road [emphasis added] – diversified by



View down Greenwood Street, Sherborn (1907 and 2021). The road is virtually unchanged. Source: Sherborn Historical Society

good and bad land – cultivated and in woods – some high and barren, and others low, wet and piney.”

George Washington Diaries, Vol. IV, 1748-1799.

To watch the virtual presentation, learn more about Washington’s travels, review online historical resources, or learn how to research your own home, visit the Natick Historical Society at <https://bit.ly/3oQLTiM>



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2/14/2022	6 Westfield Road	\$825,000
2/11/2022	129 North Avenue	\$488,000
2/8/2022	8 Whittier Road	\$1.18mil
2/8/2022	16 Curve Street	\$1.20mil
2/7/2022	21 Washington Avenue	\$360,000
2/7/2022	69 Park Avenue	\$900,000
2/4/2022	19 Western Avenue	\$850,000
2/4/2022	4 Post Oak Lane #21	\$249,900
2/3/2022	216 S Main Street	\$455,000
2/1/2022	21 Everett Street	\$951,500
1/28/2022	25 Mill Street	\$515,000
1/26/2022	23-25 Florence Street	\$600,000
1/24/2022	7 Morgan Drive #406	\$575,000
1/24/2022	1 Woodbury Lane	\$1.87mil
1/21/2022	136 Howe Street	\$600,000
1/20/2022	50 Marion Street	\$739,000
1/19/2022	3 Lacosta Drive	\$650,000
1/19/2022	31 Eliot Hill Road	\$1.10mil
1/18/2022	18-20 Walnut Street	\$625,000
1/18/2022	8 Post Oak Lane #19	\$337,500
1/14/2022	72 Washington Avenue	\$490,000
1/14/2022	5 Post Oak Lane #18	\$270,000
1/14/2022	54 W Central Street	\$610,000

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

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## SPRING REAL ESTATE MARKET HAS SPRUNG

Are you ready? Buyers are!  
Contact me for a complimentary  
market analysis

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**#1 AGENT IN NATICK**

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# Ready for your next big move?



Scan the QR code here for a complimentary market analysis of your home sale and/or buyer consultation.

## The Allain + Warren Group Proudly Services:

- |             |                    |
|-------------|--------------------|
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| Holliston   | Sudbury            |
| Hopkinton   | Wayland            |
| Marlborough | Wellesley          |
| Medfield    | Westborough        |
| Medway      | <b>and BEYOND!</b> |

# #1 in Home Sales

in Natick Since 2018



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