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**July 2022** 

# Natick Night at the WooSox

It was "Natick Night" at Polar Park May 20.

Over the course of the 2022 season, the WooSox are hosting 18 "Town Takeover" games, during which they spotlight a city/town from Central or Western Mass during pre-game ceremonies.

The team was thrilled with the support they received from the town of Natick and many of its proud residents. It was a sellout crowd!

During pre-game ceremonies at every home game, the team recognizes a nonprofit organization doing excellent work in the community as the "Heart of Worcester." At the Natick Night celebration, they honored the Redhawk Foundation, which enhances the experience for all Natick youth sport participants by providing financial support, upgrading equipment, and improving fields and facilities.

Specifically, they honored the founder of the Redhawk Foundation, Peter Warren.

As the "Hometown Hero," they honored Rick Jennett, a longtime Natick resident whose



Natick Little Leaguer Alan Steinman threw a Ceremonial First Pitch.

longtime Natick resident whose love of his town has led to more

**WOOSOX** continued on page 2

# Connecting Communities on Climate

By Sean Sullivan

Good fences make good neighbors, goes the saying.

In his poem "Mending Wall," Robert Frost relates the ritual of repairing, maintaining, the stone boundary between his property and a neighbor's. Frost's abutter is adamant about the wall's utility. The poet is skeptical.

But do bridges make better neighbors? That's the question an ongoing Natick outreach program is betting on and seeking to answer.

The town has been partnering with its own neighbors - Framingham and Ashland - to better understand how municipalities might better address the climate-related needs of their residents.

Dubbed the Metrowest Climate Equity Project, its survey is aimed at better understanding how residents are vulnerable to a changing climate and associated extreme-weather events. The finer focus of the effort is outreach to neighborhoods and

residents who might have a more tentative connection to the town.

People for whom English is a second language were a focus of the survey, and thus it was made available to them in Spanish and Portuguese. Renters, too, tend to be less connected to the communities in which they live. Tenants may interact primarily with the property owners to whom they pay rent, a relationship that can add a degree of separation between renters and local government. They may feel more isolated, less invested in, less connected to the town.

The survey ended May 30, and was conducted via in-person interviews, the internet, and postcards. It queried residents about their needs and vulnerabilities against the backdrop of increasingly-extreme weather. In recent years, the survey asked, have residents left home to seek respite from the cold or heat? If

**CLIMATE** continued on page 3





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### **WOOSOX**

continued from page 1

than 22 years of service, between Natick's Finance Committee and Select Board.

The team welcomed more than 500 youth athletes of all ages and sports to Polar Park, including more than 250 Natick Little Leaguers.

Natick Little Leaguer Alan Steinman (14) threw a Ceremonial First Pitch.

After every Friday home game, fans enjoy Unibank Fireworks. On behalf of Unibank, Natick resident Teddy Dupuis (11) threw a Ceremonial First Pitch. Accompanying him was his aunt, Christine Stickland, who owns Christine Strickland Photography.

Patrick Pass was in attendance to throw a Ceremonial First Pitch and meet with fans in the Sherwood's Diner during the game. Pass helped the New England Patriots win their first three Super Bowls, and as head coach in 2021 he led the Massachusetts Pirates to their first- Indoor Football League Championship. He is now the director of football personnel with the Pirates.







Clockwise from left: Redhawk
Foundation Founder Peter Warren;
Natick resident Teddy Dupuis and
Christine Strickland; longtime
Natick resident Rick Jennett; Patrick
Pass of New England Patriots and
Massachusetts Pirates.
Courtesy photos by WooSox
photographer Tayla Bolduc.





### **CLIMATE**

continued from page 1

so, where did they go?

One of the goals of the survey was to identify locations where residents would likely seek shelter, with the intent to bolster those places with more resources to help them meet heightened demand. Natick's Morse Institute Library, for example, is designated as one of the town's "cooling centers" during extended periods of extreme heat.

"It was interesting to know where they look for that refuge," said Jillian Wilson-Martin. She is Natick's Director of Sustainability, and is involved in the implementation of the Metrowest Climate Equity Project in the town. "When there's a heat event or a storm, it's important to have someone to come and check on them."

And just as all politics is local, all climate conversation is community-centric.

"We heard a lot about algae blooms," in the climate survey, said Wilson-Martin. The presence of cyanobacteria, a hazardous blue-green algae, shut down beaches in Natick and Wayland last summer. The affected sites were on Lake Cochituate, a popular swimming and boating attraction for residents near and far

Several other Massachusetts beaches were closed due to the algae blooms last year, which are attributed to increased runoff entering lakes and ponds. Warmer and wetter summers carry more phosphorous and nitrogen from fertilizers (and other contaminants) into ponds and lakes, fueling the blooms that can keep swimmers and pets at bay for the season

Hurricane Katrina in 2005, of course, was a high-water mark in the annals of ecological catastrophe. For many who didn't live through it or weren't touched by it, the flooding in New Orleans was a distant dystopia, a freak phenomenon. Scenes of people stranded on rooftops, overlooking a flooded landscape, were far removed from scenic and sleepy suburban neighborhoods.

The years since Katrina have torn those blinders from a country's collective eyes. Like the elemental Greek gods of old, seeking to discipline societies complacent and conceited, Mother Nature is responding

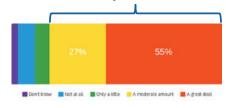
1 out of 5 survey takers have left home in search of place to get warm or to cool off:



2 out of 5 survey respondents were aware of and participating in programs to reduce heating and cooling bills



Most people are worried about climate change **4 out of 5** people who took the survey thought climate change would affect them or their families a moderate or great amount



with all the slings and arrows in her arsenal.

West coast wildfires consume the mansion and middle-class home with equal appetite. Mudslides sweep away the multi-million-dollar residence and hut in the holler, each with indiscriminate ease and increasing frequency. Countries and people who contributed least to the climate crisis can pay the highest toll; the inverse is often the case.

Last year, a heat wave scorched western North America from late June into the middle of July. The event was coded ostensibly as a one-in-a-thousand-year weather anomaly. A heat map of the event shows the western shoulder of the U.S. and Canada as charred coastline and interior, as if the two countries missed that area when applying sunscreen.

The event put a pin in the record books for Canada, which at 121 degrees, saw its highest-ever recorded temperature. An estimated 1,400 deaths were attributed to the heat wave.

Those temperatures disproportionately affected poorer

**CLIMATE** continued on page 5



# **Puzzling it Out**

By Sean Sullivan

Natick's Daniel Garofolo set out on a quest last month to solve one of life's great mysteries — Rubik's Cube.

Dubbed "Roc the Cube 2022," the competition took that name from its host city of Rochester, New York. It was held June 4th at St. John Fisher College. The tourney is part of a constellation of events in cube culture, many of which entail commercial sponsorship, prize money, and world-recognized Rubik's rankings.

The classic Rubik's Cube is a 3x3x3 puzzle, with nine colored facets on each of its six sides. I dabbled in cubery (briefly) in grade school when the device first became popular.

The cube has evolved in the decades since its inception, and its popularity has been a constant. At the Rochester tournament, competitors were obliged to solve the 3x3x3, and a 4x4x4

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and 5x5x5 version of the cube. The latter has 25 facets on each of its six sides, and a trevigintillion (1072) possible combinations. That value is any number followed by 72 zeroes. For some dizzying context, a trillion is any number followed by a mere dozen zeroes.

Not long before it became hip to be square, the Rubik's Cube was the ultimate talisman of nerd culture. But the mere possession of the cube meant little if one could not wield it, solve it. I fell into this category. Like a "squib" in the Harry Potter novels, I was a poser - all potential and no prowess. I could hold it, elicit the telltale clicks as I swiveled it sides, yet no magic would come of my efforts.

Lacking the patience and discipline required to make progress, wary of the ridicule of my peers, I soon quit. Space LEGO sets were more my speed.

Not so with Daniel Garofolo. I'd recently witnessed him twisting the Rubik's, and struck up a conversation about it. Its sides swiveled in a single hand, his attention on the changing color patterns almost fleeting, as if the real calculations were happening inside his head.

Such single-handed manipulation of the Rubik's can reveal an

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advanced cuber. Last month, Columbia's Angel Alvarado broke the world record when he solved three classic cubes while juggling them. The feat took four-and-ahalf minutes for the 19-year-old. Watching the video in slow motion reveals Alvarado's fingers swiveling the facets of each cube

during the brief instant it lands in each hand.

Algorithms have been created for cube devotees, systems that can be memorized and drawn upon to faster solve the Rubik's.

Garofolo said much of his practice for the tourney, as one might expect, meant putting in

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the raw requisite hours with the Rubik's.

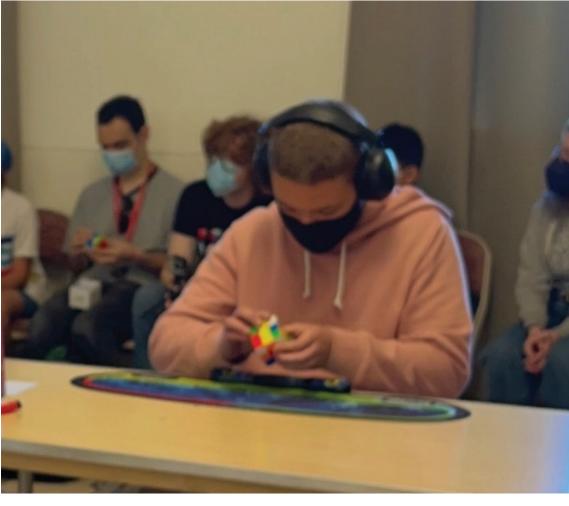
"I was just doing a lot of solves," said the 15-year-old. "There are some people who can do it blindfolded." He has been practicing the Rubik's for about four years, which in elite cubing circles makes him a late starter.

The victor of Roc the Cube this year was Canadian speed-solver Ryan Wu, a very young competitor who won the best times in the 3x3x3, 4x4x4, and 5x5x5 categories. Participants solve each of the cubes five times, and an average is gleaned from the grouping. Wu's fastest solve for the 3x3x3 was 4.8 seconds, with an average of 7.36 seconds overall.

For his efforts, Garofolo placed 69th in Roc the Cube - eliminated in the first round of competition. He said he enters the tourneys knowing full well what he's up against.

"I didn't get to do much because I'm not fast enough. A lot of it is these 9-year-olds just beating you because they're really fast. But I still had fun."

Garofolo's family made an extended trip of the tournament, driving to Niagara Falls for some sightseeing after Roc the Cube. They are new to Natick, having moved here from New Jersey about two months ago.





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# Natick Volunteer Wins Myra Kraft Community MVP Award

Care Dimensions veteran-to-veteran hospice volunteer Robert "Jerry" Dunn of Natick, MA, was honored this month by the New England Patriots Foundation as a 2022 Myra Kraft

Community MVP Award winner for outstanding volunteerism.

After Dunn's wife died unexpectedly in 1998 at the age of 52, friends, neighbors, and people Dunn didn't know offered to help him and his three children.

"This is when I learned how important support is for grieving people," Dunn said. "If I didn't have anyone to help me, I would have had a very difficult time. I wanted to give back. I facilitated a bereavement group and in 2011, I became a hospice volunteer with Care Dimensions."

A U.S. Navy veteran, Dunn volunteers six hours a week to visit and support veterans on hospice.

"I served as a petty officer second class in the U.S. Navy from 1968 to 1972," said Dunn. "I decided I wanted to devote my hospice volunteering time to other veterans. Whatever service you were in, it's like a brotherhood.

"When I first meet a patient, I say I'm a Navy vet and visit vets wherever they live," Dunn continued. "I ask them about their family first, then their service. I focus the discussion on what they like so I can learn how to support them. Most open up after the first few visits. Sometimes they share stories about their military service

that they've never told their family. Any time I can help a veteran, then that's the brotherhood at its very best. I love doing it."

Dunn was one of 26 winners to receive the award at a luncheon



Procter & Gamble's VP of Grooming, North America, John Claughton (far left), Patriots Chairman and CEO Robert Kraft and Patriots and Pro Football Hall of Famer Andre Tippett congratulate Robert "Jerry" Dunn of Natick, MA, for being selected as a 2022 Myra Kraft Community MVP Award winner. During the June 8 luncheon, the Kraft family, the Patriots Foundation and Gillette awarded \$275,000 in grants to 26 New England nonprofits. Care Dimensions received a \$10,000 grant in honor of Dunn's volunteer efforts. (photo courtesy of Eric J. Adler/New England Patriots) Courtesy photo

at Gillette Stadium. More than 250 applications for the award were received from nonprofit organizations throughout New England.

The New England Patriots Foundation is donating \$10,000 to Care Dimensions in Dunn's name as part of the \$275,000 it awarded to nonprofits represented by the 26 winners.

"There are so many people doing great things in our communities. It restores all faith in humanity," said Patriots Chairman and CEO Robert Kraft. "We enjoyed reviewing this year's applications and selecting the 26 dedicated individuals that are helping to make the world a better place."

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### **CLIMATE**

continued from page 3

communities, who had fewer resources to draw upon in escaping the heat. In such extreme weather events, even the abundance or absence of tree cover can mean the difference between one or two heat-related deaths and many.

And last year in Texas, a freak winter storm killed electricity transmission to many communities, contributing to the deaths of nearly 250 people.

The Texas utility grid proved fragile when faced with snow, ice and frigid temperatures, and many perished from hypothermia when the power went out over the course of days. It reiterated Mother Nature's power of surprise, her ability to rewrite the script. It was also a symbol of our collective complacency, a failure of human imagination and preparedness.

These events have been climate wake-up calls for many communities across the continent, forcing governments and citizens to reckon with the reality of a warming world. Infrastructure and institutions built during the last century, it seems, are now stressed to their limits and beyond by weather events severe and strange.

More-connected communities are part of a strategy that can

steel societies against a changing climate, and that's where the Metrowest Climate Equity Project might point to some answers and solutions. The project launched in the fall of 2021, and will continue into next year.

Its climate survey, said Wilson-Martin, is as much about making connections between neighbors as it is about having those questions answered. Those neighbors include Natick, Ashland, and Framingham, who have partnered together in the project.

It includes strengthening connections between communities separated by barriers of language and class. It consists of bolstering the bonds between those neighbors and local and state governments. And finally, it involves widening the focus to see all of this within the shared community of an interconnected country and world.

In short, it means breaking down walls, mending and building bridges.

We'll need them to traverse the moats and basements that fill and swell from more frequent flooding. We'll need them to bridge connections during those times when the power, heating, and air conditioning fails.

"This is a method that we can use to talk about more than just climate," said Wilson-Martin. "So many of our communities are facing similar challenges. So we might as well be working together on similar solutions."





# **Natick Nights Thursdays in July**

Natick Nights run 5-7:30 pm, every Thursday, through July 28th.

Natick Nights will be showcasing the entertainment and artistry that's unique to Natick Center. There may be street performers, a walking history tour, a performance, a gallery opening, artist demonstrations, maybe a beer or wine tasting, restaurant specials, and featured merchant specials!

These are just a few of the things that we will have on Natick Nights, so come downtown and "Make a Night of It!"

The themes of the weeks are as follows:

July

7 – Health & Wellness

14 – BFF Night – Bring your favorite buddy and hang out with us on the common lawn for a night of fun and music.

21 – ArtWalk

28 - Kids' Night



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# New suicide prevention hotline number – 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16.

When people call, text, or chat 988, they will be connected to

trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

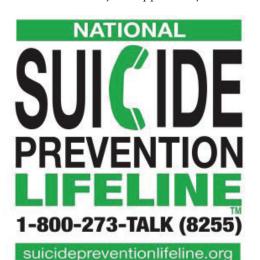
The current Lifeline phone number (1-800-273-8255) will always remain available to people

in emotional distress or suicidal crisis, even after 988 is launched nationally.

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown

that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

Answer the call! These centers are looking to bring on new volunteers and paid employees. You will receive training, so if you are a caring person who wants to help those in crisis, apply today. Find your opportunity: samhsa.



gov/988-jobs

988 is not yet active across all communications access points in the United States. If you or someone you know is in crisis now, please call 1-800-273-TALK (8255) to be connected to the National Suicide Prevention Lifeline or visit Vibrant Emotional Health's Safe Space for digital resources



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# **Enjoy Every Sandwicher Moment.**

Once David Letterman had frequent guest and a favorite musician of his, Warren Zevon, on for an entire show. Zevon, who'd disclosed terminal cancer, performed and interviewed throughout. Dave at one point asked, "Anything you know now, that I should know?" to which Zevon wittily deadpanned, "Enjoy every sandwich."

Those raising children and helping aging parents often feel rushed and are distracted thinking about what's next, overlooking the beauty of daily, mundane moments.

July is National Sandwich Generation Month, celebrating a generation of people sandwiched between caring for their young children and aging parents at the same time.

I'm a Sandwicher, as are approximately 15% of Americans between ages 40-60 who face the challenges of planning, communi-

cating and executing for 3 generations at once.

In 2018, my parents were struggling with health to remain independent in NH after 60 years in their home. Stress raised on my mom as a caregiver and daily living/house routines began to slide. My wife, our daughters (then 5 & 3) and I lived comfortably in our Ashland home. The adults agreed on a Plan B supported by updated financial planning. Sell both homes, buy a new home for 3 generations and live as one household sharing in daily responsibilities.

The urgency was greater than anticipated and not without challenges since our move to Holliston, here's some antidotes for Sandwichers:

Small talks instead of "The Talk." Families don't like to think about declining health and elder care, let alone discuss it. I used single topics tied to a recent story about

a friend, asking what they would do. Gained small agreements, the changed topics as would address others another day to frame a mutual plan.

Bring in outside mediators. My aunt shared with my mom that time is not your friend. She encouraged the positives to take action now, rather than later when fewer options are available. Additionally, we consulted with an elder care attorney on understanding MA Health options, current trusts, POAs and proxies before making the move.

Your spouse's support is critical. Incredibly fortunate to have a spouse that pushed me to see the positives and embraces bringing family in as "you'd want your daughters to treat you the same someday."

Through the eyes of a child. It's not all about you, the girls show the love and benefits of learning by being around grandma



Fathers Day 2022

and grandpa. And vice versa, as health has improved so has activity as the girls provide motivation and energy.

Sometimes timing is everything. I couldn't imagine the anxiety and ill-advised actions my parents would have faced on their own these past 2-plus years.

Your parents sacrificed many things to make sure you had it better, including concealing issues to not worry you. Be open with communication and embrace change, the best ways to prevent costly unintended consequences and ensure positive lasting 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<sup>TM</sup> helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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# **Leave Fireworks to the Professionals**

## More Than 900 Fires, 31 Severe Burns Attributed to Fireworks Since 2012

Massachusetts State Fire Marshal Peter J. Ostroskey and State Police Colonel Christopher S. Mason are reminding residents to leave fireworks to the professionals this summer.

Massachusetts fire departments reported more than 900 fires related to illegal fireworks between 2012 and 2021, officials said. In addition to the 43 fire service injuries and \$2.1 million in damages attributed to these fires, Massachusetts medical facilities reported 31 severe burn

injuries extending to 5% or more of the victims' bodies that were caused by illegal fireworks.

"People are injured and property is lost to illegal fireworks every single year in Massachusetts," State Fire Marshal Ostroskey said. "As we enter the period when most of these incidents occur, we're reminding everyone that fireworks are illegal because they are dangerous. Many cities and towns will have professional fireworks displays this year, so play it safe and leave fireworks to

the professionals."

"The possession, use, and sale of fireworks are illegal in Massachusetts without certification and licensing," said Colonel Mason. "Massachusetts law requires the confiscation of any illegal fireworks we encounter, even if legally purchased elsewhere. State Police and our local partners will be conducting targeted enforcement efforts to intercept illegal fireworks coming into the state and we will seize any that we find in routine traffic stops."

Officials emphasized that fireworks, including sparklers, are especially unsafe around children. Sparklers burn at temperatures of over 1,800° Fahrenheit – hotter than the melting point of glass and aluminum. According to a 2021 report from the U.S. Consumer Product Safety Commission, "there were an estimated 1,600 emergency de-

partment-treated injuries associated with firecrackers and 900 with sparklers" in 2020. This accounted for almost 10% of

**FIREWORKS** continued on page 8

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### **FIREWORKS**

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all fireworks-related injuries that year. Of those 900 injuries from sparklers, 44% were to children under the age of 5.

Fireworks fires peaked in Massachusetts during the summer of 2020, with 120 incidents reported to the Massachusetts Fire Incident Reporting System that year. They declined by 67% to 40 incidents in 2021 as many cities and towns resumed their public fireworks displays and police departments increased enforcement. State Police seized more than 47,000 units of illegal fireworks and issued 65 criminal summonses during last year's enforcement operations. Those op-

erations will resume this summer, officials said.

The Department of Fire Services posts a list of permitted municipal fireworks displays and updates it each week through the summer. To view the list – and to learn more about the dangers of illegal fireworks – visit the DFS website.

# SPARKing Kindness at Natick Days

SPARK Kindness had a great time at Natick Nights last month. They had fun connecting and made many buttons! These are just a few pictures of some of the amazing buttons that were created.





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# **July Events From Natick Community Senior Center**

### **Walking Group At Elm Bank/Mass Hort-In Person**

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

July 5, 12, 19, 26

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.

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We visit three different castles including Blarney Castle, home of the Blarney Stone. The castles are excellent examples of how the Normans influenced fortified stone building in Ireland. Zoom link sent out a week in advance.

### **Garden Tour At Mass Hort Gardens At Elm Bank-In** Person

Monday, July 11, 10:00-11:30 am, free, registration required

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Massachusetts Horticultural Society's Garden at Elm Bank is a horticultural jewel of Greater Boston. A place of beauty, contemplation and exploration, the garden welcomes all. A blend of historic and contemporary, like all gardens, Elm Bank is a work in progress. Come learn about the history, surrounding plants as we walk through the various gardens including Bressingham, Goddess Garden, Native Plants, and the 1907, Alice Cheney-Baltzell Manor House and Olmstead Italiante gardens. Meet in the Visitor Parking Lot, 900 Washington St, Wellesley, MA

fall madly in love; and naive Hero and Claudio, who fall quickly in love only to be thwarted and then reunited (in both cases, with a bit of help from their friends). But it's more than just a comedic romp. The play tackles serious themes too: trust and betrayal, power and privilege, gendered expectations around chastity and violence. This is a comedy entangled with a tragedy, where love and justice nevertheless manage to prevail with vigorous joy.

their disdain for each other but

Please also join us on Tuesday, July 19, 1:30-2:30 (Zoom) with BU Shakespeare professor Liam Meyer as he talks about the history of courtship and marriage in Shakespeare's time with reference to Much Ado About Nothing. Please call to register for this zoom class.

### **Movie- Much Ado About Nothing-In Person**

Wednesday, July 13, 1:00-3:00pm, free, drop in

1993, PG13, 110 minutes

Directing and starring Kenneth Branagh; Emma Thompson, Keanu Reeves, Imelda Staunton and more. Much Ado About Nothing is one of Shakespeare's most popular and frequently performed plays, first performed in 1612 in London. The plot revolves around two couples - witty Beatrice and Benedick, who publicly proclaim

### Mondays At A Museum-**Movies About Art And** Artists At 2:00pm, Free, **Drop In- In Person**

7/11- Lust for Life (1956) 122 minutes. Directed by Vincente Minelli and George Cukor starring Kirk Douglas. The life of brilliant but tortured artist Vincent van Gogh. Won Oscar.

7/18- Mr Turner (2014) R,

150 minutes. Directed by Mike Leigh, nominated for 4 Oscars. An exploration of the last quarter century of the great, if eccentric, British painter J.M.W. Turner's

7/25- Frank Lloyd Wright (1998) 140 minutes. Documentary directed by Ken Burns, Llyn Novik. A biography of the life and work of the American archi-

### Meet Up At Concord Museum - Alive With Birds: William Brewster In Concord-In Person

Tuesday, July 12, 10:00amnoon, \$5.00 guided tour, come to the Natick Community Senior Center to register, 117 East Central St, Natick

The Concord Museum is collaborating with Mass Audubon to present a special exhibition, Alive with Birds: William Brewster in Concord. William Brewster (1851-1919) was Mass Audubon's first President. He dedicated over thirty years of his life to the study of birds in Concord at his property. Brewster was one of the country's earliest advocates for the protection of birds and the conservation of their habitats. This exhibition explores William Brewster's life and legacy in Concord, featuring paintings and sculpture from the Museum of American Bird Art and ornithological artifacts from the Concord Museum, Harvard's Museum of Comparative Zoology, and the Chesterwood Archives at Williams College. Meet outside the main entrance of the museum, 53 Cambridge Turnpike, Concord, MA

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### **Meet Up At Mt Auburn** Cemetery, Cambridge, Ma-**In Person**

Monday, July 18, 10:30amnoon, free, call to register 508-647-6540

Join our COA group, led by Sharon & Emily from the COA - Meet at the entrance, parking is nearby

Mount Auburn Cemetery was founded in 1831 and is a designated National Historic Landmark, as well as a bucolic garden

**SENIOR CENTER** 

continued on page 11

### **SENIOR CENTER**

continued from page 10

and the burial site of many prominent members of Boston including-Nathaniel Bowditch, Isabella Stewart Gardner, Henry Longfellow and Charles Sumner. The classical monuments set in a rolling landscaped terrain, marked a distinct break with Colonial-era burying grounds and church-affiliated graveyards. Our tour includes history of the cemetery, people buried there, surrounding nature and a bonus is we'll spot some spring migrant birds.

Meet inside the entry gate, bathrooms are available, please wear comfortable sneakers to walk on the paved roads. Free parking is available at the entry. Group size limited to 15. Allow an hour for the tour and feel free to stay and explore further on your own. Maps of the cemetery will be provided. The address is, 580 Mount Auburn Street, Cambridge, Massachusetts 02138.

### Shakespeare- Courtship And Marriage – Zoom

Tuesday, July 19, 1:30-2:30, free, register call 508-647-6540

Join Boston University Shakespeare professor, Liam Meyer as he talks about courtship and marriage in Shakespeare's time with references to Much Ado About Nothing. Some questions Liam will look at: What age did people typically marry in the Renaissance? How much freedom of choice did young women have? Why were engagements legally binding? Were elopements like Romeo and Juliet's really possible?

Please also join us for our movie showing of Much Ado About Nothing, Wednesday, July 13, 1:00-3:00pm, free

directing and starring Kenneth Branagh; Emma Thompson, Keanu Reeves, Imelda Staunton and more. Much Ado About Nothing is one of Shakespeare's most popular and frequently performed plays, first performed circa 1600 in London.

### Day Trip To Newport Mansion-The Breakers

Wednesday, July 20, 8am-6pm, email skirby@natickma. org for more information or call 508-647-6540.

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Weekly Events

# **Bacon Free Library Events**

### **EVENTS FOR ALL AGES**

### **Rob Dunlavey**

Natick artist and children's book illustrator Rob Dunlavey will be showing landscape drawings and paintings at the BFL from June 16 – September 28. Join us for an opening reception. It's free and open to the public.

Rob's lyrical and expressionistic drawings of the South Natick

dam capture the plant and animal life seen over the past dozen years of his daily artistic practice. Rob is also an award-winning children's book illustrator. His published books can be found in many libraries. His next book, Whale Fall, written by Melissa Stewart, will be published by Random House in Spring 2023.

### **CHILDREN'S PROGRAMS**

### Every Monday @ 10 am outside, behind the library: Monday Morning **Stories & Songs**

time! We'll mix things up with a combination of stories for listening and songs for dancing.

This program will be held outside on the library lawn. Bring a towel or blanket for stretching. Look for us around back! If there is rainy weather, the story time will be moved indoors.

# outside, behind the li**brary: Outdoor Story Time**

Come and join us for in-person, outdoor story time on the beautiful grounds behind the library. Be sure to bring a blanket

If there is rainy weather, the

## side at the library: Elijah T. **Grasshopper & Friends**

brary for a musical show!

Elijah T. Grasshopper & Friends are a children's music group featuring Emma "Go-Go Green" Bean and their puppet pals, Willa the Worm and Weatherbee Frog.

This program is best suited for children ages 2 through 8, but can be enjoyed by all ages. Elijah T. Grasshopper and Friends have

Grading

received multiple grants through the Mass Cultural Council in the past few years and are excited to bring their music to local communities. Join Elijah & Friends for some super-duper interactive kids' music and a hopping good time!

Reading

MORSEINSTITUTE

Booklists

LOG YOUR MINUTES!

You can learn more about us at www.ElijahTGrasshopper.com This show is sponsored in part tural Council and by the Friends of the Bacon Free Library.

# outside at the library: **Puppet Story Time**

Through Me To You Pup-

continued on page 13



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# Every Tuesday @ 10 am

or chairs to get comfy.

story time will be moved indoors.

# Weds, July 13 @ 6 pm out-

Join us on the lawn of the li-

by a grant from the Natick Cul-

# Friday, July 15 @ 10 am

**LIBRARY** 

Special Events



### **LIBRARY**

continued from page 12

petry invites you to join Newton and the gang for some story time fun! Newton and his puppet friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say hi to Newton &

grounds of the Bacon Free Library for this interactive program. You'll learn what plants need to survive, decorate a terracotta pot, plant a container garden crop, and start a growing journal. All materials are provided.

This program is presented by Tower Hill Botanic Gardens and sponsored by the Friends of the

thin wire high above the ground. He is known to change his height through the use of stilts.

WARNING: Henry involves innocent bystanders in his act.

Henry the Juggler is a professional. He has been seen by tens of thousands up and down the East coast, appearing at theaters, schools, libraries, festivals, scout troops, and business districts. Henry has been performing and teaching juggling for over 30

This program is supported in part by a grant from the Natick Cultural Council, a local agency that is supported by the Mass Cultural council, a state agency and by the Friends of the Bacon Free Library.



even play with some of his pup-

Through Me To You Puppetry's mission is to support anyone and everyone who believes in themselves and follows their dreams — and does not let doubt or fear stop them. We are committed to exploring themes of love, courage, and compassion through the wonderful and wonder-filled world of puppets.

This program will be held on the library lawn, please bring a blanket or chair.

### Weds, July 20 @ 10 am outside at the library: Container Gardens

Attention kids in grades 1-5: would you like to start your own portable garden? Join us on the Bacon Free Library.

Space is limited and registration is required (registration will open 2 weeks before the pro-

### Weds, July 27 @ 6 pm outside at the library: Henry Lappen: Juggler

Henry the Juggler (alias Henry Lappen) is considered armed (and legged) and dangerous.

He is known to cause spontaneous outbursts of laughter.

He speaks little, but says a great deal through his expression and body language (and road signs!).

He has in his possession BALLS, CLUBS, RINGS, TORCHES and other apparatus of his trade.

He is capable of walking on a

**ADULT PROGRAMS** 

### Monday, July 11 @ 7 pm on Zoom: Fragrance in the Garden

Perhaps you have smelled the lovely fragrance of a peony and were immediately transported back to a time long ago in your grandmother's garden. Have you ever wondered why that is? Joanne Pearson is back to enlighten us about the power of aroma and

# **Morse Institute Library**

now has hotspots available for borrowing!



For more information on hotspot lending, visit our Digital Branch:

morseinstitute.libguides.com/rooms-technology/hotspots



We are very pleased to announce that the Morse Institute Library now has mobile wireless hotspots for patrons to borrow! The new Hotspot program fulfills the Library's mission to advance equitable access to resources and information, and is funded for one year through the Institute of Museum and Library Services (IMLS) from the American Rescue Plan Act (ARPA) to support the IMLS' national goals for digital equity. Patrons must be 17 years or older and can borrow a Hotspot for 2 weeks with no renewals.

Learn all about the program on our digital branch: morseinstitute.libquides.com/ rooms-technology/hotspots

its importance in the garden.

In this program, we'll look at the amazing things that scent does for a plant (botanically, that is, the scent is not there for our pleasure!). We will discuss specific plants, shrubs, and trees with fragrant flowers and foliage that can be grown in New England and where to place them in the landscape to maximize our enjoyment of their fragrance throughout the

This program will be held over Zoom. Please register to receive the meeting link.

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# **Sports**

# Natick High's Petulla Twins Identical In Many Ways

## Lacrosse Captains Will Play For MIT

By KEN HAMWEY Staff Sports Writer

Twins sometimes are not only identical in appearance, but also in their goals, achievements, and pursuits.

Check out Monica and Nina Petulla, identical twins who played lacrosse for four years at Natick High. Their final season concluded last month in the state tourney where they were eliminated by Winchester, 12-7, in the first round.

The 18-year-old twins mirror one another in so many ways. They're both two-year members of the National Honor Society and their GPAs are the same — 4.75. Both will be enrolled at Massachusetts Institute of Technology (MIT) in the fall and both will continue playing lacrosse at the Division 3 college.

The twins will major in bio-chemistry and both plan to go to medical school after earning their bachelor degrees.

At Natick High, the girls, who are both 5-foot-5, competed in cross-country, competitive dance and lacrosse. They were both captains in lacrosse as seniors and were selected as first-team all-stars as juniors in the Bay State Conference.

When Lynne Tartaglia-Ricciotti took the coaching reins last April, the captains faced a similar challenge — they had to adjust to a new style.

"There were challenges," said Nina, who played attack. "There were new plays on offense and



Above, Nina Petulla competed at attack and had 23 goals and 24 assists during the season.

Left,  $\overline{\text{M}}$  onica Petulla played midfield and had 15 goals and 18 assists during the season.





defense and practices and strategies were different."

Monica, a veteran midfielder, said the transition was tough early on but it became smooth. The Redhawks finished their regular season at 9-9. "Everyone faced the challenge and adjusted," Monica said. "We became a closer-knit unit and that led to better communication."

The twins also had to adjust to physical setbacks. Nina suffered a torn ACL and meniscus at the end of her junior season, and Monica bounced back from a concussion in May after missing five matches.

The Natick natives had similar views on how they handled their leadership roles. "I tried to lead by example and to be vocal and supportive," Monica said. "And, I

enjoyed mentoring younger players."

Nina led by example and aimed to build strong bonds with her teammates. "I strived to created team chemistry," she emphasized. "And, I wanted players to feel comfortable if they needed advice or just wanted to talk."

Asked about their strengths in lacrosse and the twins aligned once again. They listed "mental toughness, a high lacrosse IQ, a solid work ethic and speed and quickness." Monica also mentioned versatility and that attribute fit both girls. Monica played defense as a freshman before finishing up as a midfielder the last two seasons. Nina played midfield before she settled in at attack.

Both girls thrived in their respective positions and their regular-season statistics reflected their team-first approach. Nina had 23 goals and 24 assists in 18 matches.

"I was aggressive when pursuing the ball," Nina said. "When in control of the ball, I was more patient, always focusing on sound decision-making. Playing attack was cool because you could score, try to move the defense, and look for teammates in open spaces that often led to goals."

Monica also was aggressive, relying on hard work and endurance to excel in midfield where transition often occurs in seconds. She finished with 15 goals and 18 assists in 13 matches. "There's constant sprinting when turnovers happen," she said. "I like

the responsibilities in midfield because it requires adept passing, quick footwork and lots of transitioning from offense to defense and vice-versa."

When best games or top thrills are recalled, the twins point to their junior year when Natick defeated Needham for their first time in the program's history.

Nina called that contest her best game. "It was our first triumph over Needham and that meant a lot," she noted. "Monica took the draws and I was on the circle. That added up to a lot of possessions. And, I was able to score three goals."

Monica labeled the game as her No. 1 thrill in lacrosse. "I scored once but that victory was a major achievement," she said. "It was so exciting. We celebrated and the bus ride to Natick was very cheerful. We were underdogs but pulled off a big upset."

Monica's best game was a three-goal effort as a freshman against Bishop Feehan. "I played attack in that game and we dominated the second half for a victory over a strong team," she recalled. Nina said that thrilling times for her occurred when she was named a league all-star and a captain.

The twins have high praise for Natick's other captain and also for Tartaglia-Ricciotti, who previously coached lacrosse at

# Sen. Rausch Secures \$1.1 Million In Local Investments For The Norfolk, Bristol And Middlesex District

Following deliberation on 1178 amendments, the Massachusetts State Senate passed a \$50 billion Fiscal Year 2023 (FY23) budget. Over the course of this week's budget deliberations, Senator Becca Rausch (D-Needham) secured over \$1.5 million in statewide funding and \$1.1 million for local investments in the Norfolk, Bristol, and Middlesex District, including youth mental health supports, environmental protection initiatives, and municipal infrastructural upgrades.

"This year's budget prioritized bringing sorely needed relief to Bay Staters," said Senator Becca Rausch. "We leveraged Massachusetts' record surplus revenues to make major investments in schools, childcare, workforce development, and housing all while boosting state aid to our cities and towns. The effects these investments will have on our communities will be game-changing, and I am proud to have delivered for the people who sent me to Beacon Hill for a second term."

The final Senate budget invests heavily in the Commonwealth, including \$1.23 billion in state aid to cities and towns; \$6 billion in Chapter 70 state funding for public schools, in line with the landmark Student Opportunity Act; bringing Massachusetts'

"rainy day" fund to \$6.74 billion; \$250 million for pandemic-related grants to support early education and childcare providers; and a policy measure providing legal protections for reproductive and gender-affirming health care providers in Massachusetts. This policy was passed to shield Massachusetts care providers from potential lawsuits over providing abortions and other services to out-of-state residents, a measure necessary if the U.S. Supreme Court overturns Roe v. Wade.

Senator Rausch secured \$1,100,000 for local initiatives and municipal projects within her district, including:

- \$127,000 to fund and implement full-day kindergarten in Wrentham
- \$600,000 for urgent structural repairs at the Elm Bank Reservation
- \$5,000 to fund anti-bias curriculum in Franklin Public Schools after an increase in local acts of racism, antisemitism, and homophobia
- \$10,000 for the annual Franklin Cultural Festival
- \$8,000 for safety upgrades to the Franklin State Forest
- \$45,000 for facility upgrades for the Milford Senior Center

- \$25,000 for backup power generators to ensure the resilience and reliability of the Millis Public Safety Radio system
- \$30,000 to replace the lighting management system at the Millis Public Library
- \$50,000 for a feasibility study to improve transportation options in Needham
- \$25,000 for technological upgrades to study water pollution mitigation in Norfolk
- \$25,000 to repair and expand the Norfolk Council on Aging parking lot
- \$25,000 for the operations of North Attleboro's WWII Memorial Pool
- \$50,000 towards a new water pumping and treatment station in Plainville
- \$50,000 to study and improve the water quality of Sherborn's Farm Pond watershed
- \$25,000 to upgrade lighting in the Wayland High School Fieldhouse

Senator Rausch also secured 5 statewide amendments, including \$1 million to fully fund Hey Sam, a youth mental health support line run by Samaritans, Inc;

\$200,000 for a statewide pilot car seat recycling program to reduce landfill waste and support Massachusetts families; \$92,000 to conduct survey research on COVID vaccinations for children in Massachusetts to determine barriers to access and strategy to close vaccination gaps; and \$300,000 for the MA Women's Suffrage Celebration Coalition of Massachusetts to continue their educational programming about women's rights and women's suffrage.

"It is the biggest honor of my life to serve the towns and cities I represent," said Senator Rausch. "I am grateful for the partnership of our local community members and municipalities to elevate their needs do a statewide level. When we work together, we succeed."

The Senate FY '23 budget now heads to conference committee to reconcile the differences between the House and Senate versions. Once complete, the final budget bill will advance to the governor's desk to be signed into law.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Senator Rausch serves as the Senate Chair of the Joint Committee on Environment, Natural Resources, and Agriculture and the Senate Vice Chair of the Joint Committee on State Administration and Regulatory Oversight.



### **LACROSSE**

 $continued \ from \ page \ 14$ 

Brockton High.

"Captain Emilia Morales played aggressively on defense and provided lots of energy," they said. "A very good athlete, she always promoted team spirit. She'll be playing field hockey for Hofstra University in the fall. Our coach also deserves recognition. She's a good motivator, an excellent communicator and one who cares about the team and strives to improve it."

Tartaglia-Ricciotti is quick to laud the effort the twins gave.

"Monica was like a point guard in midfield," she said. "She was one of our best defenders, solid in transition, had great endurance and played almost an entire game every outing. Nina was a very good passer who had a hard, accurate shot. She was aggressive to the ball and at the

goal. They worked well together."

When the twins step onto the playing field at MIT, they'll be competing for the NEWMAC League's coach of the year — Anne Versprille. "She told us that we were strong recruits and likely would be on the field," Nina said. Monica noted that Versprille was "incredibly kind, motivating, competitive and also understanding that student-athletes at MIT face a big challenge academically."

The twins, whose goals at the start of the season were to advance as far as possible in the tourney, took the loss to Winchester in stride. "We qualified for the tourney and did the best we could," Nina said. "At the end of the day, the team bonded well." Monica was injured and unable to compete in the tourney. "It was difficult to watch from the sidelines but the girls did a great job helping each other," she said.

Calling their parents (Larry and Takako) their role models "because of their support and encouragement," the twins will eventually be lacrosse teammates for 14 years — six at the club level, four at Natick High and four more at MIT.

"It's been a real advantage," Nina said. "We have a great connection on the field. We can communicate without talking, we understand each other's moves and we're both instinctive." Monica calls the experience a big plus. "Nina's a built-in teammate," she said. "We've got mutual respect for each other and we're better together."

MIT is in for a treat. Because Monica and Nina Petulla are three-dimensional student-athletes. They're dedicated, they play with desire and are devoted to the task at hand.



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# Senate Passes Fiscal Year 2023 Budget

The Massachusetts State Senate on Thursday, May 26, 2022, passed a \$49.78 billion budget for Fiscal Year 2023 (FY23). Advanced with unanimous support, the budget makes significant, critical and targeted investments in the areas of education, health care, housing and community supports to meet the on-theground challenges brought on by the global pandemic and ongoing financial uncertainty.

"The residents of Massachusetts are at the center of our work and their voice, advocacy and contributions are interwoven throughout our Fiscal 2023 budget," stated Senate President Karen E. Spilka (D-Ashland). "I take great pride in advancing a budget that contains meaningful investments in early education and childcare, K-12 schools, public higher education, mental health and substance use disorder

treatment as well as a record level of assistance for low-income residents. At a time when reproductive and gender equity rights are under attack across the country, I am also grateful that the Senate budget adopts new, critically needed measures to protect our providers and health care centers. I want to thank Chair Rodrigues, Vice Chair Friedman and Assistant Vice Chair Lewis, as well as their staffs, the members of the Senate Ways and Means Committee, all of my Senate colleagues who contributed ideas and energy as this budget came together and every advocate and member of the public who made sure we knew what was important to them."

"Today, the members of the Senate have spoken and moved forward together to pass a Fiscal Year 2023 budget that strengthens our state's economic foundation, upholds the fundamental rights of our people and continues our efforts to build a more inclusive Commonwealth," said Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "Under the leadership of Senate President Spilka, the Senate has taken meaningful steps this week to support our long-term economic health, maintain fiscal responsibility, and make targeted

investments in education, local aid, health care, housing, workforce development, and many other important areas, ensuring we meet the everyday needs of our communities. Thank you to the Senate President for her guidance, Vice Chair Cindy Friedman, Assistant Vice Chair Senator Jason Lewis, Ranking Minority Member Senator Patrick O'Connor and Senate Minority Leader Bruce Tarr for their impactful contributions, and to my colleagues in the Senate, whose advocacy throughout the week contributed to a respectful and civil discussion on priorities important to them, which helped shape the overall direction of this budget."

"The budget that passed the Senate today continues our commitment to funding the urgent needs of our residents, including increased funding for housing, education, child care, and assistance for families," said Senator Cindy F. Friedman (D-Arlington), Vice Chair of the Senate Committee on Ways and Means. "This budget addresses the mental health crisis in Massachusetts by creating the Behavioral Health Access and Crisis Intervention Trust Fund, which will fund crisis supports and a new behavioral health crisis hotline. And while we know there is more need and more to do, this budget makes significant progress in these areas. I am also incredibly proud that Amendment #388, which I filed,

was adopted. This amendment will enhance protections for residents, visitors and providers engaged in lawful reproductive and gender-affirming health care in the Commonwealth."

"I'm excited that this budget will help move the Commonwealth forward and continue a strong and equitable recovery from the pandemic," said Senator Jason Lewis (D-Winchester), Chair of the Joint Committee on Education and Assistant Vice Chair of the Senate Committee on Ways and Means. "I'm particularly pleased that we are continuing to fully fund the Student Opportunity Act as well as beginning to implement the recommendations of the Early Education and Care Economic Review Commission in order to expand access to high quality, affordable early education and care. Thank you to President Spilka and Chair Rodrigues for your leadership and to all my Senate colleagues for helping craft such a strong budget for the residents of the Commonwealth."

The Senate's FY23 budget includes a total of \$49.78 billion in spending with \$854.4 million deposited into the state's rainy-day fund, bringing that account's total to \$6.74 billion. Structured upon a consensus revenue estimate of 2.7 per cent growth, the budget also funds Unrestricted General Government Aid (UGGA) at \$1.231 billion.

Ron Saponaro

# **Local Town Pages Is Looking for Writers!**

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for our nine publications which cover the towns of Ashland, Bellingham, Franklin, Holliston, Hopedale, Natick, Norfolk, Norwood, Medway, Millis, and Wrentham.

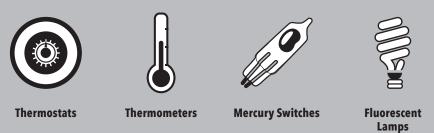
If you're interested, please send a resume and two writing samples to editor@franklintownnews.com.



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# LSVT BIG®Parkinson's Therapy Now Available at Mary Ann Morse Healthcare Center

# 5-Star Rated CMS Provider of Outpatient & Short-Term Inpatient Rehab Services

Natick, MA (June 6, 2022) Non-profit Mary Ann Morse Healthcare Center of Natick is pleased to announce that its LSVT BIG Therapy® trained and licensed clinicians now offer the Lee Silverman Voice Treatment® physical therapy program. The LSVT therapy program is research based and designed to help individuals with Parkinson's disease and other similar conditions improve skills such as walking and balance. It can also help with daily living activities such as writing, dressing, standing, and job-related tasks. The program includes general conditioning exercises, functional training, and gait and balance therapy, and can be customized to meet individual needs and goals.

With over 20 years of research, LSVT BIG treatment has shown documented im-

provements in faster walking and bigger steps, improved balance, and increased body rotation. Initially developed for Parkinson's disease patients, LSVT BIG has expanded to treat body movement challenges faced by individuals with a wide range of neurological conditions.

"We are pleased to support local area residents with this innovative therapy on both an outpatient and inpatient basis," says Marybeth Cellucci, Director of Rehabilitation Services. "Our experienced, licensed staff specializes in providing a range of therapy services specifically designed to support the health needs of aging adults. The call for Parkinson's disease therapy has significantly increased in recent years, and our staff is now fully trained and certified to meet this need through individualized LSVT BIG therapy treatment plans."

Mary Ann Morse Health-care Center has consistently earned a 5-Star Overall Rating from the Centers of Medicare & Medicaid Services (CMS), and is accredited by The Joint Commission. The Center's highly qualified, certified rehab clinicians and therapists provide a wide range of therapies designed to help seniors return to the highest levels of independence and health possible, whether recovering from:

- Surgery
- Joint Replacement
- Neurological & Movement Disorders (including Parkinson's, head injury, or stroke)
- Injury
- Illness
- Chronic conditions (such as back pain and arthritis)
- And other health challenges

Individuals interested in learning more about LSVT

BIG therapy and other services, including physical therapy, occupational therapy, and speech therapy, may contact Mary Ann Morse Healthcare Center at 508-433-4438.

# About Mary Ann Morse Healthcare Corp.

Non-profit Mary Ann Morse Healthcare offers a continuum of senior living and healthcare services, and has been a trusted community senior life resource for residents within the MetroWest region for over 25 years. Mary Ann Morse Healthcare Center provides outpatient and short-term inpatient rehabilitation, as well as long-term care, including memory, respite, and hospice care. Mary Ann Morse at Heritage offers assisted living, memory care, mental health, and social day programs for today's seniors. Mary Ann Morse Home Care provides 24/7 Medicare certified skilled nursing and personal in-home care. As a non-profit organization, we are deeply committed to our mission of helping seniors to live their best lives and to embrace healthy aging, no matter where they are on life's journey.







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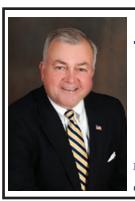
# Real Estate Corner

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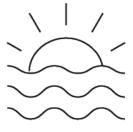


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