

Brush Fire Burns Nearly 6 Acres At Natick's Broadmoor Mass Audubon Location

By SUSAN MANNING

The current drought in Massachusetts – and in most of the country – was no help to containing the brushfire last month at Mass Audubon's Broadmoor location.

According to its website, Broadmoor had a fire break out on Tuesday, Aug. 16. Despite firefighters from seven communities turning out to help battle the flames, it quickly spread to 5.8 acres.

After several hours on the scene, firefighters were able to extinguish the flames. Some companies stayed on site to monitor the perimeter throughout the following morning to make sure it did not rekindle.

Much of the area impacted by the fire was the grasslands area. Mass Audubon said larger trees and bird boxes were not damaged.



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CPA Up For A Vote

By SEAN SULLIVAN

To preserve or not to preserve – that is the question.

And Natick residents will give answer this fall, as they head to the polls to vote up or down on the Community Preservation Act.

The CPA is a state law aimed at incentivizing local governments to undertake the creation or preservation of open-space, historic and recreation projects, as well as community-housing developments.

The program promises state funds toward such investments, proffering a certain percentage of the money raised by local municipalities.

So, to pay or not to pay - that too is a major factor that will go into the decision-making process of voters weighing the CPA at the ballot box. The CPA is funded by a surcharge on property taxes of up to 3%. Municipalities can choose that percentage via the voting process, and Natick's measure has been set at a 1% surcharge. Under Natick's plan, the first \$100,000 of residential property valuations would be exempt from the surcharge. Natick's proposal would also make exceptions

for lower-income and senior homeowners.

The CPA allows local governments to create a fund fed by the surcharge. Money raised by Natick through the program would then be “matched” each year by Massachusetts. It's not a one-to-one matching program. Rather, the state's rate of matching tends to be in the neighborhood of one-quarter to one-third of local dollars raised.

A CPA study estimated that the average additional cost per year for home and property owners would be between \$68 and \$78 per year. After Massachusetts matching funds are factored in, according to the study, Natick could expect to generate about \$1.4 million annually for approved preservation projects.

Natick residents will have the chance to vote on the measure on Nov. 8.

By a solid margin, Framingham voted in 2020 to approve taking part in the CPA. Theirs was a 2% surcharge on property taxes - double what's being proposed in Natick. The home

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FIRES

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“Our trails were left unaffected. While the cause of the fire is unknown, we’re grateful for the quick response from the Natick, Framingham, Wayland, Hopkinton, Sherborn, Ashland, and Dover fire departments, who

maintain a healthy nutrient cycle, and can actually encourage regrowth. However, when fires are large and destructive they have the opposite affect by burning mature trees and destroying the larger ecosystem.”

In the release, mass Audubon warned that with the current drought conditions, plants and



kept the impacts relatively low and people unharmed,” read their press release.

It continued, “On occasion, ecosystems like ours can experience modest fires. Infrequent, controllable brush burns help

even land Face a larger threat to wildfires.

“Special care should be taken to prevent an accidental fire since, as seen in this case, they spread rapidly.”

Courtesy photos

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CPA

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of the Redhawks is surrounded by towns that have signed onto the CPA, a roster that includes Wellesley, Weston, Wayland and Ashland.

The CPA was launched in 2000, and the number of Massachusetts communities that signed on to the program is nearing 200. Wellesley approved joining the program in 2002, with the same surcharge rate being proposed in Natick.

Should the measure be approved by voters, a Community

Preservation Committee would be established to oversee the program and serve as liaison to the state. The CPC would be made up of between five to nine members, and would include a representative from the Historical, Conservation and Park commissions, as well as the Planning Board and Housing Authority. The remaining four optional slots of the CPC could be appointed or elected at the town’s discretion.

The committee’s main role would be to receive, review and recommend community projects eligible for Community Preservation Funds. Those projects would

then be forwarded to Natick legislators for approval. To be eligible for CPA funding, projects must be approved by local legislators and must fall within categories stipulated by the state in the statute.

The state requires communities participating in the program to spend at least 10% of its fund on each of the following three project areas: historic preservation, affordable housing, and open spaces. Funds that aren’t spent during the fiscal year may be banked for use in subsequent years, provided they are still allocated according to state Community Preservation Act guidelines.

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Natick receives \$40,000 grant to purchase equipment

By THERESA KNAPP

In August, the Baker-Polito Administration announced its annual Shared Streets & Spaces Program awards, totaling \$16.4 million.

Seven Regional Transit Authorities and 138 municipalities received funds to provide “tech-

nical assistance and project funding to help Massachusetts cities and towns design and implement changes to curbs, streets, and parking areas in support of public health, safe mobility, and community growth and revitalization,” according to www.mass.gov.

Several cities and towns also

received grants for the purchase of equipment, including the Town of Natick which received a grant of \$39,999.10 “for snow removal equipment for pedestrian and bicycle facilities.”

For more information, including a full list of recipients, visit <https://bit.ly/3puk2oz>

Natick PorchFest Sept. 24

Signups for PorchFest 2022 hosts and bands are now open! The event is hosted by Music Go Round and will occur on Sept. 24 from 2-6 pm.

Visit natick-porchfest.org to register.



Paintings by Irisa Treijs at TCAN

Irisa Treijs’ artwork is up at TCAN. Stop by during box office hours to view the gallery:

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Natick Native's Store Named Bicycle Retailer Of Excellence

BY SUSAN MANNING

For the second year, Steve the Bike Guy, an independent bicycle shop has been named a Bicycle Retailer of Excellence by the National Bicycle Dealers Association of America (NBDA).

During an intensive evaluation process, participating shops

are graded on a range of categories including customer service; the shop's interior and exterior; marketing and branding; business operations and profitability; community involvement, leadership and ride advocacy. Based on points awarded during the process, Steve the Bike Guy was named a Platinum level shop, the highest level awarded.

Founded in 2011 by Steve Brandt, an avid rider and licensed USA Cycling Race Mechanic, and his wife Kristin, Steve the Bike Guy is a family-owned and operated shop committed to creating community by making connections through bicycles. Information about the Shop can be found at SteveTheBikeGuy.com.

According to the NBDA "The Award celebrates diversity and excellence in bicycle retail. With a focus on inclusivity, the program unites retailers, suppliers, industry organizations, advocates, and consumers in identifying and highlighting exceptional bicycle stores across North America. These recipients are awarded not

only for their excellence in retail but their integrity, inclusiveness, spirit, and commitment to grow ridership."

A nonprofit supported by the membership of participating retailers and industry partners The National Bicycle Dealers Association exists to strengthen these businesses through education, research, communication, and advocacy with the understanding that when we create thriving bicycle retailers the industry and the cycling community follows.

Q and A with Steve and Kristin

How did you persevere through Covid?

The simple fact is, that we would not have made it without the kindness and patience of our customers, neighbors, and friends who supported us, recommended us, and hung in there as we all figured out how to do business in most unusual times.

Before COVID, Steve was a true one-man show. After the



Kristin and Steve Brandt, co-owners of Steve the Bike Guy, accept the award at The Big Gear Show in Utah. Courtesy photo

Shop became a true family affair with Kristin and their children, Sophie and Anders, stepping up to help, something they continue to do today.

We were also able to pivot quickly to adapt to the pandemic. With waiting lists for service appointments stretching 4-6 weeks, we leveraged Steve's mechanical skills to introduced Saturday Drop-In Service, allowing people

to come by for quick fixes and repairs at a time when waiting lists for service appointments were very long. The service has proved to be so popular that we continue Saturday Service to this day.

What does the award mean to you?

BIKES
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It has come to our attention that a paid Political Spotlight did not have the proper disclaimer stating "Paid Advertisement" in our August edition. For the record, the article was paid for by the Committee to Elect Chris Doughty. This was an unfortunate oversight. As the publisher I do not endorse any candidates and as a media source stay neutral in all political matters. I apologize for any confusion this oversight has caused. This experience has shown how passionate our readers are. Keep on reading.
-Publisher
Charles Tashjian

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Top-performing Allain Group specializes in Natick housing market

BY CHRISTIE VOGT

Since 2018, Jessica Allain has been the number one agent in Natick, either as part of a team or as a solo agent. The Allain Group boasts seven team members with strong Natick connections; four members were born and raised in town, and the remaining three all live in Natick. The team includes principal agent Jessica Allain, associate agents Crystal Rogal, Kristen Scannell and Gabby Thomas, team agent India Ward, director of operations and marketing Caroline Egnaczyk, and stager Meredith Shaw.

In addition to its deep local connections, the group is part of Compass, the largest residential real estate brokerage in the United States, which means The Allain Group has access to premier technological resources. “We have tools like insights that show sellers where buyers are coming from,” Allain explains. “We also have the Compass Coming Soon platform which allows us to advertise the property before it goes on the market, which is incredible for sellers to gather intel and for buyers to know about properties in advance. Putting a ‘For Sale’ sign and waiting for results is a thing of the past.”

Allain has worked in real estate for 17 years. During college, Allain became interested in running her own business and decided to acquire a real estate license. “I wanted to be more in control of my professional outcomes,” she explains, “and the ability to push myself and work as hard as I possibly can was really appealing to me.”

The Allain Group

**Business
spotlight**

After years of working in the rental market in Boston, Allain decided to make a shift. “I got married and was having my first child and decided that I really should focus on where I want to set roots because I believe that this business is extremely community-based,” she says. “The more you put into the community, the more they will support you. My former clients and referrals are the center of my business.”

Allain and her husband decided to settle in Natick 10 years ago and have since raised three children in the area. “The town has been our dream come true as a community, and because of that, it’s been an amazing place to work,” she says. Allain, a lover of the arts, is on the development committee for The Center For Arts in Natick (TCAN), and her husband, a lover of sports, volunteers as a soccer, lacrosse and football coach. They also support groups like the Foundation for MetroWest and the Redhawk Foundation.

When it comes to the current housing market, Allain says it’s time for sellers to act. “If you have any consideration of selling in the next two years, it would be a very smart decision to start thinking about it right now; the Natick market has seen an all-



From left, Allain Group team members Crystal Rogal, Gabby Thomas, Jessica Allain, Caroline Egnaczyk, Kristen Scannell, Meredith Shaw

time high,” she says. “The market might make a slight correction, but regardless, historically it’s still an incredible time to sell.”

For buyers, Allain says there are always opportunities in the slower months and although interest rates are fluctuating, she urges clients to remember this tried-and-true saying: “You marry the house, but you date the

rate.” Refinancing down the road is always an option, she says.

Allain says her talented team is well-equipped to guide clients with whatever real estate needs they have. “We capitalize on our team members’ strengths,” she says, “and we find avenues for each of us to thrive in our work while having fun, and that energy goes into each transaction. We’re

much more than just standard paperwork and representation. We do it all from the beginning to the end to get clients the best possible outcome.”

For more information or to receive a complimentary price analysis, contact Jessica Allain at 617-820-8114 or email jessica.allain@compass.com.

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BIKES

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While the Award is a nice recognition of the work we've done to build community and encourage ridership, we hope it serves as validation for all our customers of the choice they make when they support a small business like STBG.

How are you involved in Ashland?

We have two children - Sophie is a rising senior, and Anders is a sophomore at UMass Amherst, having graduated with the class

of 2021.

Since 2010, Kristin has served as leader of their daughter's Girl Scout troop, a role she is most surprised to be continuing with today, leading a troop of 7 seniors. In the past, Steve served as a member of the town's Conservation Committee while Kristin helped the Friends of the Ashland Library and Ashland Lacrosse. Kristin has ridden in the Pan-Mass Challenge for the past 5 years and both are scheduled to ride in the Pan-Mass Challenge's first gravel fundraiser, Unpaved, in October 2022.



Steve and Kristin live in Ashland with their children, Anders and Sophie. Courtesy photo

How long have you lived in Ashland?

We have lived on Grover Road, behind the high school, since 2003 (!).

What's the best part of being a small business owner?

Flexibility to manage our schedules, the ability to find creative solutions to challenges, and working together as a family are three of the best parts of being small business owners. But, specific to owning a bike shop – This past weekend we watched

a woman, who hadn't been on a bike in over 30 years, take her first tentative spins around the parking lot. That moment of simple happiness and joy is what keeps us going even as we continue to face supply chain issues and cost increases.

Why Sherborn for a location?

The location in Sherborn has a lot of things in its favor including lots of parking and a large yard (which we used quite a bit during the pandemic when people couldn't come inside); local shopping and food options for visitors; access to a growing trail system for mountain biking and high visibility from riders and drivers. We've been fortunate to

have the support of our neighbors here in Sherborn and surrounding towns.

Where did they grow up?

Steve grew up outside of Syracuse, New York. Kristin grew up in Natick, and is a graduate of Natick High School. Her parents still live in Natick, and Kristin is on the Board of the Natick Center Cultural District.

Is there anything I didn't ask that they would like to see in a story?

We see the recommendations, shares, and comments from our friends and neighbors in Ashland, and are incredibly grateful for their support.

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Birthday Wishes Announces Return of the Birthday Shuffle

After a two year hiatus, Birthday Wishes, a non-profit organization that provides the joy and magic of a birthday party to children experiencing the trauma of homelessness, is thrilled to announce the return of The Birthday Shuffle. This key fundraising event is a fun-filled night of casino games, silent auction, food, dancing and more, all with a spectacular city view from the 32nd floor of One Beacon Street in Boston. All proceeds benefit their Birthday-in-a-Box program which serves over 3,700 homeless families, primarily in Massachusetts and Rhode Island.

Denell Nuese, executive director of the Natick based organization says, "COVID-19 completely changed the way we provide our program. Since pandemic safety guidelines prohibited our on-site

party program, we started providing Birthdays-in-a-Box to every family we serve. This transition from parties to boxes has proven highly successful with positive feedback from both our families and shelter partners. The Birthday-in-a-Box empowers parents to throw a party themselves without the additional stress of how, or if, they will be able to find the means to give their child a celebration." Each Birthday-in-a-Box includes party and cake mix and frosting, goody bags and of course birthday gifts.

The Birthday Shuffle is Saturday, October 1st, from 7:00PM-11:00PM, at the UMass Club located on the 32nd floor of One Beacon Street in Boston. Cocktail attire. Tickets can be purchased at birthdaywishes.org/birthday-shuffle.



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New 988 Suicide and Crisis Lifeline

The 988 Suicide & Crisis Lifeline launched in Massachusetts on July 16. This new three-digit dialing code is available nationwide and will expand and improve support for those experiencing crisis situations including mental health, suicide, substance use, and emotional distress.

The new, and easy to remember, 988 dialing code will operate through the existing National Suicide Prevention Lifeline number (1-800-273-8255). The 988 dialing code does not mean that the National Suicide Prevention

Lifeline is going away - both numbers will remain available to callers.

Given that suicide is a leading cause of death in the United States and that over 100,000 people nationwide died from a drug overdose in the past year, the 988 Suicide & Crisis Lifeline will be a tremendous resource and support for communities nationwide. Numerous studies show that the Lifeline works. Most callers report that they feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking

to a Lifeline crisis counselor.

How do I connect with the 988 line?

The free and confidential 988 Suicide & Crisis Lifeline is available 24 hours a day, 7 days a week, 365 days a year. Those experiencing a crisis can call, text, or chat with a trained crisis counselor.

Call 988 to speak with a trained counselor in English or Spanish (translation services are available in over 250 additional languages). Text 988 to connect with a trained counselor (only available in English at this time). Chat with a trained counselor at suicidepreventionlifeline.org/chat (only available in English at this time).

What happens when I call?

Those who connect with the Suicide and Crisis Lifeline will receive compassionate, accessible care and support from a trained counselor. When calls are made in Massachusetts, non-clinical, trained counselors will listen to the caller, understand how their problem is affecting them, provide support, and share resources if needed. People can also connect with the Suicide and Crisis Lifeline if they are worried about

a loved one. The vast majority of calls do not require emergency services. However, if there are significant safety or health-related concerns trained counselors can connect callers with emergency services like 911. The Suicide and Crisis Lifeline aims to provide callers with coordinated care in the least restricted manner.

Where do calls made in Massachusetts go?

Calls made in Massachusetts are distributed to one of five regional centers which are part of the Suicide and Crisis Lifeline network and located throughout the state. The five regional centers are Call2Talk, Samaritans, Inc., Samaritans SouthCoast, Samaritans of Merrimack Valley, and Samaritans of Cape Cod and the Islands. Calls are distributed to the closest regional center based on the caller's area code.

What additional services are coming in the future?

The new 988 Suicide and Crisis Lifeline will provide a more robust and strengthened crisis response system with a universal entry point. In order to meet the national need for crisis care, the goal is of the Suicide and Crisis Lifeline is to provide tools and resources as well as a referral sys-

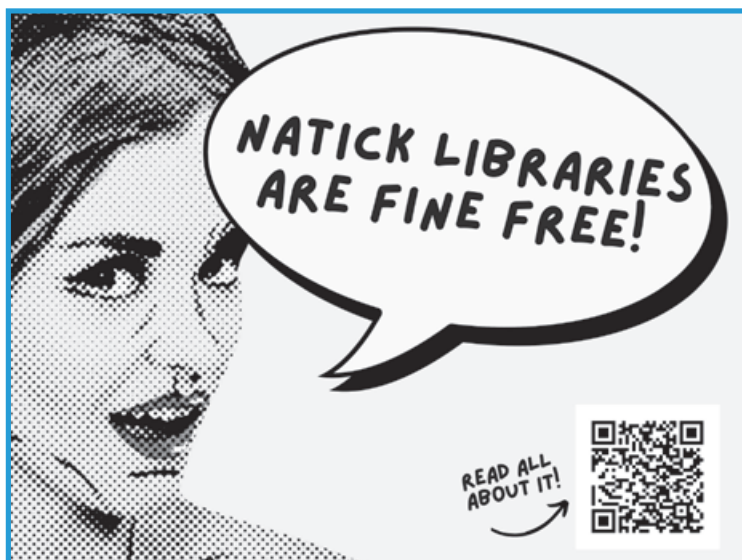
tem to community-based providers who can provide a full range of services. Over time, the vision is for the 988 Suicide and Crisis Lifeline to function similar to national crisis emergency medical services.

In Massachusetts, the 988 Suicide and Crisis Lifeline will be available on July 16, 2022 and provide non-clinical crisis care. Massachusetts will also be launching an additional Behavioral Health Help Line (BHHL) in January 2023. This separate helpline will be staffed by clinicians and provide callers with clinical assessments and connections to care and/or emergency services depending upon the circumstance. The vision is that together these two helplines will address the high level of mental and behavioral health needs in Massachusetts.

Where can I learn more?

To learn more about the 988 Suicide and Crisis Lifeline, visit www.mass.gov/988 or www.suicidepreventionlifeline.org.

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Glenn Brown

Stop!
You'd never take them to a car lot and ask, "What car do you want to drive home today?" Yet, the crazy notion of financing a \$75,000 car for your teen would cost considerably less.

Take control, don't be another victim - The student debt crisis has many sides to blame: government taking over student lending in 2009, unlimited money supply allows schools to raise tuition 5-7% annually and students (plus parents) desire for "brand name" schools on top of college rankings lists.

College Rankings lists are brand marketing - CNBC's latest "Colleges That Pay Off The Most" listed Stanford #1 again, followed by the usual trophy schools - ones kids (and parents) brag about attending. Criteria is based on 10-year earnings of graduates minus college costs.

Sounds noble until you discover costs are calculated based

on Average Net Price Tuition for a family income \$48-75K, which for Stanford is \$3,490. Realize under 1% of 7,083 Stanford undergrads pay this, while 52% pay the full \$55,000 tuition. If cost criteria was tuition paid by majority over 4 years (\$220,000) instead of paid by less than 1% (\$14,000), would Stanford and others even make this list?

"What are you interested in doing for work?" - This is the appropriate question and should be the focus of your teenager.

Share family finances with your teenager and together execute a broad screening of schools

based on programs offered to benefit a desired profession. Become educated on Return on Investment (ROI) using school's data on 5-year earnings per degree (not just the school) and calculate your true costs to attend.

Use Net Price Calculators (NPCs) - Found on a college's website, these are designed to generate your personal cost to attend. You'll share information from tax returns, size of non-retirement investment accounts, children's accounts (i.e. 529s) and for merit scholarship purposes supply GPA, test scores, class rank and activities.

You'll discover if \$55K tuition may be \$34K, \$23K or harsh reality it will be \$55K. Because you've shared available savings, your teen can visualize their debt obligation upon graduation before they get emotionally invested.

The road less traveled yields merit - "Top ranked" schools get thousands of honor roll students applying and willing to pay, so merit scholarships are awarded to those truly moving future rankings.

Same honor roll student discovers a lesser-known college based on a program of interest, engages with a local recruiter,

shares financial information, and chooses early decision or early action - here comes the merit.

For these schools to compete, they're willing to invest in your kid's ability to excel upon graduation, raise the 5 and 10-year earnings of graduates from the program and be an advocate for the college.

Eliminate emotional decisions to raid investment accounts, borrow heavily and/or delay retirement to make your teenager happy, because they won't be. Instead, lead a process that engages them, puts them on a desired career path and provides financial

transparency now and in their future.

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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Energy Savings Program

BY SEAN SULLIVAN

September is a turning point in New England rhythms, marking a return to school, a waning of summer travel, and the ushering in of autumn. Leaves begin to turn in time with this reset of sorts, a flow of foliage blanketing the region by degrees, a vivid herald of change.

For Natick businesses, this month is also an ideal time to change out some older and

less-efficient fixtures and equipment.

Representatives working on behalf of Eversource will be in town the week of Sept. 12, knocking on business' doors to schedule or conduct energy audits.

"We're just really excited about getting the word out to small businesses about this program," said Jillian Wilson-Martin. As Natick's Director of Sustainability, she has had a role in bringing the special incentive program to the town.

The effort is supported by Mass Save, a collaborative of Bay State energy stakeholders working to increase efficiency in communities. The Mass Save program changes every few years in order to keep incentives fresh and relevant, more enticing to business and homeowners.

"There's a lot of new and different incentives," said Wilson-Martin.

The Mass Save program provides for audits and upgrades

throughout the year, but is offering a special incentive to businesses that take advantage of the program during the September special. The extra incentives arrive just in time for businesses to improve energy efficiency as a bulwark against the mercury that will fall a few short weeks after. Mass Save incentives are paid for by a fund fueled by surcharges on residential and business utility bills.

Among the upgrades on the table as part of the special September drive for businesses are improvements in heating, cooling, and weatherization technologies. These also include programmable thermostats, refrigeration controls, heat pumps, and insulation for pipes and air ducts.

The energy audits are free and produce reports detailing areas of opportunity for energy-efficiency upgrades. As an added incentive, Eversource is offering to pay up to 90% of the cost of recommended improvements.

"We have a couple businesses that are scheduled to participate,"

said Wilson-Martin.

Debsan, a longtime fixture of Natick commercial culture, is one business that has taken advantage of the energy-efficiency programs offered to Massachusetts communities. Debsan recently upgraded its lighting systems to cut costs, said Wilson-Martin, and she expects the business to be on board again for the special September program.

"They're coming back for more," she said.

The Mass Save program may be best known for its work in weatherizing and boosting efficiency for homeowners. Wilson-Martin is a recent resident of Natick, having moved to the town last November. Her Mass Save audit recommended a \$7,000 upgrade in insulation for her newly-adopted home, 75% of which was covered under the incentive program.

"I was able to save substantial money on my utility bill," she said. "They're making an investment in Natick."

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Senior center news

Register now for fall bridge classes!

Intermediate bridge play of the hand- in person

Six session class on: Monday, September 12, 19 and October 3, 17, 24, 31; \$120.00pp due upon registration, 10:00am-noon. Come by the center to register 117 East Central St or online at Community Pass.

Join bridge teacher Anand Lele, who has been teaching bridge for 32 years, ACBL accredited and certified. Join other intermediate bridge players to learn the various techniques associated with the "Play of Hands". Each session includes instruction followed by supervised bidding and play of prearranged hands, with emphasis on improving your thinking at the table. Working knowledge of basic bidding is recommended. Comprehensive and easy to understand handouts will be distributed.

Evening- bridge for beginners- in person

7 weeks, Tuesday, September 13, 20, October 4, 11, 18, 25 and November 1 (no class on September 27); \$99.00pp; 6:30-8:30 pm. Come by the center to register 117 East Central St or online at Community Pass. Please purchase Bridge Basics 1: An Introduction by Audrey Grant before the class begins. This will be our textbook.

If you have always wondered what bridge is about – or used to play it a long time ago but need a refresher – this class is for you! Bridge is a card game enjoyed by millions of people around the world. This course will provide you with all the basics so you can begin playing and enjoying the game. Bridge will pro-

vide you with a lifetime of learning, fun and friendship.

Instructor: Rita Vachani, a Bronze Life Master and a Board Member of the ACBL Eastern Massachusetts Bridge Association.

Borrow our member passes!

Passes must be reserved in advance by calling our Center at 508-647-6540 x1908 between 9:00 am-4:00 pm on Monday-Thursday and 9:00 am-2:00 pm on Friday.

Massachusetts Horticultural Gardens At Elm Bank

Hours: Monday-Thursday, 10:00 am-7:00 pm; Friday-Sunday, 10:00 am-4:00 pm

Gardens close for the season October 31.

Our pass admits two people and may be picked up from the Center between 9:00-9:30 am the day of your visit.

The pass must be returned the same day of your visit before 4:00 pm on Monday-Thursday and before 1:00 pm on Friday.

Our pass is available to borrow on Monday-Friday (not on weekends).

Sponsored by Whitney Place Assisted Living and Memory Care at Natick.

Tower Hill Botanic Gardens

11 French Drive, Boylston
Open year-round, 7 days a week, 10:00 am-5:00 pm

We have six available admissions per day.

The pass may be reserved in person or by phone 508-647-6540 and can be picked up at the Center or emailed to you.

Mindfulness Meditation-Zoom & In Person

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are

mutated during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

Tuesday Walking Group

September 6, 13, 20, 27 and October 4, 11, 18, 25, free, 9:30- 10:30 am

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. Goes rain or shine. Meet in the Visitor's Parking Lot outside the entrance to the gardens, 900 Washington St.

Beyond Virtual Travel to Tierra del Fuego National Park, Argentina- ZOOM

Thursday, September 1, 2:00-3:00pm, free, call to register 508-647-6540

Come and enjoy the beauties of the End of the World from the comfort of your home.

During this tour to one of the most southernmost national parks of the World, you will discover the incredible nature and wildlife of Tierra del Fuego, as well as the history of the Famous Beagle Channel discovered by Fitz Roy back in the mid-1800s. Some of the areas we will visit include a famous Post office and the end of the Pan American highway. Questions welcome during our travel. Zoom Link will be sent out a week in advance.

Mondays At A Museum-Zoom

Mondays from 3:00-4:00 pm, free. Call to register 508-647-6540

We visit museums all over the world and view artwork with com-

mentary by artists, docents, curators and others.

September 12- Matisse Red Studio and Homer Crosscurrents exhibits

September 19-Van Gogh in the Olive Groves: Impressions of Provence

September 26- Egyptian Sculpture from the British Museum

Walking Group At Elm Bank- In Person

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

September 6, 13, 20, 27 & October 4, 11, 18, 25

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.

Norman Rockwell: Inclusion, Exclusion And Evolving Views On Race- Zoom

Wednesday, September 7, 1:30-2:30, free, call to register 508-647-6540

Norman Rockwell is heralded for depicting and defining American life. He often captured bittersweet images of people experiencing universal and relatable feelings of being left out or left behind. Yet, as an artist working in the 20th century, his works are curiously devoid of America's rich cultural and racial diversity. Toward the end of his career, Rockwell painted several poignant works about race in America that can be seen as an extension of his earlier

sense of the power of inclusion and exclusion. This is a presentation from Culturally Curious, hosted by Jane Oneal, with a master's in Art History from Boston University and a master's in Education from Harvard University. She has taught at Southern NHU, was Executive Director at the Currier Museum of Art. Thank you to Whitney Place, Assisted Living and Memory Care, Natick for sponsoring this program.

BFL History Book Group-Zoom

Thursday, September 8, 11:00am-noon, free, register e-mail 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 Hamnet: A Novel of the Plague by Maggie O'Farrell (Fic).

Sort Your Treasures And Sell Your House- In Person

Monday, September 12, 1:30-2:30pm, free, call to register 508-647-6540

Join Daryl Lippman, Realtor, and Ann Newberry from Smooth Transitions, for some helpful advice and strategies on decluttering and how to have a seamless transition to preparing and selling your home.

Creatures Of The Night- In Person And Zoom

Tuesday, September 13, 1:30-2:30pm. free, call to register 508-647-6540

Nature talk with Joy Marzolf. From bats to fireflies, frogs and more, learn about the animals that come out in our neighborhoods at night. Many of these animals include important predators,

SENIOR CENTER
continued on page 12



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Local water restrictions continue due to drought conditions

BY THERESA KNAPP

As of press time, the Commonwealth of Massachusetts remained in a “critical drought,” according to the Massachusetts Energy and Environmental Affairs Secretary Beth Card.

The majority of the state is in critical drought status except for Cape Cod (level 2, significant drought); and Martha’s Vineyard, Nantucket and western MA (Level 1, mild drought).

Municipalities in regions designated Level 3 are advised “to

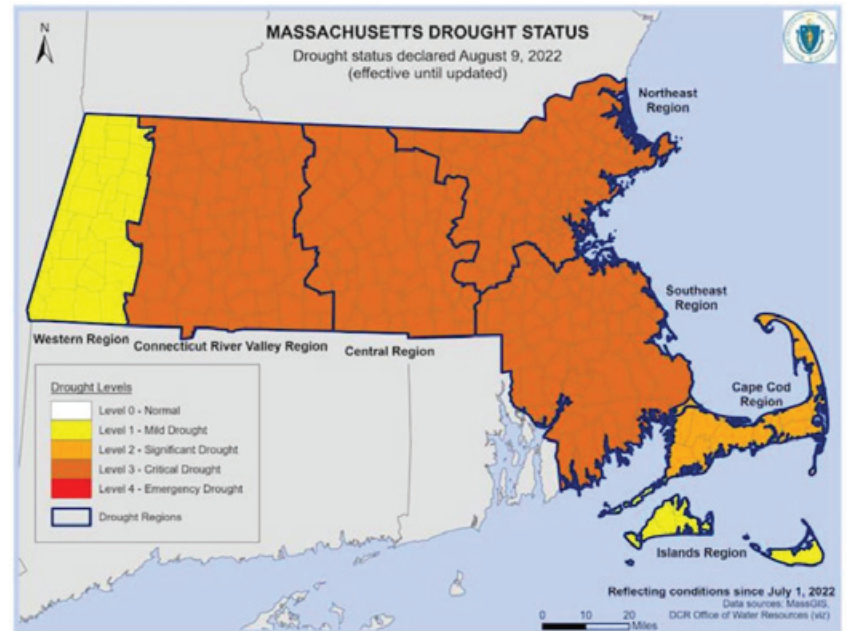
ban all non-essential outdoor water use. Essential uses for water include health, safety and regulatory uses, as well as for the production of crops, maintenance of livestock and other core business functions,” according to the Massachusetts Municipal Association.

The latest data available at press time from the Massachusetts Department of Environmental Protection said, “168 cities and towns had implemented outdoor water use restrictions, and 156 of these restrictions are mandatory,” according to www.mass.org.

A chart of “Current City and Town Water Restrictions” lists:

Natick – days watering allowed per week: 2 (effective 7/20)

To check current drought status, visit www.mass.gov/info-details/drought-status



Massachusetts residents living in “Level 3: Critical Drought” areas (dark orange) should refrain from all non-essential outdoor water use. Source: www.mma.org.

SENIOR CENTER

continued from page 11

such as bats, frogs and owls, and help us unseen under the cover of darkness. Some of these animals, such as fireflies, are also under threat. Learn what you can do to help these amazing creatures of the night!

Pranayama- Yogic Breathing- In Person

Wednesday, September 14, 10:30-noon, free, call to sign up 508-647-6540

Experience pranayama, the art and science of yogic breathing. Pranayama’s health benefits include reduced anxiety, lower blood pressure, increased energy, muscle re-

laxation, improved concentration, and more. Join Anjana Bhargava, an Ayurvedic Wellness Counselor, has bachelor’s degree in Science and Mathematics and master’s degree in Electronics. Note: This is best done on an empty stomach.

Meetup At Drumlin Farm, Audubon, Lincoln

Thursday, September 15, 10:00 am, free, self-guided, registration required, call 508-647-6540

Meet us at this working Audubon run farm, 208 S. Great Rd., Lincoln, MA for an hour-long visit (or more if you like). Our self-guided walk features a visit with farm animals including pigs, sheep, goats, chickens, and cows in the farmyard. We’ll also observe resi-

dent owls, hawks, and a fox in their native wildlife exhibits. Optional: meet up at 11:30 for lunch at Verrill Farm at 11 Wheeler Rd., Concord, (a five minute drive away) with outdoor and inside seating. Shop the gift area, purchase fresh fruits and vegetables and enjoy lunch!

Harvey Leonard Talk- In Person

Wednesday, September 21, free, 1:30-2:30 pm, call to sign up 508-647-6540

Join recently retired meteorologist Harvey Leonard as he shares his experiences as an award-winning Chief Meteorologist for WCVB TV over the past 50 years reporting on extreme weather events, climate change impacts and the many peo-

ple he met and worked with along the way. He has received numerous awards throughout his career including four New England Emmy Awards for outstanding achievement in television weather casting, induction into the NATAS Silver Circle in 2004 and the prestigious NATAS Governors’ Award in 2016. In 2018, Leonard was inducted into the Massachusetts Broadcasters Hall of Fame, and in 2019 he was named Broadcaster of the Year by the Massachusetts Broadcasters Association. Q&A to follow.

Sharing Your Genealogical Research- In Person & Zoom

Tuesday, September 27, 1:30-2:30, free, call to sign up 508-647-6540

Join Genealogist, Seema Kenney on the various ways you can share your genealogical research. From creating a gift book, sharing written documents, photos and more. Great for ideas on gifts for the holidays!

Natick’s Rail Trail- In Person

Tuesday, September 27, 7:00-8:00pm, free, call to sign up 508-647-6540

The Cochituate Rail Trail (CRT) is a 3.5 mile paved trail in Natick and Framingham, providing an accessible, enjoyable path for recreation and transportation along a corridor that was used for freight trains ran for more than 150 years. Come learn about the history of the CRT project, and future extensions and connections, at a presentation by Josh Ostroff, Chair of the Natick Cochituate Rail Trail Advisory Committee and a member of the Board of the Friends of Natick Trails. In addition, Josh will lead a tour of the trail on Saturday, September 24, 2022 starting at noon (rain date Sunday, September 25). Plan to meet at the end of Mechanic Street, where parking for the CRT will be available.

Elder Law Updates With Tim Loff- In Person

Wednesday, September 28, 1:30-2:30pm, free, call to sign up 508-647-6540

Join Elder Law Attorney Timothy Loff in this overview of important updates and changes for 2022 on many legal issues important to seniors. Big changes in the area of Estate Recovery for MassHealth benefits, and continuing developments involving Life Estates and Irrevocable Trusts will be among the issues discussed. General questions are welcome. Bring yourself up to date!



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Sports

NHS Athletics: Solid Past & A Bright Outlook Ahead

Collins In 13th Year As Redhawks' A.D.

By KEN HAMWEY
STAFF SPORTS WRITER

Sports teams at Natick High experienced plenty of success last year and Athletic Director Tim Collins is optimistic the school's student-athletes will again register solid results in the year ahead.

Here's how Collins summarized the Redhawks' achievements during the 2021-22 school year:

"Another terrific year for NHS Athletics," he said. "All of our varsity teams competed in and qualified for the MIAA State Tournaments. We captured State titles in girls soccer in the fall and ultimate frisbee in the spring. Individual State titles were won by Celia Lemieux in winter gymnastic (beam) and Jacob Reinach in winter track (shot put).

"A sportsmanship award — the MIAA/Special Olympics Unified Sports Award — was given to Natick High's unified basketball team in the fall. The coaches are high school teachers Ben Maki, John Larkin, and Nick Colman. Special thanks to Christine Fleming and the entire special education staff.

"The MIAA Coach of the Year Award went to Nick DiAntonio (unified sports coach of the year). Nick is a Natick High math teacher, assistant football coach, and spring unified track coach."

Collins is also proud to list eight student-athletes who'll compete at the Division 1 level in college. He also says "there are dozens more who'll be competing at Division 3 schools. The Division 1 athletes are: Jessica

Brill (softball, Stonehill College); Zachary Bubonovich (swimming, Holy Cross); James Carr (lacrosse, Bryant University); Allison Jeter (soccer, Central Connecticut State University); Colby LeBlanc (lacrosse, Siena College); Emilia Morales (field hockey, Hofstra University); Emma Peck (field Hockey, UMass); Jacob Reinach (track, Duke University).

Athletic participation made a comeback and the numbers returned to pre-Covid levels. The fall season included 593 athletes; winter totaled 476; and the spring had 511.

"This is almost exactly what it was for the 2018-19 athletic year (last full year before Covid)," Collins noted. "We continually rank in the top 10 percent of all schools for student participation in athletics. The 2021-22 lists have not been released yet but I would predict us being in the top 10 again."

So far, one new varsity coach has been hired. Lindsey Rooney will take the reins as varsity cheer coach. "Lindsey was a long time junior-varsity coach for us," Collins offered and added that "she'll do a fantastic job."

Collins also lauded Jason Hoye, who was the varsity baseball coach and Dean of Students. "We're proud Jason was hired to be Natick High's Principal," Collins said. "He began his duties in July. He was one of the most respected members of the faculty and coaching staff (and respected around the state). We're very fortunate Jason will continue in the Natick school system. We will miss Brian Harrigan dearly. He

was Natick High's Principal but he's taken a new job as Superintendent of Schools at the Parker Charter School in Devens, Mass."

A new part-time position Collins will be eager to fill is assistant athletic director. "Hopefully that post will be filled by late August (after Local Town Pages deadline) and I'm really excited to get some additional support for the department," he emphasized.

Collins reminds students and parents that a full-time administrative assistant was hired to replace the recently retired Cathy Larkin. "We've hired Robin MacBlane, who's done a wonderful job in her transition from working for the district's special education department at the central office at Town Hall to the athletic department," said Collins. "Robin began with us in December of 2021. Cathy demonstrated great loyalty and a great work ethic. Many people in the school district relied on her."

As for facility updates, a major upgrade was made by replacing the artificial turf at the high school's Memorial Field. Collins is pleased the way the facelift went and he's quick to laud Art Goodhind (DPW Director of Fields and Tree Warden) "for his outstanding leadership in supervising this project."

The field was first turned from natural grass to artificial turf in 2011. "We just completed our 11th year on the field (with heavy usage by NHS, Natick youth sports and general community use) and it is only because of Art and his department's care of our facilities that we had 11 great years on the field," Collins said. "These fields usually last 7-8 years."

The 52-year-old Collins, who's been Natick High's A.D. for 13 years, likes the way the Redhawks compete and the way they serve as ambassadors for the school. He's also pleased the way families and fans support the athletes and he ranks the school's administrative support highly.

"We have a healthy and competitive athletic department," he said. "The support from the community, families, and school administration is among the best in the state. Our student-athletes represent the school and the community in an exemplary way. We're fortunate to get strong commitment from our competitors and coaches. The kids want to earn the win and they set out to do it. It's becoming the Natick way."

"We offer 36 sports and over 75 levels of sports. Seventy-five percent of our coaches also teach in the district, which makes for a strong connection with students. We have recently added Nordic ski and ultimate frisbee and continue to offer the best of athletic experiences."

Collins is hoping that the pandemic, which still is part of the country's vocabulary, will have a different setting for the 2022-23 school year — in our rear-view mirrors.

"Last year, with many Covid protocols and restrictions in place, was a difficult and chal-



Tim Collins has been Natick High's athletic director for 13 years.

lenging year," he said. "We had to make many adjustments as state and local health protocols were added, then lifted. Our community did a tremendous job navigating both athletic and spectator policies that were ever changing and evolving.

"We're hoping to have a much more standard year this year. As always, we will partner with the Mass. Department of Health and the Natick Department of Health to ensure the safety of our athletes and community."

Collins was the right person to maneuver and help Natick High athletes and coaches deal with the last two years. It was by no means easy but he'll remain flexible and be ready to adjust to whatever the future has in store.

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Wanted – Treble Voice Singers

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Natick, on September 12, 19 and 26 at 7 p.m. Our next concert is on Saturday, December 3, 2022.

The A Cappella Singers was formed in 1963 as part of the

tions and masks are required to join us. We hope to be able to dispense with the masks for our concert! To find out the latest information, please check our Face-



and II, Alto I and II) who have prior choral experience and/or can read music to join us. We particularly need Sopranos. We will be holding open rehearsals at Fisk Memorial United Methodist Church, 106 Walnut Street,

Natick Newcomer's Club and consists of members from many towns and many walks of life, all with a common love of vocal music. We are a dues-paying, non-profit organization.

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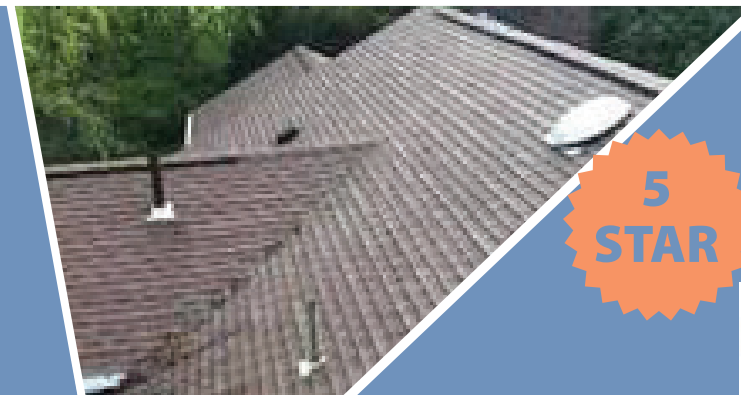
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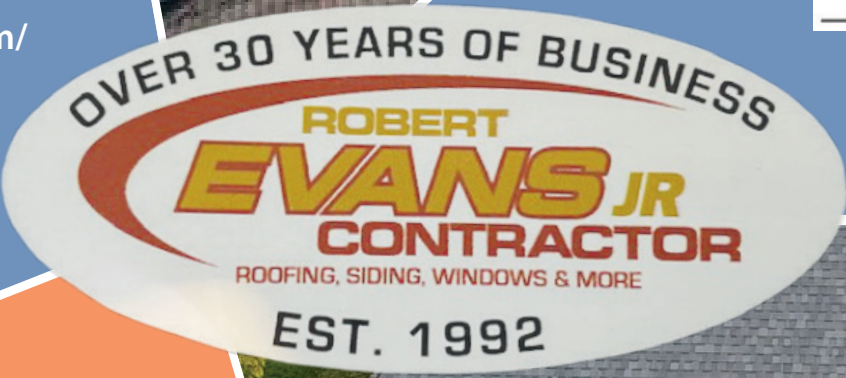
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Real Estate Corner

Recent Home Sales

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08/04/2022	160 Woodland Street #A	\$2.14 mil
08/04/2022	10 Nouvelle Way #S301	\$765,000
08/03/2022	31 Elmwood Avenue	\$880,000
08/03/2022	20 Eastleigh Lane	\$915,000
08/01/2022	61 Pond Street	\$629,000
08/01/2022	63 Pond Street	\$435,000
08/01/2022	72 Farwell Street	\$1.22 mil
08/01/2022	221 Oak Street	\$1.3 mil
08/01/2022	25 Stratford Road	\$1.02 mil
08/01/2022	24 Edwards Road	\$615,000
07/29/2022	50 Sienna Lane	\$1.01 mil
07/29/2022	67 Summer Street	\$1.4 mil
07/29/2022	50 Sienna Lane	\$1.01 mil
07/29/2022	5 Yorkshire Drive	\$888,000
07/29/2022	14 Pheasant Hollow Road	\$1.32 mil
07/29/2022	19 Crest Road	\$830,000
07/29/2022	87 Park Avenue	\$885,000
07/28/2022	226 E Central Street	\$631,000
07/28/2022	2 Pryor Road	\$885,000
07/26/2022	24 Westview Road	\$670,000
07/25/2022	9 Morgan Drive #401	\$670,000
07/22/2022	3 Burning Tree Road	\$800,000
07/22/2022	4 Windsor Avenue	\$640,000
07/22/2022	15 Davis Brook Drive	\$1.85 mil
07/21/2022	4 Sienna Lane	\$850,000
07/20/2022	110 North Avenue	\$726,000
07/20/2022	247 Oak Street	\$520,000
07/20/2022	7 Whitridge Road	\$1.7 mil
07/20/2022	6½ Cabot Street	\$595,000
07/18/2022	3 Point Street	\$550,000

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

Just SOLD!



47 Pleasant St., Millis



63 Pond St., Natick



16A Elmwood Ave., Natick



6 Jefferson St., Marlborough



61 Pond St., Natick



30 Elwin Road, Natick

Let's add your house to this list!



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Wellesley, MA



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94 Ridge Street
Millis - \$524,900

PENDING



5 Fruit Street
Norfolk - \$549,000

NEW CONSTRUCTION



0 MacArthur Road
Norfolk

SOLD



24 Hollis Street
Sherborn - \$900,000

SOLD



30 Wellesley Avenue
Natick - \$739,000

SOLD



32 Stanley Road
Medway - \$539,900

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Rockland Street, Natick



COMING SOON

4 Spring Street, Natick



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