



A Banner Month For Banned Books

BY SEAN SULLIVAN

Recall that classic scene in Tom Sawyer, when the titular character cons a rival boy into whitewashing a fence for him. Wishing to be free of that drudgery, Tom pretends it's a privilege, thus cursing his hapless victim with an acute case of FOMO.

"Why do you call it work?"

asks Tom.

"Why, ain't that work?" asks the other boy.

"Well, maybe it is, and maybe it ain't. All I know, is, it suits Tom Sawyer."

Soon enough, Tom had amassed trove of treasures from neighborhood boys and conscripted them to whitewash that wall several times over. That strategy had been Tom's intent,

and it served him well.

Yet sometimes the technique can also be somewhat of a double-edged sword. Consider this quote: "Reverse psychology backfires forwards."

That's certainly been a dynamic throughout history,

BOOKS

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Lorcan At The Library

BY SUSAN MANNING
 STAFF WRITER

Books and dogs: What could be better?

For kids, not much.

This combination is a success with patrons of the Bacon Free

said they love coming to the library.

"Lorcan and I did a summer program at the library before Covid, where kids read directly to him. I think [he was] called a non-judgmental listener. Typically Lorcan hangs out with the



Library.

Kids and adults alike have enjoyed Lorcan the therapy dog visits for a few years now. Although the Covid pandemic put the brakes on some of the programming, Lorcan is now back and ready to read!

Owner Cheryl Malone, a Newton resident and herself a published children's book author,

kids while the librarian reads," she said.

Malone, who worked as a professional dog trainer at All About My Dog from 2016 to 2020, said Lorcan was certified as a therapy dog in 2018.

LORCAN

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BOOKS

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whenever this or that authority has sought to ban a book, a film - anything, really. And so when school boards and legislatures in other parts of the country have of late assumed the role of literary censor, others have heard that as a call to borrow or buy those objects of the critic's scorn, read them ASAP.

That's been the current historical backdrop behind the Morse Institute Library's "Freedom" to read art installation. The interactive exhibit features a colossal wall overlooking Route 135 just outside the library's front lawn, a space where passersby are encouraged to list their favorite banned books, and perhaps get wise to a few titles they might add to their own restricted reading lists.

"We thought, sure, let's try this," said Miki Wolfe. She is Director of the Morse Institute Library, which hosted the wall of banned books throughout September. The library sought grant money to create the project, and when that fell through, staff built the wall themselves. The façade

was fabricated from plywood, painted black and left as a canvas for others to adorn.

Then a kind of gleeful FOMO took hold, as passersby couldn't resist adding their own flourishes in the form of banned books. Library staff also drew inspiration from the American Library Association, which maintains a list of banned books as a side project of its own. Staff added many of these to the wall as the project began as a prompt to get creative and rebellious juices flowing.

Wolfe cited the quote from author Rudine Sims Bishop, who said that books can function as windows, mirrors and sliding glass doors. The first gives readers a view into worlds and lives different from theirs. The second allows the reader to see him or herself with the pages. And lastly, the sliding glass door is the idea that a book may transport one into another world for a time, form bonds with characters and ideas that live there.

"It's really cool to see yourself reflected in a book," said Wolfe.

Owing to the public and interactive nature of the project, library staff would emerge throughout the day to check the



wall for untoward graffiti, edit the community canvas if necessary. As of mid-September, said Wolfe, no unwelcome additions of the kind had been found.

Staff recorded entries as the wall filled with titles, was erased, and filled anew. They have been comparing the titles listed there to data on borrowed books, looking to see if the chalkboard advertising has inspired greater interest in certain books, a literary form of FOMO.

"There's only one thing in the world worse than being talked about," said Oscar Wilde, "and that is not being talked about."

Book banning is certainly a truer form of the so-called cancel culture that's now part of our cultural lexicon and public political discourse. Most "cancelled" celebrities and pundits often slide seamlessly into a cancellation cottage industry, where they decry their martyr status, all while their public profiles and patronage rise and rise.

And so it is with banned books. To cancel what's written between the covers is to call more attention to it.

Many count it a point of pride to work their way through the list and pages of banned books. An open and public celebration of freedom it can be, for those fortunate enough to live in countries with such freedoms enshrined into law.

The "Before I Die Project" was the distant inspiration behind the Freedom wall, said Wolfe. Artist Candy Chang is said to have originated the idea about ten years ago, a way of dealing with the loss of someone close to her.

She painted black the side of an abandoned house in New Orleans, with the invitation to passersby to fill in the blanks with chalk. That effort was a public-facing bucket list of sorts, and the Before I Die wall went viral over platforms digital and plywood, replicating the world over.

"That was the germ, that was the genesis of this project," said Wolfe. "We just want to see the public engage with this art."



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LORCAN

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“We’ve been visiting nursing homes, care centers, and libraries ever since. Right now, our only engagement is with,” the Bacon Free Library, she explained.

Lorcan is a 10-year-old Irish wheaten terrier that Malone brought home from County Cork, Ireland. she said his name is Gaelic, and means little fierce one.

“But he is a total love,” said the author.

Library Assistant Karen Kassel said Lorcan is a hit with the kids.

“He and Cheryl have worked with us for several years in a few ways:

Dog tales story time: This is the program it is offering the first Monday of each month at 10am. This is a somewhat traditional story time, with the dog present. The librarian reads dog-related stories. Before and between stories, Cheryl will talk with the kids about Lorcan, about therapy dogs, and also general info on how to safely approach a dog, pet a dog, etc. She encourages the kids to come to Lorcan



to pet him, and will also walk him around to different family groups so that everyone who wants to pet him can have an opportunity. This is also a great experience for kids who are a bit intimidated by dogs because they

can watch him from afar. There is no pressure to greet the dog if someone isn’t comfortable.

Doggie Love on the Lawn: The library offered this program last summer (2021), and hopes to do it again because it was very

popular. It had several therapy dogs and their owners outside on the library lawn. People could go around and meet the dogs, pet them, learn about them, learn about therapy dogs, etc. This was a little trickier to schedule so staff wasn’t able to do it this summer, but plan to do it again in the future.

Read to a Dog: It used to offer this program once per month, but had to stop once the pandemic began. Kassel hopes to offer it again. This is the program where kids sign up for a private 20-minute session to read to the dog.

“This is great for new readers, readers who need to build their confidence, reluctant readers, or just kids who love dogs. The steady presence of the dog is very calming for kids as they practice reading,” she said.

Lorcan will be at the Bacon Free Library again on Monday, Oct. 3, at 10 AM, outside behind the library, for Special Dog Tails Monday Story Time. There will be some dog-approved stories read, and a chance to pet this calm, sweet, and soft therapy dog.

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Upcoming SPARK Programming

How to Have Difficult Conversations (with Respect and Understanding)

Wednesday, Oct. 12, at 7pm via Zoom — For parents, caregivers, educators, and community members of all ages

In this small group interactive program, SPARK founder Christine Guthery will share: (1) the reasons why courageous conversations are important; (2) why they are challenging; and (3) the tools, strengths (and super powers) that allow us to manage them successfully. (Limit 30 registrants). ASL interpretation will be provided at this event. Learn more about this FREE online program and register at www.SPARKKindness.org

Changing the Game: Making Youth Sports a Positive, Character Building, and Growth Experience

Thursday, Oct. 27, at 7pm via Zoom — For youth sport coaches at all levels of play, parents and

caregivers of active kids. Young people involved in youth sports and teen athletes are also welcome to attend.

John O’Sullivan, internationally known bestselling author, speaker and podcast host, will offer strategies to promote a positive and character-building sports experience for young people. Youth sports should be focused on learning sport-specific skills, as well as helping kids get the most out of their sports experience, all while growing as a person, learning life lessons, and having fun. ASL Interpretation will be provided at this event. Learn more about this FREE online program and register at www.SPARK-Kindness.org

KINDNESS WEEK is a time to shine the spotlight on the good that happens every day and inspire people to spread kindness through their own actions and connect with others.

In partnership with organizations and community members, we seek to promote small events

and initiatives throughout the week that will inspire community bonding around kindness and have a lasting impact all year long.

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Share your story!

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How has kindness affected you? Someone else? The planet?

All ages and abilities from all members of our commu-

nity are encouraged to submit a kindness story (big or small!) in any medium you choose (such as video, audio, writing, painting, drawing, song, poetry,) or set up an appointment with us to share your story for our fifth annual Kindness Week.

Please send all submissions to KindnessWeek@SPARK-Kindness.org and learn more at www.SPARKKindness.org.

Drug Take Back Day; Communication Workshop

Learn A Better Way - A VIRTUAL family communication skills workshop providing hope, learning and support for parents and caregivers facing substance use in their families. Sessions will be Thursdays from 7:00-8:30pm ET via Zoom. The first session of the 5 week

workshop series will be Thursday, Oct. 20th. This virtual workshop covers 10 topics related to

understanding and preparing for change and implementing change in your family communications. Regardless of where you are in your journey, the insights gained and connections made with other parents will be invaluable to you. Questions: contact Natick180 at Natick180@natickma.org.

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Family-run Affordable Junk Removal takes the stress out of cleanups

By CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers in-



vested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Natick in particular, the Schadlers say they are

Business spotlight

proud to have many repeat customers and friends in the area. Christine was born in Natick, and Jason grew up next door in Framingham and spent much of his youth in Natick. "We also enjoy bringing our little girls to the mall there," Christine says. "Our 8-year-old calls it 'the best mall in the whole world.'"

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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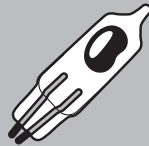
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Natick Annual Town Meeting

Warrant Fall Annual Town Meeting October 18, 2022	Day Stabilization Fund Article 7: Capital Stabilization Fund	Works Mitigation Funds Re-appropriation	Article 28: The Brave Act	Article 29: Natick Charles River Dam
The Commonwealth Of The Massachusetts Middlesex, ss	Article 8: Other Post-Employment Benefits (OPEB) Appropriation or Transfer of Funds	Article 18: Home Rule Petition: Remove Minimum Seating Capacity Requirements for All Alcohol and Wine and Malt Beverages On Premises Licenses	 <p>Natick Residents Only 6 months+ High-dose available while supplies last for 65+</p> <p>TOWN OF NATICK FLU CLINICS <small>free regardless of insurance status</small></p> <p>COMMUNITY DRIVE THROUGH Saturday October 15, 2022 9 AM – 2 PM Natick Department of Public Works 75 West St. Natick, MA 01760 Pre-registration required at: https://tinyurl.com/natickdrivethruflu</p> <p>COMMUNITY CLINIC Wednesday October 26, 2022 10 AM – 2 PM Natick Community Senior Center 117 E Central St. Natick, MA 01760 Pre-registration required at: https://tinyurl.com/natickcsclfu</p> <p>For more information call: 508-647-6460</p>	
To Any Constable of the Town of Natick in said County:	Article 9: PEG Access and Cable Related Fund	Article 19: Small Personal Property Exemption		
Greeting:	Article 10: Personnel Board Classification and Pay Pla	Article 20: Moratorium – III-F Cluster Development Allowed in Certain Districts		
In the name of the Commonwealth of Massachusetts you are required to notify the qualified Town Meeting Members of the said Town of Natick to meet on Tuesday Evening October 18, 2022, at 7:30 PM, Natick High School, Natick, MA, then and there to act on the following Articles:	Article 11: Collective Bargaining	Article 21 Regional Center (RC) Overlay District		
Article 1: Committee Article	Article 12: Home Rule Petition: Natick Patrol Officers – Exemption from Civil Service	Article 22: III-F Cluster Development Allowed in Certain District Article 23 Paper Submittal Requirements (Zoning)		
Article 2: Fiscal 2023 Omnibus Budget	Article 13: Home Rule Petition: Natick Superior Officers – Exemption from Civil Service	Article 24: East Central/Union Street Intersection (southern side)		
Article 3: Rescind Authorized, Unissued Debt	Article 14: Create a Natick Town Bylaw to provide for Tax Payment Agreements pursuant to M.G.L c.60 section 62A	Article 25: Establish Charter and By-Law Review Committee		
Article 4: Unpaid Bills	Article 15: Capital Equipment and Improvement	Article 26: 246 N. Main St.		
Article 5: Stabilization Fund	Article 16: Town Clerk from Elected to Appointed Position Article 17 Math-	Article 27: Survey and Roadway Layout Plan for Pine-wood and Hillcrest Avenues		
Article 6: Operational/Rainy				



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Your Money, Your Independence

Eye Opening Costs At Open Enrollment?

Pop Quiz: Per U.S. government data, over past 12 months (8/21 - 8/22) which has increased the most in price?

- A) Household Energy
- B) Unleaded Regular Gasoline
- C) Bread
- D) Health Insurance

In fairness, you've experienced A) 21.2%, B) 24.1%, and C) 16.2%, however for many fall brings Open Enrollment to work benefits so sticker shock of D) 24.2% health insurance has yet to be realized.

That's right, health insurance increased ~3X greater than 8.3% US inflation and same as gas. Think of the promotions or actions you've taken to save \$5-15 at the pump. Well, this is greater for family paying \$500 a month on a corporate health plan and facing ~\$1,440 annual increase.

What can you do?

Understand Plan Changes & Your Situation: In a PPO due to your doctor, but you've visited him/her twice in the last 3 years? What's the highest annual out-of-pocket medical expenses total the last 3-5 years? Expect high out-of-



Glenn Brown

pocket expenses in 2023? These and other questions will help you run the numbers.

Case for High Deductible Health Plans (HDHP): People get scared by maximum out-of-pocket costs for HDHP and dub HDHP "for the healthy and wealthy". Yes, a PPO will have lower maximums and deductibles, but you're guaranteed to pay more to obtain.

Compare PPO costing \$247 biweekly with \$6,000 maximum out-of-pocket versus HDHP at \$142, a \$13,000 maximum out-of-pocket, and employer providing \$1,500 to enroll in Health

Savings Account (HSA).

PPO guarantees \$6,422 paid in premiums while HDHP is \$3,692 less \$1,500 given by employer to contribute to HSA, thus equals \$2,192 or \$4,230 less than the PPO. Thus, maximum out-of-pocket expenses differential is \$2,770 and not \$7,000. Furthermore, you'd need \$10,230 of out-of-pocket medical expenses to make this PPO breakeven with this HDHP.

About Health Savings Accounts (HSAs): Tax-exempt savings plans paired with a HDHP meeting certain criteria. HSA is not "Use It or Lose It" like Flex Spending Account (FSA) and upon leaving a company or retirement, you maintain your HSA.

Key HSA facts:

- In 2023, individual can contribute \$3850 and family up to \$7,750.
- Over age 55 an additional \$1,000.
- All contributions are tax-free: federal, state, and FICA (Social Security and Medicare).
- No federal taxes on HSA funds spent on qualified health care expenses.

- Excess HSA funds can be invested for tax-free growth to compound for years.

Unlike other tax-advantaged savings plans, HSAs offer "triple tax benefits": tax-free contributions, tax-free earnings, and tax-free distributions.

Get The Tax Savings: Consider a family in 24% tax bracket contributing \$4,000 to HSA, it would be tax savings of \$1,466 (\$960 federal 24% + \$200 state MA 5% + \$306 FICA 7.65%). Earners in 32% bracket can max out 2023 contributions and gain tax savings of \$3,460.

Set Some Time and Seek Help: Open enrollment is the once-a-year opportunity to make changes to your work benefits without needing a life event. Be-

yond insurance and retirement benefits, these elections help maximize your savings, estate planning and taxes for 2023 and beyond.

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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Go Local for All of Your Trash Disposal Needs

BY SUSAN MANNING
STAFF WRITER

Are you “haunted” by junk and items you no longer use in your basement, garage or yard? Call a local company to haul it away.

When you choose I-HAUL for your trash removal needs, you’re choosing to support a local business with long-standing ties to the community.

You will be getting something more than if you used one of those big box companies: you’ll be getting Buz Bragdon, who was born and raised in Natick and runs I-HAUL Disposal Service as a detail-oriented, honest and friendly businessman.

I-HAUL Disposal Service takes the burden off of its customers by removing unwanted junk. It could be a pile of accumulated items in the middle of your garage floor, or it could be an entire house clean out.

It could include removing items from your office or your yard. You name it and I-HAUL can remove it. Bragdon takes the items and delivers them to the appropriate state and federally licensed facilities.

His is a custom service with fees based on each individual job because Bragdon knows

Business spotlight

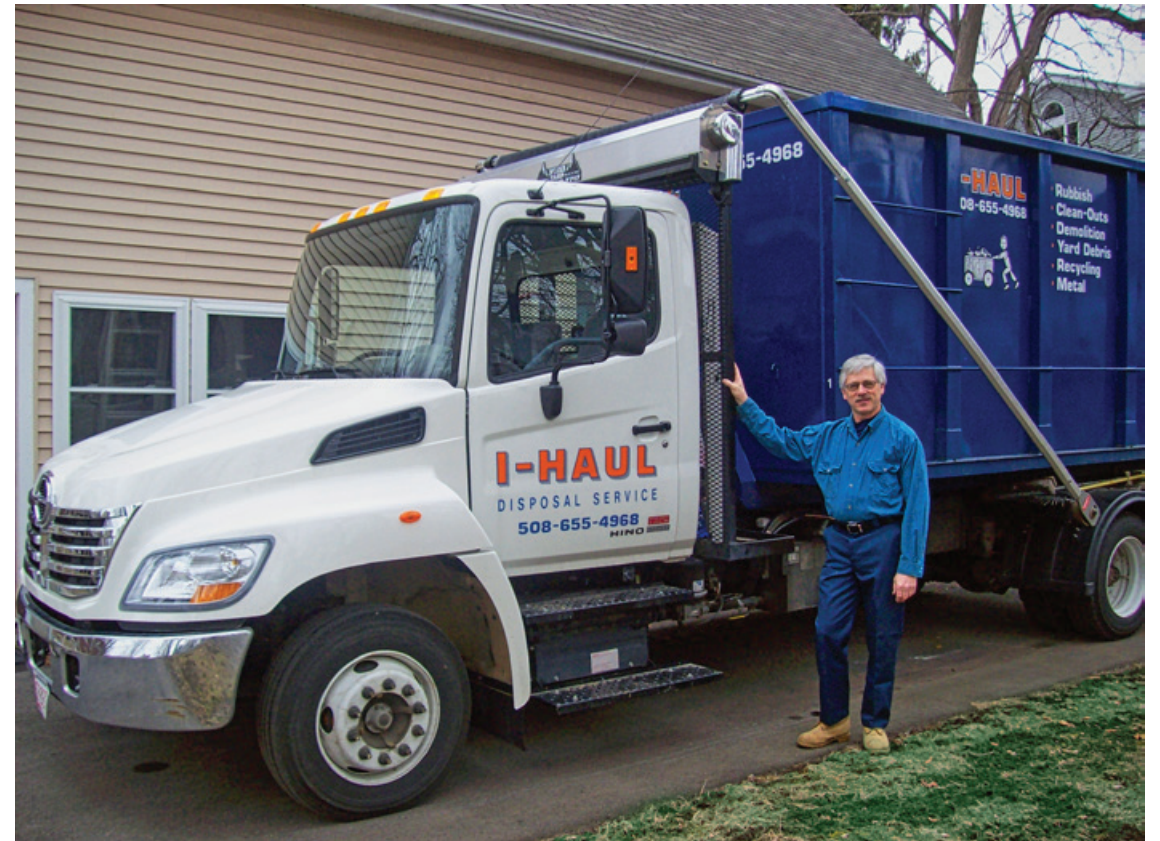
each job is an individual situation and there is not a one-size-fits-all way of doing things.

I-HAUL can either work alongside you to help choose items for discard, they can place a container in your driveway or yard for you to load or they can do all the heavy lifting – you choose.

According to Bragdon, I-HAUL removes virtually everything including the kitchen sink—trash, furniture, large and small household items, carpeting, appliances: It all goes. Outside of the house, construction debris, demolition materials, minerals, brush and other yard waste are all part of I-HAUL’s day.

They take all waste ban items and most hazardous materials. Occasionally, when Bragdon hauls away a piece that might still have life left in it, he attempts to find a new home for it.

Worried because some of your items are large and you don’t have the capacity or time



to break them down? Don’t be. I-HAUL will do the necessary preparatory work before hauling large items. They’ll demolish a shed or cut up a fence or swing set, for example. They’ll cut down overgrown areas of your yard. I-HAUL is a full service company and performs exactly what you need done.

So what’s the craziest thing he’s ever hauled away?

“An old dentist’s chair. It was big and heavy... And I was told I couldn’t tip it to get better leverage because there was oil in the base that would spill everywhere if I did. We had to finagle it out carefully down the steps and then into the high back of my truck,” he explained.

Bragdon has been doing removal and disposal for more than 35 years. Nights and weekends, he hitched up his small utility trailer behind his mid-1970s station wagon and picked up trash and junk to bring to the local town landfills.

“Because I had a trailer, people would ask me if I could pick up this or I could pick up that and help them out. I brainstormed that this could turn into more than just helping and that’s how I started,” he said.

Much has changed in the decades that followed: the kind of vehicles needed, where to bring junk for proper disposal or recycling, even the kind of junk. In the beginning, no one had heard

of “e-waste,” for example and recycling was practically nonexistent.

Today, I-HAUL can recycle much of the debris collected and e-waste is a common component of what Bragdon deals with. Bragdon has also upgraded a few times from his old station wagon to a larger trucks to haul the kinds of stuff people have nowadays.

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A beginner's guide to fall planting and maintenance

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

- Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

- Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.
- Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.
- Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year.



So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

- Clean up unwanted growth. Fall is an ideal time to cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the

mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil, enhancing growing possibilities and limiting weed growth.

- Propagate plants in the fall. As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.
- Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

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Robert “Rob” Greene founded the company in 1980 and runs it today with his son Robert Jr. “Robbie.” Their goal is to provide top-notch workmanship at an affordable price.

“I decided to start my own business after I noticed that homeowners were being charged very high prices for a mediocre job,” says Rob. “This bothered me. I knew that if I could offer customers an exceptional job with fair pricing, that I could make a difference.”

Rob himself started roofing at the age of 13 with his father for his father’s construction company. Rob learned everything about roofing from the “great old-timers” who were up on the roof working right along with Rob, teaching him everything he now knows.



Today, Robert Roofing is fully licensed and insured, and performs work on residential and commercial buildings plus new construction. They have an “amazing crew” that offers various types of roofing (asphalt, rubber, low-slope, specialty shingles, etc.) as well as other services including gutter installation, new downspouts, vinyl and wood siding, coil stock metal coverage, soffits, and chimney repointing and flashing.

Did you know fall is peak roofing season? Rob says it is

Business spotlight

very important to have your roof evaluated before the cold winter months. If you need a new roof, or roof repairs, now is the time to do it.

“It’s easy to brush off some minor wear and tear water damage or damaged shingles but these are strong indicators that you need to replace your roof.

“Robert Roofing and Gutters is everything you want a contractor to be: Honest, reasonably priced, expert in what he is doing. Nothing flashy, just good work.”

David Williams

Don’t wait until spring to replace your roof, as doing so can exacerbate your problems. Any damage that you’ve discovered can only get worse during the winter with freezing rain, ice, snow and sleet. It’s best to be proactive instead of dealing with emergency roof repairs at the last minute.”

Robert Roofing will try their best to restore your roof and not sell you a new one. But if you need a new roof, their expert installers will make sure the job is done right the first time.

For the warmer months, Rob stresses the importance of roof ventilation which can also help with energy savings.

“The proper roof ventilation allows proper airflow between the attic and the outdoors. If a roof isn’t properly ventilated, hot air can become trapped inside the attic and cause your entire house to heat up gradually like any oven. This puts a huge strain on your home’s cooling system and leads to a noticeable rise in your monthly energy bills.”

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Under Pressure gets homes ready for the holiday season

By CHRISTIE VOGT
CONTRIBUTING WRITER

In anticipation of fall bonfires, winter holiday gatherings and cold weather challenges, exterior cleaning company Under Pressure is busy preparing and sprucing up homes for the season. “The work we do is like a tune-up of the house from top to bottom, from roofs to gutters to windows to patios,” says owner Mark Mercer. “We’re helping people to love their home again, especially around the holidays, and to refocus attention on the importance of the health of a house.”

Mercer says that cleaning exteriors in late summer and early fall is an optimal time because houses stay cleaner for longer due to less pollen, landscaping debris and humidity-induced mildew. Under Pressure is also able to wash surfaces later in the year — even as temperatures drop to the 30s — thanks to water heating mechanisms in its trucks. “Winter is long, and homeowners should be asking themselves at this time whether their house is prepared for the

Business spotlight

changing weather ahead,” Mercer says.

In addition to washing, Under Pressure offers shrink-wrapping to protect outdoor furniture, water features, garden monuments and other items that need to be shielded from the elements. “Shrink-wrapping is a great alternative to covering things with weatherproof fabric, which often gets chewed through by critters,” Mercer says. “Shrink-wrapping also saves space because we can push everything into one tight bundle in your yard rather than having your patio furniture take up square footage in your garage or basement.”

Under Pressure also offers safe and efficient ice dam and snow removal services. Its gentle but powerful steam method quickly remedies problematic areas on roofs without damaging a home’s structure.



Routine maintenance and cleaning services like these are important, but Under Pressure is also eager to bring a bit of magic to customers this year in the form of custom-designed holiday lighting. “We are really excited about this new offering,”

Mercer says. “It’s amazing what you can do with a home nowadays with new light technologies, and customers have been asking us for years for a service like this.”

Under Pressure’s team has gone through weeks of training and safety courses in order to design and install holiday lights that cater to customers’ imaginations. “The designs are only limited by homeowners’ creativity,” Mercer says. The company uses LED lights and can illuminate an entire house with one extension cord and a timer. Homeowners don’t have to worry about maintenance or storage either; Under Pressure

will take the lights down at the end of the season and store the equipment until homeowners want to reinstall a display in the coming year.

“We can decorate homes for Halloween, Christmas, Hannukah, New Years — any winter holiday that people want to celebrate,” Mercer says. “Holiday lighting creates a special feeling; there’s just something about the warmth that it brings to a place.”

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Fireplace trends help create attractive, comfortable rooms

Fireplaces are useful features in a home. Fireplaces are sources of ambient heat and also add style to indoor spaces.

Fireplaces can complement just about any interior style. Fireplaces can be traditional and burn wood or connect to a home's natural gas supply for on-demand ambiance. What's more, fireplaces may come in vented or ventless varieties, depending on homeowners' preferences and what is allowed by community building codes. That means a chimney or flue may not be needed — expanding the list of rooms where a fireplace can be installed.

Certain trends have emerged among fireplace fans in recent years. Here's a look at what's getting consumers fired up about these home decor elements.

- **Minimalist style:** Many fireplaces are designed in neutral colors with minimal trim that directs focus on the fire and not the appliance. When the fireplace is not in use, it blends in with surroundings and will not compete for attention with other design elements.

- **Convertible fireplaces:** Homeowners can choose between open or sealed fireplaces. A convertible fireplace enables homeowners to

have the best features of these options. A convertible fireplace can be converted to wood from gas, or the opposite, in as little as 30 minutes.

- **Nature-inspired materials:** Natural stone continues to be a material of choice in fireplace surrounds. Light colors work well for a fireplace, and also fit with today's lighter color interior design preferences. Natural stone also works perfectly with both contemporary and rustic decor.

- **Vintage fireplaces:** Vintage continues to be a buzzword in 2022, and the choice to go vintage also applies to fireplace styles. A room decorated in vintage elements can be complemented with a vintage fireplace or one designed to look vintage.

- **Integrate into wall decor:** Fireplaces that are built right into a wall save space. One can have a television and a fireplace on the same wall. These types of fireplaces work well in modern home designs. Other fireplaces may be built into bookshelves or other wall features.

Fireplaces can improve the appeal of a home. Various trends are popular this year, making fireplaces highly coveted features.



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Wood floor installation dos and don'ts

Jaw-dropping features can sell a home in a heartbeat. A penthouse apartment with floor-to-ceiling windows and a panoramic view of a city skyline likely won't prove a hard sell, nor will a home with an infinity pool overlooking a landscape of rolling hills. As awe-inspiring as such features can be, some more subtle components, such as authentic hardwood floors, also can do much to make a home more appealing to prospective buyers.

home renovation experts at Bob-Vila.com, squeaky floors could be an indication that the subfloor has begun to warp or twist. Sinking floors are another indicator of deteriorating subfloors. Subfloors should be somewhat level before new hardwoods are installed, so DIYers should inspect and address subfloor issues before installing new flooring.

DO expose wood flooring to the elements in your home prior to installation. The home im-

Hardwood flooring is a sought-after commodity. Data from the National Association of Realtors indicates that 54 percent of home buyers are willing to pay more for hardwood floors. In fact, NAR figures indicate that 28 percent of buyers between the ages of 35 and 54 consider hardwood floors "very important" when looking for a home. Homeowners who are considering selling their homes, or those who simply want to upgrade their existing flooring, may want to consider installing hardwood flooring. Though it's a project best left to professionals, hardwood flooring can be installed by skilled DIYers. In such instances, homeowners may want to keep these dos and don'ts in mind.

DO hire a professional if you have limited or no DIY flooring experience. Hardwood flooring installation is not generally a project for novice DIYers. Hardwood flooring projects may present some common challenges, but no two homes are the same. So unless they have prior experience installing floors in multiple rooms or homes, homeowners may save themselves time, trouble and a significant amount of money hiring a professional to do the job.

DON'T ignore the subfloor. New hardwoods won't erase the problem of subfloors in poor condition. According to the

improvement resource BuildDirect recommends acclimating hardwoods to the space where they will be installed. Skipping this important step could result in gaps during the winter and cupping over the summer. To acclimate hardwoods, open the boxes and spread them out for about a week while running the air conditioner or heater at normal levels. When storing hardwoods prior to installation, avoid keeping them in potentially moist areas like a basement.

DON'T skimp on tools. A DIY hardwood flooring installation might be less expensive than hiring a professional, but homeowners should resist any temptation to increase those savings further by purchasing less costly tools or fewer tools than is necessary to complete the job. BuildDirect notes that DIYers will need at least a miter saw, table saw, cleat-nailer or stapler, finish nailer, compressor, jamb saw, chalk line, nail set, and tape measurer when installing hardwood floors. Purchase all necessary tools and read product reviews to ensure each tool is up to the task.

Wood floors can be awe-inspiring. Some homeowners can install such flooring on their own, and the project can be much easier if they learn as much about installation as possible prior to beginning the project.



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Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house. The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier. For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down. Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

- **Gutters hanging off the home:** Gutters were once installed predominantly with spikes. However, many industry professionals now install gutters with hanger brackets. Why



the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.

- **Gutter separation:** Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the existing gutters. If

replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- **Peeling exterior paint:** Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- **Basement flooding:** Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



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Cocotree Kids Enjoyed Successful Natick Days

Cocotree Kids is a Natick-based nonprofit with a mission to protect a child's dignity and confidence with their first layer—underwear.

focused organizations because it needs to be new.

They had a great showing at Natick Days this year, with many people signing up to volunteer in various ways.



Underwear is one of the most needed but least donated items to homeless shelters and youth

To learn more about how you can get involved, visit them at cocotreekids.org.

Natick Business Owner Helps Wishes Come True

BY SUSAN MANNING
STAFF WRITER

For the past five years, Holliston resident John Mulvaney has donated his time to make a difference for children with life-threatening medical conditions.

Mulvaney, who has owned Natick-based TLC Painting since 2008, has worked on 15 "wishes" since 2017. Projects have ranged from room re-decorations to tree houses to play houses. He and his staff do the painting work free of charge.

Because of his work the past five years, he was recently awarded the Boston Business Journal (BBJ) 2022 Corporate Citizenship Community Collaboration Award, in recognition of the company's significant support of Make-A-Wish Massachusetts and Rhode Island and its mission of creating life-changing wishes for children with critical illnesses.

Through its in-kind support,



CEO of Make-A-Wish MA and RI Sean Holleran (left), and TLC Painting owner John Mulvaney.

the company and its employees bring hope, strength, and joy to children and their families who are facing challenges due to a life-threatening diagnosis.

Mulvaney and his team take pride in contributing to wishes and find the experience a fulfill-

ing team-building opportunity.

"The most rewarding aspect of granting a wish is to see how excited and appreciative the families are when the wish is complete," said Mulvaney.

"John and his team not only bring expertise and creativity to each project, they are also incredibly sensitive to our mission and the unique needs that our wish children and their families have," said Sean Holleran, CEO of Make-A-Wish Massachusetts and Rhode Island. "TLC's impact lasts long after a wish project is completed. For children who spend significant time in hospital environments, TLC's support contributes to the creation of an oasis that can be the setting for healing and hope, and helps wish children reclaim childhood."

Mulvaney and his TLC team also encourage other businesses to get involved, including engag-

MULVANEY
continued on page 20

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Brack Center Offers Free Employment Services

BY SUSAN MANNING
STAFF WRITER

People who enjoy looking for jobs are few and far between. Between finding the job listings, fine-tuning a résumé, and preparing for the interview, it can be very intimidating.

But for those who live in Natick, there is help.

The Brack Center is the employment services arm of the

Natick Service Council, and it offers open houses for those looking for jobs.

According to Director of Career Development Rachel Vingsness, the offering is open to all Natick residents and provides workshops, training, and one-on-one job search help including resume review, LinkedIn support, interviewing tips, and more.

"This fall we're launching several new programs including a

monthly Open House for people to drop in and get job search support, a workshop helping people evaluate whether it's time for a job/ career change, and a Virtual Job Shadow program that allows people to assess and explore new careers virtually," she said.

For the open houses, she said come ready to speak to a mentor about your job search—What do you need help with, what field you want to get into, cover letter writing or anything else related to the search.

"Also, if you have a resume (even if it's old!) you should bring along a hard copy or bring your computer with it electronically," she explained.

Vingsness said open houses are just that — open. Drop in any time during the hours listed.

"Alternatively if you would like to have a scheduled time/ appointment you can email her," she said.

Once there, each person will be paired with a mentor to help with their job search needs for 30-45 minutes.

"If you'd like to continue the conversation, you are invited to return at a future open house or reach out to Rachel to set up some additional time," said the director.

Those attending events will

have several people helping them. Vingsness said there is a team of professionals from a wide variety of backgrounds with extensive management, recruiting, and interview experience that are trained and poised to help people of various skill and professional levels.

One thing Vingsness said not to worry about is whether or not you have a résumé already crafted.

"We'll meet each participant where they are and help them get started on the path to meeting their career goals," she explained.

Upcoming events include:

Open Houses: Sept. 22 11-3; Oct. 20 8-12; Nov. 17 3-7; Dec. 15 11-3.

Workshop: Should I Stay or Should I Go? Oct. 27, 12:30-1:30.

Have you been thinking about leaving your job? How do you know if it's really time to make a change? This workshop will walk you through key factors to think through before making the decision to stay in your current job or find a new one.

Virtual Job Shadow launch: November

For more info about any offerings, email Vingsness at rvingsness@natickservicecouncil.org.

MULVANEY

continued from page 19

ing Sherwin Williams as an in-kind donor of materials.

"We know we must strive to be good corporate citizens and everyone on the team believes in our commitment to give back to the community," said Mulvaney. "We take every possible opportunity to illustrate that social responsibility is more than just a catchphrase and requires positive, dedicated action."

A 29-year resident of Holliston, Mulvaney was inspired to support Make-A-Wish by the story of his son's classmate, who received a wish, and he remains in touch with the classmate's family to this day. Mulvaney has a long history of philanthropy and outside of Make-A-Wish, has volunteered in many capacities, including 10 mission trips with St. Mary's Church to help with disaster relief after hurricanes, and two coast-to-coast charity bike rides.

His church trips include nine years of leading groups of youth on trips to help in the aftermath of Katrina. He lead painting crews of students (16-20 students) within larger overall groups that sometimes numbered as many as 96 people. Painting homes and other.

"You name it, we painted it," he said.

He is also very active with the Timothy O'Connell Foundation and Tim's Team — in memory of Timothy O'Connell, son of Holliston residents Joanne and Kevin O'Connell.

He and his wife, Joan, raised four children there, all of whom attended Holliston schools. (Children are now 28, 26, 24, 20). He said "It's been a great place to raise my family."

He coached a lot of sports teams as they were growing up and still coaches the varsity lacrosse team at Holliston High School.

The Boston Business Journal Corporate Citizenship Community Collaboration Award is an annual recognition of Massachusetts companies that demonstrate innovation and develop best practices in specific partnerships with nonprofits. Nominations are judged on four standards: mission, innovation, impact and sustainability.

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Sports

Graves A Key Component For NHS Girls Soccer Team

Striker's Goal: 2nd Straight State Title

By KEN HAMWEY
STAFF SPORTS WRITER

Next month, Nov. 20 to be exact, is the one-year anniversary of Natick High's first state championship in girls soccer. The sixth-seeded Redhawks downed top-ranked Hingham, 3-2.

Zoe Graves, who scored the first two goals in the title game, firmly believes Natick can repeat as Division 1 champions.

"We've got experienced returnees and our team will be driven," Graves emphasized. "We'll be super motivated to keep the title. We also know what playing for a state championship is like and we know what needs to get done."

Now a senior captain, Graves is acutely aware that every one of Natick's opponents will be going all out to defeat the defending champs. "We understand that it's hard to repeat because everyone will be aiming for us," she added. "There's a target on our backs but we can make it two straight if we improve daily and fix the things that need to be corrected."

The 17-year-old Graves, who earned Bay State Conference all-star honors last year for her play as a striker, enjoys reflecting on Natick's dynamic playoff run.

"After beating Attleboro and Needham, we defeated the three-seed (Acton-Boxboro 2-1) then shut out the two-seed (Bishop Feehan 2-0)," Graves recalled. "Hingham was ranked No. 1 and nobody expected a sixth-seeded team to win the tourney. But, after those victories over Acton-Boxboro and Bishop Feehan, our confidence grew. Those two wins gave us a positive mind-set."

Thanks to Graves, Natick took a 2-0 lead in the final but Hingham bounced back and tied the contest. In the 77th minute, Emma Grant scored and Natick went all out on defense to clinch the crown.

"It was an exciting feeling, to

score twice and to be a member of the team that won the first girls soccer state championship in school history," Graves noted. "It was nice to play a significant role. The state title rates as my top thrill at Natick and the final was

Unfortunately for Graves, she wasn't able to start the season because of a knee injury she suffered in a scrimmage. Due to return this week, her presence will be a big plus for the Redhawks who were off to a 2-0 start at Local Town Pages deadline, winning matches over Walpole and

letic, can shoot from anywhere and has a knack for putting points on the board. Zoe has the talent to play at the next level."

Other key assets include a high soccer IQ, quickness, technical skills, and a keen post-up ability. As a captain, Graves wants to be a plus for her teammates. "I can lead by example but I also will be vocal with an eye towards inspiring and helping players grow," she said.

Four players Graves rates as quality contributors are senior captains Eliza Campana and Grant (both forwards), and sophomores Kendall Hacker (outside defender) and Olivia Penn (midfielder). All four have tourney experience.

"Eliza is a good pivotal player," Graves said. "She's quick and top-notch in key situations. Emma gives 110 percent, is aggressive and fast. Kendall is calm, versatile and a major factor on defense. Olivia is a plus in mid-field. She's got great composure, is solid in transition and has good technical skills."

Graves is also complimentary when her coach is the topic. "Coach Wainwright knows how to build team chemistry and he's a great motivator," Graves emphasized. "He stresses hard work, is passionate about soccer, and he not only holds us accountable, but he also makes sure we hold ourselves accountable."

An honor-roll student, Graves hasn't yet decided on a college venue but she plans on majoring in elementary education and hopes to continue playing soccer, likely at a Division 1 or 2 school.

A native of Natick, Graves began playing soccer at age five in the town's youth league. Competing at the club level for the last eight years, she started on the varsity as a sophomore and she's currently in her fourth varsity campaign.

Calling her parents (Lisa and Bryan) and Wainwright role models for their support and encouragement, Graves relies on a competitive philosophy that stresses winning, reaching one's potential and having fun.

"Winning happens when players reach their potential and enjoy their athletic experience," she said. "And, it's important to learn valuable life lessons from sports — like being resilient and able to overcome adversity, how to be a good leader and teammate, and how to manage your time."

Whether the Redhawks win a second consecutive state championship remains to be seen. Lots of factors have to fall into place. But, Graves has made it a high priority. She knows her teammates have the necessary attributes — athleticism, a high soccer IQ, sharp instincts, experience and technical skills.



Natick's Zoe Graves (front) is a top-notch shooter who can score in key situations.

the best game of my career."

The last time the Redhawks played for a state title was in 2018 when they lost in a shootout to Wachusett, 1-0. Graves was an eighth-grader then but knew she'd be teammates with some of the players who experienced that letdown. "For the last three years, I've thought about the possibility of playing for a state crown," she offered.

Graves scored 9 goals and had 3 assists before the tourney got underway. Her 4 goals and 2 assists in the playoffs gave her 13 goals and 5 assists as a junior. Her team objective this season is another state crown but her individual goals are "to be a quality leader and role model, aim for more assists, and win the BSC's Carey Division title."

Newton North.

An aggressive striker, the 5-foot-4 Graves likes the position because there's plenty of scoring opportunities, lots of activity and plenty of challenges.

"I get scoring chances and I can also help the team with assists," she said. "One decision can change the complexion of a match. The key to success for a striker is to know what to do before you get the ball and to know where your teammates are."

Head coach Dave Wainwright rates Graves highly and he admires the way she handles her position. "Zoe has great instincts, is consistent and balanced," he said. "She's got the ability to receive a pass, create separation from a defender, then strive for a goal or an assist. She's very ath-

Natick Art Association and Natick Artists Open Studio Shows

The Natick Art Association and Natick Artists Open Studio (NAOS) are being featured in the Morse Institute Library during

September and October.

NAOS's show will be on the main floor of the library, and the Natick Art Association's Check-It-

Out Juried Show will be in Lebowitz Hall.

NFL TICKET

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Mid Life Crisis Fri, October 14, 8 p.m.	The Missy Maxfield Project Sat, October 15, 8 p.m.
Flashback Band Fri, October 21, 8 p.m.	CrossRoad Sat, October 22, 8 p.m.
Three of a Kind Fri, October 28, 8 p.m.	Dover Road Sat, October 29, 8 p.m.

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DISTINCTIVE HOSPITALITY GROUP

Senior Center News And Events

MONDAYS AT A MUSEUM- ZOOM

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

We visit museums all over the world and view artwork with commentary by artists, docents, curators and others.

October 3- Native American Art
October 10- Indigenous People's Day-Center CLOSED

October 17- The Barnes
October 24- Celebrating the 100th Anniversary of the Lincoln Memorial
October 31- The Day of the Dead

WALKING GROUP at Elm Bank- IN PERSON

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

VIRTUAL TRAVEL TO MACHU PICCHU, PERU- ZOOM

Tuesday, October 4, 3:00-4:00pm, free, register by calling 508-647-6540

Join Beeyond travel in this personable travel adventure LIVE from Peru. Machu Picchu is one of the new 7 wonders of the world and the most iconic archaeological site of Peru and South America. In this talk we will go back to its origins, its meaning

for the Inca society and its discovery for the western world in 1911. We will end the experience with a guided photo expedition to this site located in one of the most beautiful landscapes of the Peruvian Andes. Our guide Oscar Oviedo Velasco, is a native Peruvian with over 15 years of experience as a local guide and Group Leader. He has special expertise in the archeology, history and art of Peru. You will receive the zoom link a week in advance. Registration required.

MEETUP AT WALDEN POND STATE RESERVATION, LINCOLN

Tuesday, October 11, 10:00-11:30 am, free, includes guided tour, register by calling 508-647-6540.

Meet up at the Visitor Center. 915 Walden St, Lincoln. Join us at this historic, beautiful site where Thoreau wrote much of Walden Pond. Arrive at 10:00am to watch the 22' film by Ken Burns at the Visitor Center. Then, we'll walk with a guide and learn about Thoreau, history of the area and the natural features that make this pond unique along with surrounding flora and fauna. The walk is on a 1/2 mile accessible trail past Thoreau's replica cabin and further in the woods where Thoreau's original cabin site stood. For those who are interested, we can also walk around Walden Pond (1.7 miles).

BFL HISTORY BOOK GROUP- ZOOM

Thursday, October 13, 11:00am-noon, free, register e-mail mking@minilib.net.

All are welcome to join this casual group discussing works of fiction and non-fiction. Our book read for this session is On Her Ground: The Life and

Times of Madam C. J. Walker by A'Lelia Bundles (NF).

FOOD WASTE COMPOSTING- IN PERSON

Tuesday, October 18, 1:30-2:30, free, Call the center to register 508-647-6540.

Join Karen Mallozzi, a Task Force Member of the Natick Curbside Composting Program to learn how you can do it. Benefits include save money not having to buy the Blue Bags for all your waste. Keep biodegradable matter out of our landfills and saving the town money. About 35 - 40 % of our municipal waste (by weight) is compostable.

HEARING LOSS-WHAT YOU CAN DO - IN PERSON

Wednesday, October 19, 1:30-2:30pm, free, Call the center to register 508-647-6540.

Join Audiologist, Melissa Mahaffey (West Newton Hearing Center Director) as she explains aspects of hearing loss, ways to address it and some solutions.

FINDING NATICK INFO- ZOOM

Thursday, October 20, 1:00-2:00pm, free, call 508-647-6540 to sign up

Join Town Moderator, Frank Foss, Town Clerk, Diane Packer, Natick Report editor/founder, Bob and Natick CSC Social Workers Debbie Budd and Teri Checket, and Natick Cultural District, Athena Pandolf in this overview of how to access information! We'll look at local sources to find out about fun events, local news, emergency information, social services and Town of Natick government including voter registration, Town Meeting and Boards and Committee meetings as well as signing up for Natick Community Senior Center events through Community Pass. Whether you are new to Natick and this area or a

seasoned resident, you'll find out some new information to help you stay informed and in the loop! Q & A and handout.

MICHELANGELO AND THE SISTINE CHAPEL- ZOOM

Wednesday, October 26, 1:30-2:30, free, Call the center to register 508-647-6540.

The Sistine Chapel is one of the most beautiful and most famous works of art in the world. Dive into Michelangelo's inspiration and process (did he really lie down as he painted the ceiling?) and consider how the masterwork has been altered by time and restoration. 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.

ON LOCATION: A BEHIND THE SCENES LOOK AT THE BOCH CENTER - IN PERSON

Thursday, October 27, 11:00am-12:30pm, free, Call the center to register 508-647-6540.

Please join Scott Towers, Director of Special Projects and Theatre Historian in this exclusive behind the scenes look at the historic Boch Center Wang Theatre with over 95 years of history shown through 100 photos and stories of some of the amazing shows and artists who have performed here, ranging from the Ella Fitzgerald, Elton John to Lady Gaga, Liza Minnelli, Bruce Springsteen and more! A trivia game will round out the event with a prize for the winner!

Bacon Free Library

Children's programs

All Children's programs will be held on the lawn behind the library, but will be moved indoors in case of rain. Please bring a blanket and/or chair

Monday Morning Stories & Songs: Mondays (10/10, 10/17, 10/24, 10/31) @ 10 am outside, behind the library

Join us for a high-energy story time! We'll mix things up with a combination of stories for listening and songs for dancing.

Special Dog Tales Monday Story Time: Monday, October 3 @ 10 am outside, behind the library

Lorcan and his human Cheryl are back for a fun and furry story time! Join us out on the lawn for some dog-approved stories and a chance to pet this calm, sweet, and soft therapy dog.

Adult Programs

Book clubs are held over zoom. Please call the library or check our website to get the books and to register.

Mystery book club: Thursday, October 6 @ 1pm: The Violin Conspiracy by Brendan Slocumb

History book club: Thursday, October 13 @ 11 am: On Her own Ground: the life and times of Madam C.J. Walker by A'Lelia Bundles (NF)

Bacon Free Library is located at 58 Eliot St., in South Natick

The library hours are:
Monday, Weds, Thursday, & Friday: 9:30-5:30
Tuesdays: 9:30-7
Saturdays: 9:30-1:30

Find more information: baconfreelibrary.org

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Senate President Karen Spilka to Host Autumn Senior Health and Wellness Fair

State Senate President Karen E. Spilka announced plans for her annual Senior Health and Wellness Fair to be held in-person in Framingham on Oct. 22, 2022. The free event will include fun and informative activities for older adults, as well as food, workshops, live music, vendors, and raffles.

"Each year, my Senior Health and Wellness Fair has been a great chance for me to get to know so many residents of our community and to connect them with resources, fun activities, and, most importantly, each other," said Senate President Karen E. Spilka (D-Ashland). "Last year, this event was held remotely to keep everyone safe. Isolation has made connecting with one other even more important for residents of any age, but particularly for seniors. That's why I am so ex-

cited to be able to hold this event in-person again this year."

Prior to the COVID-19 pandemic, this event hosted hundreds of seniors and older adults annually from across the MetroWest area and beyond.

Spilka's Senior Health and Wellness Fair is scheduled to be held in-person at Keefe Technical High School, at 750 Winter St., in Framingham, on Oct. 22. Residents are encouraged to call the office of Senate President Spilka at 617-722-1500 with questions.

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20th Anniversary Concert to be held October 30

The Natick Center Cultural District is proud to announce that on October 30th Allegro Music School of Natick will present a 20th Anniversary concert at the Morse Institute Library at 1:30 pm for the community.

Allegro Music School has been a presence in the Natick community for 20 years and has built a solid reputation for quality instrumental and voice instruction given by very experienced and nurturing teachers and active musicians.

It is a nonprofit community music school whose mission is to give younger generations a long-lasting love for music and music making.

Students come from Natick, Sherborn, Dover, Wayland, Holliston, and other communities. Lessons are given at Christ Lutheran Church, at 113 Union

St. in Natick and at Lesley Ellis School in Arlington.

Allegro provides children and adults with various genres of music nurturing the love of music and music making.

Even during the Covid pandemic lessons and performances took place "as usual" but via Zoom keeping the flame of music running.

A very special feature of the school are the public performances, considered as part of the learning experience, and which are also part of community service. The students have given annual recitals at TCAN, The Natick Mall, Barnes & Noble in Framingham and many nursing homes and have participated in fund raising events. Scholarships are available for deserving students and students in need.



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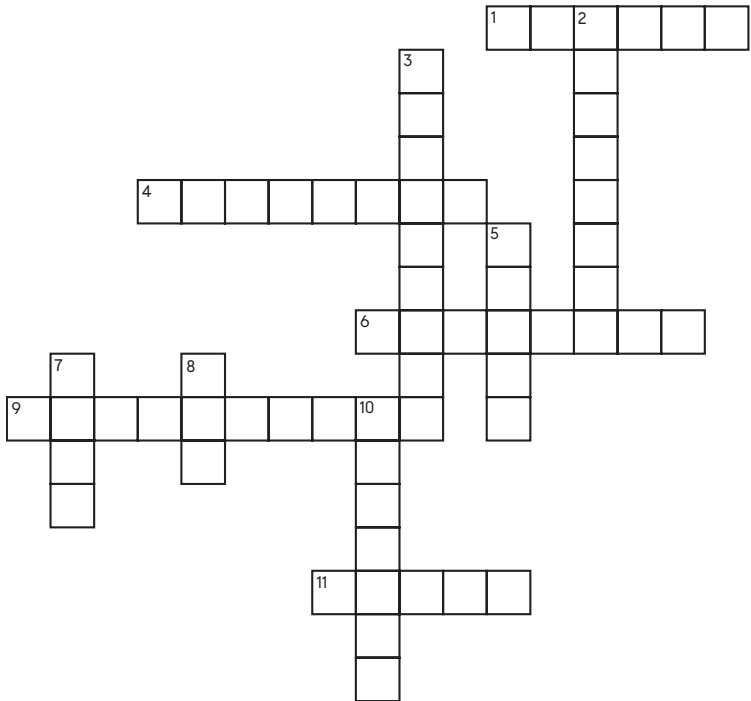


Jessica Allain
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1. Come find our incredible new construction listing in the heart of Natick Center on ____ Street!
2. Head down ____ Street to find this charming Cape home, fully updated and ready for your next big move!
3. Every day is a beautiful day to go biking on the Cochituate ____!
4. America's first ____ factory was built in Natick in 1858!
5. You can find the best hot dogs in town on what street?
6. What day of the week is the Farmers Market held on?
7. The best place to see animals in town is the Natick Community Organic ____!
8. What is the best pond to swim at in Natick?
9. Our listing on Beacon Street sits at the top of ____ in this neighborhood!
10. It's fall! Head to ____ Farm to pick some apples and pumpkins!
11. This name is not just for the library but a great place to grab a drink and dinner!

Answers:
1. SPRING, 2. ROCKLAND, 3. RAIL TRAIL, 4. FARM, 5. SOUTH, 6. SATURDAY, 7. FARM, 8. DUG, 9. LOOKOUT, 10. MORSE, 11. LOOKOUT

Natick Crossword Puzzle



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