

## 'Art Across The Globe' Lands In Natick

BY SEAN SULLIVAN

Art is a universal language, a means of expression that can be understood across lines of language and culture. And now, thanks to more-widespread adoption of teleconferencing, art can just as easily span the differences and difficulties of distance.

That's the aim of "Art Across the Globe," a series of live and interactive online workshops being sponsored in Natick. The sessions feature painters from India, wherein they demonstrate and describe their art, technique and traditions. Viewers meet and engage with the artists via video, which includes the chance to ask questions of their featured creator.

Participants are encouraged to mostly observe and engage in the live workshops - painting comes later. They can revisit the tutorial for up to three weeks following its airing, and render their own versions of the featured work during that time.

"My goal here is to give people primary exposure," said Swati Biswas. She is organizing



and facilitating the streaming workshops, working with the Natick Center Cultural District which has sponsored the project. A native of India's West Bengal,

Biswas designed the sessions to sample from a wider swath of the

**ART**

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## Annual Town Election Is March 28

BY SEAN SULLIVAN

On Tuesday, March 28, Natick's annual town elections will be held.

The Natick Select Board and the School Committee each have vacancies that will be filled via the vote.

Five members comprise the Natick Select Board, and each serves for a 3-year term, although those tenures don't necessarily run parallel with one another. In this month's Select Board election, four candidates are vying for two vacancies.

Four candidates are likewise running for vacancies on Natick's School Board, whose members also serve for three-year-terms. Six candidates are seeking seats on the Morse Institute Library Board of Trustees.

As of this writing, candidates for the March 28th elections hadn't yet been published on the town's website.

The Iowa caucuses have been a rite of passage early on the campaign trail for those seeking the American presidency. The events are famous for their pecu-

liar voting method in the primary elections, and the theater of retail politics that surround them.

Cookouts where candidates consume local cuisine and culture have long been a feature of the caucuses; contenders have often been judged by how well (or poorly) they fit in with the local flavor.

Here in the northeast, forests punctuated by maple trees may stand as backdrops instead of Iowan cornfields. In lieu of grilled pork products, pancakes are on the menu. Natick's "Maple Magic" pancake breakfast might be a miniature version of those meet-and-greet marathons that take place in Iowa every four years.

Scheduled at Natick Community Organic Farm for March 4, the breakfast isn't a political event per se, but it's been tradition for candidates seeking local office in the town to attend, greet and meet with residents.

Here in Natick as well, voting is done differently from our neigh-

**ELECTIONS**

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**ART**

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subcontinent.

“I said, ‘why don’t we go beyond my home state?’ To give a flavor of India. I try to work with people who are actually from that region.”

Held in January and February, the first and second of five workshops have come and gone, but artists interested in taking part in any of the next three can sign up. Scheduled for March 26, this month’s session will feature artist Gayatri Verma, who will create a traditional Madhubani-Style Painting. Verma hails from Bihar, a state in East India bordering Nepal.

Like many, Biswas realized the potential of streaming video during the pandemic. She’s a dancer, and in those days during shutdowns organized performers via video. She will also serve as interpreter during the online workshops, and will translate the sessions so they can be viewed over the subsequent weeks.

Though the pandemic shut



**ART**

*continued on page 3*

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**ART**

*continued from page 2*

many people in, one bright spot was the way it fostered connections across distance. Folks were forced to reach out via video, and those skill sets still resonate even as the hardships of the pandemic recede.

Keeping the artwork authentic also means adhering to traditional processes for making paints and pigments. That often entails creating colors from natural sources, including vibrant flowers and leaves, as the practice has endured for centuries in India.

The workshops serve creators and communities on both sides of the camera. Artists working in remote, rural places can have their work and culture seen and appreciated beyond borders. While other artists a world away, say in New England, can learn and connect, adopt techniques and ways of seeing from their

foreign creative counterparts.

“It really feels good to have that support from everyone around here,” said Biswas. Part of facilitating the sessions also entails

required to host such a workshop - that, and an internet connection. The technology is becoming pervasive enough that people in more-remote areas can often access it. Even so, that might mean borrowing tech from friends or family, renting it, or making the trek to a local hub with connectivity.

Now a veteran of the video interactions between such disparate cultures, Biswas appreciates the impact the sessions can have.

“Some of the things are really mind-blowing when you react with them and see how little they have at their disposal,” she said.

Again, some things about making art are universal.

“They also take a lot of pride in their work.”

**Authentic warli painting**



hooking up artists across oceans with the hardware they need to connect with audiences in the wider world.

These days, a cell phone or laptop computer is often all that’s

**ELECTIONS**

*continued from page 1*

bors in Iowa. Voters at our local polling places choose from a list of candidates, and those earning the most votes win. Contrast that with the confusing caucus system, which resembles auditoriums full of sports teams, each group trying to coax other players to defect and join their side.

It makes for good theater, but it’s easy to see why this form of choosing leaders has largely been jettisoned in favor of simpler and more transparent systems. It’s also why, in part, the Democratic Party recently chose to remove Iowa as the first state in its presidential primary election process.

Paul Joseph is chair of the Natick Select Board; his seat is not on the ballot this year. Joseph first got into town politics about 15 years ago, when his children were attending school in Natick.

“That’s what pulled me into the political process,” he said.

He took a hiatus from town office after his term ended, but decided to run again when the world began to return to normality after the pandemic. Following those tumultuous few years, Joseph said he decided his experi-

ence in town politics could come in handy.

Seats on other local political bodies are also up for election this year, including the Planning Board, Recreation and Parks Commission, Board of Assessors, Board of Health, and the Natick Housing Authority.

None of these are paid positions.

“This is a common misunderstanding,” said Joseph. The half-joke, he added, is that “You essentially become a full-time volunteer.”

The reward, he said, comes in the relationships developed during one’s tenure, the legacy left on a community’s character and future. Although national policy and cultural debates and elections steal much of the spotlight, municipalities matter more than many people realize.

“The truth is, it’s your local vote that has the biggest impact,” said Joseph, “I connected with the town in ways I couldn’t predict.”

The recent debate about the South Natick spillway was among those surprises.

“That decision wasn’t even on my radar.”

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# Small Business, Community Discussion March 8

If you are a woman-owned business you're invited to join us for a time of connection on March 8 from 10-11 am. Register for this FREE time of connection and conversation.

We are honored to have Coach Derith Cass as our featured speaker with "3 Shifts to Create Change and Build Community"!

Join us as we also talk about community and resources for small businesses in Natick Center with Erin Lynch from the Metrowest Visitors Bureau and also Rachel Vingsness from the Natick Service Council.

Derith Cass, aka Coach D., is a powerful presenter, mindset shifter, habit change specialist, women's well-

ness coach, and a lover of the human connection. Her work centers around banding women together as a fierce tribe and transforming perspectives of what is possible so we can fully

step into the life that is waiting for us.

Through Coach D's presentations, women's retreats, habit coaching programs (both group and individual), and fitness

classes, countless stories have emerged about women breaking through what's been holding them back by embracing lasting change, choosing to show up for themselves, getting back up when

between, Coach D. teaches you how to tap into that deep inner wisdom we all have, the place where all the answers are, so you have the tools to architect a life you love!

they fall, and celebrating the palpable power of community.

Her motto is: "All women. All ages. All stories. All destinations."

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# A hot topic – more efficient heating and cooling, with guidance from Pro Comfort Control

## Saving money and energy with improved systems, from heat pumps to furnaces, boilers, and air conditioners

BY LINDA CHUSS  
CONTRIBUTING WRITER

Everyone seems to be grumbling about heating costs these days, as energy prices have been rising quickly. There is also considerable talk of reducing energy usage in buildings to alleviate climate change, along with financial incentives towards that aim. Advertisements point to newer technologies, like heat pumps and improvements to traditional systems. But changes mean consumers need to learn about the new options, and the information can be confusing.

Pro Comfort Control's Ryan McKernan is helping homeowners and light commercial building owners find the right solution for their situation. With over 20 years of experience, he brings impressive expertise and provides the personal attention needed to properly design and install it.

"I come from a family of tradesmen. As a teen, I started working with my uncle, a plumber, and my father a well-known local builder." McKernan has roots in the community, having lived in Natick for many years. His company is located in Framingham and services Natick and surrounding towns.

"Right now, people are most interested in heat pumps, an extremely efficient and more environmentally friendly way to heat and cool your home," McKernan explained. "Customers regularly ask how they can limit

## Business spotlight



The professionals at Pro Comfort Control bring their expertise in heat pumps and all facets of heating and cooling systems to the Natick community.

their dependency on fossil fuels and go green. We take the extra time to educate them so they can make knowledgeable decisions. For each customer, we complete a comprehensive evaluation of their home and provide the best recommendations tailored to them."

Homes with central air have a ducted system, so Pro Comfort Control typically suggests a ducted solution using forced-air heat pumps. However, in older homes or those with structural limitations, the solution might be to install ductless heat pumps. Pro Comfort Control could recommend high efficiency boilers or furnaces based on the specific configuration of the home. "Tailoring the recommendation to the home is part of what differentiates us," said McKernan.

Customers appreciate Pro Comfort Control's individualized focus, as well as their responsiveness and commitment to quality. Kevin Delehanty of Natick, who

used Pro Comfort Control to replace a gas furnace said, "My heating system stopped working during Thanksgiving week. Ryan and his team came out and installed a new heating system on Wednesday so I would have heat for the holiday. His quick service and craftsmanship were unbelievable. I highly recommend the company."

Pro Comfort Control even does a full walkthrough after installation. "We explain how their system works, the maintenance needed, and the benefits," McKernan related. "People are surprised by our passion for quality and the attention they receive. That's gratifying to us."

Another way Pro Comfort Control exceeds expectations is by guiding customers through the financial incentives. Mass Save offers a 0% heat loan, post



Pro Comfort Control's Ryan McKernan takes pride in delivering heating and cooling solutions tailored to the customer's home.

installation rebates up to \$10,000, and up to \$2,000 in tax credits, all with stipulations. To obtain the heat pump incentives, a customer needs to use a certified Mass Save Heat Pump installer, which Pro Comfort Control is.

For more information or to discuss your home project, contact Pro Comfort Control at

508-955-4PRO or [info@procomfortcontrol.com](mailto:info@procomfortcontrol.com). Services include oil, gas, and electric solutions for water heaters, furnaces, boilers, A/C and heat pumps.

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# Senior Center News

## Borrow Our Member Pass

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.

## Tower Hill Botanic Gardens

11 French Drive, Boylston, MA

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. Thank you to Whitney Place for sponsoring this program.

choose your entrée for lunch at registration.

Come to the iconic Isabella Stewart Gardner Museum for this luxurious day with lunch out at the Venezia restaurant first, with your choice of Boston Baked Haddock with seasoned crumbs; Chicken Parmigiana with homemade pasta; Chicken Piccata sautéed with white wine, lemon, capers or Pasta Primavera- penne pasta tossed with seasonal vegetables, garlic, olive oil.

After lunch we head to the Gardner museum and have a one-hour docent led tour. You will have time to enjoy the beautiful courtyard gardens and galleries at your leisure after. We'll return back to Natick at approximately 4:15pm. Registration deadline is Monday, March 20. Space is limited.

Please note: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Questions? Please call Sharon at Natick CSC 508-647-6540 X1907.

## Day Trip To Blithewold Gardens And Mansion – High Tea

Wednesday, May 24, Bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 8:45am. Returns approximately 4:30pm. Fee is \$120.00 per person due at registration.

Blithewold, a 33-acre estate with grand views of Narragansett Bay, is nationally significant in American history as one of the most fully developed and authentic examples of the Country Place era. The property features

a 45-room mansion filled with family heirlooms framed by a series of lovely gardens that range in character from mysterious to exotic and from poetic to practical. An exceptional collection of rare and unusual plants, specimen trees, an accessible greenhouse, and whimsical stonework project a character that is romantic, fresh and inspiring, and unique to Blithewold.

### TOUR INCLUDES:

- Deluxe Yankee Line motorcoach transportation
- Admission and docent lead tour of Blithewold Mansion, Gardens & Arboretum, a 90-minute tour that tells the story of the Van Wickle/McKee family, the original owners of this beautiful seaside garden estate visiting each of the ten gardens, the Bamboo Grove, the Summerhouse and our Lord and Burnham greenhouse complex.
- High Tea included in the mansion (1:00 pm), delight in a cup of tea, freshly baked scones with sweet cream, and a 3-tiered tray filled with sweet and savory treats.

Registration deadline is Tuesday, May 2. Space is limited.

Please note: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Questions? Please call Sharon at Natick CSC 508-647-6540 X1907, skirby@natickma.org.

Register by calling the center 508-647-6540 for FREE events and come by the center to register for events that have a cost, 117 East Central St, Natick, MA 01760

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## Mindfulness Meditation-Zoom & In Person

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

## Upcoming Day Trips

### Day Trip To The Isabella Stewart Gardner Museum, Boston

Thursday, April 6, \$110 due at registration.

Bus departs from Fisk Methodist Church, 106 Walnut St, Natick at 10:00am. Returns approximately 4:15pm.

Tour includes: Luncheon at the Venezia Restaurant offering spectacular waterfront views of the Boston skyline; admission and guided tour of the Isabella Stewart Gardner Museum and Deluxe Yankee Line motorcoach transportation. Please

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# Nina Sable reassures owners: You can sell your home with no renovations, and no regrets

BY LINDA CHUSS  
CONTRIBUTING WRITER

A homeowner considering selling might think it's critical to first make cosmetic improvements or kitchen and bathroom updates. The inconvenience, time, and money to render the home flawless can be overwhelming. They may delay putting it on the market until at least some renovations are completed. While there is a culture of buyers who only look at pristine homes having the latest amenities, many others will gladly purchase a home with shortcomings.



Nina Sable, a real estate agent with William Raveis in Natick, explains, "Some buyers have to be near work, family, or a school, so can't be flexible regarding location. In a higher priced area, a home needing work suits that buyer. And in today's environment, with few homes for sale, more buyers will purchase a property that doesn't meet their ideal, and then update it." There

are also buyers with a vision who look forward to doing the projects that will make a place their own. For buyers who appreciate value, after getting anything crucial to be functional, they can spread out other improvements over time, which spreads out the cost too.

Knowing this pool of buyers exists helps alleviate concerns about selling a home in as-is condition. In layman's terms, as it means a buyer should not expect price concessions or corrections



## Real Estate spotlight

for problems found during inspection.

Sellers appreciate not having to renovate. Living in a home that's undergoing work – even simple interior painting – is inconvenient and stressful. Homeowners may lack the needed funds, time, or experience. Sable said, "There are people whose financial responsibilities have gotten ahead of them. Whatever their reason, I can sell their home in its current state, and they'll still make money."

Selling a home without making updates is particularly helpful for absentee owners. "Sometimes an owner will have to move out

before they have a chance to sell, like when a senior transitions to an assisted living facility," said Sable. "Remote landlords, people who inherited a house, people who have to relocate quickly for work – in these situations, owners often want to sell their home as is. They can turn the keys over to me and I'll have the house cleaned, prepped, listed, and shown, all without the need for the owner to be there."

Sable uses specialized marketing, explaining, "It's more than just listing it and having an open house. I reach out to agents looking for buyers interested in as-is offerings. My social media is targeted. I focus on the beautiful bones of the home."

Not all sellers are realistic about their home's condition and the effect on its valuation. Sable shared, "Because their home suited them perfectly for decades, they may not recognize the work needed, and could be put off. There's no stigma around selling a home as is – rather, it signals to

buyers there's an opportunity to customize."

There are a few considerations in selling a home that needs some renovation. When sold as is, it will not command the price for an equivalent, impeccable one. Yet even if an owner improves their home before putting it on the market, there is no guarantee the selling price will be high enough to recoup the investment. An as-is home will likely stay on the market longer. However, getting it into top shape before listing it could also add months to the process.

Sable welcomes the chance to talk and work with homeowners who are contemplating selling but holding back because of their home's condition. She advises, "You are more likely to regret waiting than moving forward to whatever is next for you." To reach Nina Sable, call her at sw(508) 733-8935 or email nina.sable@raveis.com.

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# Dividend Investing - Navigating Hype and Pitfalls To Get Results.

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**2 High Yields: A Bird In Hand Is Worth Two In The Bush.**

**4 High-Yield Dividend Aristocrat Retirement Dream Buys.**

**Is \_\_\_\_\_ Stock's 5.25% Dividend Yield Safe?**

With headlines like these, who needs enemies?

Dividend stocks are getting a lot of attention given how as a group they outperformed the S&P 500 Index which declined -18.1% in 2022. Witness leading dividend ETFs (exchange traded funds) from Schwab, Vanguard and iShares (BlackRock) ranging from -3% to -9% for the year, keeping 10-year annualized returns still above 10%. Add US bond market index down -13.1% due to rising rates, you can see the



Glenn Brown

attraction on a relative basis.

Unfortunately, due diligence by many investors buying or selling dividend stocks is based on yield and a story with a catchy

headline. They ignore a company's business model, free cash flows, payout ratios, dividend growth, stock appreciation and other key factors.

Even worse is mantra of "I don't care about the stock price, as long as I get my dividend".

Here's a few considerations I use to avoid pitfalls and manage a Dividend Growth & Income portfolio.

- 1. Be diversified across industries.** Far too often see self-directed investors own 20 companies and think they're diversified. Problem is 15 are in the same sector (i.e. today it's energy, 5 years ago REITs, 17 years ago financials). Be across at least 5-6 sectors to reduce portfolio volatility throughout economic cycles.

- 2. Seek total return approach.**

Instead of yield alone for income, think a combination of yield, dividend growth and stock price appreciation. If you require 4% income distribution and your portfolio yields 2%, the other 2% comes from selling investments. Relatively small and can occur naturally when rebalancing to manage risk.

- 3. Growth of dividends.**

Growing companies reinvest earnings into projects to increase future cash flows. Dividends come from cash flows, and many growth companies yield 1.5% or less today. Given this, these are ignored by income investors. Huge mistake, let me explain via concept of Yield-On-Cost (YOC).

- 4. Yield-On-Cost (YOC).** Measures the compounding of dividend increases. Divide current dividend paid by what you paid for the share, multiply by 100.

Real world example. Five years ago software company is yielding 1.0%, today through dividend increases YOC is 2.8%. Meaning your initial investment 5 years ago now pays out 2.8% annually even though current yield still ~1%. Bonds can't do this, they're fixed. But there's more... add 216% stock appreciation and you see the mistake of only selecting high dividend yields.

Other examples:

- Managed Care: 1.3% yield, 5-year YOC 3.9% + 131% total return.

- Environmental Industrial: 1.7% yield, 5-year YOC 3.9% + 134% total return.

- Semiconductor: 0.8% yield, 5-year YOC 3.8% + 380% total return.

- Pharmaceutical: 1.3% yield, 5-year YOC 5.3% + 394% total return.

- 5. Balance with consistently boring.** Boring is reliable. Boring is necessary. This can include companies increasing dividends each year for 25 years (just 64) or 50 years (only 37). Additionally, this is also where you can add some slow growth, high-yield opportunities to help increase overall portfolio income. Again business model matters, debt matters, visibility matters.

Dividend investing can play a part in your investment and/or income distribution strategy, but it's more than yield with a story if you want results to stay invested over economic cycles.

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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# Unique hands-on learning for preschoolers through teens at the Natick Community Organic Farm

By LINDA CHUSS  
CONTRIBUTING WRITER

Collecting eggs from chickens, planting and picking flowers, watching a tractor up close – these are the kinds of the experiences that engage young learners at the Natick Community Organic Farm (NCOF). Children perform these activities in programs at the farm throughout the year, including preschool sessions, vacation week and summer camps, after school classes, and internships for young adults.

Located at 117 Eliot St., the classroom is 27-acre modern, working farm that has been serving the town for nearly 50 years. A non-profit organization, NCOF produces food for the community and teaches students as well as visitors about taking care of the land and animals.

“We see education as our biggest crop,” says Assistant Director Catherine Sullivan. “Through learning and exploring, students are gaining an appreciation for ecology, livestock, fields, and natural systems. They also get satisfaction from making a meaningful contribution by feeding people. The produce they grow, the eggs and maple syrup they collect, and the turkeys they help raise are sold at the farm stand and regular shareholders.”

All the opportunities at the farm are designed to instill responsible stewardship of the land in the next generation. Specific experiences depend on the season and age group. In summer sessions, which run from June 12 to August 18 for ages 3 to 15, participants harvest crops like green beans and tomatoes, feed scraps to the animals, and explore streams and woods. For afterschool, weekends, and vacation week during the school year, activities can range from maple



Children enjoy feeding chard they helped grow to goats as part of a summer program at the Natick Community Organic Farm.

sugar tapping and boiling and planting seedlings in the greenhouse, to shearing sheep.

Forest Gnomes, a special half-day preschool program held from September to June, has the children outdoors 95% of the time in all but the harshest weather. They hike and explore in nature every day and enjoy sledding and swings as well as the animals and crops. Preschoolers have their own backpack of outdoor gear and learn to add and remove layers themselves as needed. Erin O'Brien, Communications Outreach Coordinator, elaborates

on the benefits: “Our Gnomes program allows children safe, unstructured play, to practice freedom, learn independently, and develop communication skills in their interactions. The children develop a strong bond with each other, forming a real community.”

O'Brien first visited the farm on a fourth-grade field trip and still recalls picking up sticks in the turkey yard to protect the birds from being harmed by eating them. She was so enthralled that at 13, she became a volunteer at NCOF, and later moved onto

staff. Now, some of her fellow students bring their own children, and she sees their long-ago experience as accomplishing its mission.

The farm provides a break from books and screen time and is an unusual chance to learn outside about things not routinely taught elsewhere. That is one reason many attendees, like

O'Brien, return for more than one program, with some working after school jobs there as teenagers.

Registration is now open for summer programs and will fill up; anyone interested is advised to sign up soon. Enrollment for the Forest Gnomes session starting in September is also open now, with options for two, four, or five mornings a week. April vacation week program registration will open shortly.

For more information about the programs and to register, go to [NatickFarm.org](http://NatickFarm.org). At the website are photos and videos, as well as details about the farm stand, workshops for adults, and other events. NCOF is open to the public for free visits, every day of the year from 8:00 a.m. until dusk, providing a chance to see the active environment and the students at work and play. Questions can be directed to [Info@NatickFarm.org](mailto:Info@NatickFarm.org) or (508) 655-2204.

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## Stopping the Cycle of Anger: How to Navigate Anxiety and Big Feelings with Calm and Compassion

Thursday, March 23 at 7pm via Zoom -- For parents, caregivers, educators, and community members of all ages

In this talk, author Renee Jain, MA, will offer practical,

supportive techniques to address anger and other intense emotions in ourselves, our children and our teens with more understanding and less screaming. She will discuss how to uncover what's underneath these big feelings and how to empower individuals, parents, and children to shift to more positive response patterns. ASL interpretation will be provided at this event

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# Sports

## Natick Wrestling Captains Are A 'Fab Five' Group

### Quintet All Champs At Division 1 Sectionals

By KEN HAMWEY  
STAFF SPORTS WRITER

Bob Anniballi, who's been coaching varsity wrestling at Natick High for 31 years, knows the sport inside and out. He also knows his five senior captains are not only capable leaders, but also competitors who possess the key attributes needed to be successful in what is one of the most grueling sports at the interscholastic level.

The Redhawks' quintet includes Shaun McLaughlin, Tucker Vician, Louis Linton, Bennett Sonneborn and Michael Anniballi, the coach's son.

"All five of the captains have been battle-tested and all of them have experienced difficult losses," he said. "They have high wrestling IQs, they're mentally tough and their work ethic is excellent."

When Anniballi uses the 'IQ' letters, he emphasizes that it's more than just being alert on the mat. "Having a high IQ means the boys have the ability to manage their match and to navigate different situations."

Last month on Feb. 11, the five captains all excelled at the Division 1 West/Central Sectional Tournament at Algonquin Regional. They all posted 3-0 records, became Sectional champions in their weight classes, and advanced to the state tourney in Methuen. They also helped the Redhawks' capture the team title.

Captains usually are selected because they either have leadership skills or they have the potential to develop into a leadership role. Anniballi is pleased that his 2022-23 captains have different personalities and their leadership styles are also different.

"They lead in a variety of ways," he noted. "They all lead by example but some are vocal and communicative while others display a supportive nature. Some like to communicate one-on-one with a teammate and some like to talk to the players in a team setting. They're a bit of everything."

The captains all started wrestling when they were in elementary school, they've all experienced success in the post-season,

and they've all strived to sustain the success and the tradition that Natick High has built.

During their last three years, NHS won three Bay State Conference crowns, three Sectional championships and one State title. And, during Anniballi's tenure, the Redhawks have amassed 27 BSC titles, 17 Sectional crowns, and 3 State championships.

What follows is a thumbnail look at Natick's captains who reveal what's helped them to succeed, what their top thrill has been in wrestling and their thoughts on representing a first-class program. Their recent Sectional titles are also listed.

#### SHAUN McLAUGHLIN

Age: 18.

Age Started Wrestling: At 8 years old in the Natick youth league.

Height/Weight: 5-10, 132 pounds.

Weight Class: 132 pounds.

Varsity Years: Four.

Style: "I rely on patience. Once I find a weakness or if my opponent makes a mistake, then I move fast to take advantage of his mistake."

Attributes For Success: "Mental and physical toughness and being strong-willed. Wrestling requires lots of anticipation and discipline."

Life Lessons Learned From Wrestling: "Perseverance (stay the course); how to lead effectively; and resilience (if I lose a match, bounce back by maintaining a short memory)."

Best Post-season Effort: "I won the sectional as a junior in the 126-pound class, was second at the state tourney, had an eighth-place finish at All-States, and lost two close matches in the New England Tournament."

Top Thrill In Wrestling: "There's two. Getting to the New England Tournament and being chosen as a captain. That showed respect from my teammates and coaches."

Sectional Finish In 2023: Won the title by defeating Nathaniel Cotto of Putnam.



Natick High's wrestling captains are, from left, Michael Anniballi, Bennett Sonneborn, Shaun McLaughlin, Tucker Vician, and Louie Linton. They all finished first at the Division 1 West/Central Sectional last month.

Rating Coach Anniballi: "Terrific motivator. Pushes us to improve. Very demanding but that's what makes him a great coach."

Thoughts On Natick's Tradition: "It's a joy to be part of the program's success. I'm proud and pleased. It's been amazing and I got help from the youth program."

#### TUCKER VICIAN

Age: 18.

Age Started Wrestling: At 11 years old in the Natick youth league.

Height/Weight: 5-11, 175 pounds.

Weight Class: 182 pounds.

Varsity Years: Four.

Style: "It's being patient, using defense as my offense. I wait for an opportunity, then try to capitalize on it."

Attributes For Success: "The keys are discipline, relying on strong technique, having a strong work ethic and staying resilient."

Life Lessons Learned From Wrestling: "Learn from mistakes, overcome adversity by dealing with bumps in the road and balancing and managing time."

Best Post-season Effort: "I finished second at the sectionals as a junior, took fifth place at the states and was fifth at All-States. I got to the New England Tournament, went 2-2 and placed."

Top Thrill In Wrestling: "I've got two. Finishing fifth at All-States was rewarding because I beat Ben Hogg of Brockton. Earlier, he had defeated me twice in the tourneys. The second is topping 100 victories for my career. (Overall record is 116-34)."

Sectional Finish in 2023: Won the title by defeating John Noguiera of Framingham.

Rating Coach Anniballi: "Very motivating. Tough guy but he's fair. He helps us to be the best we can be."

Thoughts On Natick's Tradition: "Totally pleased to be contributing and I love the group I've been with. It's been an honor to maintain Natick's wrestling tradition."

#### LOUIS LINTON

Age — 18.

Age Started Wrestling: At 8

years old, then stopped after two years. Resumed competing in the sixth grade.

Height/Weight: 5-5, 120 pounds.

Weight Class: 120 pounds.

Varsity Years: Four.

Style: "I lean towards being aggressive. The strength of my approach is riding my opponent on top, relying on strength and technique."

Attributes For Success: "Mental toughness is the key. It gets

**WRESTLING**  
continued on page 12

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**WRESTLING**

*continued from page 11*

a wrestler through practice, a long regular season and a tough post-season. Athleticism and discipline are also important.”

**Life Lessons Learned From Wrestling:** “Resiliency is a great lesson to learn because wrestling is not an easy sport. Work ethic is also important because it’s the price one pays for success. Another significant lesson is to focus on yourself but maintain a team-first attitude.”

**Best Post-season Effort:** “I finished second at the sectional as a junior last year, then advanced to the state tourney where I placed fourth. I did not place at All-States.”

**Top Thrill In Wrestling:** “Getting elected to be a captain, which showed that I was respected by both my teammates and coaches.”

**Sectional Finish In 2023:** Won the title by defeating Nate Garozzo of Lincoln-Sudbury.

**Rating Coach Anniballi:** “A great motivator who can get his wrestlers to focus very quickly. He knows wrestling backwards and forwards.”

**Thoughts On Natick’s Tra-**



**Coach Bob Anniballi says all five of his captains are “battle-tested.”**

**dition:** “It’s an honor to wrestle for Natick High School. I’m also honored to compete for coach Anniballi and to be part of a program that has a lengthy winning tradition.”

**BENNETT SONNEBORN**

**Age:** 18.

**Age Started Wrestling:** At 9 years old in the Natick youth league.

**Height/Weight:** 6-feet, 200 pounds.

**Weight Class:** 195 pounds.

**Varsity Years:** Four.

**Style:** “I balance being ag-

gressive and patient. I often wait for my opponent to tire, then get aggressive and aim for a pin or points.”

**Attributes For Success:** “A strong work ethic, grit, mental and physical toughness and a relentless attitude.”

**Life Lessons Learned From Wrestling:** “A strong work ethic and how to be tolerant. I’ve also learned how to lead, to set goals, and how to overcome challenges. My senior season of wrestling almost ended after I dislocated my elbow on Dec. 28 at the Lowell Holiday Tournament but I was able to recover and finish first at the sectional.”

**Best Post-season Effort:** “I won the sectional as a junior last year. Then, I advanced to the state tourney where I took third place. I was second at All-States, then had a 3-2 record in the New England where I tied for seventh place.”

**Top Thrill In Wrestling:** “Winning a team-only state tourney as a sophomore during the covid-19 pandemic. I won my final match, which played a major role in the outcome.”

**Sectional Finish In 2023:** Won the title by defeating Antonio Leandres of St. John’s.

**Rating Coach Anniballi:** “He’s a wrestling genius who’s passionate about our success. We would not be successful without him.”

**Thoughts On Natick’s Tradition:** “I’m super pleased to be part of Natick’s wrestling tradition. As a fourth-grader, I’d watch the varsity wrestlers and now, eight years later, it’s been a thrill to compete.”

**MICHAEL ANNIBALLI**

**Age:** 17.

**Age Started Wrestling:** At 5 years old beginning in the Milford youth league.

**Height/Weight:** 5-7, 158 pounds.

**Weight Class:** 152 pounds.

**Varsity Years:** Three (unavailable as freshman because of a broken arm).

**Style:** “I’m patient to start but when I get a sense of the pace needed, I tend to be more aggressive.”

**Attributes For Success:** “Mental toughness is No. 1 because it provides me with the ability to improve in all aspects of life. Other important attributes are strong technique, athleticism and strength.”

**Life Lessons Learned From**

**Wrestling:** “Wrestling teaches how to overcome adversity and how to get through tough times. The sport has also taught me the value of sportsmanship, how to sharpen my leadership skills and how to be a team-first competitor.”

**Best Post-season Effort:** “I won the sectional as a junior in the 152-pound class and finished seventh in the state tourney.”

**Top Thrill In Wrestling:** “As a sophomore, I won the final match of a revamped state tourney at 145 pounds. Natick was crowned the team champion.”

**Sectional Finish In 2023:** Won the title by defeating Jeremy Beach of Chicopee.

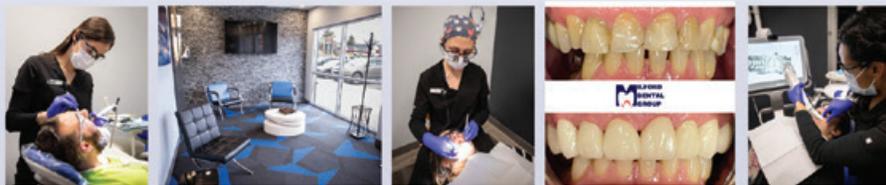
**Rating Coach Anniballi:** “He’s demanding but fair with all his wrestlers. A great motivator, he gets 100 percent from all of us and he brings out the best in his athletes.”

**Thoughts On Natick’s Tradition:** “It feels great to compete and give back to the program. At a young age, I saw many of Natick’s best wrestlers. I’m glad I’ve had some success while wrestling for my father. He’s been supportive and encouraging and our relationship is solid.”



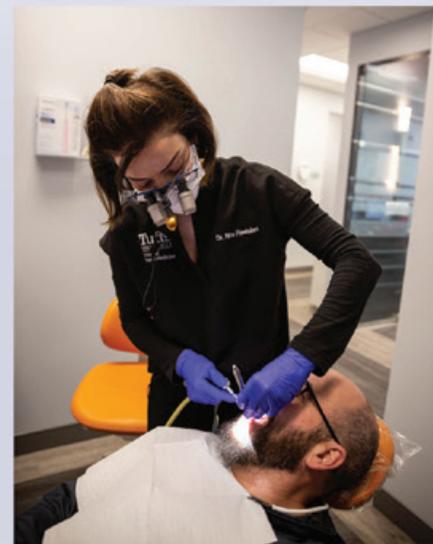
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Dr. Raeisian completed her undergraduate studies in FL and earned her doctorate from Tufts University, School of Dental Medicine . She focuses on general and cosmetic dentistry. She is certified in implant dentistry, Invisalign, and cosmetic dentistry. She joined Milford Dental Group in 2001, where she holds a full-time position as our clinical director. Dr. Raeisian is also an FBI-trained forensic dentist.

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## Children's Programs

**Mondays @ 10am -- Story Time:** Join us for a high-energy story time! We'll mix things up with a combination of stories for listening and songs for singing & dancing.

**Tuesdays @ 10am -- Alphabet Story Time.** We'll start with stories and songs that feature our letter of the week. Then we'll do some simple crafts with the special letter.

**Fridays @ 10am -- Baby Time:** Join us for a cozy story time filled with lap bounces, rhymes, songs, and simple stories. Geared toward infants and young toddlers with their grownups.

**Jammin with You -- 2 Wednesdays per month @ 10am:** March 8th & 22nd: Be prepared to laugh, dance, sing, and jam your way through 30 minutes of non-stop family fun! This performance is geared for kids ages 1 - 7, but fun for the whole family. With modern takes on children's classics and classic original tunes, you'll be humming and bopping your way all the way home. Registration required.

**Saturday, March 18th, 10-11:15am: Read to a Dog:** Build confidence and practice your reading skills by reading out loud to a registered therapy dog! Children ages 5 and up can sign up for a 15 minute reading session with Sophie, a gentle golden retriever who loves belly rubs, stories, and cuddles. Registration is required.

## Adult Programs

**Weds, March 1st @ 7pm on Zoom -- Blackstone Valley Veggie Gardens** will explain the benefits of hydroponics and answer your questions about this soil-less form of gardening. Registration required.

**Saturday, March 11th @**

**11am: Korean Lotus Lantern Making Craft (ages 12+):** Korean Spirit and Culture Promotion Project will be hosting a Lotus Lantern Making craft project. Pick up your kit prior to the program and then join us either at the library or via Zoom to make your beautiful lantern. Registration is required since we have a limited number of kits. One per family please.

**Saturday, March 25th @ 11:30am: St. Patrick's Day Trivia Challenge:** Join us for a trivia challenge that covers all things Irish — authors, musicians, culture, and more! You can play on your own or with a team. Each person/team will record their own answers, so no need to race to buzz in before others. At the end of each round, we'll review the answers and track scores. May the luck of the Irish be with you! Please register in advance.

**Adult Book & Film Clubs - registration required for all clubs**

**Mystery Book Club - first Thursday of the month @ 1pm on Zoom**

**March 2nd: The Bangalore**



**Detectives Club by Harini Nageendra**

**History Book Club - second Thursday of the month @ 11am on Zoom**

**March 9th: Kon-Tiki: across the Pacific by raft by Thor Heyerdahl**

**Environmental Book Club - third Tuesday of the month @ 7pm on Zoom**

**March 21st: Diary of a Young Naturalist by Dara McNulty**

**Tuesday Night Book Club - fourth Tuesday of the month @ 6:30pm, both Zoom & in person**

**March 28th: The librarian**

**spy: a novel of World War II by Madeline Martin**

**Nonfiction Book Club - fourth Saturday of the month @ 10am, both Zoom & in person**

**March 25th: The ride of her life: the true story of a woman, her horse, and their last-chance journey across America by Elizabeth Letts**

**Cinephile Mondays -- last Monday of the month @ 4pm on Zoom; watch and discuss films. Check the BFL website for the film of the month and to register**

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# Family Promise Metrowest Receives \$85,000 from MetroWest Subaru through Share the Love Campaign

Family Promise Metrowest is honored to announce that MetroWest Subaru, in partnership with Subaru of America, will be donating \$85,000 to the organization as the recipient of its 2022 Share the Love Campaign.

Through annual Share the Love campaigns, Subaru retailers across the country give back to their communities by selecting a local charity to receive a donation based on the number of cars sold and service orders completed during the last six weeks of the year. Launched in 2007, Share the Love has provided over 1,700 hometown charities across the nation over \$250 million in donations to support their work.

MetroWest Subaru General Manager VJ Donnelly was “thrilled with the outcome of this year’s event. The success was only made possible with the help of Family Promise Metrowest, our sales and service consultants, and of course, our generous clients. Our goal has always been to do our best to help make our community a better place for everyone we can. We were honored to work with a fantastic partner like Family Promise.”

FPM’s Development Director Carole Brodrick was equally ex-



cited about the outcome of the campaign. “We were so honored to be chosen as the recipient for this year’s campaign and look forward to building our partnership with MetroWest Subaru in the coming years.” Over the last few weeks, FPM has also received generous donations of blankets and socks from MetroWest Subaru and has distributed them to its families and to other service agencies in the area in need of warm essentials.

MetroWest Subaru representatives will be on-site at FPM’s Walk to End Homelessness on April 30, 2023 at Natick High School to present the check for

this unprecedented donation. To learn more about this event, please visit [tinyurl.com/2023FPMwalk](https://tinyurl.com/2023FPMwalk).

Founded in 2008, Family Promise Metrowest (FPM) offers a spectrum of services to families that are facing housing instability and homelessness. From a family shelter based in Natick Center to a homelessness prevention program that serves families across the region, FPM has grown exponentially in re-

cent years, now helping over 80 families per year access stable housing, sustainable employment, affordable childcare, and educational opportunities. By partnering with local businesses, congregations, schools, and dedicated volunteers, FPM is creating real solutions to the housing crisis facing families. Learn more about FPM’s programs and how to become involved or donate at [familypromisemetrowest.org](https://familypromisemetrowest.org).

Located on Route 9 in Natick, and alongside the newly completed Cochituate Rail Trail, MetroWest Subaru has been offering Subaru sales and service to the region since 2005. Featuring open-late service hours and free pick-up and delivery, MetroWest Subaru is renowned for its exceptional customer support. The dealership was honored to receive the prestigious Subaru Love Promise Customer Commitment Award in 2022, recognizing the entire team for excellence in customer service. It also received the 2022 Subaru Love Promise Community Commitment Award,

which recognizes Subaru retailers that are making the world a better place while demonstrating an outstanding commitment to supporting passions and causes in local communities. Learn more at [metrowestsubaru.com/dealership/about.htm](https://metrowestsubaru.com/dealership/about.htm).

Subaru of America, Inc. (SOA) is a wholly-owned subsidiary of Subaru Corporation of Japan. Headquartered at a zero-landfill office in Camden, N.J., the company markets and distributes Subaru vehicles, parts, and accessories through a network of more than 630 retailers across the United States. SOA is guided by the Subaru Love Promise, which is the company’s vision to show love and respect to everyone and to support its communities and customers nationwide. As a company, Subaru believes it is important to do its part in making a positive impact in the world because it is the right thing to do. Learn more at [subaru.com/about/our-company.html](https://subaru.com/about/our-company.html).

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# 20 Nursing Students Pinned

## Blackstone Valley Tech Holds Ceremony Packed with Promise

It requires a solid education, skill, and compassion to become a nurse and care for patients. The Moonlight Program in Practical Nursing at Blackstone Valley Regional Vocational Technical High School (BVT) is challenging and rewarding. Its graduates will tell you that pursuing life-changing training takes perseverance, dedication, and hard work.

The adult evening program recently recognized the achievements of the Class of 2023 during a pinning ceremony held at the school. Twenty proud graduates were pinned and received their nursing certificates, marking the culmination of one and a half years and over 1,090 hours of instruction balanced with work and family obligations.

The ceremony began with a warm welcome from Practical Nursing Coordinator Joann L. Monks, MBA, MSc, RN-BC, RMA, who spoke highly of the program and the accomplishments of the graduates, faculty,

and staff to meet the objectives of the program. Monks said, "This class is beyond prepared to test for the National Council Licensure Examination-Practical Nurses exam. We're proud of all you have accomplished in our time together."

Superintendent-Director Dr. Michael F. Fitzpatrick spoke about the need for skilled nurses. He said, "Well-trained, you are a valuable resource for the residents, hospitals, and health care providers of the Blackstone Valley and beyond." He also recognized two students, who chose to attend BVT not once but twice, graduates of BVT's Health Services program, Amanda Scott (*Class of 2004*) and Emily Donnelly (*Class of 2019*).

Class President Mary Driscoll gave a Class Address. The guest speaker, Assistant Nursing Director at Sterling Village, Jonathan Boutwell, LPN, congratulated the graduates on their journey to becoming nurses and making a difference. In



The PN Class of 2023 (from left to right by row): Back: Prosper Amoah, Mary Driscoll, Emmanuel Leke, Michaeldis Ateawung, Emily Donnelly, and Jill Keddy. Middle: Tawanda Small, Jane Natabi, Kaleigh Ndawula, Amanda Scott, Ashley Cormier, and Lisa Barton-Ramos. Front: Kristen Perham, Kerry Devine, Dawn Atchue, Tracy Silva, Michelle Kluesner, and Catherine Kagunda. Not pictured: Jaqueline Eller and Kelly Schroeder-Mullett.

addition to the presentation of the certificates and pins, faculty and legislative awards (the Massachusetts House of Representatives Muradian, Murray, and Soter) provided certificates, and Prosper Amoah, Catherine Kagunda, and Tracey Silva received the Faculty

Recognition Award. Representing the Commonwealth of Massachusetts, Senators Ryan Fattman and Michael Moore congratulated the graduates on their chosen professions and promising careers as nurses.

If you're ready to take that next

step toward a new and exciting career, one of the Moonlight Programs might be for you. The Practical Nursing program serves adult learners in District, out of District, and out of State. For more information, visit [valleytech.k12.ma.us/practicalnursing](http://valleytech.k12.ma.us/practicalnursing).

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# Natick resident part of MassBay Student Math Challenge Team That Earns Meritorious Honors

A three-student MassBay math challenge team has received Meritorious recognition for their participation in the international competition, SIMIODE Challenge Using Differential Equations Modeling (SCUDEM) VII 2022. The SCUDEM challenge is founded by the nonprofit organization, Systemic Initiative for Modeling Investigation and Opportunities with Differential Equations (SIMIODE).

Engineering student participants were Gift Sato Kuepouo of Worcester, Matthew Sharon of Natick, and Jesse Okoche of Weymouth. The team was led by MassBay math professor Dr. Igor Baryakhtar. This is the first time a team from MassBay has participated in this international math challenge competition, and the only Massachusetts community college to participate.

“We are extremely proud of Dr. Baryakhtar and our students for participating and ranking in this international mathematical



MassBay Community College Math Challenge team (left to right) Jesse Okoche, Gift Sato Kuepouo, Dr. Igor Baryakhtar, and Matthew Sharon on the Wellesley Hills campus, Wellesley Hills, MA, December 2022 (Photo/MassBay Community College).

contest,” said MassBay President David Podell. “Jesse, Gift, and

Matthew are paving the way for other MassBay students to com-

pete in these types of academic tournaments by creating the

framework for peers to follow in their footsteps. We look forward to cheering on this team and others in future competitions.”

The SCUDEM VII is a three-week challenge for students and faculty, focused on compelling applications, modeling, the study of differential equations, instructional technologies, and making the investigation of realistic scenarios possible. This year’s student groups chose one of three problems to break down into an equation: Introducing Stress, Mechanics of Suction Feeding, or People Ruin Everything.

The MassBay team submission was named “The Mechanics of Suction Feeding” and was based on a fish opening and closing their mouth, taking in water and prey. The team used this real-world scenario to transcribe and mimic this movement into a mathematical model; their 10-minute project competition video can be viewed here. Team submissions were judged and awarded with Out-



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standing, Meritorious, or Successful honors. This year, 366 students from across the globe worked as teams to compete in the challenge.

“Despite the impressive competition, the MassBay team stood out,” said Dr. Baryakhtar. “I am so proud of the team’s work, and especially of their effort. They took a complex subject and used their creativity and ingenuity to present a mathematical model that worked. It’s quite an achievement for MassBay and for these three outstanding scholars.”

Gift Sato Kuepouo is an electrical and computer engineering student born and raised in Cameroon, who now calls Worcester home. He has been named to the

dean’s list every semester while at MassBay and was inducted into the Phi Theta Kappa National Honor Society. In addition to his full-time course load, he is a member of the MassBay Student Government Association, the MassBay Men’s Soccer team, the International Club, the Students of Color program, the Engineering Club, the iWARP Club, the Biotechnology Club, the LEAD (Leadership Engagement And Development) program, and the STEM mentor program. Kuepouo is scheduled to graduate from MassBay in May 2023 with an associate of science degree and has plans to transfer to a four-year university to continue his studies in engineering.

Matthew Sharon is studying electrical and computer engineering and is a 2018 graduate of Natick High School. He is an active math tutor in MassBay’s peer tutoring program and has earned a place on the dean’s list every semester at MassBay. Sharon is scheduled to graduate from MassBay in December 2022 and will transfer to the University of Massachusetts Lowell for the spring 2023 semester to pursue a bachelor’s degree in electrical and computer engineering.

Born and raised in Botswana, Jesse Okoche is studying mechanical engineering at MassBay and lives in Weymouth. At MassBay, Okoche serves on the

Student Government Association as the vice president of academic affairs, is a member of the Men’s Soccer team, is a mentee in the STEM Mentor Program, and is a peer mentor and peer tutor in math and engineering, and participated in the LEAD (Leadership Engagement And Development) program. He has earned a spot on the dean’s list every semester, has a 4.0 GPA, and was inducted into the Phi Theta Kappa National Honor Society. He works in MassBay’s Career Services Center as an early college and career technical specialist, helping to build career and major exploration courses on the College’s learning management system. He is one

of two student representatives on the College’s Teaching and Learning Committee. Okoche is scheduled to graduate from MassBay in May 2023 and will transfer to a four-year university to pursue a bachelor’s degree in mechanical engineering with an interest in solar energy generation and its thermal storage.

Inspired by the competition, in which the team used MatLab software, the students are creating a new club in Spring 2023 called the MassBay Math Computational Club. Club members will look to future competitions to showcase their knowledge of practical mathematics applications.

# Real Estate Corner

## Recent Home Sales

Date	Natick	Amount
2/15/2023	126 Oak Street	\$860,000
02/13/2023	48 Porter Road	\$568,000
02/08/2023	2 Timber Lane	\$710,000
02/08/2023	10 Village Way #14	\$248,000
02/08/2023	86 Kendall Lane	\$850,000
02/07/2023	260 Speen Street	\$463,000
02/03/2023	4 Judith Road	\$1.05 mil
02/03/2023	10 Washington Avenue	\$915,000
02/03/2023	127 Hartford Street	\$415,000
02/01/2023	25 Crest Road	\$975,000
01/31/2023	82 Winter Street	\$750,000
01/31/2023	86 Kendall Lane	\$870,000
01/30/2023	8 N Pleasant Street	\$1.07 mil
01/27/2023	6 Lamplight Circle	\$925,000
01/27/2023	12 Dover Road	\$1.20 mil
01/27/2023	40 N Main Street #3	\$700,000
01/27/2023	2 Tyler Court	\$840,000
01/26/2023	41 Highland Street	\$515,000
01/24/2023	18 Grant Street #B	\$975,000
01/23/2023	2 Temple Street	\$599,000
01/23/2023	165 Union Street	\$860,000
01/20/2023	32 Pleasant Street	\$600,000
01/20/2023	220 W Central Street #1	\$760,000
01/20/2023	220 W Central Street #2	\$752,000
01/18/2023	5 Meadow Pond Lane	\$1.63 mil

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



5 Meadow Pond Lane in Natick recently sold for \$1.63 million. Image credit: www.zillow.com

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*Allie Lucenta*

**NATICK'S OWN, ALLIE LUCENTA IS RUNNING THE 127TH BOSTON MARATHON**

I'm excited to be fundraising for SOAR again this year. I like to stay busy and currently coach field hockey at Framingham State University, Ice Hockey at Natick High, and am a Police Officer in Wellesley. These three communities are very important to me and SOAR has been able to make an impact in all these communities.

*Allie*

SOAR Natick (Supporting Outreach and Addiction Recovery) is a Natick based organization formed in 2014 as a support group for parents with children suffering from opioid addiction. SOAR was started by Allie Lucenta's Mother and a few other amazing women in Natick. The organization has made a successful impact in our community with events and services, as well as provided ongoing support to individuals and families who have lost someone to this disease.

SOAR Natick.org

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