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Building community...
on town at a time... GetLocalMA.com
Why Dry Salt Therapy (halotherapy)? Today, more and more people are suffering from respiratory issues. From pollution and smog to airborne diseases, pollens and toxins. Never before has our society been faced with a growing epidemic of respiratory ailments. Salt Therapy can help with these issues. It also enhances and impacts various skin conditions. Salt Therapy has been researched, over the past few decades, and even centuries in history, and has been proven to be a safe alternative. Complimenting other treatments to produce sustainable results.

About Dry Salt Therapy: Most people are familiar with ‘wet’ salt therapy. Whether you’ve put salt in a bath or have had a saline solution treatment or have used a Neti pot to clear your nasal passages or even gargled with salt water. Wet salt has its benefits. Dry salt is different, and the drier the salt the better. That is why S.A.L.T. Chamber, Inc’s protocols include heating the salt prior to putting it into the salt chamber. Heat ensures that all moisture is evaporated, so that when it is crushed and ground into micro-particles and inhaled, the salt particles can work at their best. How it works: Dry pharmaceutical grade salt is heated and then it is ground and crushed into very tiny micro-particles. These dry aerosol micro-particles of salt are the non-inhaled salt particles fall onto the skin. It for works for Lung and Respiratory: The inhaled salt has bactericidal, mucokinetic, hydrophilic and anti-inflammatory properties, which results in reduced inflammation in the entire respiratory tract, widening of the airway passages, accelerated transport of mucus, elimination of residual tar and foreign allergens, and an improved immune system. Dry salt is super absorbent and acts like a sponge attracting foreign substance along its path through the respiratory tract. The dry salt acts like a toothbrush and cleans through the respiratory system removing build-up of foreign elements that cause various respiratory ailments and conditions.

Why it works for Skin: The micro-particles of salt have a beneficial influence to the integument system (skin protective layer) and hairs providing healing and cosmetic effects. This increases activity of skin cell ion channels and activates electrophysiological activity that determines the skin’s protective properties. The salt provides PH normalization and induces reparative and regenerative processes in derma, increases skin rigidity, stimulates growth in derma, increases skin rigidity, stimulates growth and improves hair health. The dry salt impacts the skin microcirculation and assists cellular membrane activity used in dermatology and cosmetology and enhances its effectiveness. Why it works for Overall Wellness: Ions are atoms or molecules that take on an electrical charge. In today's modern and technological world we have too many positive ions and not enough negative ions. Air conditioning, forced-air heat, chemicals and even winds, rob the air of negative ions and put too many positive ions into the air. Heated salt crystals naturally create negative particles, so S.A.L.T. Chambers can have high concentrations of negative particles. Over 40 years of research shows that the treatment of negative ions can dramatically increase energy, mental alertness, reduce stress and provide an enhanced overall sense of well-being.

Who Benefits: Dry salt therapy benefits people with various respiratory conditions such as: Allergies, Pneumonia, Asthma, Rhinitis, Bronchitis, Bronchial Infections, Sinusitis, Cold and Flu, Smoker's Cough, COPD, Snoring, Cystic Fibrosis, Stress & Fatigue, Emphysema, and Wheezing.

Who Else Benefits: Given how dry salt therapy works, it can also expand the airways for increased oxygen flow and capacity to enhance athletic performance and endurance, enable better recovery time from physical activity and stress, accelerate recovery from common colds and the flu, revitalize jet lag. It can even slow the aging process, help with detoxification, and rehabilitation process. For more information on Dry Salt Therapy and to answer any questions you may have, call Moodz Spa & Salon of Wayland at 978.263.3017.
Deer Path Farms

At Deer Path Farms, we specialize in building Townhomes as unique as the people living in them.

“When a home is designed to meet our clients’ needs, their lives are enriched, their families are happier, and that satisfaction ripples outward to affect others in their life and community.”

978.562.7845

Each home is individually designed, drawing on the principles of Green and Sustainable Design, Universal Design and Aging In Place. Even existing homes can be customized to meet your individual needs and lifestyle.

Call 978-562-7845 to learn more about our unique community.

www.DeerPathFarms.com
David L. Kagan • Rides With David
508.333.4153 • rideswithdavid@gmail.com
www.rideswithdavid.com

Rides With David, About Your Driver…

Fewer of us are driving these days. Due to health, legal, financial, and convenience factors. Many Wayland residents rely on Rides With David to get them where they need to go. Safely, timely and efficiently.

David has worked in high tech and natural health promotions over the past few decades, but his greatest satisfaction has come in the last five years, driving people to various locations throughout the MetroWest area.

David Kagan grew up in Newton, and has lived in North Framingham since 1996. He and his wife Carol have two talented children. A son in college studying psychology and a daughter in high school heading to New York to study musical theatre.

When you meet David, he is happy to have a spirited conversation about technology, politics and especially food. His favorite restaurant in the area is Green Leaf in Framingham. He says, “They have fantastic soups, salads and pizzas there, and the food is always fresh and beautiful.”

You may see David at Logan Airport, the soccer field, or the mall, and yes even at Panera. His go-to snack? Hot apple cider and corn muffins.

As for automobiles, David prefers Hondas and Toyotas, but dreams of owning a Tesla. His fleet is currently an Accord and an Odyssey, and one partner backs him up with an Acura MDX, while another has a Hyundai Sonata.

“There are so many great cars out there now”, says David. “And of course, I rely on Waze and good weather information to make sure everyone is on time.”

David’s Car Service is a licensed livery (limo) service in Framingham. We’ll take you to Logan, Amtrak or Logan Express, to the doctor, work, school, to meetings, nights out, or anywhere in MetroWest and BEYOND.

We are safe and courteous drivers who give great service. We are rated A+ by Better Business Bureau, and have 5-star Yelp reviews.

“Hiring a driver is not that expensive!” We have a $10 coupon for first time clients. We offer different payment methods. We charge less than most limo services, and offer better service than a taxi. If you need a low fare and a comfy ride, give us a call today!

David’s Car Service, AKA Rides With David, will also deliver your package for less, and they will be delivered the very same day. We also specialize in transporting pets.

We have driven as far as Orlando for clients, and often go to NYC, NJ, CT, Cape Cod and the Berkshires. This weekend, we are driving someone from Franklin MA to Rockport. I cannot wait to see the ocean!

Give us a call…
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Elizabeth Lee
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We carry a wide range of select brands for all your fashion needs. Our stylists are there to help dress for the everyday football game or your black tie event.

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We are available by appointment for private shopping parties and personal styling

Elizabeth Lee Boutique

Our Trina Turk jumpsuit. Perfect for your cocktail parties, weddings, or any event!

We have a variety of long knit sweaters by Etcu, Kinross, Minnie Rose, Autumn Cashmere and many more.

Sweater fashion is essential to New England weather. We have all your needs covered with these beautiful styles and many more! Fringe sweater by Velvet, jeans by Citizens, turtleneck tank by Rebecca Taylor.

This beautiful two piece braided top is perfect to mix and match with your favorite black pant - by Trina Turk.

Follow us on Facebook and Instagram at elizabethleeboutique
Contact us at 1.508.358.7788

Giving Keys is our featured item of the month. This incredible company employs those transitioning out of homelessness in Los Angeles to make key necklaces with a powerful message. Each key is inscribed with a word meant to bring meaning to the person who wears it. Once embraced, you pass the key along to a person who needs the message more than you!
Both the interior and exterior spaces around each home at Deer Path Farms are carefully and consciously designed with thoughtful attention to environmental impact, energy efficiency, sustainability, and the beauty of the whole community.

Meandering stone roadways wind through the spectacular wooded vistas, creating a tranquil setting for these one-of-a-kind custom homes. This remains one of the many environmentally responsible choices made every day at Deer Path Farms.

From the design to the smallest detail, we incorporate green technology and sustainable products to keep the maintenance fees as low as possible while preserving the environment.

The interior and exterior spaces around each home at Deer Path Farms are carefully and consciously designed with thoughtful attention to environmental impact, energy efficiency, sustainability, and the beauty of the whole community.

All of our rock, stone and boulders are from a nearby quarry less than five miles away. We try to cut down as few trees as possible, positioning the homes around the trees, transplanting while we build. We try to cut down as few trees as possible, positioning the homes around the trees, transplanting while we build. Deciduous trees shade the homes in the summer. As they lose their leaves during the fall and winter, sunlight is invited into the homes, promoting passive solar energy absorption. Evergreens and other coniferous trees create mini climates around each home and provide year round beauty.

The stone allows water to permeate the ground surface and replenish the aquifer below. Also, in the spirit of using local materials whenever possible, all of our rock, stone and boulders are from a nearby quarry less than five miles away.

The materials that we use will not fatigue in years to come, but will last indefinitely so that maintenance is minimal. We insulate the exterior around each home beginning with the foundation using two inches of rigid insulation that does not lose its insulating value as time goes by, as other types of insulation do. This gives the concrete mass inside each home the ability to absorb passive solar energy and retain heat, allowing for greatest energy efficiency within each home. We continue insulation on the entire exterior surface of the home, which is then covered with the exterior wall finish. This acts like a heat blanket, keeping the wood structure from coming into contact with the exterior temperature.

The result is a sustainable community of remarkably energy efficient homes. From the design to the smallest detail, we incorporate green technology and sustainable products to keep the maintenance fees as low as possible while preserving the environment.

Attention to Passive Solar Architecture in design and construction allows the sun's light energy to filter in, greatly reducing the amount of energy needed to heat and cool each home. Carefully placed glass maximizes the potential for solar energy absorption while enhancing the private views of tree and flower lined grass vistas.

We carefully select all of the materials when building each home. The sun's natural energy is absorbed and stored in the concrete, plaster, wood, tile, marble, and granite materials we use inside each home, to be released as heat energy during the night.

The construction process at Deer Path Farms is as unique as our design process. Our objective when designing and building these custom dream homes is always the happiness of each homeowner. A happiness that should continue to grow as long as they live at Deer Path Farms.

We use materials that do not require a lot of energy and natural resources to produce and do not adversely affect the environment. Building Green is not something new for Deer Path Farms. In fact, we have been building and designing Green homes from the very beginning, since the mid 70s, even before there was a name for it.

Every home looks and feels like a single family home. We build each home as its own stand alone structure, separating each home to create the greatest sound proofing possible. Instead of producing homes as quickly as possible, we focus on individualized design enabling each new home to enhance the overall value of the community.

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If you are interested in learning more...

Please call us at 978-562-7845.

www.DeerPathFarms.com
In The Batters Box is a great facility for Softball & Baseball Clinics, right here in Hudson, MA

In The Batters Box is the area’s finest indoor baseball and softball training facility, dedicated to providing top quality instruction and a safe, versatile workout environment for teams and individual players. Our over 10,000 square foot facility was designed by coaches and instructors with a focus on safety and functionality.

Indoor Batting Tunnels - In The Batters Box has three multi-use tunnels that can be rented by the half or full hour. Each tunnel is 55’ long, 14’ wide and 20’ high which allows for greater mobility and ball travel than the standard batting tunnel. Each tunnel is equipped with an adjustable pitching machine and turf pitching mound, making the tunnels suitable for individual or youth league team practice needs.

Indoor Bullpen Tunnels - We have three multi-use bullpen tunnels, that can be rented by the half or full hour. Each tunnel is 75’ long, 14’ wide and 30’ high which allows for greater mobility and ball travel than the standard batting tunnel. Each tunnel is equipped with an adjustable pitching machine and turf pitching mound, making the tunnels suitable for individuals, youth league, senior league, high school, or college team practice needs.

Circuit / Lesson Tunnels - We offer multi-use circuit/lesson tunnels that can be rented by the half or full hour. Players can fine tune their hitting skills or work on drills that they learned during a lesson with one of our instructors. The tunnels are equipped with training aids such as tees, soft toss machines, and ATEC streak machines. This area may be used by members at any time without reservations.

Multi Purpose Turf Field - In The Batters Box’s multi-purpose turf fields can be rented by teams for a variety of purposes including team practices, drills, exercises etc. The playing space measures 40’ x 75’ with 30’ ceilings, which is ideal for infield practice, long toss and 4 games! The area Pricing ranges from $60 - $150.

As the play opens, novelist Charles Condomine is preparing to host a séance in preparation for his new book, Unseen. He invites eccentric psychic Madame Arcati to preside, expecting nothing more than a silly escapade. When his long-dead first wife Elvira makes a spectral appearance, Charles finds himself in a delicate position with his current and very much alive wife, Ruth.

In this day of digital sophistication, it’s a plot that could engender a big yawn. But Coward’s genius endures, especially under Kristin Hughes’ gifted direction and set designer Allen Bantley’s mesmerizing special effects.

Take your cue from Noel Coward who thumbed his nose at the Luftwaffe. Come to Blithe Spirit for an evening of hearty laughter and tell Old Man Winter to take a hike!

Performances are February 10 – 25. For tickets and more information, please visit: www.concordplayers.org

Noel Coward’s Blithe Spirit comes to Concord Players’ stage. Spectral farce brought welcome laughter to wartime London.

Very gay, superficial comedy about a ghost. Feel it may be good. That’s how Noel Coward described the script of Blithe Spirit in a letter to a friend. It was good. Very good.

Coward wrote Blithe Spirit in six days during the German blitz of London in 1941 while frisky Londoners were sleeping in tunnels, rationing food and plodding through the rubble of burned-out buildings. Unfazed, Coward retired to Wales to write an “improbable farce” about an upper class household haunted by ghosts. It was exactly what war-weary Londoners needed. They loved it. Audiences on Broadway loved it too, where it opened just four months after its London debut.

Coward’s singular gift for language ensured that Blithe Spirit would enjoy countless revivals on two continents. The story hit the big screen in 1945 starring Rex Harrison. Now this “psychic ménage-a-trois” is coming to the Concord Players’ stage. Opening on February 10th and directed by Kristin Hughes, Blithe Spirit promises to be as funny, fresh and farcical as it was 75 years ago.

It was good. Very good.

To sign up Contact Mike Abraham: mabes24@gmail.com or call 978-763-3066

Concord Players presents Blithe Spirit

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AudioART is a must-visit destination for discerning music listeners. We carry only precision crafted components from high quality manufacturers such as Meridian, Anthem, Paradigm, Thorens, Leon Speakers, and Audeze. We are the exclusive New England dealer for Burmester and T&A.

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Resolved: To Harness the Power of the Family in the Coming Year

Provided by Cliven Riffle, a financial representative with Baystate Financial, who represents Massachusetts Mutual Life Insurance Company (MassMutual).

Almost any decision will have a financial component, so coming up with money-related resolutions should not be difficult. Say, for example, that your son wants to learn to play the drums. Does he have his own money to contribute, from an allowance, gifts, or a job? Will he teach him, and where will he obtain the instrument? He could purchase a drum set and pay for lessons but prices would vary widely depending on the source and quality. A used kit would probably be less expensive, but as a novice drummer he would be able to choose wisely? Might a rental be available? Could he take lessons and have use of a drum set through his school at no charge? Perhaps the family could purchase a practice drum block and ten lessons to start. If at the end of that time he is still showing interest, a starter set could be bought.

Or let’s say your daughter wants to save $100 by the end of the year. If she puts aside 50 cents a week from an allowance, she’ll be a quarter of the way to her goal. Does she ever receive cash for birthday or holiday gifts? If so, help her to estimate how much she could plan to set aside. Could she earn part of the money by offering a service to friends, neighbors, or family members? Consider matching funds for some or all of her deposits, to introduce the concept and to encourage her to save.

Write up your resolutions neatly and post them where everyone can see them, on the refrigerator perhaps. On a regular basis, at the beginning of each month for example, do a quick check of everyone’s progress. With determination and cooperation, you’ll be toasting your success on the following New Year’s Eve!

Gaining control - Today is a great day to start to gain control and begin preparing for the future. Guidance from qualified financial professionals can help overcome hesitancy and bring balance to the most challenging of financial circumstances. Working with a financial professional who understands your family’s unique, specific financial needs, can help you to establish key financial goals and make financial decisions a priority this year. To learn more or access helpful materials, visit https://www.massmutual.com/family

To learn more or access helpful materials, visit https://www.massmutual.com/for/family-finance.

The owner of Rogers Edge, Matt Rogers, is a former 6 year professional hockey player and the former skating and coach for the NHL Buffalo Sabers. He has over 10 years of experience working with players at every level, from Mites to the NHL. That experience includes ice hockey camps, clinics, treadmill training and coaching. Matt is proud to work with a number of elite and AAA programs all across the U.S. and Canada. He is now open- ing clinics right here in the Sudbury area... All of his classes and clinics are limited to a small number of hockey players, as he strives to give one-on-one attention to each player.

Email matt@rogersedge.com for more information, clinics fill quickly. Camps are typically limited to only 25 skaters.

ABOUT MATT’S CAMPS - Camps consist of all NHL training camp skating and skill drills. Each day will consist of 1 hour of skating drills from edge control, stride development, balance drills, crossovers, along with some over speed training that will take players out of their comfort zone and push them to there max. Camps will also touch on all total skills drills from puck protection, puck control, shooting and passing. Who better to teach your child the best hockey skills than a successful former NHL hockey skating coach and player.

MATT’S SYNTHETIC ICE TREADMILL TRAINING & ON-ICE HOCKEY SKATING TRAINING - The hockey treadmill is the #1 training tool to develop any skater at any level by maximizing their hockey stride, balance and body control. All of these tools will add more speed and strength to your players game. The hockey treadmill can be used at any level! It’s used for balance, stride, edge drills and analysis. It generates a quicker stride recovery, which makes every skater noticeably faster. Ultimately, a skater training on the treadmill, with an experienced trainer, will develop a longer and more powerful stride.

Matt is widely regarded as one of the best skating instructors in the North-east. He also offers sessions for advanced hockey players who are looking for a challenging environment in order to bring their game to the next level. Matt has a proven track record working with players.

Matt’s past experience also includes being the skating and skills coach for the Portland Pirates organizations and the Head Instructor at Townsend Hockey Camps alongside Paul Vincent (Chicago Blackhawks), John McLean (Boston Bruins) and Graeme Townshend (Toronto Maple Leafs).

Matt has instant credibility as a result of his college and pro experiences. He is the best instructor because he played professionally and knows what it takes to get to the pro ranks. Now his passion is to help other aspiring professional hockey players reach the ultimate goal of playing in the NHL.
Located in Summerfields, a sought after cul-de-sac neighborhood, this exceptional 15 room, 6,858 square foot home of superior quality is richly detailed with columns, arches and decorative moldings. Gorgeous custom mahogany cabinetry and millwork in the Kitchen, Family Room and first floor Library. Banquet-sized Dining Room with walkout bay. Stunning Kitchen with octagonal Breakfast Room opens to fireplaced Family Room with wet bar. Living Room has wall of glass and French doors to Music/Sun Room. Glistening hardwood floors. Desirable spa-like Master Bedroom with two walk-in closets has separate glassed sitting room. Spacious fireplaced walkout Lower Level has three finished rooms and a full bath, while still providing plenty of room for storage. Oversized deck has three-season Gazebo. Lush professionally landscaped grounds complete the presentation.

Sudbury $1,625,000

- 6,858 square feet of luxury living space
- Double cul-de-sac neighborhood with no “through” traffic
- Gorgeous mahogany cabinetry and millwork
- Octagonal Breakfast Room off Kitchen
- Quality built-ins throughout
- 5 Bedrooms, 5.5 Bathrooms
- Central air, vacuum, security and irrigation systems
- Three-season Gazebo on oversized deck
- Walk-out lower level with fireplace
- 6 zones heating and cooling
- Three car attached garage

For more information on this property contact N. B. Taylor & Co., Inc. Realtors at (978) 443-8300 or by email Info@NBTaylor.com
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Even if... as simple as a phone call, You could give our advertisers within this publication a call and let them know YOU appreciate their continued community support...

I really appreciate all GetLocalMA does for my business and all they do for the community. GetLocalMA is fantastic!!!
- Jen B.

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