

# Ashland

PRSR STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 142  
SPRINGFIELD, MA

Postal Customer  
Local

Vol. 11 No. 7 Free to Every Home and Business Every Month March 2024

## Valentine property public forum discusses reuse options for historic property

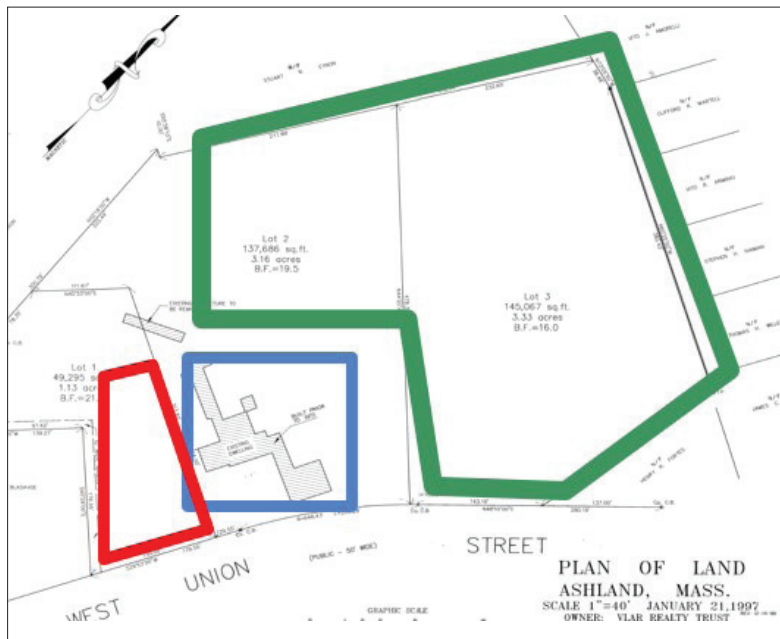
BY THERESA KNAPP

On Jan. 29, the Ashland Select Board held a public forum regarding the future reuse of the Valentine Estate property at 125-139 West Union Street.

In 2018, the town purchased the historic 7.67-acre property for \$3.5 million from a developer who had proposed a 120-unit housing development on the property.

“This has the possibility to be basically a gem, I think, of Metrowest, not just Ashland but the region,” said Ashland Town Manager Michael Herbert, who began the forum with a 45-minute presentation.

Herbert described the state of the 2018 property as “a barn that’s falling apart, and a house that’s not in the greatest shape, [and] property that’s a little bit overgrown.” Since the 2018 purchase, the timber-framed barn has been “95% restored” and the January public forum was meant to discuss future uses of



**Image key for the Valentine property in Ashland. Green: will be open with walking paths and an undisturbed wildlife corridor with a possibility for agricultural use. Blue: historic house (built in 1800s) and barn (built 1700s), both areas will have multiple functions and purposes. Red: dedicated for parking, approximately 50 parking spots.**  
Image source: [www.ashlandmass.com](http://www.ashlandmass.com)

the property and its buildings, including the 18th century barn and the 19th century house.

Herbert described the Colonial style house as “a really, really unique mish-mash of dif-

ferent styles and different centuries and different generations... This house is chopped up pretty

**VALENTINE PROPERTY**  
*continued on page 3*



## New Officer Sworn In

The Ashland Police Department welcomed its newest member—Officer Melvin Ligon—to the ranks as he was sworn in last month, at Ashland Massachusetts Town Hall by Town Manager Michael Hebert.

Officer Ligon comes to the Ashland Police Department from Simmons College PD, where he worked as a patrol officer, detective, and community resource K9 handler.

Before his time at Simmons PD, Officer Ligon served as a School Police Officer with the Boston School Police and has been NASRO School Resource Certified since 2019.



Additionally, Officer Ligon is a United States Marine with a service period spanning from 2000 to 2008. During his military tenure,

**NEW OFFICER**  
*continued on page 4*

**THINKING OF SELLING YOUR HOME?**  
**NOW is a great time!**

Contact us for a confidential conversation and **FREE** home valuation

AWARD-WINNING EXECUTIVE REALTORS®

ASHLAND'S PREMIER REAL ESTATE TEAM

**Tracy Beaudoin & Judi Teller**

PremierResultsTeam.com  
508.380.9296 | 508.380.1933  
premierresultsteam@gmail.com

REALTY EXECUTIVES BOSTON WEST

**Dry Eyes?**

Schedule a consultation to explore treatment options. You don't need to suffer with dry eyes this winter!

**508-435-4711**

[www.hopkintonvision.com](http://www.hopkintonvision.com)

HOPKINTON VISION CENTER  
Dr. Steven Perryman, O.D.

FULLY LICENSED & INSURED SERVING METROWEST

**Family Owned & Operated for 3 Generations**  
QUALITY & TRUST SINCE 1949

**RESIDENTIAL ■ COMMERCIAL ■ INDUSTRIAL**

Service Work ■ Repairs ■ Boilers  
Water Heaters ■ Remodeling  
New Construction ■ Air Conditioning  
Heat Pumps ■ Mini-Splits

0% INTEREST LOANS & REBATES OF UP TO \$10,000 THROUGH MASS SAVE

**CONTACT US TODAY!**  
**508-875-3413**

[ShahoodPlumbing.com](https://www.ShahoodPlumbing.com)

# CHE'S LIQUORS

300 ELIOT STREET, ASHLAND, MA 01721 • 508-686-2787



Jameson Irish Whiskey  
1.75L  
**\$47.99**



Jameson Irish Whiskey  
750ml  
**\$29.99**



Jameson Black Barrel Irish Whiskey  
750ml  
**\$39.99**



RedBreast 12yr Irish Whiskey  
750ml  
**\$62.99**



Paddy Irish Whiskey  
750ml  
**\$19.99**



Glendalough Double Barrel Irish Whiskey  
750ml  
**\$29.99**



  
**St. Patrick's Day ...**  
**IS COMING!**  
Add some **Festive Fun** to your day with an **Irish Whiskey!**



Dead Rabbit Irish Whiskey  
750ml  
**\$39.99**



Tullamore Dew Irish Whiskey  
750ml  
**\$27.99**



Powers Irish Whiskey  
750ml  
**\$24.99**

Follow the link to your **Pot O'Gold'** **SHOP ONLINE NOW!**   
Download our App or use our Website

**VALENTINE PROPERTY**

*continued from page 1*

good.” There are numerous restrictions on the property that limit its reuse. In addition, any reuse must be self-sustaining and have a tourism aspect. Herbert noted parking is limited on the property but there is a one-third acre portion that could accommodate parking for 50 cars.

“There’s a lot of different ways we can utilize these spaces, they don’t just have to be for one particular thing,” said Herbert, suggesting uses such as a historic museum, wedding venue, performance center, farmer’s market, and satellite Parks & Recreation department. “This property is going to need a multitude of uses to make it feasible, it can’t just lean on one particular thing.”

He noted “one final curveball” which is that the property is currently under quarantine by the Massachusetts Department of Agricultural Resources due to the invasive spotted lanternfly. “This invasive insect has the ability to



**The historic Valentine Estate Property at 133 West Union Street before the barn renovation was complete. Photo credit: Theresa Knapp**

really deforest and devegetate [sic] practically anything it gets on...Hopefully that won’t set us back too far and do too much damage.” The town is working with the state on treatment options.

Community members suggested a center for nature-based and environmental education as a complementary use, and the pros and cons related to that option; residents asked about utilities in the barn and house; maintenance of the property, and one suggestion was to hire one person or family as caretaker(s) and include onsite housing as part of a com-

pensation package.

Another suggestion was to create a nonprofit 501(c)(3) ‘Friends’ organization to support the property.

At the end of the forum, Select Board member Yolanda Greaves said, speaking for herself, “My request as a Select Board member, but again this was not discussed [in advance with the full board], is that, if you have thoughts or ideas on what was presented, on what was not presented, please reach out to the Select Board, reach out to Michael [Herbert], give us your thoughts because we’ve only heard from a handful of people as to what you think about these ideas...To really get community involvement, we need to hear from the community.”

Comments can be sent to selectboard@ashlandmass.com. For more information on the property, visit [www.ashland-mass.com/952/Valentine-Estate-Property](http://www.ashland-mass.com/952/Valentine-Estate-Property)

**Ashland town officials to create survey to solicit feedback for Valentine Estate**

By **THERESA KNAPP**

The Ashland Select Board members discussed the public forum held on Jan. 29 related to the future uses of the Valentine Estate Property at 133 West Union Street. Town Manager Michael Herbert facilitated that community meeting.

“I think it was a good forum. I think the input was great. I think we still could use more input from the community in response to Michael’s proposals, and the other proposal that was given [for a nature-based and environmental education center],” said Select Board member Yolanda Greaves. “It was a good first step, I think, and the barn looks great.”

Board comments included offering a public tour of the property and creating a video of the current status of the buildings; and creating a plan for continued

maintenance and security of the property. It was also suggested the next focus should be on restoring the house in order to have the restrooms and kitchen ready for use with the barn rental, creating a parking plan, and researching costs related to those improvements.

The board asked Herbert to create a survey to distribute to residents to elicit additional community input.

“If you can give me three months to do some outreach, and get some input, and then get together some thoughts,” said Herbert, who will report back to the board in June.

To watch the video of the Jan. 29 public forum, visit [www.youtube.com/watch?v=ivWBad6cdgQ](http://www.youtube.com/watch?v=ivWBad6cdgQ). Comments related to the property can be sent to selectboard@ashlandmass.com.

**Premier Image Gallery Celebrates 35 Years in Ashland**

By **LINDA CHUSS**

“How many businesses from 35 years ago are still around, and have the same owner?” asked Don Gordon, proprietor of Premier Image Gallery in Ashland. It is one of the few businesses that has remained open since February 1989, when Gordon took it over. The attention customers receive and the satisfaction he derives when they see the finished product are what has kept the shop thriving.

Located in Shaw’s Plaza on Eliot Street, the gallery provides framing services, shows and sells work created by local artists, and has a gift section. “I’ve always enjoyed displaying paintings made by the talented creative community here. Our upper gallery always has about 50 original works. We’ve held member shows for the Framingham Artists’ Guild and the Franklin Art Association, among others.

“Some of those artists frame their work here, too. Over the years, we’ve also had repeat clientele from local organizations,



like companies showcasing articles about them for the office, or hospitals who frame notices to hang. They supplement the walk-ins, people who come in with one special item to hang and protect, like an autographed sports jersey, or a Boston Marathon medal, or a favorite album cover.”

Just prior to buying the gallery, Gordon had retired after working for 20 years at the Bradlees department store chain, which no longer exists. Living in Milford, he sought a business in the

MetroWest region. He looked into stationary stores and video shops, most of which also no longer exist. “I wanted something with a little creativity. A pair of brothers started the gallery and within a year, decided to sell it, so that worked out well for me.” It has been Gordon’s ever since.

Gordon is in remission from cancer and had to cut back on hours. He wants to keep the gallery going as long as he can. “What I like most is the relationships with customers. People come in just to say hi. There are clients who came here when they married and now their children are through college and are clients too.” While some aspects of the business have changed in the 35 years since it opened, the gratification that customers and Gordon experience remains the same.

Premier Image Gallery at 290 Eliot St. in Ashland is open 9 a.m. to noon or by appointment. For more information, visit [PremierImageGallery.com](http://PremierImageGallery.com) or call 508-881-4730.

**PREMIER IMAGE GALLERY**

**GIFT SHOP CLEARANCE - 50% OFF**  
Boys Bears, Prints, Crafts & More!

Specializing in Museum Quality Framing  
Finest Selection of Original Artwork by Local Artists

Celebrating 34 years as a family-owned business  
290 ELIOT ST., ASHLAND • 508-881-4730 • M-F 9am – 12pm



**Organized sports should be fun, not painful!**

Your healthiest self is our goal.

Call us today!



SCAN ME

**PLATINUM**  
PHYSICAL THERAPY  
*All major insurances accepted*

15 West Union Street  
Ashland  
1 Lumber St., Suite 201, Hopkinton  
196 E. Main St., Milford (in The Gym)

Visit [platinumpma.com](http://platinumpma.com) or call  
508-881-6750 for an evaluation

**NEW OFFICER**

*continued from page 1*

he fulfilled various roles, including Military Police Officer and Crime Scene Investigator, undergoing training under the Marine Corps Criminal Investigations Division.



## Select Board discusses proposed 'Municipal Empowerment Act'

*Proposed bill designed to help towns 'chart their own course'*

By THERESA KNAPP

During his report to the Select Board on Feb. 7, Ashland Town Manager Michael Herbert shared with the board information related to the Municipal Empowerment Act which is making its way through the state legislature, and asked members to consider supporting it in the future.

The bill is available at [www.mass.gov/municipal-empowerment-act](http://www.mass.gov/municipal-empowerment-act) and is "designed to arm local government with greater tools and supports to chart their own course."

Herbert highlighted certain sections that would affect Ashland including: changes to the procurement laws; flexibility for retirees to come back and work; makes permanent some COVID-

19 era "flexibilities" such as hybrid meetings, outdoor dining, and to-go alcohol option; changes to amortization schedules related to borrowing for school projects; and allows municipalities to impose a 5% fee on motor vehicle excise tax as well as increase the meals tax 1% (from its current 0.75%).

Herbert noted it would also allow double pole enforcement after 90 days with up to a \$1,000 fee per occurrence.

The board will discuss the bill at a subsequent meeting. A section by section summary can be found at [www.mass.gov/doc/municipal-empowerment-act-section-by-section-summary/download](http://www.mass.gov/doc/municipal-empowerment-act-section-by-section-summary/download)

## Ashland again offers Select Board scholarship

At its meeting on Feb. 7, the Ashland Select Board voted to again offer two senior scholarships in the amount of \$2,000 each.

Graduating seniors, who are Ashland residents, are eligible to apply. Applications are available at [www.ashlandmass.com/FormCenter/Selectboard-27/Select-Board-Scholarship-79](http://www.ashlandmass.com/FormCenter/Selectboard-27/Select-Board-Scholarship-79). The application asks students what college they will attend and its cost; what other scholarships they have received or anticipate receiving; all school and community activities they have been in-

involved in; jobs they have had; and plans after college.

Applicants must also answer "Please describe what you have done or are currently doing to demonstrate your community or social involvement and why you feel it is important to the enhancement of the Town of Ashland."

Two letters of recommendation are also required.

For more information, contact Susan Robie at 508-532-7921 or by emailing [srobie@ashlandmass.com](mailto:srobie@ashlandmass.com)

## Envision Ashland releases new tools for community feedback

By THERESA KNAPP

During the Citizens' Participation segment of the Feb. 7 Ashland Select Board meeting, Brandi Kinsman, a member of the Select Board and of Envision Ashland, walked the public through Envision Ashland's new website at <https://tinyurl.com/envisionashland>.

"We've just launched three new community feedback tools and we will be having these open for approximately two months," said Kinsman.

The three community feedback tools include:

- Data-driven survey that will "help the project team create a community vision and identify goals to incorporate

into the Comprehensive Plan" [www.surveymonkey.com/r/ashlandCPsurvey](http://www.surveymonkey.com/r/ashlandCPsurvey)

- Crowdmap where you can insert a digital "pin" where you would like to see certain aspects implemented, improved, or increased in town; and

- "Meeting in a Box" which are small focus groups (4-8 people) that will occur over the next two months related to ideas related to the future of Ashland.

All tools available at <https://experience.arcgis.com/experience/b928fe16ef894dfea5bc0bd0edc29685/page/Home/>

To attend or host a Meeting in a Box, contact [cpssc@ashland-mass.com](mailto:cpssc@ashland-mass.com)

### localtownpages

Published Monthly  
Mailed FREE to the  
Community of Ashland  
Circulation: 7,884  
households & businesses

**Publisher**

Chuck Tashjian

**Editorial**

Susan Manning

**Send Editorial to:**

[editor@ashlandtownnews.com](mailto:editor@ashlandtownnews.com)

**Advertising Sales**

Susanne Odell Farber  
508-954-8148  
[sue@odellconsult.com](mailto:sue@odellconsult.com)

**Advertising Director**

Jen Schofield  
508-570-6544  
[jenschofield@localtownpages.com](mailto:jenschofield@localtownpages.com)

**Creative Design & Layout**

Michelle McSherry  
Kim Vasseur  
Wendy Watkins

Ad deadline is the  
15th of each month.

*LocalTownPages assumes  
no financial liability for errors  
or omissions in printed  
advertising and reserves the  
right to reject/edit advertising  
or editorial submissions.*

© Copyright 2024 LocalTownPages

**ANYTIME FITNESS**  
PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED

**St. Patrick's Day Sale**  
Join today for \$17

SPECIAL VALID:  
MARCH 10<sup>th</sup> - 17<sup>th</sup>

**OPEN 24 HOURS**

**Shaws Plaza**  
309 Pond St • Ashland, MA  
**508-881-4900**  
[Anytimefitnessashland@gmail.com](mailto:Anytimefitnessashland@gmail.com)

*Irish*  
**Keep Your Eyes Smiling!**

- Adult & Pediatric Eye Exams
- Contact Lens Fittings
- Medical Eye Conditions

**ASHLAND FAMILY EYECARE**

**Dr. Lauren LaPaglia**  
OPTOMETRIST

25 West Union Street, Ashland, MA  
(508) 928-7300 • [ashlandfamilyeye.com](http://ashlandfamilyeye.com)

# Envision Ashland: Gathering Input on the Comprehensive Plan

The Comprehensive Plan Steering Committee has launched the next phase of community engagement, which includes three new tools to gather input from our community: the Community Survey, Crowdmap, and Meeting-in-a-Box. These will be available through the end of March for the community's feedback, and the Committee would love your participation in all three.

Our Community Survey asks a broad range of questions about your priorities in Ashland and the key topics that the Comprehensive Plan will address, such as cultural/historic, housing, economic development, and open space. The survey will take approximately 15-20 minutes to complete and is an important way to get representation from as many Ashland residents as possible. The survey can be accessed by scanning the QR Code or by visiting the website at <https://www.surveymonkey.com/r/ashlandCPSurvey>.

The Crowdmapping tool is an interactive mapping platform that allows you to give place-based responses to different questions such as, 'Where in Ashland would you like to see utilities expanded or infrastructure upgraded?' You can pinpoint exactly on a map where you would want to see specific things. The Crowdmapping tool can be found on the project website at <https://tinyurl.com/envisionashland>.

The Meeting-in-a-Box is a focus group hosted by a community member or a member of the Steering Committee to gather ideas in an informal setting and discuss a variety of topics. "I conducted a group discussion with residents who are from a traditionally underserved part of our community. They were very enthusiastic about participating in a town-wide process.

Each participant gave valued inputs and added their voice to the planning process. We hope that this outreach and engagement will only lead to deeper conversations about 'envisioning Ashland' and the concrete look and feel of the Town a decade from now," said Rajashree Ghosh, Co-Chair of the Steering Committee.

Once this phase of community outreach has closed at the end of March, JM Goldson, the town's consultant for the Comprehensive Plan, will compile the results and work with the Steering Committee to draft the Community Vision, Core Themes, and Goals. There will be an opportunity for the public to review the findings and submit feedback as the process continues. The Town expects the 'Envision Ashland' project to take approximately 18 months and to create a master roadmap for Ashland's priorities

for the next 10+ years. "One of my very favorite things about Ashland is how involved community members are in making it a better place while appreciating what is good about our town. As we get deeper into the process of public engagement, the committee is excited to offer even more opportunities for public input. It is heartening to know that we all have a voice and that the feedback collected for Envision Ashland is what will shape our town over the next decade and beyond," said Stacey Grant-Lewis, Co-Chair of the Steering Committee.

If you would like to participate in a Meeting-in-a-Box group or have any questions, please reach out to any of the Steering Committee members or send an email to [cpssc@ashlandmass.com](mailto:cpssc@ashlandmass.com).

The event is Sunday, March 24, at 2 PM, Ashland Historical Society, 2 Myrtle St., and is free of charge.

## "Ashland's Civil War Service." Author Tom Ellis speaks on his newly published book

Author Tom Ellis speaks on his newly published book, "Ashland's Civil War Service."

The book chronicles the history of the contributions of the Town of Ashland in the Civil War. It describes the actions taken by the town as a municipality. It enlightens the reader as to the involvements of the Women and service of men of African descent for the Town of Ashland, from 1861 to 1865.

Through his research that included diaries and letters, Tom gives us stories of how the soldiers lived day to day, what their thinking was in deciding how to join the war, and what their families did while they were gone.

The event is Sunday, March 24, at 2 PM, Ashland Historical Society, 2 Myrtle St., and is free of charge.

# Supporting Town Marathon Runners

Get ready to cheer on 15 determined residents as they lace up their running shoes for the 2024 Boston Marathon! These dedicated individuals aren't just racing for personal achievement; they're on a mission to support their community through the BAA Grant program. Each runner is required to raise \$3,000, with every dollar directly benefiting local initiatives. Led by the Select Board, the BAA Grants provide vital funding twice a year, empowering Ashland to thrive.

Join the cause by backing a runner and investing in your

community's future! Visit the town website Boston Marathon page at <https://www.ashland-mass.com/1119/2024-Runners> to make your donation today.

### Meet the 2024 Runners:

- Rachel Abend
- Brendan Abel
- Sharmita Bhattacharjee
- Christopher Boulanger
- Marguerite Fifield
- Michelle Goessling
- Luke Gustavson
- Nathan Keegan
- Scott Lavigne
- Margaret Musoke
- Rebecca Navarro
- Jane Reardon
- Jamie Tripp
- Justin Unton
- Huong Wolf



## THE CORNER MARKET

*Wicked Good Fast Food*

Hand Tossed Pizza



**NOW OPEN MONDAYS**

Paninis & Subs



Salads & Wings



Acai & Smoothies



**TAKE OUT**

Perfected  
**774-233-1966**

12 Concord St Holliston, MA [www.CornerMarketHolliston.com](http://www.CornerMarketHolliston.com)



COAN

HEATING & AIR CONDITIONING

Specialists in Home Comfort & Energy Conservation

Keeping families comfortably cozy in their homes year-round for over 76 Years!

HEATING • AIR CONDITIONING • HOT WATER • INDOOR AIR QUALITY

Heating Service Plans, Heating Install and Repairs & More!

Coan Bioheat® Fuel Delivery

With significantly reduced greenhouse gas emissions & lower carbon footprint, it's the most environmentally friendly heat fuel, and the safest.

196 West Central St., Natick • 508-653-5050 • 800-262-6462 • [coanoil.com](http://coanoil.com)




# Matt Gamache

## Realtor



Serving Ashland for over 10 years



Call for a market analysis

508.561.2757

[www.MattGamache.com](http://www.MattGamache.com)

# How can women bridge the retirement gap?



Mark Freeman

## FINANCIAL FOCUS®

Provided by Edward Jones

March 8 is International Women’s Day, a day for celebrating all the accomplishments of women around the globe. But many women still need to make up ground in one key area: retirement security.

Women’s challenges in achieving a secure retirement are due to several factors, including these:

- **Pay gap** – It’s smaller than it once was, but a wage gap still exists between men and women. In fact, women earn,

on average, about 82 cents for every dollar that men earn, according to the Census Bureau. And even though this gap narrows considerably at higher educational levels, it’s still a source of concern. Women who earn less than men will likely contribute less to 401(k) plans and will ultimately see smaller Social Security checks.

- **Longer lives** – At age 65, women live, on average, about 20 more years, compared to almost 17 for men, according to the Social Security Administration. Those extra years mean extra expenses.
- **Caregiving responsibilities** – Traditionally, women have done much of the caregiving for young children and older parents. And while this caregiving is done with love, it also comes with financial sacrifice. Consider this: The average employment-related costs for mothers providing unpaid care is nearly \$300,000 over a lifetime,

according to the U.S. Department of Labor — which translates to a reduction of 15% of lifetime earnings. Furthermore, time away from the workforce results in fewer contributions to 401(k) and other employer-sponsored retirement plans.

Ultimately, these issues can leave women with a retirement security deficit. Here are some moves that can help close this gap:

- **Contribute as much as possible to retirement plans.** Try to contribute as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Your earnings can grow tax deferred and your contributions can lower your taxable income. (With a Roth 401(k), contributions aren’t deductible, but earnings and withdrawals are tax free, provided you meet certain conditions.) At a minimum, contribute enough to earn your employer’s matching contribution, if one is offered, and try to boost your

contributions whenever your salary goes up. If you don’t have access to a 401(k), but you have earned income, you can contribute to an IRA. Even if you don’t have earned income, but you have a spouse who does, you might be eligible to contribute to a spousal IRA.

- **Maximize Social Security benefits.** You can start taking Social Security at 62, but your monthly checks will be much bigger if you can afford to wait until your full retirement age, which will be around 66½. If you are married, you may want to coordinate your benefits with those of your spouse — in some cases, it makes sense for the spouse with the lower benefits to claim first, based on their earnings record, and apply for spousal benefits later, when the spouse with higher benefits begins to collect.
- **Build an emergency fund.** Try to build an emergency fund containing up to six months’

worth of living expenses, with the money kept in a liquid account. Having this fund available will help protect you from having to dip into your retirement accounts for large, unexpected costs, such as a major home or car repair.


It’s unfortunate, but women still must travel a more difficult road than men to reach retirement security. But making the right moves can help ease the journey.

If you would like to discuss your personal situation with a financial advisor contact:

Mark Freeman  
Edward Jones Financial Advisor  
77 West Main Street,  
Hopkinton, MA  
508-293-4017  
Mark.Freeman@edwardjones.com


THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*




## BAUSCH + LOMB

Ask Hopkinton Vision about  
**INFUSE® CONTACT LENSES**  
**FOR ALL-DAY COMFORT**



**\$300 REBATE**



**ALL-DAY COMFORT**



**100% RECYCLABLE**  
BauschRecycles.com

Ordering Infuse Contact Lenses supports this local business.

\*Reward amount is dependent on product and quantities purchased and whether you are a new or existing wearer as defined in the terms and conditions. Rewards points can be received in as little as 48 hours from the time of submission.

BAUSCH + LOMB® horizon rewards: Starts 7/1/17 at 9:00:00 AM CT and ends 12/31/24 at 11:59:59 PM CT. Open to residents of the 50 U.S./D.C. and Puerto Rico, 18 years of age or older (19 in AL and NE). Rewards points earned from this offer may be redeemed for a BAUSCH + LOMB® Visa® Reward Card or other gift card options from select merchandisers. See BauschRewards.com for all eligibility criteria. Minimum purchase required. Must be submitted within 60 days from purchase. Subject to full Terms and Conditions at BauschRewards.com. Void where prohibited.

©2023 Bausch + Lomb. VCCM.0135.USA.23

HOPKINTON  
VISION CENTER

Dr. Steven Perryman

10 Cedar St., Hopkinton, MA 01748 | 508-435-4711

www.hopkintonvision.com

# Start Your Spring Cleaning Early with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to declutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern

and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted

## Business spotlight

stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.



And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

Contact Affordable Junk Removal and let a local small business take care of everything for you. Call Jay Schadler at (774) 287-1133 or visit us online at [www.affordablejunkremoval.com](http://www.affordablejunkremoval.com).

PAID ADVERTISEMENT

### ASHLAND HOME IMPROVEMENT

- Kitchen and Bathroom Remodeling
- Basement Finished
- Window & Door Replacement
- Wood Flooring Installation & Refinishing
- Deck Replacement and Repair
- Siding - Roof
- Masonry - Walk Way & Patio
- Power Washing • Painting • Carpentry



Detailed & Meticulous • Reasonable Rates  
CALL MAURICIO 508.202.8602

FULLY INSURED  
MA HIC.#169427

### DISCOUNT HEATING OIL

Same Day Delivery • Senior Discounts

CALL FOR PRICE or ORDER ONLINE

150 Gallon Minimum



508-620-6251 • SameDayOil.com



## Ashland PAVING

RESIDENTIAL & COMMERCIAL

Paving - Sealcoating  
Crack Filling - Excavation

FULLY INSURED & FREE ESTIMATES

Schedule Now for Spring!

CONTACT MAURICIO

508-202-8602

BHRPaving@gmail.com

# The b.LUXE *beauty beat*

## Gray Blending: A New Way To Embrace Your Gray

BY GINA WOELFEL

Once upon a time, spotting your first gray hair felt like the beginning of the end, especially for women. In an age-obsessed society, women have felt the need to maintain a youthful appearance, and aging was often considered taboo.

However, nowadays, women are pushing back and embracing their gray hairs and the number of years it took to earn them! Accepting your gray has become synonymous with self-love and a more natural approach to beauty. We all age, so let's celebrate it!

Women, in particular, are often judged based on their appearance. Interestingly, the pandemic sparked the modern gray hair movement, prompting women to embrace their natural hair color. When salons closed, women had to skip their monthly color retouches. It was a challenging time, but we were resilient and adapted. With no end in sight, our roots grew in, and when one inch turned to three, many women saw their natural color for the first time and loved it. Their gray hair was beautiful, and the time spent away from judgment and scrutiny allowed them to reconnect with their natural selves.

We understand that not everyone will give up hair coloring and accept their gray hair. It's a big commitment that requires both emotional and aesthetic considerations. For many women, to stop coloring their hair altogether would be difficult. Unlike pandemic times, we're out in the world each day, and having half our hair without color could be quite an adjustment.

### Here's an analogy of the three levels of basic gray coverage.

1. Full coverage covers 100% of the gray with a one-process color. Think of this as wearing colored wool tights.
2. Demi-permanent coverage covers about 80% of your gray using a less pigmented dye. This process lets some of your natural tone and gray hair show through.

Think of this like wearing sheer, colored pantyhose.

3. No coverage, allowing your natural gray and silver color to come through completely, but glossing the hair to add shine, tone and eliminate yellow and brassy tones. Think of this like wearing sheer, nude pantyhose.

For decades, these three techniques were the standards for covering your gray, with most women opting for full coverage. This all-over, one-dimensional color application can be as light or dark as your natural or current color allows, but it will leave a hard line of regrowth at your roots. Modern formulas offer a wider range of hues and are more prismatic than their predecessors, but this technique still requires an appointment every 4-6 weeks. Many women, believing they still match their natural color, have dyed their hair this way for years. So many years, in fact, their original hair color has completely changed. But it's easy to get stuck in a rut. One process coverage works, but is it the best coverage for you now?

Gray, silver, and platinum hair is all the buzz, with more and more women ditching high-maintenance, monochromatic tones for more lived-in looks. Now, more than ever, you've got options.

### Have you heard about "Gray Blending?"

Gray blending is an umbrella term that describes the many techniques used to disguise and incorporate your gray hair. Without a hard line of regrowth, it's a more natural-looking alternative.

Gray blending techniques incorporate foil highlights and lowlights that vary in weight and placement to provide a highly customized color unique to you. There's gray blending for blonde hair and gray blending for dark hair, as well as auburn and red hair. Gray blending uses multiple shades of hair color to create a gradual transition that incorporates your gray hair with your natural color (or chosen base

**b.LUXE**  
hair · makeup · skincare · tanning

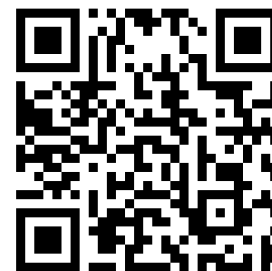


color.) With this multi-tonal technique, gray hairs aren't covered; they're enveloped within the pattern of color, resulting in a softer, more natural look that needs less maintenance than one-process color. You can choose to maintain your gray-blended look or use this process to slowly transition towards all gray.

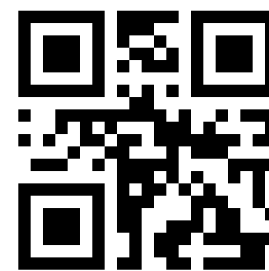
### For clients who've been dying their hair a darker shade for years and want to grow out their natural color, you have a few options:

1. Using your previous color as a guide, your stylist can highlight or lowlight just around your face. Lowlights use the same technique as highlighting to apply color but use darker tones for depth and dimension. This method breaks up your gray regrowth and avoids a hard line of demarcation. It also allows clients with longer hair to pull it back in a ponytail, disguising their gray in the back.
2. Your stylist can also select a few areas where your gray hair is growing in, like through your part and around your face, and place a few strategically painted highlights they'll lift close to the color of your silver hair. A toner should then be applied to unify color, tone brassiness, and add shine.
3. Choosing to stop dyeing your hair altogether is an-

Visit Our Gray Blending Page For More Info



Visit Our Website at bLUXE.com to Book an Appointment



Scan for more info

other option. Your hair grows about 1/2" to 3/4" per month, so growing your hair to a manageable, shoulder-length bob takes approximately a year and a half without intervention. Many people cut their hair short to remove most of the dyed hair and then let it grow out while getting regular trims to remove the remaining colored portions. Once the dyed hair is gone, your natural hair color can grow as long as desired.

4. Dying your entire head silver in one session is definitely an option, but one that comes with a few caveats. Many clients are curious about how long this process takes because they've seen incredible mega-transformation on social media. While it's technically possible for some people's hair to lift enough artificial color in one session, this level of alteration is uncommon. Despite online videos that seem to show quick and easy solutions, the truth is that these types of color appointments are costly and can take 10 to 12 hours in your stylist's chair, with no guarantee of the desired results.
5. We recommend a toner or tinted gloss for all gray-blending methods and existing gray clients. Natural gray hair can be yellow, brassy, or even mousy-brown. A toner will brighten and balance those undesirable tints, adding a mirror-like shine.

6. The timeline for hair regrowth varies from person to person and depends on factors such as the health and length of your hair, the coloring technique you and your stylist choose, and how quickly you want to achieve your desired transformation. Your stylist will likely want at least three to four months of regrowth to see your gray pattern. This time is not 100% necessary, but it allows your stylist to create the most effective color plan for you.

Once you start the transition process, you can expect your maintenance and upkeep to be about 8 to 12 weeks apart, depending on your chosen method. Typically, it takes about 3 to 4 salon visits to complete the process and get your hair to the desired state.

And remember, nothing is ever permanent! If gray blending isn't your thing, you can always go back. Your stylist is here for your aesthetic and whatever makes you feel most beautiful!

If you're curious about gray blending and would like more information, scan the QR code above to visit b.LUXE Hair and Makeup Studio's Gray Blending page that features before and after transformations.

b.LUXE Hair and Makeup Studio also offers complimentary color consultations.

Book yours today at bLUXE.com

PAID ADVERTISEMENT

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.



*Your Money, Your Independence*

# At or Near Retirement? Time to Say Bucket!

Those at or near retirement face many decisions.

Transitioning from a paycheck that builds savings to taking distributions from a lifetime of investing is a top challenge.

Retirees view risks differently, including market volatility, sequence of returns, interest rates, inflation, health, and longevity to outlive money. Still, the greatest risk is behavioral as gone are the days of throwing new money at poor planning and decision making.

Some retirees completely change strategies. Others attempt to align investments to high yields (and unintended risks) to meet income needs. Many overcompensate to a feel-good cash amount.

While noble, these “retirement strategies” lack in spending expectations, aspirational goals, variables, and opportunity costs. When market, economic or political turmoil depresses portfolios, fear drives many to react irrationally. This leaves them without a strategy and no new money to throw at poor planning and decision making.

How to approach a sustainable retirement income strategy?

**The Bucket Strategy.** In its simplest form, it’s a retirement income strategy based on segmenting assets to when they’re being spent. This creates a cash cushion to cover income gaps early in retirement years, while maximizing remaining assets over longer periods.

Time horizons and number of buckets are flexible, to start I propose 3 buckets.

**Bucket #1 needed in 1-3 years** is cash, money market and CDs in a taxable account. Liquidity, safety, and low taxation to access funds are key.

**Bucket #2 needed in 4-6 years** is a mix of investment grade bonds, low-volatility stocks and hard assets diversified across ETFs (exchange-traded funds) in taxable accounts and traditional IRAs.



Glenn Brown, CFP

**Bucket #3 needed in 7+ years** is a mix of diversified growth investments and if applicable, real estate, concentrated stock, and legacy investments across taxable, traditional and Roth IRAs. Given Roth IRA’s tax-free benefits, these are the last funds to access.

As time moves forward, buckets are replenished in a tax efficient manner by either selling, transferring, and/or distributing (i.e. RMDs) assets from Bucket #3 to #2 and Bucket #2 to #1.

Easy? Let’s discuss critical prerequisites.

**Know your income gap.** “We spend \$8K a month, so we need \$96K income a year.” No, spending doesn’t equal income needs. Say a spouse receives \$20K in so-

cial security and other gets \$35K starting next year. So Year 1 income gap is \$76K (\$96K - \$20K) while Year 2 is \$41K.

**All work and no play...** What of your aspirational goals in retirement? Don’t wait until 75 to start, instead spend ahead and under control by planning a block of years and \$ amount. For example, “From ages 62-72, add \$20K extra per year for more travel.”

**What of future liabilities?** A mortgage ending? New vehicles needed? A remodel or home repair? Moving to reduce costs and taxes? Assisted living? Gifting to help adult kids?

**Build your cash flow analysis.** By factoring income sources, assets, growth rates, planned distributions, living expenses, one-off expenses, liabilities, inflation, and taxes, we see positive or negative cash flows this year and in future years.

Negative cash flow, a.k.a. your income gap, varies each year.

Consider:

- 2024 -\$52K
- 2025 -\$44K
- 2026 -\$65K
- 2027 -\$34K
- 2028 -\$21K
- 2029 -\$24K

Bucket #1 is \$161K, #2 has \$79K and #3 is remaining assets seeking long-term growth.

Come June 2024, review and confirm your spending rate, rerun cash flow with updated values, then raise 50% of 2027 (~\$17K) from Bucket #2 to #1. In most tax efficient manner, move 50% of 2029 (~\$12K) from Bucket #3 to #2.

Rinse/Repeat every 6 months for ongoing 2.5 to 3 years of cash to cover income gaps. This reduces fear and large withdrawals, provides lifestyle confidence, and participates in long-term investment growth over market cycles.

More to consider than space allows, so speak with your Certified Financial Planner.

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.

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

## WE ARE YOUR RELIABLE INSURANCE NEIGHBORS



Work with people you can trust: Christine, Brian, Sandra

Our family-owned and operated independent agency offers only competitively priced and time-tested insurance products designed to fit your individual needs. Specializing in home, auto, business, condo and renters insurance since our establishment in 1987, our agency is deeply rooted in the communities we serve and committed to providing the very best of value for your hard earned dollars. Whether new to the area or a lifelong resident you will benefit from the sound advice provided by our professional service advisers.



**MAPFRE | INSURANCE**

Contact us today!

508-881-7800

25 West Union St., Ashland

MyAshlandIns.com

HOME • CONDO • RENTER • AUTO • BUSINESS

## ASHLAND LANDSCAPE & CONSTRUCTION



### SPRING CLEAN-UP

- Lawn Mowing
- Mulching
- Edging • Weeding

- STONWORK
- Patios
- Steps • Walls
- Walkways

FULLY INSURED

Call For A  
**FREE ESTIMATE**

508.202.8602

mbremermann@yahoo.com

**RECYCLE  
THIS  
NEWSPAPER**

# Frances (Fanny) Wadsworth Valentine

*In honor of Women's History Month, this article was submitted by Cliff Wilson, President of the Ashland Historical Society.*

Fanny Wadsworth Valentine (name on birth record) was born April 5, 1880, on Mt. Bowdoin Terrace in Dorchester, Mass., the daughter of George Albert Valentine and Anna Elizabeth Loring. To simplify matters for the rest of this article, it should be noted that her grandfather John Tyng Valentine was the first cousin of William Price Valentine who, at the time of Fanny's birth, owned what we now call the Valentine Estate on West Union Street in Ashland.

At 18 years old, she graduated from Girl's Latin School and enrolled at Smith College in Northampton. Frances was captain of the Pomeroy Delta Sigma basketball team. She graduated from Smith in 1902 and maintained a lifelong connection to the school.

In May of 1905, she was at the Grafton Country Club's horse and hound show along with President Garfield's son and Senator Hanna's son and in April of the same year she was a bride's maid at the wedding of Elizabeth Whitin in Whitinsville. Her father, George, died in 1907. In

1910, she was still living with her mother, brother, and sister-in-law in Boston. In 1912, the family moved to Westerly, RI, where Frances took up the occupation of farming.

In 1914, Frances, at the age of 33, moved to Washington, DC, and was employed by the U.S. Department of Labor, Bureau of Statistics. She began to travel the country, gathering information on minimum wages, wages paid to women, health issues, and workman's compensation. As the United States entered World War I, Frances was in Kansas, recruiting women to go to New Jersey to peel tomatoes for the canning industry. But this was evidently not enough support for Frances. In March of 1918, she joined 18 other "Smith Girls" in France, driving supply trucks for the ravaged villages. In May of the same year, she was in the Somme district in France, 10 miles from the advancing enemy line. Although ordered to retreat, Frances and her friends felt they could not leave the peasants alone. They spent two days under fire evacuating villages and bringing the

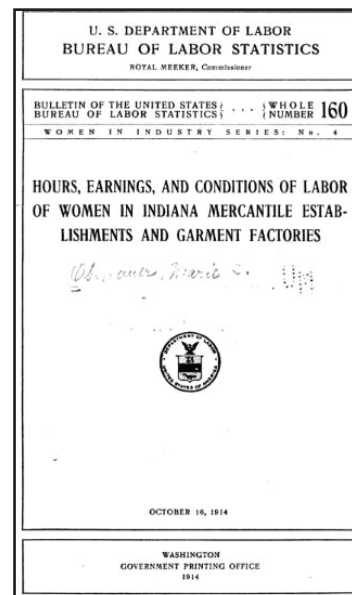


**Frances (Fanny) Wadsworth Valentine (1880-1959).**  
Source: Ashland Historical Society

French to safe quarters. In October, Frances and two of her friends left the unit and joined the American Women's Hospital Service, driving ambulances for the French army.

In 1920, the French government honored Frances with an individual citation, as follows:

"Miss Frances Valentine, American member of the American Red Cross of New York: Under shell fire during the offense of March and April 1918, she helped with the evacuation of the sick, aged, and children and with the establishment of canteens and rest huts on the Montdidier, Poix, and Beauvais fronts. She has had nearly three years' service and had actual charge of the reconstruction and relief of 30 villages."



**Hours, Earnings, and Conditions of Labor of Women in Indiana Mercantile Establishments and Garment Factories, 1914, co-authored by Frances Wadsworth Valentine during her work with the U.S. Department of Labor. Source: <https://curiosity.lib.harvard.edu/women-working-1800-1930/>**

After returning from the war, Frances again took up her job with the Department of Labor. In 1922, she went to Pennsylvania to study the living conditions and costs in the coal mining communities.

In March of 1924, Frances bought two parcels of land on West Union Street in Ashland. One parcel contained 12 acres, the other contained 30 acres. She moved into the house across the street from the Valentine estate and began to farm in Ashland on land that past-generations of Valentines had owned.

In 1927, Frances, representing the General Federation of Wom-

en's Clubs of America, went to Alabama to study the use of hydro-electric power in providing electricity to rural communities. She took special interest in the farms and their use of electricity.

Frances was elected to the executive committee of the American Red Cross, Ashland Chapter in 1929. They had just set up their headquarters at the new Telechron clubhouse on Main Street. That same year she purchased an additional 129 acres of land adjacent to her farm. Today, the Ashland Community Center is located on a portion of that property.

Along with her farming, she continued her work with the Department of Labor, supervising many surveys mostly regarding health.

World War II obviously brought many changes to the labor market as many workers joined the armed forces. Farm labor was no exception. The country still needed a food supply. Frances was appointed to represent the Women's Bureau of the Labor Department on the regional labor supply committee. Recognizing the need to use women in the farm labor force, Frances opened her house to a dozen or more Smith College students and assisted training them in farm work as part of the newly formed Women's Land Army. She continued her work with the Labor Department trying to determine the fate of the women as the men returned from the war.

Frances continued to live in Ashland until her death on Feb. 5, 1959, at 78 years old.



## CALL TODAY 508-476-1500

**BEN'S CONTAINER & RUBBISH**

Delivering affordable and fast dumpster, portable toilet and luxury restroom trailer service throughout the Southern New England Area.



**SERVICES INCLUDE:**

- 15 Yard Roll-Off Dumpsters
- 20 Yard Roll-Off Dumpsters
- Standard Portable Toilets
- ADA Accessible Portable Toilets
- Luxury Heated and Cooled Restroom Trailers
- Emergency Service Deliveries on Nights & Weekends





**14 West Street, Douglas, MA**

**508-476-1500**

[www.benscontainerandrubbish.com](http://www.benscontainerandrubbish.com)

## Overnight Parking Ban

The Town of Ashland's winter parking ban began on Nov. 1 and ends March 31. During that time period: "It shall be unlawful for the driver of any vehicle, other than one acting in an emergency, to park said

vehicle on any street for the period of time longer than one hour between the hours of 2 am - 6 am any day of the week." Vehicles found in violation of the winter parking ban will be issued citations and/or towed at the owner's expense.

For any inquiries about DPW's winter operations, don't hesitate to reach out at [dpw@ashlandmass.com](mailto:dpw@ashlandmass.com) or call 508-881-0120. Residents can find more information on the DPW webpage of the town's website. Let's work together to stay safe and prepared for winter weather in Ashland!



# Ashland Lions Club March 2024 Update

### Join us for Musical Bingo!

The Ashland Lions and the Hopkinton Lions will join to sponsor a Music Bingo Night at the Ashland V.F.W. on Pleasant Street on Friday, March 15th from 6:30pm to 9:30pm. Free admission. There will be a cash bar, snacks, prizes for bingo winners and a raffle for a chance to win \$300.00 worth of lottery scratch tickets. All are welcome!

### Ashland Lions Meat Raffles

Have you ever been to a Ashland Lions meat raffle at TJs? Attendees buy raffle tickets to win the opportunity to choose an item from 4 tables chock full of premium meats and cheeses. Come have some lunch, buy some raffle tickets and join in the fun! Our next one will be held on Saturday, March 2nd at 12pm, at TJs Food and Spirits in Ashland, and continue the first Saturday of each month throughout the winter. See you there!

### Ashland Lions Regatta on the Sudbury River

The Ashland Lions will hold their 4th annual Lions Toy Boat "Regatta" on the Sudbury River on Saturday, March 23rd, 2023 (rain date Sunday March 24th). Numbered boats, starting from the canoe launch at Gryncel Park will "race" under the bridge by Burnams, over the falls at Marathon Park and down the river to a finish line behind the V.F.W. on Pleasant Street. Boats will be launched at 10:00am. Come watch this fun event! You do not need to be present to win. Tickets, corresponding to the boat numbers, are \$5 each or 3 for \$10. Only 300 tickets will be sold. Cash prizes will be awarded to the top 3 finishers. For tickets call Lion "Dok" at (508) 881-4664 or from any Ashland Lion. All proceeds go to support our community and Lions Eye Research.

### LIONS

*continued on page 15*

# Second Annual Putts4Pages Coming in April to Support Library Programming

The Friends of the Ashland Public Library presents the second annual mini-golf fundraiser, Putts4Pages, at the library April 27 and 28. The building at 66 Front St. will once again be transformed into an 18-hole mini-golf course promising loads of fun for everyone in the community.

Play tees off on Saturday evening, April 27, with adults only "Mocktails and Mini Golf" on the links from 6:30 to 8:30 pm. This night of fun for the 21+ crowd will feature munchies and mocktails included in the ticket price of \$20 per person.

The excitement continues on Sunday, April 28, from 11 am to 4 pm when the whole family can play through 18 holes filled with hills, jumps, bumps, twists and loops scattered throughout the stacks and inner spaces of our fabulous library. Tickets are \$5 per person, cap of \$25 per



family.

Tickets will be available online beginning April 6. Watch for more information at [www.friendsoftheapl.org](http://www.friendsoftheapl.org).

Local businesses are sponsoring each of the holes including Needham Bank (Flagship Sponsor), Middlesex Savings Bank, AT&R Insurance, Ashland Animal Hospital, Mike's Collision, Ashland Lumber, Ashland Mini-Storage, Minucci Auto Body, Residence at Valley Farm, 126 Storage, Platinum PT, United Home Experts, Tom's Auto Body, Annemarie's Dance Centre, Worcester Air Conditioning, and Marra Flooring &

Design. "Friends of the Green" include Richard Francis Salon and Spa, Oak Realty, Lunkers, Modelville Hobby, Ashland Lumber, Main Street Wine & Spirits, and Cleaners Choice. In addition, Dr. Greens, Blush, and Shaw's have all contributed gift cards which will be prizes in a drawing held during the event.

If your business is interested in joining in the fun, contact [president@friendsoftheapl.org](mailto:president@friendsoftheapl.org) for more information.

Proceeds from this fundraising event will go to pay for all of the in-person and virtual library programs for all ages, as well as over a dozen different Museum Passes, stocking Little Libraries all over town, supplementing classroom shelves in Ashland Public Schools, and much, much more.

**Garages**
**Additions**
**Modular Homes**
**In-Law Apartments**

**STANDARD GARAGE PACKAGES INCLUDE:**

- Building Plans
- Excavation and Backfill with Existing Material
- Foundation with 4' Frost Wall Footings
- 4" Wire Mesh Reinforced Concrete Floor
- 2" x 6" Construction
- Plywood Roof and OSB Wall Sheathing
- 2 Double Hung Windows
- Vinyl Siding
- 2 - 9' x 7' Overhead Garage Doors
- 30 Year Architectural Shingles



**GBI**  
GUARANTEED BUILDERS AND DEVELOPERS, INC.  
GENERAL CONTRACTORS

WWW.GBIAVIS.COM  
(508) 476-1500





# Corner Spot News

It is that time of year again...time to plan for the 7th season at the best spot in town! We are planning another great season of events that you are sure to love. If you are a business/vendor, food truck owner or musician and would like to pop up and join the fun please email Beth at breynolds@ashlandmass.com and let us know!

## SAVE THE DATE FOR OUR UPCOMING EVENTS!

# S P R I N G

Mar. 2nd	For The Love of The Game - AYBS
Mar. 24th	Holi Event
Apr. 24th	Ashland Indian Holi Event
Apr. 20th	Earth Day Event
May. 18th	CultureFest
Jun. 1st	Opening Day
Jun. 14th	Pups on the Spot

Bi-weekly Open Mic Nights starting June 6th

# F A L L

Sep. 6th	Back to School Movie Night w/ ABA
Sep. 7th	PorchFest
Oct. 5th	Dragonfly Street Faire
Oct. 19th	FallFest

For more information check out [thecornerpotashland.com](http://thecornerpotashland.com), and to stay up to date on all things The Corner Spot, follow us on Facebook and Instagram!

PLEASE RECYCLE THIS NEWSPAPER

## Achieve Clear Skin

### ACNE CLINIC FOR ALL AGES

Take control. Manage your acne with a customized treatment program designed to clear your unique skin.

Education. Coaching. Support.

90% of my clients clear in 12-16 weeks

LISA MASSIMIANO - LICENSED AESTHETICIAN, ACNE SPECIALIST  
CERTIFIED BY THE NATIONAL FACE REALITY ACNE CLINIC

Schedule your acne consultation today!

508-881-1180

SkinSmartSalon.com  
SkinSmartSalon@aol.com  
44 FRONT STREET, 2<sup>ND</sup> FLOOR • ASHLAND

# March at the Ashland Library

## Adult:

### Virtual: Job Search Help -- Design A Career That Fulfills You

Monday, March 4 @ 2pm  
 Tammy Gooler Loeb, author of "Work from the Inside Out: Break Through Nine Common Obstacle and Design A Career That Fulfills You", will offer insights from her 20+ years of experience as a career and executive coach.

### Virtual - Q&A with Author Erica Cirino Discusses "Thicker Than Water The Quest for Solutions to the Plastic Crisis"

Monday, March 4 @ 7pm  
 We had so many questions for Erica at our last session, we just had to invite her back for a Q&A! Erica Cirino is a photojournalist, scientist, and artist, and she will be discussing her book "Thicker Than Water: The Quest for Solutions to the Plastic Crisis". This time, Erica will adapt her presentation to answer some of the questions that came up at our last event and have more time for Q&A on this very important topic!

### Virtual: A Visit with the Lowell National Historical Park

Tuesday, March 5 @ 12:30pm  
 Lowell's water-powered textile

mills catapulted the nation – including immigrant families and early female factory workers – into an uncertain new industrial era. Nearly 200 years later, the changes that began there still reverberate in our shifting global economy and serve as a living testament to the dynamic human story of the industrial revolution.

### Virtual - New England Lighthouses and the People Who Kept Them with Author Jeremy D'Entremont

Tuesday, March 5 @ 7pm  
 One of our favorite speakers, Jeremy D'Entremont tells the history of New England's historic and picturesque lighthouses primarily focusing on the colorful and dramatic stories of lighthouse keepers and their families.

### VIRTUAL Front Street Readers Book Club

Tuesday, March 5 @ 7pm  
 Read "Horse" by Geraldine Brooks

### Virtual: The Real Score: Unraveling Myths About Trans People in Sports w/ Erin Reed

Tuesday, March 5 @ 7pm  
 In this presentation, we will explore the complex and often misunderstood world of transgender athletes in sports. And, we'll consider what transgender inclusion

means for society at large.

### Virtual - Environmental Book Club

Wednesday, March 6 @ 6:30pm  
 Read "The Great Displacement: Climate Change and the Next American Migration" by Jake Bittle.

### Virtual - Author and Historian Marion Gibson Discusses "Witchcraft: A History in 13 Trials"

Thursday, March 7 @ 10am  
 We are so fascinated with witches and witchcraft so we are taking this opportunity to discuss both with historian and author Marion Gibson about her book, "Witchcraft: A History in 13 Trials". This book is a fascinating, vivid global history of witch trials across Europe, Africa, and the Americas, told through thirteen distinct trials that illuminate the pattern of demonization and conspiratorial thinking that has profoundly shaped human history.

### Virtual - Introduction to Ornithology with Bill Gette: Feathers

Thursday, March 7 @ 1pm  
 During this PowerPoint lec-

**LIBRARY**  
continued on page 13

# Struggling With Acne?

BY LISA MASSIMIANO,  
 LICENSED ESTHETICIAN AND  
 CERTIFIED ACNE SPECIALIST

If you have been diagnosed with acne and haven't been satisfied with drug store products or the suggested treatment from your doctor, consider seeing an Acne Specialist.

### What is an Acne Specialist?

An Acne Specialist is a licensed skin care professional who is specially trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Most physicians don't have the time to spend educating patients on the root cause of their acne. They often prescribe oral antibiotics and strong topical retinoids that can leave skin dry, red and irritated. Patients get frustrated with these side effects and stop using the products.

### How an Acne Specialist Can Help You.

An Acne Specialist will assess your individual skin type, and the type of acne you have, to develop a plan of action specifically for you. They will take the time to teach you about the root cause of acne and provide information on lifestyle, diet, medications, and

ingredients in makeup and skin care products that exacerbate acne. They help you to get your skin clear and teach you how to keep your acne under control.

For people struggling with acne, it can be frustrating to try and communicate with their doctor on a timely basis. My clients tell me that the best part of working with an Acne Specialist is that we are there for them to answer their questions and provide support while they go through the process of getting their skin clear.

Questions about acne? Email Lisa Massimiano, owner Skin Smart Salon and Acne Clinic at [skinsmartsalon@aol.com](mailto:skinsmartsalon@aol.com) or call 508 881-1180. Visit the website [skinsmartsalon.com](http://skinsmartsalon.com) for information about Skin Smart's acne program and other services.

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

\$20 OFF

## CLEANOUT COUPON

ONE COUPON PER CLEANOUT. \*\$100 MINIMUM.

# JUNK it NOW!

PRO-JUNK-REMOVAL

"We empty - the Junk Bag" (3 cubic yards) Call for Price  
 Buy at store - Fill it - We empty & Leave it

\$20 OFF

Homes • Apartments • Businesses • Yard waste  
 Pools • Boilers • Hot Tubs • Sheds Removed • Appliances  
 toll free \* Fully Insured \* Call Tom Cassidy

\$20 OFF
1-855-533-JUNK (5865)
\$20 OFF

1-508-308-2279 Call-only [www.junkitnow.us](http://www.junkitnow.us)

**LIBRARY**

*continued from page 12*

ture, Bill will teach you about the origin of feathers, the anatomy of a feather, feather types and functions, feather care, feather molt, and coloration.

**HYBRID - Romance Book Club**

Thursday, March 7 @ 6:30pm  
Read a romance set in Australia or written by an Australian author.

**Mystery Book Club**

Friday, March 8 @ 12pm  
Ready? "The Kind Worth Killing" by Peter Swanson.

**A Meditative Outdoors Late Winter/Early Spring Walk with Hannah Stein**

Saturday, March 9 @ 10am  
Join Hannah on this walk designed to increase your awareness of the relaxing and healing benefits of nature that you can discover right here in Ashland!

**From Rock and Grass to Italian-like Resort Gardens, A DIY Project**

Saturday, March 9 @ 10am  
Join Ashland Garden Club member, Laura Johnson, as she walks us through her multi year transformation of her non-descript grassy backyard into an Italian-like resort, complete with a bocce court, patio with a fire pit, and numerous gardens.

**Virtual - Encore Discussion! Author Christopher Morash on "Dublin" - The Place and the Literati!**

Saturday, March 9 @ 10am  
If you are a fan of classic literature and love a pint o' Guinness while you're reading, join us for another conversation with author & professor at Trinity College Christopher Morash as he digs even deeper into his book "Dublin: A Writer's City" which unfolds a book-lover's map of this unique city, inviting us to experience what it means to live in a great city of literature.

**Cookbook Club**

Saturday, March 9 @ 12pm  
A Taste of Ireland

**Virtual - Celebrating a Book Birthday with Romance Author Lyla Sage, In Conversation with Tarah DeWitt**

Saturday, March 9 @ 2pm  
You know we love book birthdays and we're excited to celebrate one with romance author Lyla Sage! Her new book, "Swift and Saddled", is the much anticipated sequel to "Done and Dusted". We're looking forward to this conversation between Lyla and RomCom author Tarah DeWitt - book birthdays are the best with friends!

**Virtual: Asian Art Series: Art Across Asia - The Goddess: Images of Power**

Sunday, March 10 @ 2:30pm  
Explore various cultural and religious manifestations of female deities. Let's celebrate Women's History Month with this important discussion!

**Virtual: Job Search Help -- How To Power Network**

Monday, March 11 @ 2pm  
Learn all the tools necessary to develop extensive networks that access the hidden job market and that will pay continuing dividends throughout one's career.

**Card Making with Jan Poppendieck**

Monday, March 11 @ 6:30pm  
Jan will teach embossing, die cutting, proper stamping, and use of equipment individually and group techniques of creating unique cards.

**Virtual - Author Talk: Marcia A. Zug Discusses "You'll Do - A History of Marrying for Reasons Other Than Love"**

Monday, March 11 @ 7pm  
Join us for this enlightening conversation with Professor Marcia Zug, as she discusses the history of marriage, how it's affected so many of our social norms, and if there is a benefit to taking economics and politics out of marriage so it can just be about love.

**Virtual: The History of Presidential Libraries**

Tuesday, March 12 @

12:30pm  
Explore the history of these libraries and how current issues have forced significant changes beginning with the Barack Obama Presidential Library. Led by archivist Craig Wright, Supervisory Archivist at the Herbert Hoover Presidential Library

**Virtual - Book Recs with Bookstagrammer Jody Blanchette aka @redreadreviews**

Tuesday, March 12 @ 7pm  
Not sure what to read next? Join Jody for 30 minutes of pure book recommendations - with a bent towards horror and thrillers and a few other genres thrown in! We're sure you'll find something to like from Jody's many enthusiastic reviews.

**Virtual: Q&A with Author, Producer, Director and Screenwriter Stan Zimmerman on "The Girls: From Golden to Gilmore"**

Wednesday, March 13 @ 7pm  
This one is for all of our TV fans out there! We're thrilled to welcome producer, director, screenwriter, and debut author, Stan Zimmerman, to Ashland for this virtual meeting! He'll be discussing his new book "The Girls: From Golden to Gilmore". From personal experiences to the insider scoop, Stan will take us down memory lane about some

of our most cherished TV shows - the making of, the stars, and the challenges. We can't wait!

**Virtual: The History of Ireland -- 1607 To The Great Famine**

Thursday, March 14 @ 10:30am

Enjoy an overview of Irish history from the Flight of the Earls in 1607 to the beginning of the Great Famine in the 1840's. Learn about the Rebellion of 1841, Cromwell's invasion, The Battle of the Boyne, the penal laws, the rebellion of 1798 and Catholic Emancipation. Virtual - Monster Romance Panel with Ashley Bennett, Kate Prior, and Colette Rhodes

Thursday, March 14 @ 7pm

We just love our Monster Romance Panels! This time, we welcome authors Ashley Bennett, Kate Prior, and Colette Rhodes as they talk about how is it different/same from PNR/Alien romances, their publishing journeys, and experience with Romancelandia. This is sure to be an amazing conversation!

**Virtual: Job Search Help -- Job Hunting Do's and Don'ts**

Monday, March 18 @ 2pm  
This interactive session will be packed with information to help you become more productive,

**LIBRARY**

*continued on page 14*

**FINANCING AVAILABLE**

- 12 Months
- No Interest
- No Payments
- Free Estimates
- Get Instant Estimate Online @ <https://robertevansjrinc.com/>

Or Call  
**508-877-3500**  
Millis, MA 02054

Fully Licensed & Insured  
CSL 056746  
HIC 108807

**\$500 OFF Full Roof Replacement**  
On 28 Square Feet or More  
Exp. March 31, 2024 • Offers May Not be Combined

**ROOFING • SIDING • WINDOWS**

**Lifetime Roof Guarantee**  
Get a FREE Upgrade to a  
**CertainTeed** SAINT-GOBAIN  
**Lifetime Guarantee**  
Exp. March 31, 2024  
Offers May Not be Combined

**5 STAR**

**OVER 30 YEARS OF BUSINESS**  
**ROBERT EVANS JR CONTRACTOR**  
ROOFING, SIDING, WINDOWS & MORE  
**EST. 1992**

## LIBRARY

continued from page 13

including: the use/misuse of social media in a search; networking tips; a job hunter's elevator speech, resumes and references, cover letters; and job search statistics.

**Virtual: The History of Willie Nelson**

Tuesday, March 19 @ 12:30pm

Using interview and performance clips, we'll trace the arc of Willie's career from his humble beginnings in small town Texas to his struggles in Nashville to his shift to Outlaw Country and to his now legendary status. We'll cover all the big hits including "Crazy," "Blue Eyes Crying In The Rain," "On The Road Again," and "Always On My Mind."

**Virtual - An Evening with Christopher C. Gorham Author of "The Confidante"**

Tuesday, March 19 @ 7pm

Join us for an evening with author Christopher C. Gorham for a presentation on his book, "The Confidante: The Untold Story of the Woman Who Helped Win WWII and Shape Modern America". "The Confidante" is the first-ever biography of Anna Rosenberg, who rose from modest immigrant beginnings to become one of President Franklin D. Roosevelt's key wartime advisors.

**Virtual: Democracy Talks: Child Removal in the U.S.**

Tuesday, March 19 @ 7pm

Learn about two current realities of child removal in the United States: the separation of migrant families at U.S. borders and the racial biases and corruption in U.S. foster care and adoption systems.

**Bio/Memoir Book Club**

Wednesday, March 20 @ 11am

Read "The Rye Bread Marriage" by Michaela Weissman.

**Half-Past Crafts: Leather Flower Pins**

Wednesday, March 20 @ 6:30pm

This month we are experimenting with leather by making cute flower pins!

**Virtual: Creative Couples of London -- Elizabeth Siddal & Laura Alma-Tadema**

Thursday, March 21 @ 10:30am

Elizabeth Siddal began her artistic career as a model for several of the Pre-Raphaelites, including Dante Gabriel Rossetti. As they developed both a professional and personal relationship, eventually marrying, Elizabeth and Dante often worked together

in the same studio as Elizabeth worked as an artist. Elizabeth was the only female artist to exhibit with the Pre-Raphaelites. Laura Epps also began as a student and model for Sir Lawrence Alma-Tadema. They eventually married and Laura exhibited at the London Royal Academy, the Paris Salon, and the 1878 Paris International Exposition, one of only two English women to exhibit. Explore how each of their artistic lives reflected the historic events of their time.

**Virtual - AI Wellness: Empower Your Mind and Body with Innovative AI Tools**

Thursday, March 21 @ 1pm

Join us for an enlightening presentation on AI wellness tools designed to nurture mental and physical well-being. After the presentation, you will feel assured in your ability to adopt a new era of self-care through the use of cutting-edge AI tools for wellness.

**Great Decisions**

Thursday, March 21 @ 6:30pm

Discuss Mideast Realignment

**Virtual - Haunted Happenings with Jeff DePaoli: The Dark Woods with Owner Chad Zingales**

Thursday, March 21 @ 6:30pm

The Dark Woods is a haunted Halloween event located at Trombly Gardens in Milford, NH. Join owner Chad Zingales and Jeff DePaoli, Host of "That Halloween Podcast", as they talk all about this fantastic haunted experience right in our backyard!

**In Person - Author Tom Ellis speaks on his newly published book, "Ashland's Civil War Service."**

Sunday, March 24 @ 2pm

\*At the Ashland Historical Society

We're excited to partner with the Ashland Historical Society for this program! Author Tom Ellis speaks on his newly published book, "Ashland's Civil War Service." Learn about the historical contributions of the people of Ashland during the Civil War. Ellis will discuss how the town of Ashland banded together and the lives of the servicemen from Ashland. Ellis will also discuss the women and service men of African descent, and their overwhelming contributions to the cause.

**Virtual: Job Search Help -- Job Search Strategies 201**

Monday, March 25 @ 2pm

Tired of applying to online jobs and getting no response? Most job seekers feel frustrated with the job search process. Take control of your job search by deploying a proactive strategy. Learn what to do beyond simply applying online. Discover how to

create some avenues of opportunity for yourself.

**Paper Craft Makerspace**

Monday, March 25 @ 6:30pm

We'll supply the materials, you supply the creativity! Come create your own greeting cards, junk journals, art journals, altered books, etc. using the library's extensive collection of stamps, inks, papers, punches, dies, embellishments, and embossing materials

**Virtual - LGBTQ+ Book Club**

Monday, March 25, 2024

Read "README.txt" by Chelsea Manning (she/they)

**Virtual: Q&A with Jennifer McCord: Romance in Publishing; Thoughts on Where It's Been**

Monday, March 25 @ 7pm

How is it possible that the romance genre continues to be judged so harshly even though it is a multi-billion dollar industry, often supporting bookstores so they can also sell other genres? Join editor and publisher, Jennifer McCord, in this discussion of her 30 years in the industry - the trends she's seen, the writers she's supported, and her thoughts on Romancelandia.

**Virtual: Armchair Tour of the Phillips House with Historic New England**

Tuesday, March 26 @ 12:30pm

Learn about the world of the Phillips family and their staff during the early decades of the twentieth century and the history of the house on Chestnut Street.

**Virtual - Author Dennis Yi Tenen Discusses "Literary Theory for Robots: How Computers Learned to Write"**

Tuesday, March 26 @ 7pm

In this provocative reflection on the shared pasts of literature and computer science, former Microsoft engineer and professor of comparative literature Dennis Yi Tenen provides crucial context for recent developments in AI, which holds important lessons for the future of humans living with smart technology.

**Virtual: Healthy Living for Your Brain and Body -- Tips from the Latest Research**

Wednesday, March 27 @ 10:30am

Receive research-based recommendations about taking care of our brains and our bodies in order to age as well as possible. Understand the reasons for taking care of yourself as you age. Learn strategies to age well in the following areas: cognitive activity; physical health and exercise; diet and nutrition; and social engagement.

**Virtual: The Wonderful World of Bats with the Mass Audubon**

Thursday, March 28 @

10:30am

Learn more about echolocation, bat communication, and the social structures of bat colonies. Discover the life history and biology of bats, what's truth and what's myth, and the conservation challenges that threaten their population today.

**Virtual: Aim High -- A History of Militarized Space**

Friday, March 29 @ 10:30am

Solar System Ambassador David S. Ball, a volunteer educator with NASA's Jet Propulsion Laboratory, traces the history of our military forays into orbit. Ball served 26 years in the US Air Force, retiring as a Lieutenant Colonel.

**Adult Weekly:****Knit and Crochet Club**

Mondays @ 6pm  
Walk-In

**ESL Conversation Group**

Mondays @ 6:30pm  
Walk-In

**Gentle Yoga**

Tuesdays at 6pm  
Registration Required

**Children:****Bluey Day!**

Saturday, March 16, 2024

If you like adorable Australian heeleders, then this party is for you!

Stop by the library to create a Bluey art project, find hidden characters in a scavenger hunt, and more.

At 10:30 AM, we'll enjoy a Bluey story followed by games including Keepy Uppy and Dance Mode.

**Family Movie: Wonka**

(rated PG) \*for families

Friday, March 15 @ 2pm

Come watch Wonka (rated PG). Chocolate candies will be provided. Please bring your own drink. Ashland Moms - Little Crafters

Monday, March 25 @ 10:15am

The Mom's Club of Ashland and the Friends of the Ashland Public Library are offering a story & craft program for infants thru age 5.

**Sending Sunshine: Community Letter Writing \*For All Ages**

Wednesday, March 13 @ 5pm

Do you love letter writing or want to spend some family time doing this time honored tradition in service of senior citizens? Join us!

**Stem Thursdays:**

Lego Club

\*Ages 5-9

Thursday, March 7 @ 4pm

Thursday, March 14 @ 4pm

Thursday, March 21 @ 4pm

Thursday, March 28 @ 4pm

Each child will be given a box

filled with an assortment of Lego blocks to build a creation using only what's inside the box within the 45 minute time limit.

**Saturday Story Time**

\*For Ages 3 and up

Saturday, March 2 @ 10:30am

Saturday, March 9 @ 10:30am

Saturday, March 23 @ 10:30am

Saturday, March 2 @ 10:30am

Come listen to Ryan read some of his favorite stories aloud!

Read to a Dog with Knives and Machete

(yes, those really are the dogs' names!)

\*For kids who are reading on their own

Saturday, March 9 @ 1:30pm

Saturday, March 23 @ 1:30pm

Children with some reading ability will have the chance to read to one of our registered therapy dogs for 10 minutes.

**Weekly Storytimes:****PJ Story Time with Ryan (and his stuffed animals!)**

\*For Ages 3 and up

Tuesdays @ 5:30 pm

**Storytime Sprouts**

\* For ages 0-3 with a caregiver  
Wednesdays @ 10:30am

Join us for a fun and interactive story time filled with singing, reading, bounces, fingerplays, puppets, instruments, and more! This engaging program is designed to introduce young children to the joys of literature and music while promoting early literacy skills. Alphabits

\*For kids ages 4 & 5

Thursdays @ 10:30am

Alphabits is a story time program where each week kids focus on a different letter of the alphabet. Stories, songs, rhymes and a fun art project complement this early literacy-focused 45-minute session.

**Clocktown Rockers!**

\*For ages 2-5 with a caregiver  
Fridays at 10:30-11am

Join Miss Katrina for this new music and movement program! We'll dance to favorite kids' tunes, have fun with instruments and other props, and read a story, all while building your child's early literacy and executive function skills.

**Weekly Crafting:****Friday Afternoon Story And Craft**

\*For Ages 4-7

Fridays @ 4:15pm Crafty

Saturdays

Drop in Crafting

Saturdays @ 10-3pm

**Weekly Project ABC:****Project ABC Play, Learn, and Grow**

## LIBRARY

continued on page 15

**LIBRARY**

*continued from page 14*

**Group \*Ages 0 to 5**

Tuesdays at 11am  
A structured program to help prepare children for socialization and a school experience.

Registration \*IS\* required for each session of this program

**Project ABC Tinker Playgroup**

\*for Ages 3 to 6  
Thursdays @ 4pm

Register for a 6-week long session run by the MetroWest YMCA and Project ABC with Boston Children's Museum. Each week each family will receive one tinker kit to play with and take home. Space is limited to 10 families for the entire session. Please only register if you can make it to all 6 weeks.

Registration \*IS\* required for this program; you can register at this Google Form.

**Teen:**

**Teen Oscars Night feat. Barbie**

Saturday, March 9 @ 1-3:30PM

Walk our red carpet in your fanciest clothes or Barbie best, because it's time for the Oscars! Celebrate the award season by watching the Barbie movie (PG-

13), taking advantage of our popcorn bar, and posing for pictures like a VIP. Everyone dressed for the red carpet or for Barbie will be entered into a prize raffle!

**Teen Trivia Night**

Wednesday, March 27 @ 5-6PM

Come test your knowledge against your friends in-person and online at our Teen Trivia Night! Each month we will have new trivia topics and new winners. Play each month for a chance to win our point totals prize!

**Friends of the Ashland Public Library Donation Day & Big Book Sale!**

Friday, March 1 @ 6-8pm - Member preview, join at the door!

Saturday, March 2 @ 10-4pm  
If you are a Friends member, or want to become one, join us for this members only preview of the book sale! Get first dibs on some wonderful books, movies, and audiobooks. We have thousands of gently used books if you're looking for something special for the adults, teens, and kids in your life.

Donations will be accepted on Saturday, March 2 from 10 am to 4 pm. To keep the shelves stocked with fresh selections, the Friends accept donations in the library parking lot of gently used books,

audio books and DVDs. Friends volunteers will be available to assist donors during this time. There is also a cart in the mezzanine lobby for donations at any time during library hours.

Customers for all our sales will find thousands of titles on the permanent sales shelves including hard and soft cover fiction (all alphabetized by author for ease of shopping), a wide selection of history and politics titles, health and family living books, plus memoirs, biographies, and loads of additional titles, all arranged by genre. An entire section of the Book Sale Room is arranged for children to browse and select from a huge collection of board books, picture books, easy readers, and chapter books.

If you can't make it to the sales, the Friends have a Book Sale Corner on the 1st floor of the library (in the beautiful original part of the building). There, you can find great books for yourself and your family any time the library is open.

Proceeds from these monthly book sales and all fundraising efforts made by the Friends fund 100% of children, teen, and adult programs, our wonderful Museum Passes, and so much more!

**LIONS**

*continued from page 11*

**Ashland Lions Food Drive**

On Saturday, March 30th the Lions will be at the Ashland Market Basket on Pond Street collecting food for the Ashland Food Pantry from 9:00am to 3:00pm. Shoppers will be given a list of desired non-perishable food items as they enter the store and the items will be collected as they leave. Cash donations will also be welcomed. Please come to support this worthy cause.

**Eyeglasses and Cellphone Collection**

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. In the past year we have collected over 1000 pairs of glasses!

Collection boxes are located at:  
Ashland Post Office  
Ashland Senior Center  
Old train station - Ashland  
Moody Optical - Ashland  
Middlesex Bank - Ashland

Fayville, MA Post Office  
Studio Optics - Framingham  
Southborough Senior Center  
Southboro Post Office on Rt.85  
TJ's Food and Spirits  
The Residence at Valley Farm

**Senior Breakfasts**

Seniors, why not join us and other members of the community for breakfast? Senior Breakfasts are on the first Thursday of each month, held at the Ashland Senior Center, 162 West Union St in Ashland. This event runs through May.

**Stay up-to-date on Lions happenings**

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

KING LION DAN MITCHELL  
ASHLAND LIONS CLUB  
PRESIDENT

# I Fuel My EV With Recycled Soda Cans (And Why It Matters)

By KEVIN KAM FOR ENERGIZE ASHLAND

No, I don't drive a specially-modified 1981 Delorean - though fusion-powered flux capacitors might someday power our future cars! My car is a much more conventional 2023 all-electric crossover SUV in which, on my daily commute from Ashland to Worcester (31 miles round trip), the car's trip computer says I've averaged 4.0 miles per kilowatt hour across my few months of ownership. Put differently, that's 250 watt hours for each mile traveled (1 kilowatt hour = 1000 watt hours).

So how does this relate to aluminum cans? The US Environmental Protection Agency (EPA) provides a number of environmental factoids (<https://archive.epa.gov/epawaste/conservation/wastewise/web/html/factoid.html>) which help give some context to the amount of energy saved by producing products from recycled materials versus brand new materials (aluminum cans, 95%; plastic bottles, 66%; glass, 33%; steel, 60-74%; paper, 40%). The EPA also provides examples quantifying that energy savings. For example, the energy saved by recycling one aluminum can will power a 14 watt CFL bulb for 20 hours. Conveniently, that works out to 280 watt hours per recycled can, or about 1 mile traveled in my car. Now, every time I see a can on the roadside

or in a parking lot (if you're looking you'll see a lot of them around!), I immediately convert it into miles driven.

Why should you care? Hopefully this example will get you thinking about how even a single small action (like recycling just one can!) has a measurable environmental benefit. And, having taken that first step, you'll find many other possible actions which, when aggregated across the 18,000 people in Ashland, will produce a meaningful environmental benefit.

To that end, I introduce to you Energize Ashland. Energize Ashland is an organization of your friends and neighbors whose mission is to introduce and promote climate-friendly actions through community engagement and education. We hope you'll come meet us at the Ashland Town Earth Day celebration on April 20, 2024, and check out the Energize Ashland website when it goes live on Earth Day (<https://community.massenergize.org/ashland/>). Our website has a variety of climate- and environment-friendly actions and resources, and we hope everyone in Ashland will sign up and record their actions on the Energize Ashland website so that it can then be a resource for measuring and tracking Ashland's progress toward its climate change mitigation targets.

In Person Only

## A DIY PROJECT

# FROM ROCK AND GRASS TO ITALIAN-LIKE RESORT GARDENS



SATURDAY, MARCH 9  
@ 10AM

AT THE ASHLAND LIBRARY  
66 FRONT ST  
ASHLAND, MA

Ashland Garden Club

Join Ashland Garden Club member, Laura Johnson, as she walks us through her multi year transformation of her non-descript grassy backyard into an Italian-like resort, complete with a bocce court, patio with a fire pit, and numerous gardens.

Register to receive reminders or Walk In  
<http://tinyurl.com/apl-diy-garden>

# Travel Opportunities with Ashland Senior Center

The Friends of the Ashland & Callahan Senior Centers have been working to create multiple travel opportunities for its members and friends for 2024. A wide range of trips will be offered to all seniors over 55 who are independent and can maneuver without assistance. Detailed flyers for each trip open for reservation are always available at each of the Senior Centers. Contact Donna Shaw at [dcshaw5@gmail.com](mailto:dcshaw5@gmail.com) for any Flyer as well as the Reservation Form.

Be sure to check our travel boards regularly for added trips updated and posted at each center when a trip is confirmed, and reservations are open.

Since we need to meet specific requirements for any trip to be confirmed, don't hesitate to reserve your trips early.

Keep in mind that all who register will be contacted via email when trip numbers confirm our trip and with any needed updates. If you do not have an email, please provide us with an email of a family member or a close friend. A trip will be canceled when we do not have thirty registered travelers thirty days before our trip date—a reason to sign up early.

## New Registration Procedures:

To reserve a spot on any trip, all travelers must complete a reservation/emergency form and enclose a nonrefundable \$10 deposit for a day trip or a \$20 non-refundable deposit for a multi-day trip into a marked envelope and

drop it off at either center.

Your trip balance will be due when the trip is confirmed with thirty reservations, hopefully, thirty days prior to trip departure. All checks will be payable to FOACOA.

## General Information:

- Travelers must arrive at the senior center 15 minutes before scheduled departure. The bus will leave at the scheduled time and will not wait for late arrivals.
- All travelers must meet at the designated times and locations during each trip: Ashland Senior Center in Ashland; The Academy Building parking lot at Cushing Park
- Most trips offer optional trip protection; see a trip flyer for specific details.

## Cancellation Procedures:

Each trip has its cancellation policy. Please check the details of each trip's policy before booking. All efforts will be made to fill vacancies using an available waitlist.

March 11, 2024: Celtic Angels from Ireland, \$129 pp.

A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting stars of the Celtic Angels tour the US. Through their shared zeal and passion for Ireland's musical traditions, this troupe enables their audiences to experience the Real Ireland.

## Package Includes:

- Elegant Luncheon Family style @ Aqua Turf Club, Plantsville, CT

Menu: Tossed Salad & Penne Pasta, Corned Beef & Cabbage and Baked Scrod, Rolls & Butter Vegetable & Potato, Dessert - Coffee & Tea

- Celtic Angels Ireland Show
- Celtic Knight Dancers, including TWO former lead dancers of Riverdance
- The Trinity Band Ensemble of Dublin
- Meal Taxes and Gratuities
- Driver's Gratuity

## April 4, 2024: MGM CASINO & CABARET, \$99 pp. A day that has it all! Package Includes:

- Roundtrip Motorcoach
- Delicious Luncheon: Fresh Garden Salad
- Entrée Choices: Yankee Pot Roast or Baked Scrod Topped with herb cracker crumbs, Potato & Vegetable - Dessert, Coffee & Tea
- Fantastic Show
- Free time at MGM Springfield
- 50% off all Food at MGM (2nd meal!)
- \* Must be over 50 years old and get a Players Card
- Meal Taxes and Server Gratuities
- Driver's Gratuity

## April 19-26: BERMUDA CRUISE from BOSTON on the Norwegian GEM

### Package Includes:

- Roundtrip Transfers to Pier in BOSTON, MA
- 7 Night Cruise to Bermuda from Boston
- All Meals and Entertainment on Board
- All Government Taxes and Port Charges

All Taxes Included / NO Hidden Charges!

Inside Stateroom \$1,299 pp; Oceanview Room \$1,499 pp; Balcony \$1,999 pp

## June 16-22 - Mackinac Islandm, \$1030 pp Double

A US Passport is required for this trip

### Trip includes:

- Motorcoach transportation
- 6 nights lodging, including four consecutive nights in Northern Michigan
- 10 meals: 6 breakfasts and four dinners
- Guided Tour of Mackinaw City
- Visit to Mackinac Island, including a Guided Carriage Tour
- Boat ride through the Soo Locks and free time and sight-seeing in
- Sault Sainte Marie
- Visit to Mackinaw Crossings

- Admission to Colonial Michilimackinac
- Gaming excitement at a Northern Michigan Casino

For more pictures, videos, and information, visit [www.GroupTrips.com/ashlandtravelgroup](http://www.GroupTrips.com/ashlandtravelgroup) - \$75 Due pp upon signing. Final Payment Due 4/9/2024

## 9/23-25

### Margaritaville on Cape Cod with the cranberry bog and Cape Cod Canal cruise, \$599 double; \$559 triple; \$789 single

#### PACKAGE INCLUDES:

- Roundtrip Deluxe Motor Coach
- 2 Nights at the new Margaritaville Resort
- 2 Big Buffet Breakfasts at the Resort
- 2 Dinners Shows at the new Resort
- Mystery Show hosted by CVB & TTG
- Casino Visit with Free time
- Jimmy Buffet Tribute Show
- Free time at the Shops in Hyannis Village
- Cape Cod Canal Cruise
- Cranberry Bog on Cape Cod visit
- Baggage Handling & All Meal & Hotel Tax
- Driver Gratuity

# Ashland Music Students Achieve State Honors and Prepare for Spring Concert Season

AUTHOR: LISA UGLIALORO, PUBLICIST, ASHLAND MUSIC ASSOCIATION

## Article Structure

- Part 1: Recognition
- Part 2: Spring Season
- Part 3: AMA

Graphics: Can we get pictures from the festival performances or auditions? Of Sarah with her instrument? Heidi will send a spring concert series graphic tonight.

## Article Body

The transformative power of music education takes center stage again this Spring as Ashland Public

School students excel once again. Each year, select Ashland High School band and choral students pursue their passion through participation in state-wide and district music festival auditions. This year, the Ashland Public School Music Department is thrilled to celebrate high honors for several music students.

After countless hours of practice, the following Ashland students were selected through a rigorous audition process to represent the Ashland community at the following Massachusetts state-wide and central district festivals.

## All State Music Festival

Culminates in a concert at Symphony Hall in Boston on March 23rd.

Sarah Miksis

## Central District Senior Music Festival

Culminated in a concert at Mechanics Hall in Worcester on January 13th.

Ariel Achildiev  
Antonio Fitanides  
Gabby Ilin  
Nathaniel Kinsman  
Daniel Lee  
Andrew Martin  
Hunter Meigs  
Sarah Miksis

Neha Ruthramoorthy  
Emily Umholtz

## Central District Junior Music Festival

Culminates in a concert at Blackstone-Millville High School on April 27th.

Lucille Stillitano, AMS  
Aiden Jacob, AHS  
Gianluca Uglialoro, AHS

"This represents a significant achievement on behalf of each student and the music teachers that guide their musical development. We couldn't be prouder of our school music programs and the teachers that work so tirelessly

to help our students strengthen their musical abilities." Heidi Hanson, President, Ashland Music Association.

The fun doesn't stop there! The APS Spring concert season kicks off on March 5th and continues through the end of May. All concerts are free and open to the public.

First up, on March 5th, is the Middle School Bands Concert at the AMS Little Theater under the direction of Brian Koning.



# Senior Community Center Activities for MARCH 2024:

## PROGRAMS & ACTIVITIES:

**Mar 4th at 12:00 - Lunch & Karen Spilka's Office Listening Hour**  
Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

**Mar 6th at 12:00 - FOACO Meeting**

**Mar 7th at 9:00 - FREE Breakfast sponsored by Ashland Lions Club**  
Call to reserve your seat at 508-881-0140 x1

**Mar 7th & 21st - Phone or Zoom SHINE Appointment with Pegg Rowe at 9, 10 & 11 am**  
Call to make an appointment 508-881-0140 x1.

**Mar 7th at 10:00 - COA Meeting**

**Mar 7th at 10:30 - Downton Abbey Tea Party and Showing of 4th Episode**  
Call to reserve your seat at 508-881-0140 x1

**Mar 8th at 10:00-11:30-Phone Legal Consultation with Arthur P. Bergeron**  
Call to make an appointment 508-881-0140 x1

**Mar 8th at 11:00 - NEW!!! Radio Play Read Through**  
All participants are assigned a part to read. Come join the fun.

Call to reserve your seat at 508-881-0140 x1

**Mar 13th at 10:00 - Computer Class - "Attaching & Saving Photos in email & texts"**  
Call to reserve your seat at 508-881-0140 x1

**Mar 14th at 11:00 - NEW!!! "Fire Safety Tips and Q & A" with Deputy Chief Lyn Moraghan, Ashland Fire Department**  
Call to reserve your seat at 508-881-0140 x1

**Mar 14th & 28th - NEW!!! SHINE In Person Appointment with Fran Backstran at 10, 11 am & 12 pm**  
Call to make an appointment 508-881-0140 x1

**Mar 15th at 11:00 - NEW!!! Sunflower Quilling Demonstration with Veronica Beretta of Quilling Card LLC**  
Call to reserve your seat at 508-881-0140 x1.

**Mar 20th at 10:00 - Town Manager's Coffee Hour**

**Mar 18th at 10:30 - Hearing Aid Cleaning with Hopkinton Audiology**  
Please call to make an appointment 508-881-0140 x1.

**Mar 18th at 12:00 - St. Patrick's Day Lunch** with acoustic guitar and vocal musician Sean Fullerton performing Irish, Sea

Shanties, Folk, Soul and more  
Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

**Mar 26th at 12:00- Lunch and Trivia Contest**  
Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

**Mar 28th 10:00-11:30 - Clocktown Memory Cafe with a performance by Catnip Junkies**  
Clocktown Cafe provides a welcoming place for individuals with Alzheimer's disease, dementia or a cognitive impairment accompanied by the care partner.

**Mar 28th, 5:00-7:00 - NEW!!! FREE St. Patrick's Traditional Dinner**  
Sponsored by the Ashland Lion's Club. Seating is limited.  
Please call to reserve your seat at 508-881-0140 x1.

**Weather Cancellation Policy:**  
The Senior Center will be closed on all holidays observed by Town Hall employees.  
Activities and transportation may be cancelled due to inclement weather.  
The bus/van will not operate when weather causes school closings.

The Senior Center follows school closing and delays.  
Watch your local TV station for listings of school closings.

**WEEKLY PROGRAMS & ACTIVITIES**  
\* Note: All classes are a suggested donation of \$4 per person \* Unless otherwise noted.

**Monday Lunches at 12:00 pm weekly, except holidays.**  
Reservations must be made by Thursday before the scheduled lunch. Please use the payment slip and locked box located outside of the main office to reserve your seat. Cost pp is \$5.

**Bingo - First and Third Tuesdays of the month at 1 pm**

**Bowling - Tuesdays at Ryan's Amusement in Millis at 9 am**

**Blood Pressure Clinic - Wednesdays at 10:30 am**

**Chair Yoga - Wednesdays at 1 pm**

**Chair Volleyball - Tuesdays at 1 pm**

**Chess Class - Mondays at 1:30 pm**

**Craft Class Free - First, Third and Fifth Friday of the Month at 11 am**

**Cribbage - Thursdays at 12:30 pm**

**Exercise with Joni - Mondays, Wednesdays and Fridays at 9:30 am**

**Hearts - Wednesdays at 1 pm**

**In Stitches "DROP IN" Knitting Group - Second and Fourth Tuesday of the Month at 11 am**

**Intermediate and Advanced Watercolor Class - Tuesdays & Wednesdays at 9:30 am**

**Line Dancing with Lisa - Thursdays at 12 pm**

**Mahjong - Fridays at 9:30 am for beginners by appointment.**  
Call to make an appointment 508-881-0140 x1. Regular play at 10:30 am for all levels

**Mindful Meditation - Thursdays at 11 am with Mary Green**

**Parkinson's Boxing - First Wednesday at 1:30 pm and Third Wednesday at 11:30 am**

**Parkinson's Support Group - Second Wednesday of the Month at 1:30 pm**

**Pins and Needles (Free Sewing Class) - Every 2nd & 4th Friday of the Month at 9 am**

**Poker - Tuesdays at 12:00 pm - Volunteer will instruct beginners. All level of players welcome**

**NEW! Tai Chi for Balance - Wednesdays at 11:00 - 11:45 am with Jon Woodward**

**Veterans Office Hours - Every other Wednesday of the Month from 9 -11:30 am**

## MUSIC

*continued from page 16*

The theme of this concert is "Dances From Around the World."  
Next, on March 13th, the AHS Concert Bands and AMS Wind Ensemble present their MICCA Preview Concert under the direction of J. Darren Maule (AHS) and Brian Koning (AMS). This concert is an opportunity for ensembles to hone their performance for the upcoming Massachusetts Instrumental & Choral Conductor's Association (MICCA) Concert Festival on April 5-7th. At the MICCA Festival, ensembles have their performance evaluated by highly qualified musical adjudicators and participate in a workshop where they receive valuable guidance on how to strengthen their overall performance. The MICCA Pre-

view Concert will take place at the AHS auditorium at 7:00pm. Learn more about MICCA at <https://miccamusic.org/concert.html>.  
Want to cheer on Ashland bands at MICCA? Guests are welcome and appreciated, but please note there is an entrance fee that gains access to all MICCA festival performances.

- AMS Wind Ensemble will perform at Hopkinton HS at 10:30 on Saturday, April 6
- AHS Concert Band-White will perform at Hopkinton HS at 2:00 on Saturday, April 6
- AHS Concert Band-Blue will perform at Hopkinton HS at 4:00 on Saturday, April 6.

Ashland Public School music programs are supported by the Ashland Music Associa-

tion (AMA), a parent volunteer run organization raising funds to support program expenses not covered by the school budget. Over the past 5 years, the AMA has invested over \$54,000 in the Ashland Public School music programs.  
"This is a labor of love for us. Music education has proven time and again to be a transformative force in the lives of our students. It prepares them for the future of work by fostering creativity, discipline, teamwork, and a lifelong appreciation for the arts. These benefits extend far beyond the classroom, enriching the lives of our students as they grow into well-rounded individuals ready to face the challenges of the world." Heidi Hanson, President, Ashland Music Association.  
Learn more about the AMA at <http://www.ashlandmusic.org>, or contact them at [AMA@ashlandmusic.org](mailto:AMA@ashlandmusic.org).

## Dog Licenses

Dog License Registration is open!

Please register your dog before April 15, 2024. A \$50 fine will be added to each dog license after this date. The fee for intact dogs is \$20 per dog. The fee for spayed or neutered dogs is \$15 per dog but if you (the owner) are seventy (70) years of age or older then the tag is no charge.

Don't forget to bring an updated rabies certificate with you. Please note that the free license does not apply to kennels. You may license your dog using the Town of Ashland's online system, or by dropping off the form and payment to Town Hall. If you no longer reside in Ashland, or your dog is deceased, please contact the Town Clerk's Office by email, [townclerkoffice@ashlandmass.com](mailto:townclerkoffice@ashlandmass.com), or call 508-881-0100 ext. 7127 so records are updated.



# Sports

## Ashland Track and Field on the Way Up

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

In the past, the Ashland track and field team has had its troubles securing Clocker athletes to take part in their program.

Three years ago, Ashland had a mere 25 athletes on their winter roster where only three advanced to the State Tournament. It was back in 2011, 13 years ago, when they had one of their largest group of athletes qualify to participate in the post-season (8 individuals and 1 relay team).

This year it seems that the tide has finally turned for the Clockers – Coach Sharon Ames has 92 athletes on this year's teams, while currently there are close to 20 different athletes that will be looking to take part in the State Tournament.

"I am so proud of how this program has grown," Ames said. "We've been trying to recruit in any way we can; we have gotten a lot of athletes from the fall soccer teams and spring lacrosse teams to join the team to stay in shape. They need to keep running and this is a good place to do it."

In addition to the other sports athletes coming out for the team Ashland has also had an influx of younger kids join the program. According to Ames, the sport is all about individuality where everything is basically based on each athlete's specific event and what they do.

"It's all about improving upon your personal records, while growing in the sport," she said. "It doesn't matter what everyone else is doing, just focus on yourself and what you can do."

Senior Ryan Kaufman has not only qualified to continue running in the post season, but he has also set the school record in the 55m hurdles with a time of 8.64. The senior also takes part in the shot-put and the long jump and continues to improve on a daily basis.

Clocker, Luca Domestico, who set the school record in the 1000m (2:49.31) and mile (4:43.11) has qualified in both events as a freshman and as an



eight grader last winter Coach Ames took him to the BAA Invitational where he won the 1K event and this year she is hoping that he can continue his winning streak but doing it on the high school level. Domestico does not run track during the spring, instead he plays on the Ashland baseball team.

"Luca runs cross country and winter track for us and I am excited about his potential; he's a top 10 runner and only a freshman setting records," Ames said.

Another youngster, Declan Vento has punched his ticket in the 300m with a time of 38.18. The sophomore also does the long jump, runs the 55m and takes part on relay teams is performing at a high level in all his events according to his sprinting Coach Ethan Doyon.

In addition to Doyon, Coaches Bob Shilalie, John Brinegar and Emily Reilly have all helped with the overall improvement of the athletes this season. The Clocker coaching staff are truly committed to the team and the development of each and every athlete. They have been a constant factor in the Ashland success.

Junior Will Child has qualified for the mile posting a time

of 4:42.17 and the 2-mile as well with a time of 10:13.65 and is closing in on the 1000 with a time of 2:57.80.

Other male qualifiers are senior Isaac Ayres (55m dash, 9.60 seconds), sophomore Carson Boozyczko (2-mile, 11:00.32), sophomore Davis Robustellie (2-mile, 10:56.06), and Cole Lewis (high jump, 6 feet). Juniors Hunter Meigs and Noah Arnold, along with Vento and senior Quincy Carter will run the 4x400 for Ashland at the State Tournament having posted a time of 3:39.

Freshman Gianluca Ugliaro runs the 1000m, as well as the mile and 2-mile where he has continued to pr throughout the season. Junior Daniel Turner is close to qualifying in the 600.

On the female side of the team freshman Phoebe Carroll is closing in on two possible events that could send her to the States. Carroll currently has run the 600m in a school record time of 1:54.38; she also throws the shot put.

"Her grandfather used to throw the shot put and gave Phoebe a ball to throw when she was younger," said Ames. "Now that she's in high school she wanted to give it a try and

it has been working out for her. She's an incredible athlete, at practice she'll go out and run with the distance crew and then come back and throw."

Sophomores Natalia Melnick (55m, 7.76) and Ava Dittenhafer (300m, 44.56) have also qualified for the Clockers. Sophomore Jane Goss (mile) and freshmen Alissa Brown (1000) and Maggie Magennis (600m) are all on the verge of qualifying and hoping to do so before the deadline. Brown is the third Ashland freshman to break a school record this season, she did so in the 1000 with a time of 3:33.56. Along with Reilly and Domestico the trio now finds themselves on the Ashland Top 10 list.

The Clockers also have had standout performances from three shot putters this year – sophomore Kelis Stapleton (28'-0.25"), Reilly (29 feet) and senior Ethan Cinello (36'-10")

"Having so many qualifiers, the kids on the outside are seeing the success that we are having and realize that track and field is much more than they thought it was," the Clocker coach said. "Participating in events outside of Ashland is something everyone is hoping to do."

While the Clockers are having success under Ames and the other coaches, there are other issues that Ashland has to worry about. In the past when the team didn't have the numbers like they do this year it was tough to compete against some of the other bigger schools. This year, with the numbers increasing, the biggest issue the coaches have had to deal with is who gets to contribute to each event on any given day.

"Our biggest worry is getting them all into events to have the opportunity to take part," the Coach said. "This is a 4-year program and we are not expecting things to happen overnight. We are looking for them to grow over these years and become successful."

The success of the program has continued to grow as Vento, Aryes, Domestico and Child were named to the TVL boys All Star team, while Kaufman and Meigs were honorable mentions. Melnick was the only Clocker female to earn the award and Dittenhafer was an honorable mention. The boys' team was also presented with the TVL Sportsmanship Award.

# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
02/16/2024	9 Wesson Rd.	\$550,000
02/15/2024	65 Spyglass Hill Dr.	\$500,000
02/01/2024	93 Spyglass Dr.	\$505,000
01/30/2024	411 Captain Eames Cir.	\$579,000
01/22/2024	177 Leland Farm Rd.	\$430,000
01/19/2024	334 Trailside Way	\$410,000
01/18/2024	373 America Blvd.	\$535,000



The 3-bed, 2-bath, 1,310 square foot home at 9 Wesson Rd. in Ashland recently sold for \$550,000. Image credit: www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

## Sharps Safe Disposal

The Town of Ashland has a safe and convenient way for you to dispose of your sharps!

### DROP-OFF LOCATIONS:

Ashland Town Hall, 101 Main St.

Ashland Community Center, 162 West Union St.

Please note the following guidelines:

### ACCEPTED ITEMS:

- One Time Syringes
- Hypodermic needles
- Catheters
- Surgical blades
- Veterinary sharps

### NOT ACCEPTED:

- Broken glass
- Sharps in plastic or paper bags

### IMPORTANT REMINDERS:

- DO NOT throw loose sharps in the trash
- DO NOT put sharps in recycling
- DO NOT flush sharps down the toilet

This service is proudly provided to you by the Board of Health. Let's keep Ashland safe and clean together!



### SHARPS DISPOSAL


**AVAILABLE DROP OFF LOCATIONS:**

Ashland Town Hall | 101 Main Street  
Ashland Community Center | 162 West Union Street



<p><b>ACCEPTED</b></p> <ul style="list-style-type: none"> <li>• One Time Syringes</li> <li>• Hypodermic needles</li> <li>• Catheters</li> <li>• Surgical blades</li> <li>• Veterinary sharps</li> </ul>	<p><b>NOT ACCEPTED</b></p> <ul style="list-style-type: none"> <li>• Broken glass</li> <li>• Sharps in plastic or paper bags</li> </ul> <p>DO NOT throw loose sharps in trash DO NOT put sharps in recycling DO NOT flush sharps down toilet</p>
---	---

This service is provided to the residents of the Town of Ashland by the Board of Health




**Bill Gath**  
Sales & Rentals

Direct: 508.989.0181  
Fax: 508.744.6991

10 West Central Street  
Natick, MA 01760

Email: BillGath@gmail.com  
Web: www.BillGath.com



**WANT YOUR PERFECT PROPERTY  
TO COME TO YOU?**  
Visit [www.BillGath.com](http://www.BillGath.com)  
On the top right click "New Listing Email Alerts"

- ✓ Receive daily emails of new listings in your criteria.
- ✓ Select up to 5 towns per email address
- ✓ Change your search criteria at anytime.
- ✓ Property information and pictures right to your inbox.

Call: 508.989.0181 Email: BillGath@gmail.com



### MEET OUR ASHLAND REAL ESTATE TEAM



**ALISON FIORENZI, REALTOR**  
Senior Sales Associate  
508.254.1516  
[Alison@cordaville.com](mailto:Alison@cordaville.com)



**JEN PARATORE, REALTOR**  
Founder and Broker  
617.974.7079  
[Jen@cordaville.com](mailto:Jen@cordaville.com)

CONTACT US TODAY!  
HELLO@CORDAVILLE.COM

# How to determine the right size home for you



Kim Foemmel

## REAL ESTATE INSIGHTS

When it comes to finding your ideal home, there are many factors to consider. It's easy to get overwhelmed in the

details, but don't overlook the importance of finding a home that's the perfect size for you.

Consider how many people will live in your new home. Are there kids? If so, can any of them share a bedroom? Families planning on having children in the future also need to plan for nursery space and later bedrooms for those children unless they'll be sharing with siblings.

With the high cost of senior housing, more and more seniors are choosing to move in with their families. If this applies to you, you may want to look for homes that include in-law suites and first-floor living.

Disabled family members may also benefit from having everything they need on the first floor as well as accommo-

dations such as wider doors, sinks with room for a wheelchair, and ramps instead of stairs.

Do any family members work remotely? They'll need quiet, well-lit office space. Homeschoolers will need room for lessons, and hobbyists might want space for arts and crafts, woodworking or collecting. Depending on what time of day each person needs that space, it may be possible to combine them in a multi-function room.

Don't forget the fitness buffs in your family. Yoga mats, Peloton bikes and weight benches all take up space.

Your lifestyle also is a major factor in your home's ideal size. If you love entertaining and frequently have guests,

you'll want larger rooms. A big living/dining room combo might be a perfect fit, and a large deck or patio may be a must for summer parties.

Outdoor space for a pool, a garden and/or pets may be part of your vision. If so, you will need to consider where the mower, shovels, hedge trimmers and the like will be stored.

Remember, square footage isn't everything. The quality of your space matters. The home's layout can also make it feel bigger or smaller. According to Movoto.com, the average cost per square foot for homes sold in Hopkinton during November 2023 was \$337, so that sunroom or huge kitchen could make a big difference.

Like Goldilocks trying out each of the beds in the three bears' house, some homes might feel too big, some might feel too small. Think about how you'll use your new house and ask your realtor to help you find the one that's just right.

Kim Foemmel  
Foemmel Fine Homes  
1 Lumber Street, Suite 207C  
Hopkinton, MA  
(508) 808-1149  
Kim.Foemmel@gmail.com  
FoemmelFineHomes.com

*Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

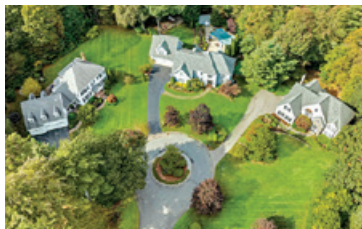
## Looking to advertise your business?

Contact Susanne: 508-954-8148 [sue@sodellconsult.com](mailto:sue@sodellconsult.com)

### JUST LISTED



8 Riverbend Road • [8RiverbendRoad.com](http://8RiverbendRoad.com)



## The Spring Market is here!

Hallmark-built, French country estate nestled on a cul-de-sac and on the Sudbury River. Grand foyer that opens to home office with built-ins, formal living and dining rooms. Chef's kitchen featuring new quartz counters and backsplash, newer high-end appliances, pantry that opens to vaulted family room. Entertain in your vaulted sunroom and on the Trex deck while listening to the river flow.

Primary bedroom suite with tray ceiling, window seat, new bath with soaking tub and walk-in closet. Three more bedrooms and an updated bath. Freshly stained exterior, new refinished hardwood floors, new boiler, 2010 roof, new AC unit, and more! Walkout lower level featuring 10 ft. ceilings and full windows.

Irrigated lawn and fenced backyard. Easy access to top-ranked schools, Southborough Commuter Rail, Hopkinton State Park & Hopkinton Country Club with pool. Come immerse yourself in nature! Experience peace & serenity like no other...

*Call Kim to Sell Your Home Today!*



Proudly Serving Boston  
Metrowest for 13 Years!

Kim Foemmel  
BROKER/OWNER  
508.808.1149

**FOEMMEL**  
Fine Homes  
[FoemmelFineHomes.com](http://FoemmelFineHomes.com)

SCAN TO GET THE  
VALUE OF YOUR HOME

