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Vol. 13 No. 1

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November 2024

Ashland Boy Scouts, Community Service and the Recognition of Civil War Veterans at the Village Burial Ground

BY HELEN NICKOLE

On a recent crisp, fall day in October the Village Burial Ground working group hosted Ashland Boy Scout Troop 232 and their leaders to a clean-up day event.

This was a very special event for the community and the volunteers as community service was provided by the Boy Scouts and the Boy Scouts were given a chance to participate and learn about the history of Ashland.

These 23 ambitious community service volunteers helped to clean brush and debris from the historic site.

After cleaning up the area they then helped to document information and the condition of the gravestones noting their names, dates of birth and death, other interesting details on each stone.



BOY SCOUTS
continued on page 4

Town Meeting Nov. 19

On Tuesday, Nov. 19, at 7 PM, there will be a Special Town Meeting held at the High School.

Ashland's legislative branch is the Open Town Meeting form of government. This means all registered voters have the opportunity to participate and vote on financial decisions, certain community issues, and bylaws in the form of warrant articles.

Each fall the Town holds a Special Town Meeting to vote on a number of financial articles including the appropriation of free cash, which in accordance with our financial policies funds the General Stabilization, OPEB Trust Fund, SPED Stabilization and Capital and other one-time expenditures. Additionally, this Town Meeting residents will be asked to support a budget adjustment to allow the Town to adjust the American Rescue Plan Act (APRA) funds appropriation in the capital expense line to reflect the actual amount remaining after receiving better revenue estimates. The Town will also ask for authorization for a borrowing to begin a project focused on replacing old water mains. As we do each year, we will also set the Senior

Tax Exemption, which allows eligible seniors to obtain a reduction in their property taxes. Town Meeting will also be asked to authorize the purchase of more than fifty acres of woodland to add to the Town Forest and prohibit development on the property.

This Town meeting there will an article put forth to give the Town authority to remedy properties that are considered blighted or nuisance properties. This bylaw was created in response to complaints the Town received from residents. Unfortunately, the Town doesn't currently have any tools to respond to complaints surrounding blighted properties. This Blighted Properties Bylaw will provide a process for the Town to work with the land/homeowners to get their properties back into compliance. Additionally, the Town will be presenting a zoning bylaw that puts the Town in compliance with the new MBTA Communities law. There was a subcommittee that worked for approximately a year to ensure that the Town could

MEETING
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Rock Painting

Last month, several people painted rocks in memory of loved ones, some of whom were lost to cancer, at the Nyanza Healing Garden.

Courtesy photos by Marie Kane



The Tell-Tale Chart(s)

BY KEVIN KAM FOR ENERGIZE ASHLAND



A few months ago in this space we discussed the concept of the negawatt, which is the unit of energy that you don't consume, and that the negawatt—not solar, wind, hydro or nuclear power—is the cleanest unit of electricity.

Let's take the negawatt concept one step further by considering that not every negawatt has the same environmental value because timing matters, too. Here's a chart from the website of New England's electric grid operator, ISO-New England, showing the total grid-based electricity consumption for the 48 hours starting at midnight Monday June 17.

The weather that Monday was mostly sunny with a high of 82 degrees, while Tuesday was the first day of a heat wave with high temperature of 92 degrees. Just from eyeballing the chart, you can see that electricity consumption rose significantly with the air temperature: peak demand on Tuesday was about 26% higher than on Monday, 21,750 versus 17,250 megawatts.

To meet the daily peak demand on Tuesday, the electric grid called on additional gas-fired power plants to run (or for those already on to burn even more gas) and also for an oil-burning plant

to come online. In grid-speak, oil and gas were the "marginal fuels," meaning each additional unit of electric use caused an equivalent increase in gas/oil consumption, leading grid-wide emissions to peak at 105 metric tons of CO2 per minute compared to about 66 metric tons per minute at the daily low. In contrast, the peak emissions on Monday were about 88 metric tons of CO2 per minute, and were 44 metric tons at the daily low. Notice that the emissions graph (the top line represents total emissions, the one slightly below represents emissions from gas plants) is essentially the same shape and magnitude as the power curve. Imagine that these charts represented traffic on the Mass Pike, and you have a daily commute into Boston. All else equal, you would avoid the peaks as much as possible, right? Or, if commuting at peak hours were unavoidable, you would consider alternatives like the commuter rail or shared rides or telecommuting if possible, any way to avoid wasted time (or gasoline!) sitting in traffic.

Returning the conversation back to household energy, the suggestion here is to intentionally shift electricity consumption away from peak hours (or away from really hot days) by being flexible in running devices such as dishwashers, ovens, and washers/dryers, air conditioners/heaters and charging electric vehicles. As the emissions chart shows, a negawatt at peak hours results in about twice as much avoided emissions as an overnight negawatt on the same day, and potentially even more if you are able to shift consumption away from a heat wave.

While each of our individual actions has only a very small impact, intentional actions by a large group can make a difference; after all, what are these graphs but a real-time measure of the choices of our collective decisions to consume electricity?

I encourage you to check out the Energize Ashland website (<https://community.massenergize.org/AshlandMA>) where you can learn more about small (and large) environmentally-friendly actions you can take, see our list of upcoming events, and read testimonials about actions already taken by fellow Ashlanders.

MEETING

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balance compliance with its master planning process. Public forums were held throughout the year and the Planning Board held a public hearing on October 24th in preparation for Town Meeting. For more information go to: <https://www.ashlandmass.com/1092/MB-TA-Communities>.

If you want to participate but have not registered to vote, the deadline to register is Nov. 8. Go to: <https://ashlandmass.com/449/Town-Meeting> for more information. The Ashland Recreation Department will be providing free childcare in the Gym at the High School in an effort to make it easier for families with younger children to participate.



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BOY SCOUTS

continued from page 1

They also including the location, condition, repairs needed and more.

This was an excellent way for the scouts to learn the history of the inhabitants of this historic cemetery here in Ashland.

After documenting the historic gravestones, the scouts and their leaders placed veterans' military recognition service markers on 12 civil war veterans' graves then placing the American flag in



each marker honoring the service of the war veterans interred here.

As each gravesite was recognized, a Boy Scout would read a short history of the person being recognized.

This service was so very heartwarming as not only was each veteran honored with the recognition that they justly deserve but the boys had the honor of serving them and learning their history.

The scouts and adults learned the types of jobs that people had many of whom were shoe makers. They learned how each in-

dividual died many having died of consumption a term we don't hear much in the current day.

There are likely two additional civil war veterans gravestones in the village burial ground that have

yet to be identified. We hope to be able to find and recognize these two additional veterans graves in the near future.

The day was by all means a great success and we hope to have planted the seed of learning about Ashland's history in each of the young people who attended this event. We hope to



have inspired them in keeping the history of Ashland alive and

thriving in this community for generations to come.

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Bring your unpainted pumpkins post Halloween to a Pumpkin Smash at The Corner Spot. The pumpkins will be smashed and composted to prevent food

waste from going to landfill. The event will also feature other sustainability activities, including carnival games and info booths.

Ashland's Thanksgiving Meal Program and Holiday Program

As the days get shorter and the weather gets colder, things heat up at the Community Center!

This time each year, Prevention & Human Services, Recreation, and Senior Center staff team up with volunteers and community partners to host Ashland's annual Thanksgiving Meal Program and Holiday Program.

Ashland's Thanksgiving Meal Program provides families supported by the Food Pantry or the Department Prevention & Human Services with a complete Thanksgiving meal of turkey, vegetables, other side dishes, and a dessert. Last year the Thanksgiving Meal Program provided more than 100 meals for Ashland families.

This program would not be successful without the helping hands of many community partners. The Ashland Emergency Fund purchases Thanksgiving groceries from Shaw's, and student groups and other local organizations hold food drives for supplementary items. On the day of the Thanksgiving Meal Program, the Department of Public Works picks up the Thanksgiving items and brings them to the Community Center where town staff, committee members, and community volunteers come together to help distribute the meals. ☞

The following week launches the Ashland Holiday Program. The Holiday Program is an opportunity for Ashland families to experience the magic of the holidays and for donors to make a meaningful difference in the lives of children and their families. Participant families have the opportunity to share their children's holiday wishes by creating a wish list and then anonymously paired with program donors who use the wish list to assist with purchasing the holiday gifts. Individuals who would like to support the Holiday Program in other ways may donate gift cards or 'filler gifts.' Volunteer support, whether through donating time or holiday gifts are all necessary in

making the Holiday Program a success. Together we can ensure that every participating child receives gifts and elevate the holiday season by fostering a sense of community and connection.

If you are interested in sponsoring a child or donating gifts to the Holiday Program please email the Department of Prevention & Human Services at humanservices@ashlandmass.com.

If you are an Ashland resident seeking assistance from the Food Pantry for the first time, please call 508-532-7949 or email humanservices@ashlandmass.com to complete an intake form.

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How can business owners plan for an exit?



Mark Freeman, CEPA

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If you're a business owner, you always have a lot to do and a lot to think about. But have you put much thought into how you'll eventually leave it all behind?

Even if you're a few years away from that day, it's a good idea to create an exit strategy. If you're like most other owners, most of your net worth may well be tied up in your business — so how you

exit that business can have a big impact on your finances and your retirement.

As you begin the exit strategy process, you'll need to examine some basic questions, such as how much you want for your business and how much it's worth. But you'll especially need to plan for the mechanics of your exit — that is, just how you're going to sell or transfer ownership of it.

Essentially, you have three main options:

• **Internal sale or transfer** – You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage

is that your net sales proceeds may be less than what you'd get from selling the business to an unrelated third party.

• **External sale or transfer** – The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to an outside person or business usually requires a long and possibly expensive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

• **Liquidation** – If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could

raise cash pretty quickly. But if you chose to liquidate or dissolve your business, it could potentially be disruptive for your employees, clients and suppliers.

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more con-

fidant that you'll make a decision that's appropriate for your needs.

One final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast — and when the time comes for you to say goodbye to your business, you'll want to be prepared.

Contact Mark today to discuss this topic or any of your financial goals.

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Ashland Girl Scout Troop Earns Bronze Award

Junior Troop 70699, led by Jennie Breault and Beth Mayerhofer, first completed the prerequisites including learning about animal habitats and eco camping. They completed their "Take Action" project by researching the continued use of plastic six pack rings.

They determined that even though these are required by EPA to be photobiodegradable they stick around long enough to cause continued danger to animals and the ecosystem. The girls wrote a letter to Senator Warren asking her to propose a



bill to eliminate the plastic rings completely. The final part of earning their Bronze award was to complete a long-lasting community service project. When the girls learned the big chair at the Corner Spot had deteriorated to the point of having to be removed, they, like much of the Ashland community, were sad and disappointed. The troop, along with some incredible Girl Scout dads, took on the task of restoring the chair. They learned about and used saws, drills, routers and sanders. Once the structural fixes were made, they painted the chair "Clocker" blue. The response from the town was tremendous and the girls are so proud of their achievement. Leaders would like to thank Ashland

Lumber for donations and Beth Reynolds, Director of Economic Development and Community Outreach for her help. The troop would like to thank the community for their encourage-

ment and support. Congratulations to Fiona Large, Amelia Forgit, Amelia Hussey, Abbie Breault, Yuna Woodward, Olivia Mayerhofer and Gia Liebhold.

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The b.LUXE *beauty beat*

b.LUXE is Celebrating with Special Holiday Offers, and Your Chance to Win a \$100 Spa Gift Card!

BY GINA WOELFEL

The holiday season is approaching, and there's excitement in the air at the b.LUXE Studio in Medway. We're thrilled to celebrate this festive time of year with you. Whether you're preparing for a holiday party, looking for the perfect gift, or just need a moment of pampering amid the holiday rush, we have something special to make this season even more memorable!

This year, from November 1st through December 23rd, we're thrilled to bring back some of our most popular holiday offers! It's the perfect time to treat someone special on your holiday shopping list or indulge yourself with a gift of beauty, relaxation, and self-care!

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Join the 2nd Annual Citizen Academy

Last January the Town launched its first Citizens Academy program to help connect our residents with firsthand knowledge about local government. We were really pleased with the response from the community and were able to deliver an engaging program to a great and dedicated group of 16 residents (first class pictured below).

This month we have opened up the application process for the 2nd Annual Citizens Academy. We hope you are interested in joining us. We aim to educate the new class on how our local government functions,

increase transparency and build trust within our community as well as help foster future leaders in public service and volunteerism.

Last year's participants enjoyed their experience and felt that the commitment was worthwhile. Bob Rombauer reflected on his experience by sharing that he was "amazed by the complexity of managing a small-town government. The dedication of the professionals in their respective roles, starting with the Town Manager, is impressive. If you have the opportunity to attend the academy next year, it will be well worth

your time." And Megan Momtameni felt that the program made her "feel more connected to Ashland, other residents, and those who serve it."

We have built off our program last year and plan to bring an interactive program to the participants. If you have interest in learning about the day-to-day operations of Town and about various roles, responsibilities and priorities of your Town departments this program would be great for you! We are planning a 10-week program and will meet on the 2nd and 4th Wednesday of each month. You will receive presentations



from our department heads and their staff, you will tour our new public safety building and public works buildings and we will make sure you have plenty of time to ask any questions

you might have about the inner workings of town government.

To apply go to: <https://ashlandmass.com/1103/Citizens-Academy> for more information.

Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2025



Glenn Brown, CFP

November is a pivotal month for financial planning. An opportunity to measure against financial goals, make final strategic decisions for tax year 2024, and prepare for the upcoming year.

Wait until December, you risk falling into the apathy and distractions common from Thanksgiving to the New Year. Do you want that for your finances?

Here are key financial planning topics to consider now.

Review Your Planning Goals.

Take stock of your progress: have you met your savings targets? Made headway on debt repayments? Improve upon experience spending? Expand investing to asset allocation? This review can help identify areas to accelerate efforts before the year ends or be of greater priority in 2025.

Tax Planning Strategies.

Does Roth Conversion or switching 401(k) contributions to Roth make sense?

If doing Roth Conversion, what's your expected Federal tax bracket and how much to convert to ensure you're not bumping up a level or two?

Do you or a grandparent want to gift more than \$18,000 to a child's 529 Plan?

If self-employed and want to

open a Solo 401(k) plan, it must be done by December 31. Know that isn't required until April tax filing deadline.

Recall 2017 Tax Cuts and Jobs Act lowering federal tax brackets will expire end of 2025. Current % will revert back (%): 12% (15%), 22% (25%), 24% (28%), 32% (33%), 35% (35%) and 37% (39.6%). Furthermore, the Standard Deduction \$ amount for tax returns nearly doubled, it too reverts. Are there circumstances to plan for splitting realized gains over 2024 and 2025?

Open Enrollment for Work Benefits.

Does your current health plan meet you and/or your family's health and financial well-being? Does FSA or HSA make sense? If so, how much to contribute?

Should you utilize supplemental Life or AD&D insurance? Are you opting into long-term disability insurance?

Are you enrolling in dependent care and/or transportation flex spending accounts?

Use your Medical Flex Spending Account (FSA).

Unlike Health Savings Accounts (HSA) that rollover each year to accumulate, FSA is a "use it or lose it" benefit program. Some allow ~\$500 carried the following year; others \$0. If you're low on qualified medical expenses, schedule elective appointments, renew prescriptions and/or spend on wellness. Don't spend New Year's Eve panic shopping in CVS.

Evaluate Investment Portfolios.

Assess your asset allocation, then rebalance and/or tax-loss harvest, if necessary. Remember, asset allocation is different from diversification. Owning a S&P 500 Index fund is diversification, as it owns 500 largest U.S. companies, but it's not an asset allocation model. Ensure asset classes

are near their targets.

Nearing retirement or have major life changes requiring funds? Identify source of funds, develop a tax-efficient distribution strategy and allocate remaining long-term assets to grow over time relative to need, not greed or fear. Meaning your asset allocation may (and likely should be) different within taxable accounts versus 401(k), 403(b), pre-tax IRA accounts versus Roth IRA, HSA accounts.

Don't Forget Your RMD.

For 2024, the age for Required Minimum Distributions (RMDs) from retirement accounts is 73, up from 72 due to changes enacted by the SECURE 2.0 Act.

Also new, per finalized IRS regulations, Inherited IRAs from a non-spouse (i.e. parent) in 2020 or later where the deceased was taking RMDs, then you must also take RMDs within the 10-Year Rule. If previous years were missed, the IRS will not penalize, however they will after December 31, 2025.

Conclusion.

November is a month of reflection, giving thanks and preparation in the realm of financial planning. If feeling overwhelmed, connect with your Certified Financial Planner to finish the year strong and set a solid foundation for a prosperous 2025.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recom-

mendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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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 spe-

cifically 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 or call 508 881-1180. Visit the website skinsmartsalon.com for information about Skin Smart's acne program and other services.

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MassSave Climate Leader Award

The Town of Ashland is proud to be recognized by @MassSave Sponsors as one of the 2024 #MassSaveClimateLeaders. Since becoming a Green Community in 2008, Ashland has prioritized sustainable practices, receiving over \$700,000 in funding for energy efficiency projects. These projects include installing LED lights in various municipal and school buildings and upgrading heating and cooling systems in our schools. Additionally, the Town completed over \$3 million in energy efficiency upgrades through an Energy Savings Performance Contract ("ESCO") financed with Qualified Energy Conservation Bonds.

In 2019, Ashland committed to achieving Net Zero emissions by 2040. Since then, we have constructed two Net Zero-ready municipal buildings: the Public Safety Building and Mindess Elementary School. Both buildings utilize geothermal energy and will incorporate solar power. The town has also added several electric fleet vehicles and passed a bylaw in 2022 to prioritize clean energy projects.

Ashland has expanded local renewable energy initiatives, including solar arrays on our capped landfill, high school, and middle school, and community programs encouraging residents to install solar panels to reduce their electricity bills. Additionally, our municipal aggregation contracts have saved residents millions on energy costs while providing access to affordable local renewable energy.

In 2020, the town hired a full-time Sustainability Project Manager, enabling us to apply for grants for building projects, community outreach, and regional programs. The Office of Sustainability, led by Samantha Reilly, has focused on educating the community about climate equity and the importance of these initiatives. Educating both homeowners and renters about sustainable upgrades not only promotes better environmental practices but also offers potential cost savings.

Education has been a key priority for the Sustainability Office and the Town's Sustainability Committee. To meet our Net

Zero goal by 2040, it's vital that residents are informed about the latest technologies and incentives for retrofitting homes and upgrading vehicles. We aim to teach residents of all ages about the importance of these changes, from preventing food waste among children to helping seniors adapt to extreme heat. Sustainability Manager, Sam Riley stated, "The Sustainability Committee was a key group in endorsing the electrification of the Mindess School along with the Public Safety building. The Committee continues to push for the reduction of the use of fossil fuels around Ashland through technology, by-laws, and increasing our natural resources".

"Ashland is honored by this recognition as a MassSave Climate Leader and is committed to achieving our Net Zero goal and hopes that our work inspires other communities to pursue similar initiatives, stated Ashland Town Manager Michael Herbert. To learn more about the MassSave Climate Leaders and Ashland's dedication to Net Zero, click here.

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Ashland Tree Lighting

Saturday Dec. 7th | 4 - 5 p.m.

Come on down to Green Square on Main Street for hot cocoa, cookies, caroling, and the annual tree lighting ceremony! Santa will be attending so don't miss out! The tree lighting will happen at 4:30 p.m.

Helping Their Communities, One Heating System At A Time

BY SUSAN MANNING
STAFF WRITER

Ryan and Alexandra McKernan noticed a disconnect between those who needed heating help and those who qualified for it.

The husband and wife duo co-own Pro Comfort Control, an HVAC company based in Ashland that serves all of MetroWest.

“We were seeing people who couldn’t afford to fix their heat, but they also didn’t qualify for low income help,” said Alexandra.

They decided to do some thing about it.

The Holliston couple decided to design a program called “We Care: Neighbors Heating Neighbors.”

According to Alexandra, “It’s designed to help local families in need in a hyper local fashion (most of our customers are in Natick, Framingham and Wayland). They are nominated by either a friend, neighbor or even a technician if we go to their home and recognize their hardship.”

This year, she said, the recipient is a senior citizen living in Natick. The woman is caring full-time for her daughter, who is undergoing cancer treatment. The homeowner is unable to work because of her own medical emergencies.



“She lives on a fixed income, with barely enough to cover everyday necessities, let alone unexpected emergencies. In April, their furnace was shut down due to dangerously high carbon monoxide levels detected by another HVAC company.

“Since then, she has been without heat, a situation that’s becoming dire as colder months approach. She was in urgent need of help to restore comfort and safety to their home. She reached out to Pro Comfort Control to find an affordable replacement system.

“We provided her an estimate and an employee nominated her for this program. She was chosen as the award winner of a few days later. She now has her heat fully restored!” said McKernan.

“We believe that a strong community is built on care, compassion, and connection. Our founders, Ryan and Alexandra, know firsthand the power of giving back, and that’s why we created our “We Care: Neighbors Heating Neighbors” program. As a local business rooted in Framingham and surrounding communities, we understand the importance of being there for one another, especially in times of need,” said its website.

Through this program, Pro Comfort offers a new heating system to families or a local charity facing hardships, ensuring that everyone has access to a comfortable and safe home. Whether it’s a local family in need or an elderly neighbor needing to the frigid temperatures, there is help.

“We’re proud to live and work in the same neighborhoods we serve, and giving back is our way of saying thank you,” said Alexandra.

If you or someone you know could benefit from the program, visit the website and fill in the form to nominate them.

<https://procomfortcontrol.com/nominate/>

Ashland Lions Club November 2024 Update

Christmas trees are coming!

It’s hard to believe that Thanksgiving is this month! But do you know what opens the day after Thanksgiving? The Lions Christmas Tree lot! This will be our second year selling trees at our new location - the Ashland Farmers Market on Front Street! We’ll have lots more surprises in store this year as well. Please consider buying your fresh Christmas tree from the Ashland Lions this year and donate to a great cause. Cash, credit cards and Venmo are accepted. Remember, Lions give back 100% of fundraising to eye research and the local community. Hope to see you soon!

Ashland Lions Meat Raffles

Ashland Lions is kicking off another great year of meat raffles! Our raffles are held on the first Saturday of each month @ 12pm, at TJs Food and Spirits in Ashland, and continue throughout the winter. As always there will be great food, fun people and great meat to choose from. See you there!

Coats for Kids and Families

Ashland Lions Club is partnering again with Anton’s Cleaners for the Coats for Kids and Families Drive. We are collecting warm winter coats for adults and children. CFK&F accepts warm

winter coats that are gently used, good quality and all sizes. Coats should not have rips, tears, broken zippers or permanent stains. They will be cleaned by Anton’s Cleaners and made available to local nonprofits, social service agencies and schools to ensure that the coats are given to those who really need them, free of charge. Coats may be dropped off in Ashland at Focus on Fitness (290 Eliot St.), Cleaner’s Choice and Tailor (193 Main St.) and at the Public Safety Building (12 Union Street).

Annual Golf Ball Drop

The Ashland Lions and the Ashland Fire Department held their annual Golf Ball Drop at Ashland Day this year. Over 200 numbered golf balls were dropped from AFD Ladder 1. Long time Ashland resident and Ashland Lion Marie Kane, along with Ashland Lions Past President Dan Mitchell were raised into the air above the golf pin and hole by an Ashland Firefighter ladder truck operator. Prizes go to the ball closest to the pin and furthest away from the hole. This year, multiple balls went in the hole, so the prize for closest to the pin

LIONS CLUB
continued on page 19

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This Land Could Be Our Land:

An exciting addition to the Ashland Town Forest

By ROB ST. GERMAIN,
CONTRIBUTING WRITER

Opportunity has knocked! Will we embrace it?

Ashland has an opportunity to buy 53 acres abutting the town forest near the end of Winter Street from the United Church of Christ (UCC). This purchase will strengthen the forest as a habitat and expand public trails. Your Vote at the November 19 Town Meeting will determine its fate.

"I am excited about the opportunity to protect and add 50+ acres of forested land that abuts the Ashland Town Forest. It improves the forest's health, Ashland's climate resilience, stormwater runoff, as well as access to natural recreational space for more residents. I am looking forward to having more reasons to see our community in the Ashland Town Forest" exclaimed Cara Hulme, cochair of the Forest Committee and member of the Sustainability Committee.

This purchase would not be possible without the help of the Sudbury Valley Trustees (SVT), our conservation partner. The SVT regards it as a critical purchase. Laura Mattei, SVT Di-

rector of Conservation explains, "This land is some of the best quality forest that I have observed in eastern Massachusetts because it is almost entirely free of invasive plants, has a diversity of trees and a diversity of tree ages. By adding 53 acres to the town forest, you will be creating a 700+ acre intact forest. Size matters. It is one of the MOST critical elements to a healthy forest."

In answer to the question, "Is this a good deal for the town?" Ashland Town Manager Michael Herbert responded, "With pressure for housing development mounting, it's more important than ever to protect the open space we have left".

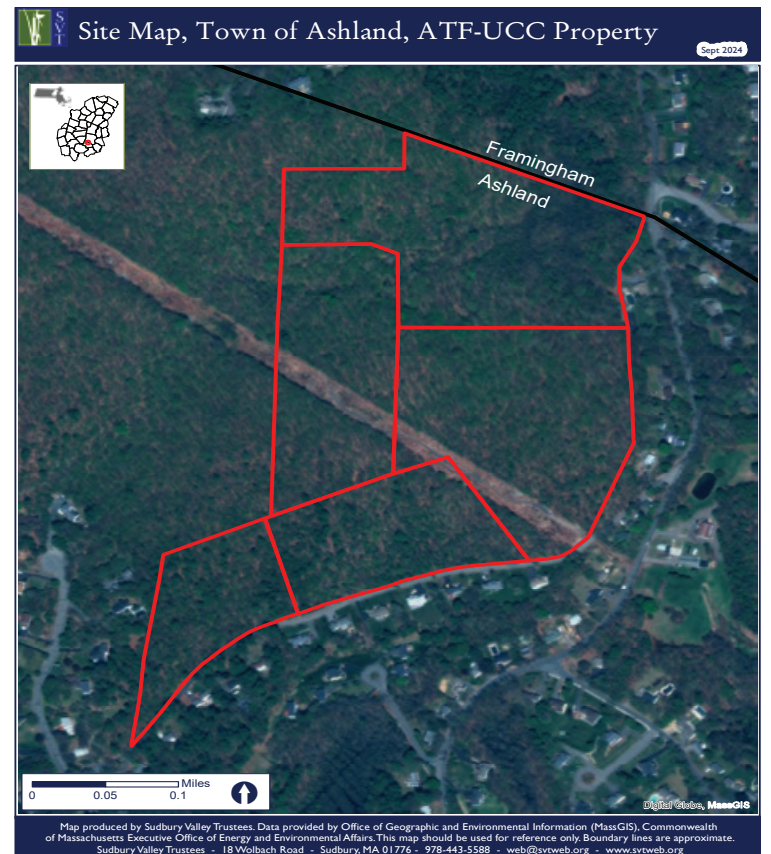
The Town Forest was originally created by Ashland's benefactor, Henry Warren. Henry was a talented inventor and industrialist who made a fortune by inventing the first electric clock that kept accurate time. He had the foresight to realize that forested open space was beginning to disappear, and in 1942 purchased and donated over 500 acres to the town.

Were Henry Warren alive today he might say "BRAVO!"

Though his vision for the forest as a town woodlot has morphed over time, he would likely be pleased by how many people use the town forest trails for exercise and to get away from the hustle and bustle of life. Today we are also aware of, and value, the forest's trees for their oxygen, carbon sequestration and dramatic cooling effect on the town in summer.

The forest proved its worth during the Covid Pandemic as forest use increased 10-fold by citizens escaping the cabin fever of lockdown for the fresh, safe, air of the forest. It has also made Ashland a destination as folks come from all over to walk the trails and to visit the Salem End Sanctuary Caves very near this proposed purchase. It is historic ground..

The town has been in conversation with the UCC leadership regarding this property for many years. Carl Hakansson hoped to conclude the purchase during his time on the Select Board, but the UCC was not yet ready. To strengthen the church's finances, the UCC merged their Connecticut, Massachusetts and Rhode Island Conferences. It took time for the dust to settle, but they are now looking to sell their non-utilized as-



sets including these acres.

In addition to enhancing its financial strength, the UCC has two moral imperatives: environmental stewardship and helping to solve the housing crisis. The leadership prefers to sell this land to the town so that it will be protected and remain as open space but if the town does not purchase it, this land may likely be sold to a developer.

Ashland's citizens are 'Pro' Conservation and Open Space preservation. Evidence of this is replete in the public input to the town's ongoing Comprehensive Planning Process. Phrases like: "Ashland aims to protect and increase its green and open spaces, support sustainable, value-based planning and growth, and continue to achieve net zero by 2040," and "Ashland will... strategically protect priority open space properties," are part of the draft vision statement.

These words are timely because WE are on the edge of an environmental crisis. The world's insect population has decreased by 45% in the last 40 years. That has been accompanied by a dramatic decrease of the North American bird population -- 30% since 1970, according to the Ornithology Lab at Cornell University.

According to SVT's Mattei, a larger forest, "provides the best habitat for all wildlife, including insects, birds and mammals. Some of our birds require these larger forests for successful breeding. This property also contains an important stream corridor, a high-quality shrub swamp, and a potential vernal pool. All these features are important habitat elements. All these characteristics are

the sign of a healthy forest."

Ed Hart is a member of the Finance Committee and an adjunct member of the Forest committee. It is his opinion that, "we can't afford not to (purchase this property). We are too rapidly approaching our limit to growth. The stress on our services, schools, public water supply, traffic congestion, noise, quality of life, value of our homes -- all are adversely affected by massive construction projects that alter the town virtually overnight."

The cost numbers were not finalized in time for this article, but the town has applied for a state grant that will cover roughly 50% of the cost, and the SVT will contribute to the town's share in return for a Conservation Restriction. Once concluded, the land will be protected in perpetuity.

Writing in favor of this purchase, State Senate President Karen Spilka added, "As a forty-year resident of Ashland, and as the Senator who has represented this town since 2005, I understand how valuable open space is to this community, particularly space that can be accessed by the residents regardless of age and ability."

In recent articles published in the Ashland Town Pages, I suggested that we in Massachusetts towns practice a true form of democracy. Our many boards, commissions and committees are staffed by volunteer citizens. Most significant though is Town Meeting, where the 'people' get to decide how the town's money is spent.

This land Can Be your land but that is YOUR decision. Come to Town Meeting on November 19.

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Heating Tips to Help Save Money



Alexandra McKernan



Ryan McKernan

warmer without increasing your heating costs.

Change your filters

Regular heating maintenance is crucial for ensuring your system operates smoothly throughout the season. The most important thing you can do as a homeowner is to change your air filters to ensure proper air flow.

Harness the heat with heat pumps

One of the most efficient ways to heat your home is with a cold-climate heat pump. Start by choosing a certified Mass Save heat pump installer who specializes in installing these energy-efficient systems that not only keep your home warm but also save you money on energy bills. Heat pumps work by transferring heat rather than generating it, making them incredibly efficient even in chilly Massachusetts winters.

Ensure unobstructed air flow

Check that your radiators and heating vents are not blocked by furniture, drapes or other objects. Blocked air flow

can reduce the efficiency of your heating system and prevent rooms from reaching their desired temperature. Keeping these areas clear allows for optimal heat distribution throughout your home.

Seal in the warmth

Before the cold really sets in, take some time to inspect your windows and doors for drafts. Simple weather stripping or caulking can make a big difference in keeping warm air inside where it belongs. Mass Save also offers assistance with air sealing and insulation at very low costs.

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Co-owner
Ryan McKernan, Co-owner
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HEATING INSIGHTS

As temperatures start to drop and the vibrant foliage transforms our neighborhoods, it's the perfect time to cozy up your home for the fall season. It's important to keep your space warm and inviting, and here are some easy heating, air conditioning and ventilation (HVAC)

tips to help you stay comfortable as the leaves change colors.

Reverse your ceiling fans

Did you know that ceiling fans can help in the winter, too? By reversing the direction of your ceiling fan blades to clockwise, you can gently push warm air down from the ceiling into the living space. This simple adjustment can improve circulation and make your rooms feel

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November 2024 at the Ashland Library

The Library will be closed on Monday, November 11th in observance of Veteran's Day

The Library will be closing at 1pm on Wednesday, November 27th and is closed on Thursday, November 28th and Friday, November 29th for Thanksgiving.

Adult:

Visit our Website Calendar for Additional Info & Registration links:

<https://tinyurl.com/apl-calendar>

Virtual - Friday Night Film Discussion

Friday, November 1 @ 7pm
Watch "A Touch of Spice: Politiki kouzina" (Kanopy/Greek)

Virtual - Author and Historian Toni Mount Discusses "How to Survive in Tudor England"

Saturday, November 2 @ 10am

Imagine you're transported back to Tudor England and had to start a new life there, without smartphones, satnav or social media, how will you know where you are or where to go? We're thrilled to welcome back author and historian Toni Mount, as she discusses how we could survive if time travel ever becomes a thing.

Fixit Clinic at the Ashland Public Library

Saturday, November 2 @ 1-3pm

Fixit Clinic is an all-ages, do-it-together activity where people bring their broken household things and learn how to assess, disassemble, and repair them instead of sending them to landfill. Don't toss it, fix it!

Virtual - Banking During the Holidays: What You Need to Know To Keep Your Money Safe and To Plan For Expenses

Monday, November 4 @ 7pm

We're so happy to be partnering with representatives of Needham Bank to discuss how to get through the holidays with your money and sanity intact! We'll be chatting about topics ranging from protecting your credit and debit cards, saving for the holidays, strategies to budget for the holiday season and not overspend, and watching out for holiday scams. There is something for everyone and every age so we hope you can join us for this important conversation and Q&A.

VIRTUAL Front Street Readers Book Club

Tuesday, November 5 @ 7pm
Read "The Girl From the Channel Islands" by Jenny Le-Coat.

Virtual - Environmental Book Club

Wednesday, November 6 @ 6:30pm

Read "Lessons from the Climate Anxiety Counseling Booth: How to Live with Care and Purpose in an Endangered World" by Kate Schapira.

Virtual- The Orphan Train Movement -- History, Genealogy & Legacy

Wednesday, November 6 @ 7pm

Orphan Trains, which operated in the United States between 1854 and 1929, transported 200,000+ children from New York to the Midwest and beyond. Through oral history and genealogy research – with ongoing, diligent care of the unique records – over two million descendants live on to tell the stories of this uniquely American movement. Learn about the history, genealogy, and legacy of this movement.

HYBRID - Romance Book Club

Thursday, November 7 @ 6:30pm

Read India Romances

Virtual- Declutter series with Jamie Novak: Clean Your Clothes Closet by the Weekend: sort, share, sell, store

Thursday, November 7 @ 7pm

Can't walk in your walk-in closet? Do you dread sorting your clothes? Log on and learn the 5 steps to organize any closet with expert organizer and author Jamie Novak. She'll share her insider tips and the things every closet needs to stay clutter free. Plus, you'll tidy live with her and learn what a capsule wardrobe is and why you may want one.

Virtual: Advanced Directives: Health Care Proxies and Beyond

Thursday, November 7 @ 7pm

Join us for a conversation with author Virginia (Gigi) Morris, who has been studying and writing about end-of-life decision making for more than 25 years.

Mystery Book Club

Friday, November 8 @ 12pm
Read "The Spy Coast" by Tess Gerritsen.

Virtual: African Art Series: African Art and the West

Sunday, November 10 @ 2:30pm

From Curiosity Cabinet to the Museum and the Development of Modernism (e.g. Picasso and African art) with the Fitchburg Art Museum,

Virtual - Thriller/Horror Book Recs with Bookstagrammer Jody Blanchette aka @redreadreviews

Tuesday, November 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- Goodbye Lawn with Todd Breitenstein

Tuesday, November 12 @ 7pm

Join us for an enlightening talk where we'll explore innovative alternatives to traditional grassy lawns for a more sustainable and visually appealing landscaping experience.

Virtual - Author Jerry Brotton Discusses "Four Points of the Compass: The Unexpected History of Direction"

Wednesday, November 13 @ 2pm

As we head into the busy holiday travels, don't you wonder about where you are going and why? How did the four directions - North, South, East, and West become a thing? Whether you are directionally challenged or savvy, this program is for you! Jerry will be answering these and so many other directional questions.

Virtual- ChatGPT for Genealogists

Wednesday, November 13 @ 7pm

Examples will be provided where ChatGPT can assist with queries about genealogical facts, historical background, image interpretation, content generation, and information extractions from PDF documents. In Person - Women's Wisdom Circle: Perimenopause Empowerment 101

Thursday, November 14 @ 6pm

Elizabeth (Liz) Sousa, a Functional Diagnostic Nutritionist, Certified Holistic Health Coach, and Registered Nurse, will facilitate an inspiring discussion and informative talk on navigating perimenopause with confidence.

Virtual - Arctic Glow-A photographic journey through Iceland's midnight sun

Thursday, November 14 @ 7pm

In this presentation, local photographer Bruce Magnuson will set Iceland in its historical context and explore some of its natural wonders.

Virtual - Q&A with Regency Romance Author Alexandra Vasti

Thursday, November 14 @ 7pm

We are so excited to be chatting with author Alexandra Vasti about one of our very favorite genres - regency romance! We always wonder, were there really that many Dukes and, if so, were they really healthy, wealthy, and handsome? Let's find out as we chat with Alexandra about her most recent book, "Ne'er Duke Well" and her upcoming book, "Earl Crush".

Virtual - Friday Night Film Discussion

Friday, November 15 @ 7pm

Watch "Mid-August Lunch: Pranzo Di Ferragosto" (Kanopy/Italian)

Name That Tune - Back to the Eighties Edition!

Saturday, November 16 @ 2pm

If you remember the shoulder pads, the "Madonna" look, and the "Miami Vice" pastels, join us for this gnarly opportunity to show off your music memory of the 80's! We'll have several rounds with shorter and shorter clips of 80's music. If you can pick the tune, artist, and album, you could be a winner!

Card Making with Jan Poppendieck

Monday, November 18 @ 6:30pm

Jan will teach embossing, die cutting, proper stamping, and use of equipment individually and group techniques of creating unique cards.

Virtual - Holiday Baking Demonstration with Heidi McIndoo: Mini Pumpkin Pie Tartlets

Monday, November 18 @ 7pm

The holidays are bearing down on us and coming up with new and nutritious options (really, is that even a thing?!?) can be challenging. If you are looking for a sweet treat for the holidays that won't sabotage your healthy

eating goals, join registered dietitian Heidi McIndoo to make mini pumpkin pie tartlets.

Cookbook Club

Tuesday, November 19 @ 5:30pm

Cook from "The Food of Morocco" by Paula Wolfert or "Mourad: New Moroccan" by Mourad Lahlou.

Virtual- Masters of Song: Johnny Mercer with Clint Edwards

Tuesday, November 19 @ 7pm

Explore the life, times, and music of songwriter Johnny Mercer (Moon River, You're Just Too Marvelous, Hooray For Hollywood! etc.)

Bio/Memoir Book Club

Wednesday, November 20 @ 11am

Read 'Crazy Brave' by Joy Harjo

Half-Past Crafts: Giant Acorn Decorations

Wednesday, November 20 @ 6:30pm

This month we're making simple but snazzy giant acorns!

Virtual- Understanding The Naturalization Process In The United States (Genealogy Lecture)

Wednesday, November 20 @ 7pm

Did you know there are six ways to become a U.S. citizen? Review each, with a concentration on the court option which produced a paper trail and can help with your family genealogical research. Also learn the ways in which citizenship was lost and perhaps regained at a later date.

Virtual- Rembrandt & Vermeer: Masters of the Dutch Baroque with Jane Oneail

Thursday, November 21 @ 7pm

Today, Jane is discussing the Dutch Golden Age of Painting which was ushered in by a prosperous middle class and a new demand for images like still-lives, portraits and genre scenes. This program provides an overview of the artists' careers and an introduction to some of their most famous works.

Virtual - Q&A with Author and Historian Kathleen DuVal: "Native Nations A Millennium in North America"

Monday, November 25 @

LIBRARY*continued from page 14*

7pm

We are joined by Professor, Historian, and Author Kathleen DuVal as she discusses her book, "Native Nations A Millennium in North America" - 'An essential American history' (The Wall Street Journal) that places the power of Native nations at its center, telling their story from the rise of ancient cities more than a thousand years ago to fights for sovereignty that continue today.

Virtual- Vanessa Lillie Discusses "Blood Sisters" and Indigenous Erasure

Tuesday, November 26 @ 7pm

Vanessa is the author of the USA Today bestselling suspense novel, "Blood Sisters", which launches a new series with missing and murdered indigenous women at the heart of the stories. She is an enrolled citizen of the Cherokee Nation of Oklahoma living on Narragansett land in Rhode Island. Vanessa will discuss her writing but also the disturbing trend of missing and murdered indigenous women in the United States.

Adult Weekly:**Knit and Crochet Club**

Mondays @ 6pm
Walk-In

ESL Conversation Group

Mondays @ 6:30pm
Walk-In

Gentle Yoga

Tuesdays @ 6pm
Registration is requested

Children:**Special Programs:****Celebration of Stories**

*for families

Friday, November 1 @ 10:30am

Families are invited to join us on this No School Day for fun and heartwarming stories centering indigenous characters and authors, in honor of Native American Heritage Month. Then we'll consider the things we're grateful for and add those to our Gratitude Tree. All are welcome. Registration is requested.

Election Day for Kids!

*for families

Tuesday, November 5 @ 10-4pm

Join us in the Children's Room

for some Election Day fun! We'll have a special story time, a scavenger hunt about kids who made a difference, and voting for our next themed celebration day. Registration is required for the 1:30 story time. All families are welcome!

Homeschool Hour

Thursday, November 7 @ 1pm

Homeschooling families, unite for Homeschool Hour! Join us for a fun-filled hour where you can connect with fellow homeschoolers, dive into a creative activity, and explore the exciting idea of starting a family book club. It's the perfect opportunity to share experiences, get inspired, and build a supportive community.

Sensory Savvy

*for families - note early time

Saturday, November 9 @ 9:15-10am

Join us for a fun event that features sensory activities to help children on the autism spectrum improve their sensory processing skills, strengthen their fine motor coordination, and improve social skills, all while making connections with other families who have children on the autism spectrum!

Goofy Gyros Robotics Demonstration

Saturday, November 9 @ 10:30-3:30pm

Team Goofy Gyros (# 52042) will be conducting the 2nd Annual Ashland Community FIRST Lego League (FLL) Challenge (ROBOT ONLY) scrimmage for teams participating in the 2024-2025 Submerged FLL Challenge season.

Stories, Songs, and Stretches

*for ages 4-7

Thursday, November 14 @ 6:30pm

Kids and their parents or caregivers are invited to play together through stories, songs and yoga shapes. No experience or equipment necessary! Registration is requested.

Clocktown Rockers!

*For ages 2-5 with a caregiver

Friday, November 15 @ 10:30am

A special Friday edition of this popular story time! 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. For ages 2-5 with a caregiver.

Lego Club with Kim the Lego Lady

*Grades K-3

Wednesday, November 20 @ 4:30pm

Calling all LEGO masters! Join Kim the Lego Lady for an interactive building adventure! Afterward, your awesome creations will be displayed in the library until the next LEGO club!

Registration is required and space is limited.

La Hora del Cuento

*para familias

Spanish Storytime

*for families

Wednesday, November 20 @ 6:30pm

Los invitamos a disfrutar en familia de una sesión de cuentos en español en la biblioteca. Ofreceremos la oportunidad de sumergirse en historias cautivadoras, rimas divertidas y canciones alegres, ¡todo en español! Join us for a special story time, offering families the opportunity to immerse themselves in captivating stories, fun rhymes, and cheerful songs, all in Spanish.

Little Crafters

*for 0-5 with a caregiver

Monday, November 25 @ 10:30am

Come join the Ashland Mom's Club for this story time, where little hands get to explore big ideas! Start with a sweet and lively story time, followed by a simple craft that's perfect for curious minds. Bring your imagination, and let's make some colorful memories together!

Spooky Stuffies Workshop

*for ages 7-17

Monday, October 28 @ 2:00pm

Kids and teens alike are welcome to join us for our Spooky Stuffies Workshop! Come use the materials we provide to create your own huggable monstrosity, or bring a stuffed friend from home to alter and make even more frightening! Registration required.

Little Picassos Club

*Grades 2-5

Tuesday, October 22 @ 4:30pm

Looking to create your next masterpiece? Join Miss Kayla for Little Picassos Club, ideal for kids in grades 2 through 5. Each week, we will learn about a different artist or art style and work on unique art projects, ranging from painting to sculpting and everything in between! Come ready to get your hands messy and let your creativ-



ity show! Registration required.

Little Picassos Club

Tuesday, November 5 @ 4:30pm

Little Picassos Club

Tuesday, November 12 @ 4:30pm Little Picassos Club

Tuesday, November 19 @ 4:30pm

Little Picassos Club

Tuesday, November 26 @ 4:30pm

Coding Class For Kids: Gear up for a tech-tastic adventure with our Coding Class for Kids! Every other Saturday, kids from Kindergarten through grade 5 will dive into the thrilling world of coding, where imagination meets innovation. With hands-on projects and fun, interactive lessons, your child will master the basics of coding and create their own cool projects. Whether they're building games or solving puzzles, this class promises excitement and discovery at every turn. Join us for a coding journey that's out of this world! Click here for more information.

Space is limited to 12 kids and registration is required.

Coding Class for Kids

*for ages 5 and up

Saturday, November 16 @ 1-2pm Coding Class for Kids

*for ages 5 and up

Saturday, November 23 @ 1-2pm

NEW Book Clubs!

APL Kids 1&2 Book Club

Wednesday, November 13 @ 4:15pm

Calling all first and second graders for APL Kids book club! Each month we will introduce an exciting book series. The children will follow along with Ms. Katrina as she reads the first book of the series aloud, then we'll discuss what we've read and do a fun craft or activity together! Copies of the first and second book in the series will be available for checkout after the meeting. Registration required.

Beginning Reader Book Club

Tuesday, November 19 @ 4:30pm

Calling all budding bookworms! Join us for the Begin-

ning Readers Book Club, where stories come alive in the most magical way! Every month, kindergartners gather for a fun-filled, choral-style reading adventure. We'll explore new worlds, create themed art, and make new friends—all while having a blast with books!

Space is limited to 12 and registration is required.

Graphic Novel Book Club

Thursday, November 21 @ 6:30pm

*grades 3 thru 6

Dive into a world where stories jump off the page! Each month, you'll read an exciting graphic novel before our meeting, where we'll chat about the book, play awesome games, and unleash your creativity with fun art projects. Plus, you get to vote on what book we'll read next—so your voice truly matters! With new friends, thrilling stories, and endless fun, it's the ultimate way to bring reading to life. Don't miss out on the excitement—come be a part of our graphic novel gang!

Space is limited to 16 and registration is required.

Ashland STEM Club

Saturday, November 2 @ 11am

Please Register

*for kids in K-5

Join this exciting workshop, run by high school students, that ignites curiosity with hands-on experiments, new innovations and take-home activities.

Friday Free Play!

Build your child's social and motor skills and connect with other parents during this low-key library play time. An assortment of special age appropriate toys and activities will be available for children ages birth through 5. Drop in any time, no registration required.

Friday Free Play

*for kids 0-5 with a caregiver

Friday, November 8 @ 10am
Friday Free Play

*for kids 0-5 with a caregiver

Friday, November 22 @ 10am

LIBRARY*continued on page 16*

LIBRARY

continued from page 15

Weekly Storytimes:

Clocktown Rockers!

*For ages 2-5 with a caregiver
Tuesdays 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.

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.

Saturday Stories

*for ages 2-5 with a caregiver
Join Miss Kayla for a new Saturday morning storytime! We'll read lively stories, do fun rhymes and movement activities, and work on simple crafts. For families with children ages 2-5. No registration required.
Saturday, November 16 @ 10:30am
Saturday, November 23 @ 10:30am
Saturday, November 30 @ 10:30am

Project ABC Play, Learn, and Grow Group

*for Ages 0 to 5
Tuesdays at 11am
A parent and child group offered by the Metrowest YMCA and the Early Childhood Alliance of Ashland & Framingham. A structured program to help prepare children for socialization and a school experience.
Registration *IS* required for this program

Teen:

Adulthood 101

*Ages 12-19 Only
We have a new recurring program for teens ready to learn more about how to live and thrive in the adult world- Adulthood 101! Learn about topics necessary for

the future and do an accompanying activity. The event will occur every other Tuesday from 6PM-7PM for four sessions on different topics

Time Management

Tuesday, November 12 @ 6pm

Car Upkeep

Tuesday, November 26 @ 6pm

Teen Makers Club

Thursday, November 14 @ 6pm
Join us for our new monthly club of teen makers!

Stitch, knit, crochet, and generally hang out with other crafty teens the second Thursday of every month from 6:00PM-7:00PM. Bring, work on, and show off your latest projects, and maybe learn a few new tips while you're here! Registration is requested, but walk-ins are welcome!

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

Saturday, November 2 @ 9:30am-1pm

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.

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.

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!

Greater Ashland Lions Club

Wishing you the best on Diwali, Veterans Day and Thanksgiving

Other Important Happenings:

- Daylight Savings Ends on Sunday the 3rd
- Election Day is on Tuesday the 5th

Lions are always busy. Either helping out where needed or having events to raise money for Eye Research or other organizations supported by Lions Clubs International.

Again this year we will be collecting gently used coats for children

and adults from October to January. Drop-off places are Town Hall and Starbucks. For further information, please contact Lion Debbi at 508.881.2117.

We are still collecting unneeded eye glasses and pull tabs from beverage cans.

Did you know that November is National Diabetes Awareness month. It's a time to recognize the risk of diabetes, and to promote early detection and intervention. Lions, with the support of Lions Club International Foundation (LCIF), are working to reduce the prevalence of diabetes and help improve the lives of those living with diabetes.

Wanting to get involved in the community? We're a low-pressure group of service-oriented folks always looking for new members. If you'd like to learn more about the Lions and our club, please contact Lion Alexis at cvarnie@hotmail.com.

For more club information, please check us out on Facebook: Greater Ashland Lions Club. #weserve #kindnessmatters.

We are the Lions in Purple. We Serve!

SUBMITTED BY: LION ROSALIE PORTER, 2ND VP

After School Options are Available for Students

Ashland Recreation is currently seeking families that may be interested in enrolling in a new after school program for students in grades 3-8 at the Community Center. If you are

in need of a safe, supportive and engaging environment for your child after school let us know you are interested by "registering" for ARC Overtime. This is NOT a

guarantee that your child will get a spot, we are using this to evaluate the community needs as we develop our program. Register online at AshlandMa.MyRec.com.

Ashland Recreation

OVERTIME!

Ashland Rec Center
162 West Union St.



Grades 3 - 8
Monday - Thursday
2:00 - 4:30

ARC Overtime Schedule:

- 2:00-2:20 - Mindess arrivals
- 2:20-3:00 - Free Play
- 2:45-3:00 - Middle School Arrives
- 3:00-3:20 - Snack for All
- 3:20-4:20 - Activity blocks
- 4:20-4:30 - Clean Up/Wind Down
- 4:30 - Pick Up

ARC Overtime is a program designed to give families the additional support they need for their children during the crucial time between when school ends and the end of your work day. ARC Overtime offers opportunities for Mindess and Middle School students in need of a safe, supportive and engaging environment after school.

- Nature Appreciation
- Outdoor Games
- STEAM
- Arts & Crafts
- Team Building

Register online:
AshlandMA.MyRec.com

Enroll your child today and watch them thrive in our after school recreation program, where every day is an opportunity to learn, explore, discover with friends, and grow! **Space is limited.**



Looking to advertise your business?
Contact Susanne: 508-954-8148
sue@sodellconsult.com

Senior Community Center Activities for November 2024

PROGRAMS & ACTIVITIES:

Nov 1st at 10:00 - Craft w/ Elissa – Mason Jar Centerpieces

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

Nov 4th at 12:00 - Lunch & Karen Spilka's Office Listening Hour w/ a Staff Member

Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

Nov 6th at 10:00 - Computer Class – "Editing, Resizing & Printing Photos"

Registrations Requested. Walk Ins Welcome.

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

Nov 7th at 9:00 - FREE Breakfast sponsored by Ashland Lions Club

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

Nov 7th at 10:30 - Downton Abbey Viewing: Season 3, Episodes 1 & 2

Tea and coffee provided. Call to reserve your seat at 508-881-0140 x1.

Nov 7th at 10:00 - COA Meeting

Nov 7th at 12:00 - FOACOA Meeting

Nov 7th & 21st 10-1:00 - SHINE In Person Appointment w/ Fran Bakstran

Call to make an appointment 508-881-0140 x1.

Nov 6th & 20th 9-11:30 - Veterans Office Hours with Richard Sabounjian

Appointments recommend. Call 508-429-0629 to schedule.

Nov 8th 10:00 - Pins & Needles Sewing Class w/ Tobi – Create a Clutch Purse

Bring your own sewing machine.

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

Nov 9th 10:00-11:30 - Legal Phone Consultation with Arthur P. Bergeron

Call to make an appointment 508-881-0140 x1

Nov. 11th - CLOSED FOR VETERANS' DAY

Nov 12th at 12:00 - NEW!!! Veterans' Day Celebration and Lunch. Fully funded & supported by the Ashland Police Association Local 403 Union & Ashland Fire Fighters'

Local 1893 Union. Inviting Veterans plus one guest each to reserve seat(s) at 508-881-0140 x1.

Nov 13th at 11:00 - NEW!!! "Snow and Ice Safety" w/ Anne Fitzgerald, RN, MPH &

Public Health Nurse for the Town of Ashland. Call to reserve your seat at 508-881-0140 x1.

Nov 13th 5:00-6:30 - Cooking Class with Chef Lee – Vegetable Rolls & Miso Soup

Call to reserve your seat at 508-881-0140 x1. \$5 Donation requested.

Nov 14th at 11:00 - NEW!!! "Holiday Scam Awareness" w/ Members of the Middlesex Sheriff's Office.

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

Nov 15th at 10:00 - Craft w/ Chaitanya – Decorative Turkey Place Cards

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

Nov 15th at 11:00 - NEW!!! "Seed Dispersal: Finding a Place to Thrive" w/ Nature Connection

Find out ways plants use animals, insects, humans and natural forces (ex. wind) to disperse their seeds. Also meet and pet Chili the Chinchilla.

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

Nov 18th 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.

Nov 19th at 11:00 - NEW!!! "Mapping the Ocean Floor" w/ Dr. Alan Rice

Learn how humans are using science and technology to find out the mysteries of the Ocean. Call to reserve your seat at 508-881-0140 x1.

Nov 19th at 12:00 - NEW!!! Offering an Added Lunch supported by the Ashland Lions

Please use the payment box outside of the Main Office to reserve your seat.

The cost is \$5 per person.

Nov 20th at 10:00 - Town Manager's Coffee Hour. All are welcome!

Nov 22nd at 10:00 - Pins & Needles Sewing Class w/ Tobi – Fabric Box

Bring your own sewing machine. Call to reserve your seat at 508-881-0140 x1.

Nov 25th at 10:30 - Hearing Aid Cleaning w/ Hopkinton Audiology

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

Nov 25th at 12:00 - Thanksgiving Dinner

Reservations for Dinner: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

Nov 27th – CLOSE AT 12:00 PM FOR THANKSGIVING HOLIDAY

Nov 28th & 29th - CLOSED FOR THANKSGIVING

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. Reser-

The FOACOA invites you to its Second Annual Fundraiser!

It's a Wedding Theme Murder Mystery Dinner, "Til Death Do Us Part."

The event is Friday, Nov. 8, at 6:30pm. It will start with a cocktail hour, followed by dinner and an interactive theater opportunity. Doors open at 6 PM

It will be held at the VFW Hall, 311 Pleasant St. Tickets are available online or at Monday lunch at the senior center.

As friends and family come together for a night of food and fun, it will quickly turn into a night of mystery and mayhem - leaving one of the guests murdered! And you and your guests are left to solve the crime... Will it be the jealous ex-boyfriend who is to blame?

vations 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 unless otherwise noted.

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

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

Blood Pressure Check FREE!!! - Wednesdays at 10:30 am

Canasta - FREE!!! Wednesdays at 1 pm

Chair Volleyball - FREE!!! Thursdays at 1:30 pm. Beginners Welcome! \

Chair Yoga - Wednesdays at 1 pm

Chess - FREE!!! Mondays at 1:30 pm

Craft Class FREE!!! - First and Third Fridays of the Month at 10 am.

Cribbage - FREE!!! Thursdays at 12:30 pm

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

"DROP IN" Knitting Group - FREE!!! 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 - FREE!!! Fridays at 10:30 am for all levels

Mindfulness & Meditation - Thursdays at 11 am with Mary Green

Parkinson's Boxing - First & Third Wednesday of the Month at 1:30 pm

Pins and Needles FREE!!! Sewing Class - Second and Fourth Fridays of the Month at 10 am

Pitch Card Game - FREE!!! Mondays at 1:00 pm

Tai Chi - Tuesdays at 11:45 am with Jon Woodward

Veterans Office Hours - FREE!!! Every other Wednesday from 9 -11:30 am. Check Calendar for Dates.

Zumba Gold with Kellie - Tuesdays at 10 am.

A message from Ashland's Public Health Nurse

In October, Anne Fitzgerald, the Town's Public Health Nurse, met with a group of residents at the Community Center to discuss how to stay well as we enter the respiratory virus season. If you missed it, here are some tips to help you stay well through the season:

- Immunizations are available for COVID-19 and influenza, and for RSV and Pneumonia for certain age groups.

- Hand hygiene is so important and remember not to touch your eyes, nose and mouth with unwashed hands!
- Ventilation helps clear the indoor air of pathogens.
- There are treatments for COVID and Influenza that can decrease the risk for severe illness if taken soon after symptoms develop.

- Masks can be used in crowded indoor settings, especially if you are at high risk for severe disease.
- While there is no magic bullet for the immune system, regular exercise combined with adequate sleep and a healthy diet go a long way to keep you healthy.



Sports

Ashland Tri-Captains

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Prior to the year beginning, the Ashland golf team was hoping that they could put together at least an 8-8 regular season record and earn themselves a trip to the State Tournament. The Clockers took things down to the wire teeing off against Holliston on the last day of the season needing a win to accomplish their goal.

“That last match we played one of our best days of golf, unfortunately Holliston did play their best and we fell by two strokes,” Ashland Coach Mike Roman said. “The loss left us at 7-9 with no tournament. We weren’t really disappointed, we had played phenomenal golf all year with some great scores, we just came up short.”

Roman enlisted tri-captains Nathan Gerlovin, Yash Pawnarkar and Rebecca Kriegsman the tough task of leading Ashland into the State Tournament. According to the Coach, all three are committed to the sport of golf and are consistently three of the team’s best scorers, with Kriegsman being the best of the three.

All three began teeing off at a very young age and with the involvement of a family member. Kriegsman and Pawnarkar got into golf because of their fathers, while Gerlovin took up the sport seriously because of his grandmother.

“I began playing informally when I was young, but started to get serious over covid,” Gerlovin

said. “My grandmother was an avid golfer and I joined her on the golf course. It was not only a bonding time with her, but she definitely helped me to improve my game.”

Pawnarkar, who finds himself more of a tennis player than a golfer, remembers playing golf with his father and younger brother as long as he can remember. While Kriegsman took up the sport at the age of five when her father, who was really into the game, wanted one of his daughters to get involved with him on the golf course. After trying the game, she found that she really loved the sport.

“Golf is a sport that is reliant upon yourself,” she said. “You can’t blame anyone else if you make a mistake - it’s all on you. In high school golf is a team sport, but you can only blame yourself in how you play.”

All three captains share the same love of the game looking to help make Ashland a better team on the golf course.

“One of my goals when I joined the golf team in high school was to one day become a captain,” Pawnarkar said. “I could see myself as a captain as I like to help others with their game and I enjoy teaching.”

As a captain Gerlovin, who was excited to squeak onto the varsity team as a freshman, remembers being taken under the wing of a captain when he first got to Ashland and wanted to return the favor in addition to representing the school and town in a positive light. He also



wanted to make sure everyone was also having fun while they tried to win.

Kriegsman, who was also a captain last year as a sophomore, never thought of herself as a captain, but once she was named one she wanted to make an impact with the team. She goes out onto the course and leads by example.

“Although I was only a sophomore I wanted to teach everyone young and old on the team. I showed them my passion for the game while not getting overwhelmed,” the now junior captain said. “I am good at leaving bad shots behind me and I wanted the rest of the team to learn how to do that as well.

Although the Clockers did

not surpass their goals of winning at least eight games, the trio believes that the team without a doubt had themselves a good campaign this fall.

“We lost a lot of talented seniors coming into this season,” Gerlovin said. “But as a whole the team played really this year. We had a great Coach and we all worked extremely hard and played our game.”

Kriegsman came into this year calling it unpredictable. Having lost the eight seniors. The junior captain was unsure of just how well the team was going to play this year, but the younger kids stepped up.

“Everyone worked together to finish 7-9,” she said. “We had matches where we all played super good or we all played super bad – that’s why it was so unpredictable. Next year, will be more of the same as we’re losing a lot of seniors this year as well.”

Pawnarkar believes that although the team didn’t accomplish their goal of making it to the tournament, they did help the younger golfers to improve their game so that they can take the reigns when he and the rest of the seniors depart.

Despite not getting to the post-season Ashland did happen to break a couple of school records this past season. The Clockers were able to break the

High School record at Pinecrest Country Club by first shooting a 225 and then later in the year a 224 to break it again.

“Late in the season we had to win 3 of 4 matches to get into the tournament and two teams were sure loses, so we had our backs against the wall” Pawnarkar said. “After losing one we found ourselves in a tough spot. Against Norwood, we still had hopes of getting into the playoffs and that day we were all locked in and had a fantastic day to set the record.”

Individually, Kriegsman shot a four under par to set the school record at Pinecrest Country Club. She will also be participating in the Sectionals for the second time, but this year will be a little different than last year.

“In the past I’ve taken part in the girls Sectionals in the Spring, this year I am taking part in the co-ed Sectionals,” Kriegsman said. “This is my first time and I’ll have to play from the boys tees. I am just looking to go out and have a decent round.”

The junior golfer will also take part in the Individual State Tournament, where she finished tied for ninth last year, and will be only the second Ashland golfer to take part in the New England Tournament in late October at Mohegan Sun.

Happy Thanksgiving!






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Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
10/18/2024	4 Bobcat Hill Lane	\$1.18 mil
10/16/2024	252 Union Street	\$660,000
10/16/2024	55 Mountain Gate Road	\$465,000
10/15/2024	130 Oak Street	\$775,000
10/15/2024	75 Trailside Way	\$482,500
10/11/2024	3 Shady Hollow Path	\$770,000
10/10/2024	324 Cedar Street	\$665,000
10/04/2024	16 Central Street	\$635,000
10/01/2024	77 Meeting House Path	\$510,000
09/30/2024	20 Windsor Drive	\$699,500
09/30/2024	393 American Blvd.	\$670,000
09/27/2024	11 Arrowhead Circle	\$651,000
09/26/2024	71 Warren Road	\$610,000
09/24/2024	261 Captain Eames Circle	\$625,000
09/19/2024	29 Rockwood Drive	\$960,000
09/19/2024	153 Algonquin Trail	\$670,000



The 3-bed, 2-bath, 2,340-square-foot home at 3 Shady Hollow Path in Ashland recently sold for \$770,000. www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

LIONS

continued from page 11

was split among them. Congrats to the winners, and thanks to the community for all their support!

Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescrip-

tion and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. We just contributed 900 pairs of collected glasses for cleaning, measurement and distribution to people in need.

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

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!

LION DAN MITCHELL
ASHLAND LIONS CLUB



Ashland Lions Marie Kane and Dan Mitchell joined Ashland Fire for the Annual Golf Ball Drop



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How to minimize paying capital gains tax in real estate



Kim Foemmel

REAL ESTATE INSIGHTS

Doesn't it feel good to turn a healthy profit in a real estate transaction? Selling your property can be a lucrative move, but

capital gains taxes can reduce your profits. Understanding how to reduce these taxes allows you to keep more money in your pocket.

In general, the calculation to estimate capital gains on the profits of your primary residence is: Sales price minus original cost minus capital improvements minus selling and closing costs equals gain.

From this gain, homeowners may qualify to then deduct \$250,000 for a single taxpayer or \$500,000 for married couples filing taxes together if you lived in your home for at least two of the last five years prior to a sale.

Then you multiply this by your federal tax rate of a capital gain to determine what you owe based on income:

0% – Income up to \$47,025 single, \$94,050 joint

15% – Between \$47,026-\$518,900 single, between \$94,051-\$583,750 joint

20% – Above \$518,900 single, \$583,750 joint

General example for married couple with joint income below \$583,750 with a \$1.5 million sale:

\$1.5M sale price - \$750,000 original price - \$100K improvements - \$85K closing costs - \$500K exemption for a married couple = \$65,000 gains x 15% tax = \$9,750 in federal capital gains tax.

There also is an additional state capital gains tax rate. In Massachusetts, it is 5%. Note that a long-term capital gain is a home owned for longer than a year, while a short-term capi-

tal gain would be taxed at your ordinary income tax rate. Some exceptions can apply.

Save your receipts of capital improvements (roof, kitchen and bath remodels, additions) to your property to use toward capital gains deductions. Closing costs from the purchase of the property and the sale also can be deducted.

For rental properties, a 1031 exchange allows you to defer capital gains taxes by reinvesting the sale proceeds into a new property (or properties) equaling the same or higher value. While this doesn't eliminate the tax, it allows you to postpone it until you eventually sell the new property. In theory, you could defer the capital gains tax indefinitely by continuing to use 1031 exchanges each time you sell a rental property.

The rules for calculating capital gains and 1031 exchanges are complex, so consulting a financial advisor and tax professional is highly recommended. Capital gains tax rules are different for investments, vacation homes and inherited properties. More details and detailed worksheets to calculate your capital gains can be obtained by IRS Publications 523, 409 and 701.

Contact Kim for all your Real Estate needs.

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“Highly recommend Kim if you are planning to sell your property. She helped us from the beginning phase to after the sale; from preparing the house to even after I moved out. We had some issues after the house closed - she helped us with no hesitation and kept following up until everything was resolved, even when the whole sale process already closed. It was clear it was not her responsibility but she still helped us. She is not only an agent that just wants to close your home, she fights for your rights. Plus, she did amazing staging!! I would recommend her to my friends for sure!” ~ Seller

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