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February 2025

## Select Board discusses Ashland's Nip Problem

BY THERESA KNAPP

At its meeting on Jan. 15, the Ashland Select Board discussed a big little problem in town: nips and the litter they create.

Select Board member Joseph J. Magnani, Jr. put the item on the agenda. "We did have a resident come in and meet with us twice. He was quite concerned about the fact that he patrols, or polices [for litter], Route 135 and he was nice enough to bring in three large trash bags full of nips that he's picked up along the route, along 135."

Magnani said nips are dispersed "all over town" including the Pavilion and KidSpot.

"I'm not trying to take away [liquor stores'] revenue sources in any way, shape or form, that's not it, but at the same token, they're providing the opportunity for these nips to be thrown here, there and everywhere once they leave the store," said Magnani.

"It was a little eye-opening when that gentleman came in with the number of nips that he's collected," said Select Board member Claudia Bennett. "Is it kids getting their

### Bans on Nips

"Nips" are miniature liquor bottles that contain 1.7 ounces (50.275 milliliters) of alcohol. The bottles are typically made of plastic and are not recyclable.

#### Towns that have banned nips include:

Chelsea: Was the first municipality to ban nips in 2018

Fairhaven: Effective Jan. 1, 2024

Falmouth: Effective Oct. 1, 2021

Martha's Vineyard: Effective May 1, 2024

Mashpee: Banned sale of nip bottles up to 100 milliliters of alcohol, effective July 1, 2021

Nantucket: Banned single-use petroleum-based plastic products containing alcoholic beverages in less than or equal to 100 mil., effective Jan. 1, 2023

Newton: Banned 1.7-ounce bottles of alcohol as of June 30, 2022

Wareham: Effective May 11, 2022

#### Other towns of note:

Attleboro: Proposed but struck down by City Council

New Bedford: Passed a nips ban but it is currently on hold due to a lawsuit

Plymouth: Ban was overturned at the ballot box

Sandwich: Proposed but failed at Town Meeting

Source: [www.ashlandmass.com](http://www.ashlandmass.com)

hands on nips? Is it someone that just wants to get a little quick drink?"

Select Board member Makeda Keegan called the nips a "menace" and suggested Ashland speak with

other Massachusetts towns that have implemented a ban to see if it made

### NIPS

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## A Life Full of Hockey

BY CHRIS TOPHER TREMBLAY, STAFF SPORTS WRITER

Having a father who was the first goalie for the Ashland High School ice hockey program, Lauren Bosworth was destined to take to the ice and the now senior can not even remember not playing hockey.

"I believe that I skated before I walked," the Clocker defender said. "I loved the atmosphere of hockey; it was like nothing that I had ever encountered. You enter the locker room and everyone in there is your family."

Bosworth began her career as a forward and was the team's goal scorer, but her Lady Flames Coach moved her off the front line and back to the blue line and that's where she has played ever since.

"If that's what the Coach wanted me to do then that's what I was going to do. I found that it was an easy switch and I loved playing defense; it gave me an entirely new perspective on the game," she said. "Everyone loves scoring but making assists

### HOCKEY

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# Select Board reflects on ZBA public hearing for affordable housing at 10-60 Main Street

BY THERESA KNAPP

At their meeting on Jan. 15, the Ashland Select Board discussed the recent Zoning Board of Appeals public hearing related to “The Sanctuary at Ashland Mills,” a five-story, 250-unit affordable housing project proposed for 10-160 Main Street.

John F. Trefethen, Chair of the ZBA, attended the Select Board meeting and explained the “multi-month process.”

“We’ve got a process set up, we’re doing one area of expertise at a time, traffic will be at our next meeting the second week of February. After that, we have Water & Sewer at some point, we have our civil engineer peer review coming up. There may be conversation issues and what the developer is requesting waivers of. So, we’re at the beginning of

what will be a multi-month process at the least.”

Select Board member Claudia Bennett expressed concerns about the traffic impact on the site, at the nearby intersection, and also on Pleasant Street. She asked if there is anything the town can do to mitigate the impact.

Trefethen could not speak specifically about this project but did say, in general, “Ultimately, the ZBA can make a decision – we can deny the project outright legally, whether that would be upheld or not is a totally different issue on appeal. We can allow the project but place conditions on the project. So, there are things that can be done within our somewhat limited powers on this.”

He added, “One thing we’ve always been told by Counsel is...

that the agency that oversees this, the housing agency, is designed to encourage the building of housing in Massachusetts and that’s what they’re in line to do so that, when they’re considering an appeal, if there’s an appeal say by a developer, or even if there’s an appeal by the town, their mindset is to support housing.”

Select Board Chair Yolanda Greaves responded, “Understood.”

Trefethen encouraged residents with questions and comments about the project at 10-60 Main Street, to send them to Town Planner Peter Matchak at [pmatcak@ashlandmass.com](mailto:pmatcak@ashlandmass.com).

Documents related to the project, including traffic studies, can be found at <https://www.ashlandmass.com/1166/The-Sanctuary-at-Ashland-Mills---10-60-M>.

## NIPS

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a difference and, if the ban was challenged, why.

Places that have passed a nip ban include Chelsea, Fairhaven, Falmouth, Martha’s Vineyard, Mashpee, Nantucket, Newton, and Wareham.

Select Board Chair Yolanda Greaves said Ashland has been dealing with this issue since she joined the board in 2012.

“From a perspective of our businesses, I wouldn’t want to

take their business away if it’s not going to make a change,” said Greaves. “It’s a very teeny percentage of people who have done this that, I’m not saying we shouldn’t try, but I would look to have more data and information to move forward with anything.”

Board members agreed to speak with liquor stores in town to get their opinion, ask other towns in the region how they handle the nip issue, and bring this topic up again at a future board meeting. Board members also agreed that the town’s overall litter problem should be addressed.

## History of the nip bottle

Most people are familiar with the nip bottles in the USA. They are miniature bottles of an alcoholic beverage or whiskey, and their contents usually comprise about 50ml. In Scotland and the USA’s northeastern parts, these miniature bottles are often referred to as nips or shooters. Nips originated as tasters during the 1800s; the slang or the term nip originated from the Low German term nipperkin (Taylor, 2019). This term was not as common then as it is today; it was probably used until 1776, when it began spreading to other parts of the globe. Nip became popular during the 1960s and 1970s. The hotel minibar and an increasing number of commercial flights commercialized the nip bottle... Today, nip bottles are more common in airplane flights as they are easily portable and contain only about 50ml of liquor.

Source: [www.nipthenips.com](http://www.nipthenips.com)

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# New Businesses in Town

Welcome New Businesses

## Bennett Assessment and Behavior Center for Children, LLC

Bennett Assessment and Behavior Center for Children, LLC (BABCC) is a unique center that provides high quality, comprehensive assessment and empirically supported treatment services to children ages 1-15. Owner, Jillian Bennett moved her business from Natick to Ashland and opened at the start of the new year. Jillian

is a clinical psychologist who specializes in neuropsychological evaluations for children, ages 2-15. She conducts evaluations for autism, ADHD, learning disabilities, anxiety, OCD, depression, & other social-emotional and/or behavioral challenges. She has a team that includes a clinical psychologist who does CBT therapy with kids & a behavior analyst who does ACT or behavior therapy with kids.

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25 West Union Street, Suite 204  
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781-591-7475

## Ashland Family Eye Care

Although Ashland Family Eye Care is not new to Ashland, their new location is and is worth shouting out! Dr. Lauren Lapaglia recently moved her practice from West Union Street to 300 Eliot Street. The new space allows for her to expand her successful business and provides excellent opti-

cal care! Ashland Family Eye care provides comprehensive eye care to anyone beginning at age 4.

### Services include:

- Pediatric Eye Care: Exams to monitor eye health and functional vision so every child can see and perform at his/her best.
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**HOCKEY**

*continued from page 1*

and helping to set up goals is just as rewarding. I found that getting back to play D was something that fit me well and I loved blocking shots and helping the goalie out.”

Before she knew it she was entering Ashland High School and knew that in a few short months hockey season would be getting underway and she was, of course, going to tryout for the team. Although nervous she was ready to show case her skills for the Clocker’s Coaching Staff.

“Being a co-op team (made up of schools from Medway, Holliston, Blackston valley, Keefe Tech and Ashland) I had never played with any of these girls before, but I wanted to go out there and play my best proving that I belonged,” Bosworth said. “Making the varsity was amazing and I am thankful for Coach Karl (Infanger) for giving me that experience as a freshman. It was a surreal experience and I have grown as a player while learning more about the game. I am always looking to keep improving.”

First-year Ashland Coach Lynn Pecci, a hockey player herself on the high school and college level (URI), considers Bosworth one of those players that only comes around once in a great while.

“Lauren is the epitome of a leader and I will be looking for her to continue sparking this team,” said the Coach. “She has a way of getting fired up and then getting the whole team going. We truly appreciate her as a player and person.”

Growing up Bosworth played on the boys team until she was around eight or nine years old before she moved over to the Lady Flames, a club team out of Marlboro. She has played for the Flames over the last nine-year years and during that time her ultimate goal was to be the first girl to play for the Boston Bruins. Eventually she realized that she would have to set her goals a little lower.

“Since I wasn’t going to be able to play for the Bruins, I realized that college was the next best thing and have since committed to play hockey for Salem University,” Bosworth said. “I had been working hard and participated in a clinic that show-

cased your talents to a bunch of college coaches. Following the clinic, I started having conversations with the Salem Coach.”

Although Bosworth had been conversing with other college coaches, she eventually found that the atmosphere at Salem University was for her.

“Salem was what I was looking for in a school,” she said. “It was the right fit, academically as well as athletically.”

Coming into this, her final season with the Ashland hockey team, Bosworth has been named



one of three captains and she is looking to give back to the team what was given to her as a player over the past three years.

“So many of my captains took me under their wing and now it’s my turn to return the favor and that’s what I plan on doing,” she said. “I love being a leader and want the younger girls to trust me to help them get better.”

While the team has struggled with the State Tournament

over the past few years, Bosworth would like to turn things around this winter. Since lacing up the skates as a freshman for the hockey team Bosworth and her teammates have been to three Division 2 State Tournaments, but unfortunately they have been eliminated in the first round of each year.

“As a senior I want to go out and play the best hockey that I can while having fun with my teammates,” the senior said. “The team is looking good and

continuing to improve. We have a lot of talented young girls who are consistently working hard to make this team better.”

Bosworth would love to have the younger girls help guide this

team deep into the Division 2 Tournament this winter, but if it doesn’t happen she is sure that sooner than later, after she has departed, they will.

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# Open Space, Recreation Survey

Open Space and Recreation Plan (OSRP) is updated every 7 years to ensure the plan is up to date and still prioritizes the wants and needs of the residents and town staff of Ashland.

**The OSRP is important to everyone in town because:**

1. A state-approved OSRP is required to qualify for state funding and grant eligibility to acquire and protect open space and create recreation resources.
2. The OSRP will help promote equity among neighborhoods, especially Environmental Justice neighborhoods where there is less open space and fewer recreational facilities.
3. The OSRP will also set priorities for government

officials to follow and incorporate as they engage in planning and make land use decisions.

This short questionnaire expands upon the previous survey put out from the Open Space and Recreation Committees' survey. Whether you took the previous survey or this is your first time seeing anything about the Open Space and Recreation Plan, we ask you take a couple of minutes to fill out the questionnaire.

Please use the QR code or use this link to access the survey: <https://forms.gle/oA97KhUTL-8gWZVum7>

Complete la encuesta usando este enlace <https://forms.gle/f5nWnWx-bVhtZwbyEA>

Responda à pesquisa usando este link

<https://forms.gle/z6lqv-3jvMyZ1pjaQA>

Пройдите опрос, используя эту ссылку

<https://forms.gle/Z14t2TjAMqLA9hSi6>



# Hazard Mitigation Plan

The Town of Ashland and the MetroWest region experience natural hazard impacts including flooding and increasingly frequent and severe storms. To prepare for these hazards, the town was awarded funding from the Federal Emergency Management Agency (FEMA) to update Ashland's 2017 Hazard Mitigation Plan (HMP). Currently Ashland is working with the Metropolitan Area Planning Council (MAPC) to update the community's HMP.

A Hazard Mitigation Plan is a community planning tool which identifies local hazards and liabilities from natural disasters, climate change, and other risk factors. Work includes a review of the following:

- Areas prone to flooding and wildfire
- Review of water structures such as dams and culverts

- Access to emergency shelter and health care facilities, cooling areas during heat waves, and more.

The intent of the plan is to identify key risk factors, and identify ways to mitigate or remove the risk in both the short-term and long-term. By completing this project, the Town will be eligible to apply for federal FEMA grants to support the implementation of hazard mitigation projects. As part of this plan, community members' input is greatly needed. On February 5th MAPC will be presenting the findings and new plan recommendations to the Ashland Select Board at their monthly meeting beginning at 7pm. Members of the public are encouraged to attend this meeting and provide feedback.

# Onslaught- The Wessagusset Incident presented by Christopher Daley

This presentation chronicles the arrival of the pilgrims at Plymouth and the beginnings of their colony as well as the little-known arrival of "Weston's Men" a group that began a colony in what is now the town of Weymouth, then known as Wessagusset. The talk will examine the interaction with the natives by the two English groups and

look at the factors that led to the bloodletting of 1623 and then a blow-by-blow description of the attack at Wessagusset, followed by a discussion on the far-reaching after effects. The Ashland Historical Society welcomes you to this free event at the Historical Society (2 Myrtle Street, Ashland) on February 16, 2025 at 2PM.

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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 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

## Business spotlight

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).

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# Key decisions for retired couples



Mark Freeman, CEPA

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Once you and your spouse retire, you'll have some decisions to make — decisions that could affect your quality of life in your retirement years. What are these choices?

Here a few of the most important ones:

• **How much should you withdraw from your retirement accounts?** By the time you retire, you may have contributed for

decades to an IRA and a 401(k) or similar employer-sponsored retirement plan. But once you retire, you'll probably need to draw on these accounts to help pay your living expenses. Consequently, both of you will need to be sure that you don't withdraw so much each year that you risk running out of money later in your retirement. One common guideline is to aim for an annual withdrawal rate of 4%, but everyone's situation is different based on age, pre-retirement income, lifestyle, health, travel plans and other factors. (Once you turn 73, or 75 if you were born in 1960 or later, you will have to take certain amounts, based on your age and account balance, from your traditional IRA and traditional 401(k) each year.)

• **When should you take Social Security?** The answer to this question depends on many factors, such as your age and other sources of income. You can take Social Security as early as age 62,

but your monthly payments will typically be bigger if you wait until your full retirement age, which will be age 67 if you were born in 1960 or later. And if you can afford to wait even longer, your payments will "max out" when you reach age 70. Your decision on when to take Social Security can affect your spouse — and vice versa. If the lower-earning spouse claims Social Security before their full retirement age — again, age 67 — their own retirement benefit and any potential spousal benefit will be reduced. (Spousal benefits are given to the lower-earning spouse if their full retirement benefit is less than half the other spouse's full retirement benefit.)

• **Should you downsize?** If you live in a big home and your children are grown, you may find it economical to downsize. Of course, this is also an emotional decision, but you may find that you can save money by moving into a smaller home.

• **Where should you live?** Some states are far more expensive to live in than others. You'll want to weigh your decision carefully, considering the cost of housing, food, income and real estate taxes, transportation and health care in whatever state you choose.

• **Have you finished your estate plans?** If not, now is the time. You'll want to work with your legal professional to create whatever documents are needed — a will, living trust, power of attorney — to help ensure your assets go where you want them to go, and that your financial and health care choices will be protected if you become physically or mentally incapacitated.

Of course, many of these same issues will apply if you are single, divorced or widowed. But if you are married, you and your spouse will want to discuss all your choices and then decide which steps to take. Once you've got your plans in place, you may

well find that you can fully enjoy your retirement years.

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

Mark Freeman, CEPA  
Edward Jones Financial Advisor  
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Hopkinton, MA  
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# Strengthening Ashland Through Prevention and Community Support

Through collaborative efforts with the Decisions at Every Turn (DAET) coalition and valuable community input, the Department of Prevention and Human Services continues to cultivate positive community health for Ashland. Over the past year, we have been focused on integrating prevention into our social service programs to respond to the ever changing needs of our town.

Our successful efforts include Mental Health Awareness Month resources and activities, like Art Saves Ashland; Ashland Recognizes International Overdose Awareness Day; The Anxious Generation Parent & Caregiver Book Read and Discussion in collaboration with Riverside Community Care, Ashland Police Department and the Ashland Library; the Family Book Read & Yoga with Ava Dussault; and the annual Thanksgiving Meal and Holiday Programs.

Looking toward the future, we are excited to announce that the Town of Ashland has been awarded the SAMHSA STOP Act grant. This grant will help



pre-vent

Services Community Survey to help us better understand the needs of our community and what is most important to Ashland residents.

Additionally, DAET offers a monthly e-newsletter packed with resources, programs, and events to help support youth health. It's a great way to stay connected, highlight the importance of prevention in our community, and be involved in upcoming events. Let's work together to keep Ashland safe and healthy!

Community Survey: <https://www.surveymonkey.com/r/MDSJSSS>

DAET newsletter: <https://ashlanddecisions.org/get-involved/>

and reduce alcohol use among youth and young adults in our community. As part of this 4-year Strategic Plan, DAET will prioritize Diversity, Equity, and Inclusion efforts and create and implement impactful community-wide campaigns and prevention initiatives. By collaborating with parents, caregivers, and community members, we aim to create effective solutions for the well-being of Ashland residents.

We invite you to share your thoughts through the Department of Prevention and Human



If you would like to learn more about DAET and the Department of Prevention and Human Services, please visit our websites below:

DAET: <https://ashlanddecisions.org/>

Department of Prevention and Human Services: <https://www.ashlandmass.com/229/Department-of-Prevention-Human-Services>



Looking to advertise your business?  
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[sue@sodellconsult.com](mailto:sue@sodellconsult.com)

## Foreign Policy Discussion Group

The Ashland Public Library is once again offering the Great Decisions Discussion Group. This Discussion Group is open to people of all ages and will meet the third Thursday of every month beginning Thursday March 21, 2024. The meetings will be held on the third Thursday of every month March through October at 6:30-7:45 in the small meeting room at the Library.

Great Decisions is the longest-running and largest grassroots world affairs educational program of its kind and is sponsored by The Foreign Policy Association.

The Foreign Policy Association is a non-profit organization dedicated to inspiring Americans to learn more about the world. Its mission is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. The Great Decision program is sponsored by various organizations in towns and cities

across the country, is often offered as a high school or collegelevel course, or as part of a life-long learning series, or. Each year The Foreign Policy Association selects critical topics related to major issues in the areas of US Foreign policy and international affairs. They publish the Great Decisions briefing book with chapters on the selected topics written by diplomats, policy experts, academics, and foreign-service professionals who are experts in their field. These articles provide background information, current data, and policy opinions and serve as the focus for each Great Decisions group meeting.

The format for the discussion group meeting is much like that of a book club where everyone reads the article in the Great Decisions briefing book in advance, comes together to watch a video, and then one member of the group volunteers to facilitate the discussion. The topics for 2025 are: March 20th American

Foreign Policy at a Crossroads; April 17th U.S. Changing Leadership of the World Economy; May 15th U.S. China Relations; June 12th India: Between the West, and the Global South; July 17th International Cooperation on Climate Change; August 21st The Future of NATO and European Security; September 19th AI and American National Security; October 16th American Foreign Policy in the Middle East: Taking Stock and Looking Ahead.

Please join the Great Decisions discussion group if you want to share your thoughts, to expand your knowledge about global affairs, or you simply want to read and discuss topics of substance with other adults.

Watch the Ashland Public Library website for information about how to register for this discussion series. If you have any questions, please contact

Gretchen Bravacos at [gbravacos@gmail.com](mailto:gbravacos@gmail.com).

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# A Message from the Ashland Health Department

## The Importance of Dental Health

The health of your teeth and gums is connected to your overall health. The condition of your teeth and gums can impact your general health and contribute to the development of some illnesses.

Daily brushing and flossing help to keep our teeth and gums healthy, and reduce the likelihood that infection or inflammation will develop. Gum disease, in particular, can contribute to a variety of health concerns.

Your oral health might play a role in illnesses such as:

- Endocarditis. This is an infection of the inner lining of the heart chambers or valves, called endocardium. It most often happens when germs from another part of the body, such as the mouth, spread through the blood and attach to certain areas in the heart. Endocarditis is a rare but serious illness.

- Cardiovascular disease. Some studies suggest that heart disease, arterial disease and stroke may be linked to the inflammation and infections that oral germs can cause.

- Pregnancy and birth complications. Gum disease called periodontitis has been linked to premature birth and low birth weight.

- Pneumonia. Certain germs in the mouth can enter the lungs. This may increase the risk of pneumonia and other respiratory diseases.

Some chronic illnesses can increase the risk of developing oral health problems. People with these chronic illnesses need to be extra-vigilant about maintaining good habits.

- Diabetes. Diabetes makes the body less able to fight infection and can increase the risk of gum disease. Gum disease seems to occur more

frequently and be more serious in people who have diabetes. Research also shows that people who have gum disease have a harder time managing their blood sugar levels. Regular dental care can improve diabetes control.

- HIV/AIDS. Oral problems, such as painful mouth sores called mucosal lesions, are common in people who have HIV/AIDS.

- Cancer. A number of cancers have been linked to gum disease. These include cancers of the mouth, gastrointestinal tract, lung, breast, prostate gland and uterus.

- Alzheimer's disease. As Alzheimer's disease gets worse, oral health also tends to get worse.

Other conditions that might be linked to oral health include eating disorders, rheumatoid

arthritis and an immune system condition that causes dry mouth called Sjogren's syndrome.

Make sure that your dentist knows about any medication you take regularly, as some have side effects like dry mouth, which increase the risk of dental problems.

### Daily Care

In order to protect your oral health, daily care should include brushing your teeth twice daily with a soft bristle brush. Hold your brush at a 45-degree angle along the line of the gums.

Many people hold the toothbrush flat against their teeth. This technique doesn't allow the bristles to access the crevices which can contain plaque bacteria and food debris. By angling the brush at 45 degrees, the bristles reach under the gum line and disrupt plaque bacteria, food debris, and sugar residue.

Use a small circular massaging motion when you brush. There is no need to scrub or apply lots of pressure to the gum

line; gently massaging the gums is enough to disrupt the plaque. Use a small circular motion as you move around the mouth, ensuring you cover every surface of the tooth.

Replace the toothbrush every 3-4 months for best performance. Use floss to clean between teeth.

See a dentist at least once a year for evaluation and cleaning. If you have gum disease, you may be referred to a periodontist.

To help prevent oral health issues, some actions you can take include the following:

- Don't smoke, vape, or use chewing tobacco
- Avoid sticky, sugary foods
- See your dentist right away if pain or sensitivity develop



Your Money, Your Independence

# Marriage & Finances: What's Love Got To Do With It?



Glenn Brown, CFP

Valentine's Day is a time to celebrate love, but also an opportunity to reflect on how love influences every part of your relationship—even finances.

Financial planning for married couples is not just about managing money; it's about working together toward shared goals with trust, understanding, and united purpose.

Yet, it's surprising the rising number of married couples entering financial planning engagements with separate finances and desire to keep it that way. Blame pre-existing debt (i.e. student loans), divorce rates and desired autonomy to continue not having to answer for personal spending habits.

By combining finances and collaborating on financial goals, couples can set themselves up for long-term wealth. Here's how to work together as one effectively.

## 1. Financial Values and Habits

Before combining finances, it's essential to understand each other's financial habits, values, and experiences. Are you a spender or a saver? Do you prioritize security or investment?

Sharing how you were raised to think about money, past financial experiences, and your attitudes toward spending and investing can avoid future misunderstandings.

## 2. Combining Finances

Couples must decide whether to share everything, keep things separate, or take a hybrid approach. While some CFPs say there is no right answer, I don't encounter \$5M+ married households where finances are separate. Sure, a small discretionary account may exist, but so does transparency of it and across the household.

When couples feel they're underachieving, I'll see evidence of divided assets, funky income-based ratios to cover expenses and opportunities missed due to each spouse having several unknowns of the other. In summary, a lack of trust prohibits taking calculated risks to generate wealth.

The way you manage assets, liabilities and spending should reflect values and shared vision of where your household is in 3, 5 and 10+ year increments.

- If one enters marriage with 6-figure student loan debt, you both work to pay it down.
- If one comes from family money, accept offers of assistance that align with your household's vision.
- If one makes more than the other, spending and payments are balanced.
- If making a large purchase requiring a loan and/or investments, details are discussed and are to fit into the household's vision.

## 3. Setting Shared Financial Goals

Once finances are combined, it's time to set shared financial goals. These range from short-term goals (saving for a vacation or building an emergency fund) to long-term goals (buying a house or saving for retirement). Start by discussing your personal aspirations and then find ways to align them into a unified plan. Prioritize these goals based on timelines and importance and be prepared to compromise.

It's essential both partners feel involved and heard when setting goals. This shared vision will make the process of working together more fulfilling and successful.

## 4. Budget & Prioritize Spending Together

A budget helps couples allocate income, control spending, and save for shared goals. Start by listing all monthly expenses, debt repayments and automatic savings (i.e. 401k). Separately list one-time expenses expected in coming 1-3 years, such as home improvements, travel, auto, etc.

If cash flow is positive, then monitor your budget and adjust as necessary. For some it's monthly, others it's revisited when expected results don't occur.

## 5. Transparency and Communication

Just as love requires ongoing communication and transparency, so does financial planning. Working together as a team with check-ins and honest conversations ensures you stay on track,

discuss progress toward your goals, and adjust when necessary.

Make sure to celebrate milestones together. Besides keeping each other motivated, it recognizes your power of working together and strengthens your emotional bond.

So, "What's love got to do with it?"—the answer is simple: everything.

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](http://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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# The b.LUXE *beauty beat*

## Curls Just Wanna Have Fun!

By GINA WOELFEL

### The b.LUXE Curly Cut

At b.LUXE, we're all about celebrating texture, and our curly hair specialists love working with every curl, wave, and coil to bring out their unique style. Our professionals focus on unlocking your curl's full potential with a new level of curl confidence you didn't know was possible! With extensive training, a passion for precision, and a deep understanding of curly hair, our specialists consult with you to craft a look that's uniquely your own. Their expert cuts, tailored treatments, and creative styling tips help you achieve a look you love.

### The Specialists:

Meet Sandra Wilkey, Emily Mateo, and Donna Guadagno, the b.LUXE Curly Haired Specialists who are revolutionizing curly hair styling in Boston's Metrowest. With their extensive training and passion for natural textures, they offer innovative styling techniques that celebrate curly hair's individuality.

They also offer essential education on maintaining curls at home, product recommendations, tips for heat-free styling, and deep conditioning treatments. By helping clients understand their unique curl patterns and teaching them the proper way to care for them, they can achieve beautiful, healthy hair and wave goodbye to "bad hair days" faster than you can say, "Not today, frizz!"

### What's a "Curly Cut"?

A "curly cut" is a specialized haircut tailored to enhance curly hair's natural pattern and texture.

This technique involves cutting the hair while it is dry, allowing the stylist to see how each curl behaves. Clients are encouraged to arrive with clean, dry hair styled in their usual way. The stylist sculpts the hair during the appointment, cutting each curl individually. This method maximizes definition and reduces frizz by considering the unique characteristics of the client's curl type and density.

### Understanding Your Curls, Coils & Waves

Did you know that the shape of your hair follicle where your hair grows determines the shape of your curls? Hair follicles that are flatter or more oval-shaped produce curlier hair, while rounder follicles produce straighter hair. The shape of your curls determines your curl pattern. Many individuals have multiple curl types on their heads, with different curl patterns in various sections of their hair. This phenomenon is known as "multi-textured hair." Hair width can be coarse, medium, or fine. Curly hair is generally more porous and fragile than straight, thus making it more susceptible to humidity.

Every curl is unique with a full spectrum of textures:

- **Wavy:** Loose, beachy waves that need lightweight products for definition and hold.
- **Curly:** Spirals and ringlets that benefit from moisture and frizz control.
- **Coily:** Tight, densely packed curls that thrive with deep hydration and gentle handling.

SCAN FOR MORE DETAILS



BEAUTY IS OUR BUSINESS...

To effectively manage your curly hair, it's essential to identify your curl patterns and follow your curly hair specialist's product and styling recommendations.

### Key Features of The b.LUXE Curly Cut:

- **Dry Cutting:** The stylist cuts the hair dry to observe how the curls naturally fall and shape the cut accordingly.
- **Curly-by-Curl Sculpting:** Each curl is carefully cut to enhance its natural shape and definition.
- **Focus on Shape and Volume:** The goal is to create a balanced cut that, de-bulks, adds volume and movement while maintaining curl definition.
- **Reduced Frizz Potential:** Working with the natural curl pattern helps define and separate the natural curls, allowing each curl to "stack" on top of one another. This minimizes the exposed hair cuticle surface that contributes to frizz while also removing split ends, which can exacerbate frizziness. A good curly cut helps the curls naturally hold their shape and reduces flyaways and uneven strands. You can also combat frizz and restore moisture with targeted treatments. At b.LUXE we use premium styling products that deeply nourish curls, lock in hydration, and leave your hair feeling soft, shiny, and manageable. For extreme cases, we also offer "The Saphira De-Frizzing Treatment," which eliminates frizz and smooths dry, brittle hair into soft waves that enhance your natural hair pattern and texture.



ture. This treatment includes a full-sized Prep & Maintain Shampoo and Mineral Mist for you to take home.

- **Styling Education:** At-Home Education: Sandra, Emily, and Donna are more than just hairstylists; they're your curly hair confidantes! During a comprehensive consultation, they will assess your needs, customize your haircut, and provide essential tips for washing, conditioning, and styling your curls. You'll leave the salon looking fabulous and equipped with the knowledge to keep your curls thriving between visits!

### Book Your Curly Cut Today!

Are you ready to fall in love with your curls again? Look no further than the experts at b.LUXE. With their specialized curly hair services, Sandra, Emily, and Donna are here to help you achieve the best curls of your life!

For more information, go to [bluxe.com](http://bluxe.com) or scan the QR code to visit our "Curly Hair" webpage. When booking, be sure to select the "b.LUXE Curly Cut" to experience the difference this cut can make.

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# Marathon Runners

Hello! My name is Bernice Reznick and I am a 68yr old proud mother of 3 and even prouder Grandma of 2 beautiful, energetic boys. I grew up in Northwestern CT, and then lived in Newport RI for 18yrs. I have only been a resident of the beautiful town of Ashland for 5 years but I can truly say I feel as if I have been a part of this community forever. I have been working in the Boston area at Dana Farber Cancer Institute for over 15 years and decided to find a home closer to my job. I could not have made a better choice! Ashland reminds me so much of the small close knit towns I grew up in and still hold many happy memories. Here, I enjoy going to the Farmer's Markets, browsing through the library, taking evening yoga classes there, and finding a peaceful spot at the Ashland State Park to read or just enjoy the nature and the people around me

I have never run a marathon before so this is a challenge for me. But the ability to raise money for a community I have come to call home and to run the greatest marathon in the world is an honor I cannot pass up. I consider myself blessed to have been chosen this year and as I run the streets of Ashland training for the race, I feel even more connected to the community and



the people! I hope to make my family, friends and myself proud while running this amazing race and am so happy to help provide some financial support for all the wonderful things Ashland provides for its citizens in need.

If you are able to donate I would be grateful beyond words! If you are able to come out on Marathon Monday I hope to make you as happy to be a citizen of this wonderful community as I am!

**Sharps Information:**  
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 Street,  
Ashland Community Center,  
162 West Union Street.



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# Senior Community Center Activities for February 2025

**PROGRAMS & ACTIVITIES:**

**Feb 3rd at 12:00**

**NEW!!! Lunch and Learn w/ Rob Boyko, "The Egoscue Method"**

Egoscue is an exercise therapy designed to eliminate chronic pain. Egoscue uses gentle, natural exercises to realign your joints. Reservations for Lunch: Please use the payment box outside the Main Office to reserve your seat. The cost is \$6 per person. Reservation due by JAN. 30th at Noon.

**Starting Feb 4th**

**NEW!!! Free Income Tax Preparation by AARP**

Tuesdays from 9 am-3:30 pm and Fridays from 9 am-1:00 pm

Runs Feb. 4th – Apr. 4th on a first come, first serve basis.

AARP will prepare simple tax returns. (No complex returns that require a schedule E or F and No Rental Properties Depreciation). You must pick up "In Take" paperwork and schedule an appointment in person at the front desk in order to participate.

**Feb 4th at 1:00**

**NEW!!! Learn How to Tell a Story w/ Jane Flynn**

Bring your favorite personal story to tell. Learn techniques on how to tell a captivating story about an episode/moment in your life. Registrations requested. Walk Ins also welcome. Call to reserve your seat at 508-881-0140 x1.

**Feb 5th & 19th 9:00-11:30**

**Veterans Office Hours with Richard Sabounjian**

Appointments recommend. Walk ins welcome. Call 508-429-0629 to schedule.

**Feb 5th at 10:00**

**Computer Class: Creating and Using Word Documents w/ David Sullivan.**

Registrations Requested. Walk Ins also welcome.

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

**Feb 5th & 12th 4:45-5:30**

**Line Dancing w/ Lisa**

Made a resolution to exercise more? Join us for an early evening Line Dancing Class with Lisa. A variety of dance styles are taught to all levels of mobility. \$4 pp donation per class.

**Feb 6th, 13th, 20th, & 27th**

**SHINE In Person Appointment w/ Lenore Tracy**

10:00 – 12:00 - Call to make an appointment 508-881-0140 x1.

**Feb 6th at 10:00**

**Ashland Council on Aging Meeting. Public Invited.**

**Feb 6th at 10:30**

**Downton Abbey Viewing: Season 3, Episode 4**

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

**Feb 6th at 12:00**

Friends of the Council on Aging Meeting Public Invited.

**Feb 6th & 20th at 1:30**

**NEW!!! Mindful Coloring & Coffee**

Enjoy coloring and conversation. Color pencils, markers and coloring pages will be provided. Or feel free to bring your own coloring book and implements. Drop ins welcome.

**Feb 7th 10:00-11:30**

**Legal Phone Consultation with Arthur P. Bergeron**

Call to make an appointment 508-881-0140 x1

**Feb 7th at 10:00**

**Crafting – Scrapbooking (Instructor TBD)**

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

**Feb 10th at 12:00**

**NEW!!! Lunch w/ music by P.E.**

**James & Senator Karen Spilka's**

Listening Hour w/ Momina Haidri, District Liaison for Sen. Spilka.

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

Cost \$6 per person. Reservation due by FEB. 6th at Noon.

**Feb 11th at 11:00**

**NEW!!!! Coffee & Donuts Social at Ashland Commons FREE**

Susan McNulty, Outreach Coordinator & Mary Opanasets, Activities & Volunteer Coordinator, will be hosting a Social at The Ledges.

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

**Feb 11th at 11:00 – 1:00**

**NEW!!!! Popcorn & a Movie, "Thelma" (2024) PG**

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

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

**Feb 12th at 11:00**

**NEW!!! "Heart Health w/ Anne Fitzgerald, RN.**

Tips to improve your heart health. Call to reserve your seat at 508-881-0140 x1.

**SENIOR CENTER**  
*continued on page 13*

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**SENIOR CENTER**

*continued from page 12*

**Feb 13th at 5:00 – 7:00**

**Valentine's Day Dinner & Music by the Mike & Beth Show**

Chicken Parmesan Dinner. Cost per person \$15. Space is limited.

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

Reservation due by FEB. 6th at Noon

**Feb 14th at 10:00**

**Pins & Needles Sewing Class w/ Tobi – Create a Valentine's Day Cloth Envelope and Pendant.**

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

**Feb 17th**

CLOSED FOR PRESIDENTS'S DAY

**Feb 19th at 10:00**

Town Manager's Coffee Hour. All are welcome!

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

**Feb 19th at 12:00**

**Lunch.** Please use the payment box outside the Main Office to reserve your seat. Cost \$6 per person. Reservation due by FEB. 13th at Noon.

**Feb 20th 1:00-2:30**

**Cooking Class with Chef Lee – Pork & Scallion Pancakes**

Class \$5 pp. Call to reserve your seat at 508-881-0140 x1

**Feb 21st at 10:00**

**Crafting w/ Elissa – Wire Animal/ Flower Bookmarks**

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

**Feb 24th at 10:30**

**FREE Hearing Aid Cleaning w/ Hopkinton Audiology**

Hopkinton Audio will clean your hearing aids for free.

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

**Feb 24th 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 \$6 per person. Reservation due by FEB. 20TH at Noon.

**Feb 25th at 11:30**

**NEW!!! "A Most Unlikely President – Barack Obama" w/ Rick Tulipano**

A scant half-century after American schools were desegregated, a bi-racial man became president of the United States. This talk will follow the meteoric career of Barack Obama, and the numerous challenges that he dealt with as leader of the free world. Call to reserve your seat at 508-881-0140 x 1.

**Feb 26th at 9:00**

**NEW!!! Dull Men's Club's Announcement**

If you're a bored guy. If you are not doing anything special on Wednesday

Mornings. If you enjoy stimulating conversation either as a talker or a listener or both. Come enjoy a cup of coffee and a donut and good camaraderie. Call to reserve your seat at 508-881-0140 x 1.

**Feb 27th at 10:00**

**Clocktown Memory Cafe**

Clocktown Cafe provides a welcoming place for individuals with Alzheimer's disease, dementia or a cognitive impairment accompanied by the caregiver. Light refreshments will be served. Please RSVP to Susan McNulty smcnulty@ashland-mass.com or 508-532-7945.

**Feb 28th at 10:00**

**Pins & Needles Sewing Class w/ Tobi – Sew a Quilt Square**

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

**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 now \$6 unless otherwise noted.

**Bingo** – First and Third Tuesdays of the month at 1 pm w/ Micki

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

**Blood Pressure Check FREE!!!** – Wednesdays at 10:30 am

**Canasta** – FREE!!! Wednesdays at 12:30 pm NEW TIME

**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!!!** – Third & Last Friday of the Month at 10 am

**Cribbage** – FREE!!! Thursdays at 12:30 pm

**DROP IN Knitting Group** – FREE!!! Second and Fourth Tuesday of the Month at 11 am

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

# DPW Prepares for Winter Challenges in Ashland

As winter approaches, the Department of Public Works (DPW) in Ashland is already in full snow and ice mode, gearing up for the season ahead. For an effective snow program and to support DPW in providing top-notch service, here are some important tips for our community:

Ensure any obstructions in public spaces are moved into your yard, such as basketball hoops or planters. Please avoid leaving them on or along the road or sidewalk, as they could be damaged and pose a risk to the town's equipment.

Boost visibility for plow operators by placing reflective markers at the bottom of your driveway and where the sidewalk intersects.

Take charge of a fire hydrant near your home—clear it of snow to guarantee quick access in case of an emergency.

Remember, overnight parking is not allowed in Ashland during the winter. DPW may conduct salt or modified plow operations to keep our roads safe, so it's crucial not to block or obstruct roadways.

DPW's main goal is ensuring safe roadways. All road users should adjust their speed based on driving conditions.

For any inquiries about DPW's winter operations, don't hesitate to reach out at dpw@ashland-mass.com or call (508) 881-0120. Residents can find more information on the DPW webpage of the town's site or at the following link: <https://www.ashlandmass.com/639/Snow-and-Ice>. Let's work together to stay safe and prepared for winter weather in Ashland!

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# February 2025 at the Ashland Library

The Library will be closed on Monday, February 17th for Presidents' Day.

## Adult:

### Visit our Website Calendar for Additional Info & Registration links:

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

### Virtual - Author Eliot Stein Discusses "Custodians of Wonder"

Monday, February 3 @ 7pm  
We love the concept of Eliot Stein's most recent book, *Custodians of Wonder: Ancient Customs, Profound Traditions, and the Last People Keeping Them Alive* - a vivid look at 10 astonishing people who are maintaining some of the world's oldest and rarest cultural traditions! We hope you can join us for what will be a fascinating conversation.

### Virtual - Front Street Readers Book Club

Tuesday, February 4 @ 7pm  
Read "Akin" by Emma Donoghue

### Virtual - Langston Hughes and the Harlem Renaissance with Bill Thierfelder

Tuesday, February 4 @ 7pm  
Explore the contributions of Langston Hughes, one of the most visible writers of the Harlem Renaissance. Hughes' work ranged from novels to plays. He also wrote short stories, children's books, translations, and anthologies as well. However, his most widely appreciated pieces were his poems.

### Virtual - Author Helena Echlin

Tuesday, February 4 @ 7pm  
Author Helena Echlin will discuss her new thriller, *Clever Little Thing*, in conversation with author Tracy Sierra.

### In Person - Mah Jongg

Wednesday, February 5 @ 6:00—7:30pm

Whether you have a rudimentary knowledge of Mah Jongg or have been playing for years, we would love to have you join us for an evening of strategy, luck and fun. This is an opportunity for the novice to hone their skills and experienced players to share their knowledge.

### Virtual - Environmental Book Club

Wednesday, February 5 @ 6:30pm

Read "Soil: The Story of a Black Mother's Garden" by Camille T. Dungy

### Virtual - Bestselling Author Charles B. Fancher

Wednesday, February 5 @ 7pm

Author Charles B. Fancher will discuss his new historical novel, "Red Clay", in conversation with Pulitzer Prize-winning syndicated columnist, author and professor Cynthia Tucker

### HYBRID - Romance Book Club

Thursday, February 6 @ 6:30pm

Read a Steampunk Romance by a Debut Author

### Virtual - Bestselling Author Robert Dugoni

Thursday, February 6 @ 7pm  
Bestselling author Robert Dugoni, along with co-authors Jeff Langholz and Chris Crabtree, will discuss their new World War II novel, "Hold Strong".

### Virtual - Declutter series with

#### Jamie Novak: 10 Things a Professional Organizer Would Toss

Thursday, February 6 @ 7pm  
Log on for this month's declutter club zoom when decluttering humorist Jamie Novak shares a quick list of the ten things she would toss. Plus, the one thing she would NEVER toss. Then join the live guided tidy-up for a quick jumpstart!

### Virtual - Bestselling Author Carter Wilson

Friday, February 7 @ 7pm  
Bestselling author Carter Wilson will discuss his new thriller, "Tell Me What You Did", in conversation with bestselling author Wendy Walker.

### Virtual - African Art Series: Masquerade

Sunday, February 9 @ 2:30pm  
A multi-media artform including a 'head' or mask, of many possible materials and a body costume presented in the context of movement and sound--not just that mask on the wall!

### In Person - Card Making with Jan Poppendieck

Monday, February 10 @ 6:30pm

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

### Virtual - Gal/Pal/Valentine's Day (and more!) Book Recs with Lorelei of Lorelei's Lit Lair

Monday, February 10 @ 7pm  
We just love our talks with Lorelei! This time, she will be giving

us book recs for this special holiday - not only for couples, but pals and gals. So, if you love a good romantic story, one that has a good group of friends, and/or a tight knit circle of women, this program is for you! And, if your pile isn't already groaning, it will be! Grab a hot chocolate and join us.

### Virtual - Bestselling Author Heather Fawcett

Monday, February 10 @ 7pm  
Bestselling author Heather Fawcett will discuss her new fantasy novel, "Emily Wilde's Compendium of Lost Tales".

### Virtual - Literary Café: Romance Writers Talk Happily Ever After

Monday, February 10 @ 7pm  
For this first Literary Café of 2025, we'll feature three romance authors—Kate Cochrane, Thien-Kim Lam,, and Nikki Payne—to discuss writing happily ever afters (HEAs) that pull readers in, creating love stories that sizzle, and subverting old ideas about what a romance novel is and can be.

### Virtual - Historical Fiction Book Recs with Bestselling Author, Jane Healey

Tuesday, February 11 @ 6:30pm

Love Historical Fiction but not sure what to read next? Join bestselling author, Jane Healey (and Ashland fave!), monthly for 30 minutes of pure book recommendations - the best of historical fiction out there! We're sure you'll find something to like from Jane's many enthusiastic reviews.

### Virtual - Thriller/Horror Book Recs with Bookstagrammer @ redreadreviews

Tuesday, February 11 @ 7:30pm

Not sure what to read next? Join Jody Blanchette (aka @redreadreviews), monthly, for 30 minutes of pure book recommendations - the best of horror and thrillers out there! We're sure you'll find something to like from Jody's many enthusiastic reviews.

### In Person - Make Your Own Dark Chocolate Dip with Heidi McIndoo

Wednesday, February 12 @ 6:30pm

Just in time for the big day, come join us as we whip up a creamy, tasty, healthy chocolate dip perfect to enjoy with your favorite val/gal/palentine or you can keep it all for yourself.

### Virtual - Bestselling Author Steve Berry

Wednesday, February 12 @ 7pm

Bestselling author Steve Berry will discuss his new thriller, "The Medici Return: A Cotton Malone Novel", in conversation with his wife Emily Berry, an accomplished publisher.

### In Person - Women's Wisdom Circle: Women and Anger

Thursday, February 13 @ 6:30pm

For this session we will be discussing Women and Anger - specifically how anger is expressed and what feels healthy. We hope you can join us for this important topic!

### Virtual - Acadia: The History and Beauty of New England's National Park

Thursday, February 13 @ 7pm

Take a journey to Acadia, the easternmost National Park in the US. Ranging from the shores of the Atlantic to inland forests and lakes and culminating in the highest elevation on the eastern seaboard, Acadia offers an incredible variety of topography in a compact area.

### Virtual - Bestselling Author Christopher Farnsworth

Thursday, February 13 @ 7pm

Bestselling author Christopher Farnsworth will discuss his new thriller, "Robert B. Parker's Buried Secrets: A Jesse Stone Novel".

### In Person - Mystery Book Club

Friday, February 14 @ 12pm

Read "Chocolate Chip Cookie Murders" by Joanne Fluke

### Virtual - Friday Night Film Discussion

Friday, February 14 @ 7pm  
Watch Perfect Days (Japanese, Kanopy)

### In Person - Cook Book Club

Tuesday, February 18 @ 5pm

Cook From "Praisesong for the Kitchen Ghosts : Stories and Recipes from Five Generations of Black Country Cooks" by Crystal Wilkinson

### Virtual - Styling with Vintage and Thrifted Fashion with Ren Antonowicz

Tuesday, February 18 @ 7pm

Join us for this fun styling workshop where we explore ways to treasure hunt for vintage and

secondhand clothing and accessories that speak to you and will inspire a new way of dressing.

### Virtual - Author Christina Clancy

Tuesday, February 18 @ 7pm

Author Christina Clancy will discuss her new novel, "The Snowbirds", in conversation with bestselling author Lynda Cohen Loigman.

### In Person - Bio/Memoir Book Club

Wednesday, February 19 @ 11am

Read "Master Slave Husband Wife" by Ilyon Woo

### Virtual - Adult Book Club

Wednesday, February 19 @ 6:30pm

Read "Doppelganger" by Naomi Klein

### Virtual - Bestselling Authors Joseph Finder & Lisa Gardner

Wednesday, February 19 @ 7pm

Bestselling author Joseph Finder will discuss his new thriller, "The Oligarch's Daughter", in conversation with bestselling author Lisa Gardner

### Virtual - Democracy Talks: A Migrant Family's Search for Home in MA

Wednesday, February 19 @ 7pm

Join WBUR journalist Simón Rios as he shares his journey reporting on the plight of migrants in MA amidst changing shelter policies and shifting political climate.

### Virtual - Irish's Story and the Ingalls Connection with author Cindy Wilson

Thursday, February 20 @ 7pm

This 45-minute talk begins with why I undertook the research, and background on Irish and his family. We'll then focus on overlaps between Irish's story and the Ingalls family, via the contractors on the railroad, shared time at the Silver Lake railroad camp, and similar connections.

### Virtual - Green(er) DeathCare with Patti Muldoon

Thursday, February 20 @ 7pm

Learn about some of the impacts of what the funeral industry calls traditional deathcare and explore choices people can make now to make more environmentally friendly, green(er) choices.



**LIBRARY***continued from page 14***Virtual - Bestselling Author Victoria Christopher Murray**

Friday, February 21 @ 7pm  
Bestselling author Victoria Christopher Murray will discuss her new historical fiction novel, "Harlem Rhapsody".

**In Person - Paint Night with Ashwini Chitnavis**

Monday, February 24 @ 5:30pm

We welcome Ashwini Chitnavis to host this session where you learn to paint on canvas. No art experience necessary, just an open mind and a can-do attitude.

**Virtual - Debut Author Panel with Karissa Chen, Tara Dorabji, Laurie L. Dove, and Jakob Kerr**

Monday, February 24 @ 7pm  
We'll be talking all about getting into publishing, the pitfalls, challenges, and roadblocks as well as the excitement, fulfillment, and reader enthusiasm that makes it all worthwhile. Bring your questions as this will be in a Q&A format.

**Virtual - Author Edward Ashton**

Monday, February 24 @ 7pm  
Author Edward Ashton will discuss his new sci-fi novel, "The Fourth Consort", in conversation with bestselling author David Yoon.

**Virtual - Author Nancy Reddy Discusses "The Good Mother Myth"**

Tuesday, February 25 @ 7pm  
Poet and Essayist, Nancy Reddy, joins us to discuss her book, *The Good Mother Myth: Unlearning Our Bad Ideas About How to Be a Good Mom*, a timely and thought-provoking debunking of the bad ideas that have for too long defined what it means to be a "good" mom. This program is for all of the caregivers who struggle to be the best they can be with societal pressures constantly trying to influence our good instincts.

**Virtual - Masters of Song: Rodgers and Hammerstein Part 2**

Tuesday, February 25 @ 7pm  
We will explore the early career of lyricist Oscar Hammerstein II, his successful collaboration with composer Jerome Kern, (*Showboat*, *All The Things You Are*, *The Song Is You*, etc.), and the successes and struggles of his years prior to teaming up with Richard Rodgers to write *OKLAHOMA!*

**Virtual - Bestselling Author Nancy Johnson**

Tuesday, February 25 @ 7pm  
Bestselling author Nancy Johnson will discuss her new novel, "People of Means", in conversation with author Julie Carrick Dalton.

**Virtual - Bestselling Author Elinor Lipman**

Wednesday, February 26 @ 7pm  
Bestselling author Elinor Lipman will discuss her new romantic comedy, "Every Tom, Dick & Harry".

**Virtual - Author Ben Kane Discusses "Stormcrow: A Gripping and Epic Viking Adventure"**

Thursday, February 27 @ 2pm  
On the east coast of Ireland thirteen-year old Finn finds the sword of a slain Norseman, and with Odin's raven watching, is given the name Stormcrow. When Finn's family is torn apart by a random act of violence, and the sword lost, he embarks on a quest for revenge with his oldest friend, the shaman Vekel..... Doesn't that sound intriguing? We can't wait for this!

**Virtual - Art on Thursday: Rhythm and Hues: The Harlem Renaissance and Its Legacy**

Thursday, February 27 @ 7pm  
This is a great program for celebrating Black History Month! The Harlem Renaissance, a cultural explosion in the 1920s, saw African American artists challenge stereotypes and celebrate their heritage. From the poetic simplicity of Jacob Lawrence to the cosmopolitan portrait photographs of James Van Der Zee, this era produced works that continue to resonate today.

**Virtual - Bestselling Author Mark Greaney**

Thursday, February 27 @ 7pm  
Bestselling author Mark Greaney will discuss his new thriller, "Midnight Black: A Gray Man Novel".

**Virtual - Friday Night Film Discussion**

Friday, February 28 @ pm  
Watch "The King of Masks" (Mandarin, Kanopy)

**Adult Weekly:**

**Knit and Crochet Club**  
Mondays @ 6pm  
Walk-In

**Gentle Yoga**

Tuesdays @ 6pm  
Registration is required

**ESL Conversation Group**

Wednesdays @ 6:30pm  
Walk-In

**Children:****February Vacation:****Fun with Engineering: Balloon-Powered Cars**

\*For kids in grades K-6  
Registration required  
Wednesday, February 19 @ 1pm

Get ready to race into the world of science and fun at our Balloon-Powered Car Workshop! In this hands-on, high-energy event, kids will design and build their very own car that's powered entirely by the force of a balloon. Using simple materials like plastic bottles, straws, and wheels, participants will engineer their cars, then watch them zoom as the air from the balloon propels them forward. Learn about the power of air pressure, friction, and design principles while having a blast racing your creations against friends! This exciting workshop combines creativity, engineering, and physics in a way that's both educational and thrilling.

**Buildwave® | A hands-on building game!**

\*For kids ages 5+  
Registration is required  
Thursday, February 20 @ 10:30am

During the event, participants build with waves of diverse materials like Lego®, Plus-Plus®, and more. Each building wave is enhanced by a dynamic audiovisual experience unlike any other. As participants complete wave after wave of building, they gain creative confidence, enhance teamwork, and experience design fundamentals in a unique and memorable context.

**Blast Off Bonanza: Kids Rocket Launch**

\*For grades K-6  
Registration is required  
Friday, February 21 @ 10:30am

3, 2, 1, blast off! Join us for a special science adventure where we'll be designing and building our own rockets. Then, we'll take our rockets outside to test how high they'll soar when we launch them (weather permitting)! All materials are provided—just bring your thinking caps!

**Special Programs:****Stories, Songs, and Stretches**

\*for ages 4-7  
Thursday, February 6 @ 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, February 7 @ 10:30am  
Friday, February 14 @ 10:30am  
Friday, February 28 @ 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.

**Chinese Storytime**

Tuesday, February 11 @ 6pm  
Bring the whole family to the library for engaging stories, familiar songs, a fun art project and a special scavenger hunt, all in Chinese! Registration is requested and all are welcome.

**Pebble Pals: Make Your Own Pet Rock**

Friday, February 14 @ 3pm  
Who says all pets have to be furry and cuddly? Celebrate Valentine's Day by bringing home your new best rock friend! Bring your new pal to life with paint, googly eyes, and an assortment of accessories. Then, fill out a special adoption certificate for your new rock buddy, and select from a variety of pre-written personality types. All supplies—rocks included—are provided. For kids and teens.

**Anime Club**

Tuesday, February 18 @ 6:30pm

Calling all anime fans! Kids in grades 3 through 6 are invited to join us once monthly for our brand-new Anime Club. Whether you love Pokémon, Yu-Gi-Oh, or anything else in between, this is the club for you! Watch new series, work on crafts, play games, and meet new friends! Registration required.

**Lego Club with Kim the Lego Lady**

\*Grades K-3  
Wednesday, February 19 @ 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.

**Little Crafters**

\*for 0-5 with a caregiver  
Monday, February 24 @ 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!

**La Hora del Cuento**

\*para familias  
Spanish Storytime  
\*for families  
Wednesday, February 26 @ 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.

**Book Clubs!****APL Kids 1&2 Book Club**

Wednesday, February 12 @ 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.

**Graphic Novel Book Club**

Thursday, February 13 @ 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

**LIBRARY***continued on page 16*



**LIBRARY***continued from page 15*

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.

**Kindergarten Book Club**

Tuesday, February 11 @ 4:30pm

Calling all budding bookworms! Join us for the Beginning 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.

**Friday Free Play**

\*For ages 0-5

Friday, February 7 @ 10am

Friday, February 21 @ 10am

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.

**Ashland STEM Club**

Saturday, February 1 @ 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.

**Coding Class for Kids**

Saturday, February 8 @ 1pm

Saturday, February 22 @ 1pm

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 fun taught through an interactive game, your child will master the basics of coding. Whether they're building games or solving puzzles, this class promises excitement and discovery at every turn.

Space is limited and registration is required.

**Little Picassos Club**

\*Grades 2-5

Tuesday, February 4 @ 4:30pm

Tuesday, February 25 @ 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 creativity show! Registration required.

**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-11am

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, February 1 @ 10:30am

Saturday, February 8 @ 10:30am

Saturday, February 15 @ 10:30am

Saturday, February 22 @ 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:****Teen Makers Club**

Thursday, February 13 @ 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!

**Galentines Day**

\*For Teens

Saturday, February 15 @ 12:30—2:00 PM

It's that time of year again—TIME TO TREAT YOURSELF! Come be pampered and make crafts at the teen room's Galentines Day celebration on Saturday, February 15th from 12:30 PM to 2:00PM. Get your nails painted, then make some sugar scrub to treat your hands to in the future. Have some henna done and add your newly created friendship bracelets for extra flair. Everyone ages 12-18 is welcome at Galentine's Day!

**Pebble Pals: Make Your Own Pet Rock**

\*For kids and teens

Friday, February 14 @ 3pm

Who says all pets have to be furry and cuddly? Celebrate Valentine's Day by bringing home your new best rock friend! Bring your new pal to life with paint,

googly eyes, and an assortment of accessories. Then, fill out a special adoption certificate for your new rock buddy, and select from a variety of pre-written personality types. All supplies—rocks included—are provided.

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

Saturday, February 1 @ 9:30-1pm

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!

# Council On Aging Fun

Fun, adventure, and many opportunities to meet like-minded people are the strong ingredients forming the 2025 Social Calendar of Activities and Events sponsored by the Friends of the Ashland Council on Aging. Their committee has been diligently exploring new ways of providing their seniors with opportunities to explore the arts and social adventures available in our surrounding areas.

This year, they are offering a new drive on your own, dinner and show program at Lake Pearl in Wrentham, MA. These shows were presented, in the past, and included round trip motor coaches from both Ashland and Framingham. The committee

felt substantial savings could exist if trip-goers were willing to drive the short distance to the venue. Efforts will be made to accommodate those who are willing to drive and carpool with others. Communication will seek out this information via email and then shared with those who have completed a reservation.

The Friends have decided on a full range of day and multi-day trips and are presently working on negotiating final details for some of their trip choices. Detailed fliers will be available at the Ashland Senior Center, 162 West Union St., Ashland, MA 01721, when reservations are open for each trip. We now have a trip Facebook page. To stay in-

formed, like us on Facebook at Ashland Travelers and Friends of the COA, and look for us on the Ashland Friends of the COA webpage.

Further additions to our Events calendar include preparations, now in the planning stages, to offer a craft fair to be held at the Senior Center on Saturday, November 22, 2025. Inviting crafters to participate and join our efforts is taking top priority as we plan for this event. Anyone interested in a table is welcome to text Maryann Gibbons, fundraising chair, at 5083804463 for more details.

Last but not least, preparations are being made to partner with area restaurants to offer a

Dine Around monthly meet and greet program in an effort to not only offer out of Center social activities but an opportunity to fundraise in support of our mission to provide financial support to the Council on Aging. Details concerning this program will be coming out soon.

For more information on any of our trips or to request detailed flier or needed reservation forms text Donna Shaw, Trip Coordinator at 508-740-8054

**2/18 -2025** – Atlantic City, on the famous Boardwalk

**3/11/2025** – Celtic Angels.

**4/24/2025** – Supreme Reflections-tribute to Diana Ross & The Supremes - Danversport, Danvers, MA

**5/21/2025** – Takin' It To The Streets-Doobie Brothers Ultimate Tribute - Lake Pearl

**6/20/2025** – Fleetwood Macked: Tribute to Fleetwood Mac - Lake Pearl

**6/17/2025** – Newport Flower 7/20/2025

**7/23/2025** – Tom Jones Tribute with Tino Macchia - Lake Pearl Gloucester Harbor Cruise Trip

**8/5/2025** – Neil Diamond - Log Cabin, Holyoke, MA

**9/22/2025** – Margaritaville on Cape Cod

**10/23/2025** – Olivia Newton-John Tribute - Danversport, Danvers, MA

**11/2025** – Holiday Craft Fair - November 22, 2025

**12/2/2025** – November 22, 2025

**12/2/2025** – 12/12/2025

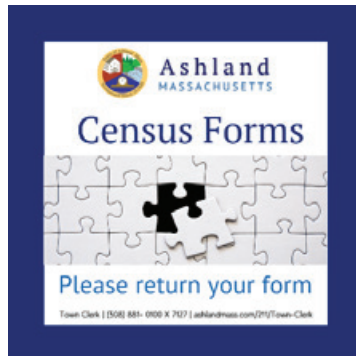
Bennett & Streisand: istmas at the Newport Mansions



# Annual Town Census 2025

## Important Reminder to Return Your Form!

The Annual Town Census Forms have been mailed to each household. Each form has a special barcode printed on the form just for your address. It is mandatory to complete the census form and the process is very easy. Simply make any changes, sign the form and return it to the Town Clerk's office as soon as possible. Be sure to list everyone in the household including children. If you do not return your Census Form, you risk being made inactive on the voting list per Massachusetts General Law. This is a reminder that the Census form



does not register you to vote nor does it change your name. You must re-register to vote under your new name for the changes to be made. If for some reason you do not receive your census form, please visit the Town Clerk's office and they will be happy to assist you.

## Pet of the Month

Henry is a very handsome and outgoing one-year-old boy who was found as a stray. He is an extremely affectionate boy who loves playtime and snuggling. Henry can occasionally become overstimulated and gently bite or scratch, but this is easily avoidable when you learn how to read his body language. He did not get along with other cats at the shelter, and would do best in a home without other cats or small children.



Since moving to a foster home, Henry has made great progress in living with people, with only very occasional instances of overstimulation. It's important to understand him; for example, when he's in play mode, it's not the time for petting. When he's not in play mode, he absolutely loves being a lap cat. Henry is a big guy, he's like a weighted blanket when taking a nap on your legs. As long as you respect his boundaries, Henry is a wonderful cat who adores humans, craves attention, and is always full of energy. He loves to spend every minute with his foster family, and will make a great companion. He loves getting to meet new humans and quickly befriends them.

Since Henry is a loving, playful cat, but has had moments of reactivity, we feel he would thrive best in a home without small children, with cat-savvy

adults experienced in redirecting behavior. This way, he can continue blossoming into the gentle boy he's meant to be. Henry would also need to be the only cat in the home, where he can provide his lucky forever family with endless love and entertainment.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Henry, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Henry.

<https://metrowesthumane-society.org/adoptable-cats/> We will review all applications and make appointments for those applicants we feel would provide a good and loving home.

# Recognizing and Responding to Hypothermia

As the temperature drops, the risk of experiencing hypothermia rises.

Our bodies have a fairly narrow range of ideal temperatures, and it is important to recognize signs of hypothermia at an early stage so action can be taken to treat the condition.

With hypothermia, the body loses heat faster than it can produce it, causing a dangerously low body temperature.

Common causes of hypothermia include exposure to cold weather or immersion in cold water. Any time you combine wet clothing and cold temperatures, you increase the risk for hypothermia, particularly when wind is involved.

Symptoms of hypothermia include:

- Shivering-body attempting to retain heat
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- In infants, bright red, cold skin

People with hypothermia usually aren't aware of their condition. This is because the symptoms often begin gradually, and the confused thinking associated with hypothermia prevents self-awareness.

Risk factors for hypothermia include:

- Exhaustion. Fatigue reduces a person's ability to tolerate cold.
- Older age. The body's ability to regulate temperature and to sense cold may lessen with age.

- Very young age. Children lose heat faster than adults do. Children also may ignore the cold because they're having too much fun to think about it.

- Cognitive impairment. People with dementia or other conditions that interfere with judgment may not dress properly for the weather or understand the risk of cold weather. People with dementia may wander from home or get lost easily, making them more likely to be stranded outside in cold or wet weather.

- Alcohol and drug use. Alcohol may make the body feel warm inside, but it causes blood vessels to expand. As a result, the surface of the skin loses heat more rapidly, and the effects of alcohol decrease situational awareness.

### Prevention

To stay warm in cold weather, remember the acronym COLD — cover, overexertion, layers, dry:

**Cover.** Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves.

**Overexertion.** Avoid activities that cause a lot of sweating. The combination of wet clothing and cold weather can cause the body to lose heat more quickly. Remember that shoveling snow counts as exercise!

**Layers.** Wear loose-fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat better than cotton does.

**Dry.** Get out of wet clothing as soon as you are able. Be especially careful to keep your hands and feet dry, as it's easy for snow to get into mittens and boots.

If you suspect that someone is experiencing hypothermia, call 911. While waiting for emergency help to arrive, gently move the person inside if possible. Jarring, abrupt movements can trigger dangerous irregular heartbeats, so it is imperative to handle the person gently. Carefully remove any wet clothing and replace it with warm, dry coats or blankets.

For localized areas of frostbite, the American Red Cross suggest the following:

- Move the person to a warm place.
- Handle the area gently; never rub the affected area.
- Warm gently by soaking the affected area in warm water (100–105 degrees F) until it appears red and feels warm.
- Loosely bandage the area with dry, sterile dressings.
- If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
- Avoid breaking any blisters.
- Do not allow the affected area to refreeze.

If you exercise outdoors in more remote areas, ensure that you have a fully charged phone with you. If you have to travel by car in severe weather, keep additional warm clothing and blankets in your vehicle. During severe weather emergencies, remember that you can call 211 to find the location of local warming shelters. The link below leads to Ashland-specific information:

<https://www.ashlandmass.com/714/Extreme-Cold>

*Please feel free to reach out to Ashland Board of Health at 508-532-7922 if you have any questions or concerns.*

**Looking to advertise your business?**

**Contact Susanne: 508-954-8148**

**[sue@sodellconsult.com](mailto:sue@sodellconsult.com)**



# Ashland Lions Club February 2025 Update

## Christmas Trees at the Farmers Market a huge success!

The Ashland Lions had a fantastic year selling Christmas trees and wreaths in our new location at the Ashland Farmers Market. The lot opened the day after Thanksgiving and sold out on Tuesday, December 10th! We would like to thank the people of Ashland and surrounding towns who purchased their tree or wreath from the Ashland Lions tree lot to support a good cause, because 100% of the proceeds from selling trees and wreaths go to our local community, Lions Club International Fund and Mass Lions Eye Research Fund.

The Ashland Lions are grateful to the Ashland High football team and Coach McKay for their help unloading hundreds of trees upon arrival, and to Boy Scouts Troop 232 and Leos Club members who volunteered every weekend to sell trees and wreaths. A big thank you to town manager Michael Herbert and Beth Reynolds from Town of Ashland, and to Steve Mitchell from Ashland Farmers Market for continuing to make

our location possible. Most importantly, Ashland Lions thanks its members for their efforts with preparing the lot, covering every open shift, and cleaning up when everything was done. We hope to see you again next year!

## Coats for Kids and Families

Ashland Lions Club partnered with Anton's Cleaners for the Coats for Kids and Families Drive to collect warm winter coats for adults and children. Due to your generous donations, we were able to collect 423 coats to people in need this season! Thanks to Focus on Fitness, Cleaner's Choice, Ashland Police and Fire departments, and the AHS Leos Club for setting up collection stations and supporting our coat drive!

## Ashland Lions Meat Raffles

Ashland Lions is continuing another great year of meat raffles! Our next one will be held on Saturday, February 1st at 12pm, at TJs Food and Spirits in Ashland, and continue the first Saturday of each month throughout the winter. As always there will be great food, fun peo-

ple, and great meat to choose from. See you there!

## 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 800 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

## Happy New Year Ashland!

The Ashland Lions Club would like to thank the Ashland community for all its support again this past year. With your help we had a successful coat drive, golf tournament, successful meat raffles, a great golf ball



**Ashland Lions netting a tree for a customer with the help of Boy Scouts and Leos Club members**

drop, and a fantastic year selling Christmas trees. We hope to see and hear from you soon!

## Ney year, new opportunities

Why not make Lions Club Red your color for 2025 and participate in service to the community? If you're interested in becoming a member of the Ashland Lions, please reach out to our membership chairperson Dan Mitchell via email at membership@ashlandlions.org for details, or message us on Facebook! You can also find several Ashland Lions members at

Honeydew on West Main Street most weekday mornings.

## 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



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## Dog License Registration is open!

Please register your dog before April 15, 2025. 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, or call 508-881-0100 ext. 7127 so records are updated.

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# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
01/17/2025	42 Haven Way	\$692,500
01/10/2025	83 Voyagers Lane	\$490,000
01/10/2025	164-166 Alden Street	\$810,000
01/10/2025	74 Captain Eames Circle	\$515,000
01/09/2025	87 Arrowhead Circle	\$667,000
01/03/2025	99 Meeting House Path	\$510,000
01/03/2025	67-69 Raymond Marchetti St.	\$760,000
01/03/2025	302 Trailside Way	\$369,000
12/31/2024	14 Washington Avenue	\$235,000
12/27/2024	111 Woodland Road	\$612,000
12/20/2024	12 Arrowhead Court	\$625,000
12/20/2024	1 Captain Eames Circle	\$540,000
12/18/2024	49 Prospect Street	\$750,000
12/17/2024	217 Meeting House Path	\$490,000
12/11/2024	369 Union Street	\$670,000



The 5-bed, 2-bath, 2,624-square-foot home at 164-166 Alden Street in Ashland recently sold for \$810,000. [www.zillow.com](http://www.zillow.com) Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages

## Greater Ashland Lions Club

### Happy St. Valentine's Day!

Our annual Coat Drive collected 147 warm winter coats for children and adults. Thank You to all who donated coats, we know they were appreciated

An upcoming event everyone looks forward to is our Trivia Night. This year it'll be on April 11, so start getting your team together. Here is a sample of a General Knowledge answer and question: "Name this emerald musical that won the 2025 Golden Globe for "Cinematic and Box Office Achievement". (see below for the Question).

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. Anyone can raise awareness about the risks of heart disease and the importance of identifying and managing heart-related health conditions. Here are a couple of websites with information you can use:

<https://www.cdc.gov/heart-disease/php/heart-month/index.html> and on Facebook: Million Hearts®

Do you have any used eyeglasses hanging around? We'll take them! Please bring them to the Police Station (located in the Public Safety Building at 12 Union St), Market Basket (Pond Street / Rte.126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

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](mailto:cvarnie@hotmail.com).

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

Some February observances to warm you up during the cold

days: The 1st is Abolition of Slavery Day along with First Day of Black History Month. On the 2nd, its Groundhog Day. The 7th will be National Wear Red Day. To all the football fans; Superbowl is on the 9th. We celebrate Lincoln's Birthday on the 12th, while President's Day is on the 17th. Best day is the 14th as it is St. Valentine's Day (don't forget a Card, maybe something sweet or even out for dinner)!

We are the Lions in Purple. We Serve!

SUBMITTED: LION ROSALIE PORTER, 2ND VP

TRIVIA QUESTIONS; Wicked



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Jen Paratore, Realtor  
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Ashland Resident



# Don't let high mortgage rates keep you from buying



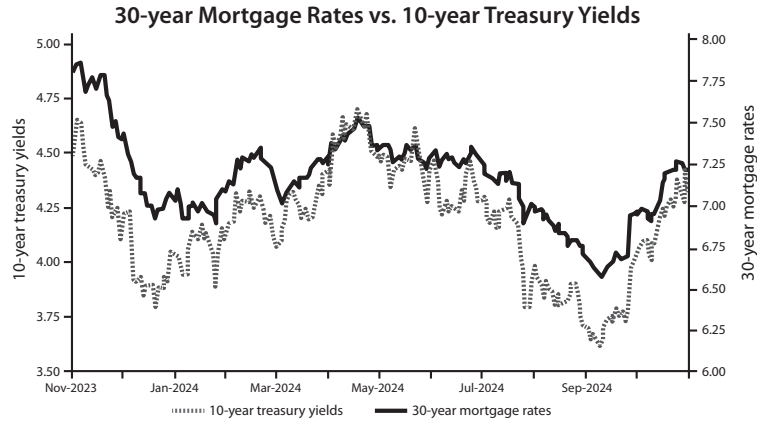
Kim Foemmel

## REAL ESTATE INSIGHTS

The inflation rate is closer to the Federal Reserve's target of 2%, sitting at 2.7% as of December 2024; a significant decline from 9.1% in June 2022. The

Fed cut its rates for the first time in four years on Sept. 19, 2024, from 5.5% to 4.5% on Dec 18, 2024, and signals two rate cuts in 2025. So why are mortgage interest rates still high? Thirty-year mortgage interest rates tend to trend 2%-3% higher than the 10-year treasury yield over the last five years. Many of the same investors compete for both treasury bonds and mortgages, but mortgages are higher due to their increased risk. Further, Jess Schulman, president of Bluebird Lending, indicates investors in capital markets buying mortgages need to be incentivized to purchase bonds. If 10-year treasury yields go up, so do mortgage rates, and vice versa. Unemployment, inflation and other economic factors also come into play.

From Bret Kenwell at etoro.com: "Jeffrey Gundlach, a well-known institutional bond investor, argues that there's too much supply of Treasury bonds in the



mix (remember, as bond prices go down, bond yields go up). Others have argued that a more resilient and stronger-than-expected U.S. economy has institutional investors rotating out of safe havens like bonds and into risk-on assets like stocks. Even Fed Chair Powell wasn't able to pinpoint the reason, suggesting that perhaps it's a 'sense of more likelihood of stronger growth and perhaps less in the way of downside risks.' Ultimately, it's hard to zero in any one reason

why bond yields are defying expectations. The bottom line: For now, let's keep an eye on those yields. If they come back down, bonds will be a direct beneficiary, while sectors like utilities, consumer staples and real estate may benefit as well."

Housing market conditions are expected to improve in 2025, and prices should continue to rise as they seasonally do in spring markets. Depending on how the economy goes, combined with inflation, the Fed

rate and the the 10-year treasury yields, a slight decline in mortgage interest rates may be seen in 2025. Demand for Metrowest real estate should remain high, thus prices will continue to rise. Buyers should continue to pursue their dream house versus waiting for the rates to come down. And remember, you can buy down a rate, and some banks will even honor a lower rate if they go down within the first year of buying a home. Once those rates do come down, the prices will go up even higher. So, marry the house, not the rate!

Kim Foemmel  
Foemmel Fine Homes  
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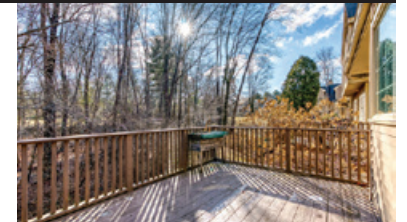
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